

SURVIVING IN NANAIMO




A GUIDE TO LOCAL RESOURCES







What's in here...

This guide has information and contacts for low-cost and free resources available for individuals living in Nanaimo. Use it to find shelter, clothing, water, food, medical clinics, counselling services and more. Where resources may not be available in Nanaimo call 2-1-1 for help, 24 hours a day, 7 days a week (text services available from 8 am - 11 pm).

Emergency

-  Crisis lines
-  Shelters
-  Day-Use Spaces














Basic Needs

-  Clothing
-  Food
-  Drinking Water
-  Housing
-  Hygiene

Health Services

-  Medical Clinics
-  Substance Use & Addictions
-  Mental Health
-  Counselling Services

Community Resources and Services

-  First Nations
-  Services for People with Diverse Abilities
-  Youth
-  Seniors
-  LGBTQ2SIA+
-  Furniture and Household Goods
-  Transportation
-  Personal Identification (I.D.)
-  Employment
-  Legal
-  Family Services
-  Immigration/Migration
-  Veteran's Support



Can't find the service you're looking for? Try Pathways Community Service Directory here!



Emergency



Crisis lines



If you require health care advice for a non-urgent concern, call HealthLink BC at 811 (24/7)

**IN AN EMERGENCY CALL
911**



BC 211

Phone 211
Hours 24/7 Navigators are available 24/7 and can access an interpreter in over 150 languages.
Services
Email W@bc211.ca
Website www.bc211.ca

CIRCLE OF CARE: KUU-US FIRST NATIONS AND ABORIGINAL CRISIS LINE SUPPORT

Phone 1-800-588-8717
Hours 24/7
Services Help comes in various forms, from a listening, supportive ear, with an opportunity to problem solve, through to a risk assessment to determine the level of help that is needed or the opportunity to have a worker or band member sit with the individual in person if that is wanted.
Website www.fnha.ca
Social  

HAVEN SOCIETY TRANSITION HOUSE - CRISIS LINE

Phone 1-888-756-0616 or 250-756-0616
Hours 24/7
Social  

HUMAN TRAFFICKING HOTLINE

Phone 1-833-900-1010
Hours 24/7
Services You can reach out 24/7- whether you're being trafficked, you know someone who is, or you're a trafficking survivor. We'll help you explore options that feel right for you. Everything is confidential. We also welcome calls from social service providers and law enforcement agencies who want to know how to better support victims and survivors of trafficking.

SUICIDE CRISIS HELPLINE

Phone 988 (call or text, toll free)
Hours 24/7/365
Services If you are thinking about suicide, or you're worried about someone else, we want to help.
Website 988.ca




Emergency



Crisis lines


MENTAL HEALTH SUPPORT

- Phone 250-310-6789
- Hours 24/7
- Services Answers the provincial 310Mental Health Support 24/7/365 to provide emotional support and support relating to mental health concerns. Information on resources, mental health, mental disorders, and substance use and addictions.
- Website www.heretohelp.bc.ca
- Social 

SERVICE LINK


- Phone 1-888-885-8824
- Hours 8:30 am - 7:45 pm, daily
- Services Connects callers to mental health, substance use, harm reduction, treatment and recovery resources in their community. If a call is not answered, callers may leave a message and will be contacted later that day or next.

VANCOUVER ISLAND CRISIS SOCIETY - CRISIS LINE

- Phone 1-888-494-3888
- Text 1-250-800-3806
- Hours 24/7
- Social 

VICTIM LINK BC

- Phone 1-800-563-0808 (Call or Text)
- Email 211-victimlinkbc@uwbc.ca
- Hours 24/7 in different languages
- Services A support program for victims of crime and trauma across BC.

 **Shelters**

CEDAR WOMAN HOUSE

Phone 250-591-5580 or 250-268-4922
Hours 24/7
Services Cedar Woman has 10 beds and offers 24/7 staffed, safe transition housing for women and their dependent children who have experienced or who are at risk of violence, on a short term basis. Cedar Woman House is designed around Indigenous values, and programming. Services are available to women and children of any cultural background.
Email cwh@xpey.ca
Website www.cedarwomanhouse.org



FRIENDSHIP LELUM - ABORIGINAL YOUTH SAFE HOUSE


Phone 250-753-8266
Services Friendship Lelum provides short-term shelter for youth aged 12 - 18 years who are experiencing stressful experiences and have been identified as “at-risk”. Our staff works to promote a safe, secure, stable and nurturing environment for the youth who stay with us. We provide counselling, advocacy, referrals and support.
Website www.tillicumlelum.ca

HAVEN SOCIETY TRANSITION HOUSE

Phone 250-756-2452
Hours 24/7
Services The Transition House provides temporary shelter and support for women and children who have experienced violence and are seeking safety. The House and the Crisis Line are available 24/7. Services include individual and group support and referral to community resources. All programs and services are confidential and available at no cost.
Email haven@havensociety.com
Website www.havensociety.com/transitionhouse
Social 

ISLAND CRISIS CARE SOCIETY SAMARITAN PLACE



Phone 250-753-1474
Address [702 Nicol Street](#)
Hours 24/7
Services Shelter space available for 14 women, plus an additional 5 overflow spaces in extreme weather conditions. Residents will have wraparound support services including meals, laundry services and access to mental health and wellness.
Bus Route #7, #70, #78
Social  

 **Shelters**

SOBERING AND ASSESSMENT CENTRE

Phone 250-824-3333
Address [126 Halburton Street](#)
Hours 24/7
Services 8 beds for people under significant influence to rest, be monitored, and connect to other health and social services. Clients can walk-in and typically stay for less than 24 hours.
Bus Route #7

THE SALVATION ARMY NEW HOPE CENTRE


Phone 250-714-1142
Address [19 Nicol Street](#)
Hours 24/7 New Hope Centre offers 24 beds for emergency shelter (first come first serve basis) and beds for transitional housing. Three meals, showers, laundry, and support services are available to residents. Meals: Breakfast and Dinner meals are distributed through community partners at various locations.
Website www.salvationist.ca
Bus Route #1, #5, #6, #7, #20, #20A, #25, #30, #40, #50, #70
Social  

UNITARIAN SHELTER

Phone 250-754-3720
Address [595 Townsite Road](#)
Hours 7 days a week, 5 pm - 7:00 am
Services Has 25 emergency shelter beds for men and women. To check bed availability, please call 250-754-3720 or arrive after 5 pm. You can email shelter@ufon.ca
Website www.nflabc.org/unitarianshelter/
Email unitarianshelter@nflabc.org
Bus Route #1
Social 



Check out what the City is doing to address homelessness.

 **Day-Use Spaces**

LOBBIES AT THE RECREATION CENTRE LOCATIONS

Phone 250-756-5222
Services All drop-ins are welcome under the terms of the City of Nanaimo's Respectful Spaces Bylaw 2024 No. 7381

Beban Social Centre:
Address [2300 Bowen Road](#)
Hours Sunday to Saturday, 8:00 am to 10 pm
*Pool & weight room closed June 29 to July 19, 2026 for scheduled maintenance
Bus Route #25, #30, #40

Bowen Park Complex:
Address [500 Bowen Road](#)
Hours Monday to Friday 8:30 am - 4:00 pm (closed Saturday and Sunday)
Bus Route #30

Frank Crane Arena:
Address [2300 Bowen Road](#)
Hours Sunday to Saturday, 5:00 am to 1:00 am (September to March)
Sunday to Saturday, 7:00 am to 11:00 pm (April to August)
Bus Route #25, #30, #40

LOBBIES AT THE RECREATION CENTRE LOCATIONS

Nanaimo Aquatic Centre:
Address [741 Third Street](#)
Hours Sunday to Saturday, 6:00 am to 9:00 pm
*Closed July 20 to October 4 for scheduled maintenance
Bus Route #5, #6, #15, #15A, #40

Nanaimo Ice Centre:
Address [750 Third Street](#)
Hours Sunday to Saturday, 5:00 am to 1:00 am (September to March)
Sunday to Saturday, 7:00 am to 11:00 pm (April to August)
Bus Route #5, #6, #15, #15A, #40

Oliver Woods Community Centre:
Address [6000 Oliver Road](#)
Hours Sunday to Saturday, 8:00 am to 10:00 pm
Bus Route #40



Emergency



Day-Use Spaces

VANCOUVER ISLAND REGIONAL LIBRARIES

Services All drop-ins are welcome under terms of VIRL's code of conduct.

Address Nanaimo Harbourfront: [90 Commercial Street](#)

Phone 250-753-1154

Hours Friday to Monday: 10 am to 6 pm
Tuesday to Thursday: 10 am to 7 pm

Bus Route #1, #, 5, #6, #7, #20, #20A, #25, #30, #40, #50, #72

Address Nanaimo North: [6250 Hammond Bay Road](#)

Phone 250-933-2665

Hours Friday to Monday: 10 am to 6 pm
Tuesday to Thursday: 10 am to 7 pm

Bus Route #11, #20, #20A, #40

Address Nanaimo Wellington Branch: [3200 North Island Highway](#)

Phone 250-758-5544

Hours Monday to Thursday: 10 am to 6 pm
Friday: 10 am to 8 pm
Saturday: 10 am to 6 pm
Sunday: 10 am to 5 pm

Bus Route #1, #20, #20A, #25, #30, #40, #50, #72

Website www.virl.bc.ca

Email info@virl.bc.ca

Social   

RISEBRIDGE COMMUNITY DROP-IN

Services Provide snacks & coffee with access to a free community clothing closet

Address [520 Prideaux Street](#)

Phone 250-268-8428

Hours Every Tuesday from 9am - 12pm

Bus Route #5, #6

Website www.risebridgeproject.ca

Email risebridgeproject@gmail.com

Basic Needs

Clothing

HAPPY FEET

| | |
|-----------|---|
| Address | 303 Prideaux Street , outside of the RCMP Detachment |
| Hours | Last Friday of every month, 9 am – 11 am |
| Services | Those in need can access a lightly used or new pair of shoes, socks, and a snack. Hosted by RCMP, COR, CMHA and Front Runners. Drop off donations happily accepted for lightly used or new runners at RCMP detachment, Monday to Friday, 8:30 am - 4:30 pm. |
| Bus Route | #40, #5, #6 |

NANAIMO HOSPICE SHOPPE

| | |
|-----------|--|
| Phone | 250-585-0885 |
| Address | 35 - 1925 Bowen Road |
| Hours | Tues - Sat 9:30 am - 4:30 pm |
| Services | Gently used clothing and jewelry. |
| Website | www.nanaimohospice.com |
| Email | shop2@nanaimohospice.com |
| Bus Route | #30 |

SALVATION ARMY THRIFT STORE

| | |
|-----------|--|
| Phone | 250-390-1881 |
| Address | 205 - 6750 Island Highway North |
| Hours | Tuesday - Saturday 10 am - 5 pm |
| Services | Quality clothing at an affordable price for varied incomes. |
| Website | www.nanaimosa.ca |
| Email | CCNanaimo.GivingHope@salvationarmy.ca |
| Bus Route | #25, #50, #20A |

SALVATION ARMY THRIFT STORE

| | |
|-----------|---|
| Phone | 250-754-9340 |
| Address | 1613 Bowen Road |
| Hours | Tuesday - Saturday 10 am - 5 pm |
| Services | Clothing, jewelry, housewares, tools, small appliances, auctions, and more for sale to the general public. |
| Website | www.nanaimosa.ca |
| Email | sherry.laroche@salvationarmy.ca |
| Bus Route | #40 |
| Social |   |

ST. ANDREW'S THRIFT STORE

| | |
|-----------|---|
| Phone | 250-753-1924 |
| Address | 315 Fitzwilliam Street |
| Hours | Monday, Wednesday & Friday 9:30 am - 3 pm |
| Services | Gently used women's, men's and children's clothes. |
| Website | www.standrewsunitiednanaimo.com |
| Email | office.stauc@shaw.ca |
| Bus Route | #25, #40 |
| Social |  |





HOW TO ACCESS FOOD BANKS

Clients are eligible for a full hamper once every two weeks and Fresh Eats hampers are available once per day. You will need to register upon your first visit and re-register every 6 months with one piece of government-issued ID for each person in your household that you will be collecting food for.

7-10 CLUB SOCIETY

Phone 250-797-0531
 Hours Monday - Friday 8:30 - 11:00 am
 Services Bagged lunches delivered to the shower program at Caledonia Park (110 Wall Street). Food is also available throughout the week in the Downtown area.

HARVEST CHURCH (FORMERLY MARANATHA CHURCH)

Phone 250-390-2152
 Address [6553 Portsmouth Road](#), at the back of the building
 Hours Sundays at 5pm (closed for July and August)
 Services The doors open at 4:30pm every Sunday afternoon when hot and cold refreshments and healthy snacks are available. We usually have live music from 4:30-6:00pm. At 5:00pm, a brief word of encouragement is shared before a meal is served. Before and during the meal, our hosts connect with the guests, offering friendship, support, and encouragement.
 Bus Route #11, #15, #15A, #20, #20A, #25, #30, #40, #50, #90

ST. ANDREW'S COFFEE GROUP

Phone 250-754-6539
 Hours Every Wednesday from 9:30 to 11:30 am
 Address [315 Fitzwilliam Street](#)
 Services Refreshments and music, open to all.
 Bus Route #40

LOAVES & FISHES COMMUNITY FOOD BANKS

Phone 250-754-8347
 Services Food is provided, free of charge, in a "shopping" model at 11 food bank depots. ID for everyone in the household required for registration. Regular Hampers available bi-weekly. Fresh Eats Hampers available 7 days a week. Visit the website for the full schedule of locations

Website www.viloavesandfishes.org



Address [2221 Bowen Road](#) #25, 40
[471 Irwin Street](#) #7, 70, 78
[394 Shepherd Ave](#) #5, 6, 8, 40
[2020 Estevan Road](#) #1, 20, 20A, 25, 72
[1797 Cedar Road](#) #8
[1609 Meredith Road](#) #30
[4951 Rutherford Road](#) #1, 25, 40, 50
[4235 Departure Bay Road](#) #1, 20, 20A, 25, 30, 40, 50, 72, 92
[505 Eighth Street](#) #6, 8
[1300 Princess Royal Ave](#) #1
[6553 Portsmouth Road](#) #11, 15, 15A, 20, 20A, 25, 30, 40, 50, 90

Scan the QR code for more information and how to register with Loaves & Fishes



 **Food**


MEALS ON WHEELS

Phone 250-753-1300
 Hours Monday to Friday, 9 am to 12 pm
 Address [1233 Kiwanis Crescent](https://www.kiwanisvillage.ca)
 Services Delivers hot meals to people’s homes for a small fee. Must be referred by another person.
 Website www.kiwanisvillage.ca
 Email mownanaimo@shaw.ca
 Bus Route #30
 Social 

NANAIMO COMMUNITY KITCHENS SOCIETY

Phone 250-753-7470
 Address [271 Pine Street](https://www.nanaimocommunitykitchens.org)
 Services Participants build skills, knowledge, friendships, and self-esteem while preparing low-cost healthy meals. Programs include Community cooking groups. “Cooking Out of the Box” (uses a monthly box of fruit and vegetables), “Bellies to Babies & Beyond” (a 10 week cooking series for pregnant women and parents of infants).
 Website www.nanaimocommunitykitchens.org
 Email Bus nanaimocommunitykitchens@gmail.com
 Route #5, #25, #40
 Social 

NANAIMO FOODSHARE SOCIETY

Phone 250-753-9393
 Hours Monday - Friday, 10 am - 2 pm (Drop in)
 Address [271 Pine Street](https://www.nanaimofoodshare.ca)
 Services Provides referrals to food resources including food banks and community kitchens. Provides a variety of food related programs including fruit gleaning, Good Food Box, Employment programs, School and Summer, Food Provision, Farmer’s Market Coupon program, Cooking and food growing programs for kids and adults.
 Website www.nanaimofoodshare.ca
 Email info@nanaimofoodshare.ca
 Bus Route #5, #25, #40
 Social  

NANAIMO FOOD SHARE - MONDAY LUNCH

Phone 250-753-9393
 Address St. Paul’s Anglican Church, 100 Chapel Street
 Hours Monday from 12 - 1 pm
 Services Nutritious lunches are available to community members from all walks of life. Meals are served and prepared by members of Nanaimo Foodshare employment programs donations are appreciated but not required.
 Email info@nanaimofoodshare.ca



Basic Needs

Food

REAL MEALS NANAIMO

Phone 250-716-6033
Address [621 Townsite Road](#)
Services \$7 Dinners with Real Meals Nanaimo.
Bus Route #1

SELBY MISSION

Contact Kathy Milliser
Phone 250-753-3446
Hours Every Thursday from 12-2 pm
Address [315 Fitzwilliam Street](#)
Services Full free lunch meal provided at the St. Andrew's United Church.
Bus Route #40

SNUNEYMUXW HULIT LELUM - HEALTH CENTRE

Phone 250-714-8792 (Lea-Lah) or 250-714-9993 (Lance)
Hours Mondays, Wednesdays and Fridays: 4:30pm - 5:30pm dinner
Tuesdays: 12:00 am - 2:00pm lunch
Services Free hot meals delivered at 1 Port Drive (beside the bus stop) with a snack pack delivered downtown twice a week. Clothing available by phone request.
Website <https://www.snuneymuxw.ca/services/health-services/>

ST. ANDREW'S PRESBYTERIAN CHURCH

Contact Meredith Reems
Phone 250-758-2676
Address 4235 Departure Bay Road
Hours 11 am - 12:30 pm, Thursdays September - June
Services Each week, we welcome up to 100 guests, primarily high school students but all are welcome for a wholesome free meal such as soup, sandwiches, fruit, cookies and beverages

ST. PAUL'S ANGLICAN CHURCH

Contact Joy Adams Bauer
Phone 250-753-2523
Hours Every Sunday at 12:30 pm
Address [100 Chapel Street](#)
Services Free hot home-cooked meal
Bus Route #1, #20, #30, #50



THE MOBILE HUB

Hours Wednesday to Sunday 10:30am - 1:45pm at various locations
Saturdays from 11:30am - 2:30pm at St. Peter's Church
Services Providing food, hygiene products, some clothing, harm reduction supplies, phone charging and support filling out paperwork

Drinking Water

Click on the icon for an interactive map of water stations around the city.





Meal Schedule - Drop in

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|------------------|---|--|--|---|--|---|---|
| BREAKFAST | Salvation Army Breakfast Delivery 110 Wall Street/ Downtown Locations 8:30 - 10:30 am | Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am | Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am | Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am | Salvation Army Brekfast Delivery 110 Wall Street/ Downtown locations 8:30 - 10:30am | | |
| | 7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am | 7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am | 7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am | 7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am | 7-10 Club Bagged Lunches 110 Wall Street/ Downtown 8:30 - 11 am | | |
| LUNCH | St. Paul's Anglican Church/ Nanaimo Foodshare Community Lunch 100 Chapel Street 12 - 1 pm | Snuneymuxw Hulit Lelum - Health Centre Hot Lunch 1 Port Drive 12- 2 pm | St Andrew's United Church Coffee Group 315 Fitzwilliam 9:30 - 11:30am Mobile Hub Food and Services 10:30- 1:45pm Various Locations Downtown | Mobile Hub Food and Services 10:30- 1:45pm Various Locations Downtown Selby Mission St. Andrew's United Church 315 Fitzwilliam St. 12 - 2 pm | Mobile Hub Food and Services 10:30- 1:45pm Various Locations Downtown | Mobile Hub St. Peter's Church 301 Machleary St. 11:30 - 2:30 pm | Mobile Hub Food and Services 10:30- 1:45pm Various Locations Downtown St Paul's Anglican Church Hot Lunch 100 Chapel Street 12:30 pm |
| | Snuneymuxw Hulit Lelum- Health Hot Dinner 1 Port Drive 4:30pm - 5:30pm | | Snuneymuxw Hulit Lelum- Health Hot Dinner 1 Port Drive 4:30pm - 5:30pm | | Snuneymuxw Hulit Lelum- Health Hot Dinner 1 Port Drive 4:30pm - 5:30pm | | |

Housing

BC HOUSING - FIND HOUSING

Phone 1-800-257-7756
Services Information on housing programs and listings for all subsidized housing projects in Nanaimo can be found on BC Housing's website.
Website www.bchousing.org
Email vanislandregion@bchousing.org
Social [Facebook] [Twitter]

BALLENAS HOUSING SOCIETY

Phone 250-755-1158
Services Develop and operate housing for people with low to moderate income.
Website www.ballenas.ca
Email info@ballenas.ca

CONNECTIVE SUPPORT SOCIETY

Phone 604-872-5651
Email info@connective.ca
Services Offers housing support programs, including the Nanaimo Region Rent Bank, semi-independent supportive living for individuals who have been found Not Criminally Responsible due to Mental Disorder (NCRMD), supports for those at risk of homelessness, temporary emergency housing, and more.
Website www.connective.ca
Social [Facebook] [Instagram]

HABITAT FOR HUMANITY

Phone 250-758-8078
Address #1 - 4128 Mostar Road
Services Promotes home ownership by building simple, decent, safe, and affordable homes for those who are unable to qualify for a conventional mortgage. Affordable because of an interest-free mortgage and no down payment required. Homes are built by volunteer labour and donated materials.
Website www.habitatmvi.org
Email info@habitatmvi.org
Bus Route #15, #25, #30
Social [Facebook] [Twitter]

ISLAND CRISIS CARE SOCIETY

Phone 250-585-5505
Email info@iccare.ca
Address #3 - 2025 Bowen Road
Services ICCS works with people who have experienced adversity and homelessness, providing housing alternatives and holistic support to their forward development, recovery and independence.
Website www.islandcrisiscaresociety.ca
Bus Route #30, #40
Social [Facebook] [Instagram]





Basic Needs



Housing

KIWANIS HOUSING

| | |
|-----------|---|
| Phone | 250-753-6471 |
| Address | 1233 Kiwanis Crescent |
| Services | Offers unique housing options, from independent housing and living with home-care support, to 24-hour nursing care. |
| Email | info@kiwanisvillage.ca |
| Bus Route | #30 |
| Social | |

M'AKOLA HOUSING SOCIETY

| | |
|-----------|--|
| Phone | 250-756-4217 |
| Hours | Tuesday - Thursday 9 am - 4 pm |
| Address | 22 – 3201 Shenton Road |
| Services | Information on Indigenous housing programs and listings for all subsidized housing projects in Nanaimo can be found on BC Housing's website. |
| Website | www.makola.bc.ca |
| Bus Route | #30 |
| Social | |

PACIFICA HOUSING

| | |
|----------|--|
| Phone | 250-933-1940 |
| Services | A non-profit charitable organization that provides affordable housing for low-income families, persons with disabilities, and adults who are homeless or at risk of experiencing homelessness. |
| Website | www.pacificahousing.ca |
| Social | |

TILLICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - SALISH LELUM YOUTH & ELDERS HOUSING

| | |
|----------|---|
| Phone | 250-716-3438 |
| Services | This is Tillicum Lelum's new housing complex at 479 Tenth Street for elders & youth. Building has laundry facilities, a computer lab, outdoor BBQ, patios and lots of common areas. |
| Website | www.tillicumlelum.ca |

WOODGROVE SENIOR CITIZENS HOUSING SOCIETY

| | |
|-----------|--|
| Phone | 250-741-8856 |
| Address | 1145 Seafield Crescent |
| Services | Provide people 55 years of age and over and those with designated disabilities, according to the BC Government with affordable rental housing. |
| Website | www.wschs.ca |
| Email | info@wschs.ca |
| Bus Route | #30 |

Basic Needs

Hygiene

PUBLIC WASHROOMS AND WATER

[Beban Park Artificial Turf Fields \(Merle Logan Field\) 8 am- 11 pm](#)

[Bowen Park East 9 am- 7 pm](#)

[Brechin Boat Ramp 6 am- 11 pm](#)

[Cable Bay Trail 24 hours](#)

[Colliery Dam Park 6 am- 11 pm](#)

[Deverill Square Gyro Park 9 am- 8 pm](#)

[Diana Krall Plaza 24 hours](#)

[Diver Lake Park 6 am- 11 pm](#)

[Harewood Centennial Park 10 am- 8 pm](#)

[Kinsmen Park 8 am- 9 pm](#)

[Loudon Park 8 am- 10 pm](#)

[Maffeo Sutton Park 6 am- 10 pm](#)

[Mansfield Park 9 am- 9 pm](#)

[Neck Point Park 6 am- 11 pm](#)

[Northfield Rotary Lookout Park \(Visitor Centre\) 6 am- 9 pm](#)

[Overdose Prevention & Supervised Consumption Site 11:00 am- 9 pm](#)

[Pipers Lagoon Park 6 am- 11 pm](#)

[Westwood Lake Park 6 am- 11 pm](#)

SHOWER PROGRAM

Phone 250-754-3720

Hours Monday - Friday 7 am - 12 pm

Address [Caledonia Sports Field at 110 Wall Street](#)

Services Free showers available, towels and toiletries are supplied.

Bus Route #30



A map of water fountains and washrooms is now accessible using the following link: www.nanaimo.ca/goto/waterfountains.

👤 Hygiene

BUSY BUBBLE LAUNDROMAT

Phone 250-390-1222
Hours 9 am - 6 pm 7 days a week
Address [6353 Hammond Bay Road](#)
Bus Route #11, #20

CRYSTAL CLEAN LAUNDROMAT

Phone 250-751-8111
Hours Monday - Friday 9 am - 6 pm
Saturday - Sunday 9 am - 4 pm
Address [2220 Bowen Road](#)
Bus Route #30, #40

HAREWOOD LAUNDROMAT

Phone 250-753-6312
Hours Wednesday - Monday 9 am - 5 pm
Address [550 Fifth Street](#)
Bus Route #6, #8, #40

JINGLE POT LAUNDROMAT

Hours 9 am - 10 pm 7 days a week
Address [2201 Jingle Pot Road](#)
Bus Route #5, #15

TERMINAL LAUNDROMAT

Phone 250-716-1956
Hours 6 am - 10 pm
Address [1050 Terminal Ave North](#)
Bus Route #1

VIU HAIRDRESSING PROGRAM

Phone 250-740-6115
Hours Monday - Thursday 9 am - 4 pm
Address [900 Fifth Street Building 164](#)
Services Hairdressing by student hairdressers (with professional supervisor) at low prices.
Website www.tradesappliedtech.viu.ca
Bus Route #6, #8, #15





Health Services



Medical Clinics

AIDS VANCOUVER ISLAND

Phone 250-754-9111 or toll free at 1-877-311-7400

Hours Monday 9 am - 2 pm
Tuesday - Thursday 9 am - 5 pm

Address [102 - 55 Victoria Road](#)

Services Provides integrated services such as education, advocacy, and client support to individuals with HIV/AIDS, Hepatitis C, and other communicable diseases. Provides education and harm reduction information to schools, the broader community, and target populations.

Website www.avi.org

Bus Route #7, #70, #78

BC CANCER SCREENING

Phone 250-716-5904

Hours Monday - Thursday 8:30 am - 4 pm
Friday 8:30 am - 3:30 pm
Every Second Saturday 8:30 am - 12:35 pm

Address [1804B Bowen Road](#)

Website www.bccancer.bc.ca

Bus Route #30


CANADIAN DIABETES ASSOCIATION

Phone 1-800-226-8464

Hours Monday - Friday 10 am - 2 pm

Services Diabetes Canada is the nation's most trusted provider of diabetes education, research, resources, and services.

Website www.diabetes.ca

Social 


CANADIAN CANCER SOCIETY

Phone 1-888-939-3333

Email info@cancer.ca (for information and support) or connect@cancer.ca (general inquiries)

Services Provides emotional and practical support and assistance to cancer patients, arranges out-of-town transport for cancer patients during treatment. Wigs, hats, scarves, bras, prosthesis, brochures, books, videos, and appointments for the wig and hair stylist are available at no cost. Register for the Look Good Feel Better Program online (lookgoodfeelbetter.ca) or by telephone 1-800-914-5665.

Website www.cancer.ca

Social 



Health Services



Medical Clinics

CENTRAL NANAIMO URGENT AND PRIMARY CARE CENTRE

| | |
|-----------|---|
| Phone | 1-833-688-8722 for same day (within 12-24 hour) appointment |
| Hours | 8 am to 8 pm, 7 days a week |
| Address | 3260 Norwell Drive |
| Services | Medical services which are routinely available in a primary care doctor's office such as common illnesses, minor injuries, reproductive and sexual health. Not an emergency facility or an essential service. |
| Website | www.islandhealth.ca |
| Bus Route | #1, #20, #20A, #25, #30, #40, #72 |



Scan the QR Code for
Emergency Care resources
and hospital wait times

COMMUNITY OUTREACH DENTAL ENDEAVOUR (CODE)

| | |
|-----------|---|
| Phone | 250-591-0771 |
| Email | codedental@shaw.ca |
| Address | 201 - 489 Wallace Street |
| Services | Not for Profit Dental Clinic. Patients are asked to make a donation to the clinic for their treatments. Check website or call for hours of operation. |
| Website | www.connective.ca |
| Bus Route | #5, #6 |

COMMUNICABLE DISEASE CLINIC

| | |
|-----------|--|
| Phone | 250-740-2615 |
| Hours | Monday - Friday 8:30 am - 4:30 pm |
| Address | 1665 Grant Avenue |
| Services | Counselling and treatment for sexually transmitted infections, testing and referral for communicable diseases and TB, and central island viral hepatitis service. Appointments required. |
| Bus Route | #30 |

HEALTH INSURANCE BC

| | |
|----------|---|
| Phone | 1-800-663-7100 |
| Services | General information about the Medical Services Plan and Pharma Care benefits and services |
| Website | www2.gov.bc.ca |

HEALTH LINK BC

| | |
|----------|---|
| Phone | 811 |
| Services | Free-of-charge provincial health information and advice phone line available in British Columbia. |
| Website | www.healthlinkbc.ca |



Medical Clinics

HEALTH MATTERS CLINIC

Phone 250-753-6759

Hours Monday - Thursday 8:30 am - 5:30 pm

Address [103 - 1450 Waddington Road](#)

Services Provides free and confidential STI, Hep C, and Rapid HIV testing and treatment. The clinic is located on the main floor at the end of the hall on your left side in suite #103. Call or Text: 250-753-6759 for an appointment.

Bus Route #30

MEDICAL ARTS URGENT AND PRIMARY CARE CENTRE

Phone 778-776-5144 for same day (within 12-24 hour) appointment

Hours Monday - Friday: 8 am to 9 pm
Saturday & Sunday: 9 am to 6 pm

Address [103 - 650 South Terminal Avenue](#)

Services Medical services which are routinely available in a primary care doctor's office such as common illnesses, minor injuries, reproductive and sexual health. Not an emergency facility or an essential service.

Website www.islandhealth.ca

Bus Route #1, #5, #6, #70, #20, #25, #30, #40, #70, #72, #78

MOBILE HEALTH OUTREACH

Phone Toll free 1-844-482-4239 or text 250-510-3637

Hours Friday and Saturday 1:30 pm - 9:30 pm

Services Free and confidential safer sex and drug use supplies, HIV testing, referral, overdose prevention and harm reduction. Mobile Health Outreach provides harm reduction supplies, information and referral on a confidential basis in the Cowichan Lake, Duncan, Ladysmith, Nanaimo and Parksville areas.

Website www.narsf.org

Bus Route #1, #20, #30, #50

NANAIMO PUBLIC HEALTH UNIT

Phone 250-755-6200

Email NanaimoPublicHealth@islandhealth.ca

Hours 7 days a week 8:30 am - 4:30 pm

Address [1665 Grant Avenue](#)

Bus Route #30

website www.islandhealth.ca

Social 

| | | |
|----------|-------------------------------|--------------|
| Services | Public Health Nursing | 250-755-3388 |
| | Primary Care Memory Clinic | 250-755-3301 |
| | Immunization Appointments | 250-755-3342 |
| | Adult & Youth Health Clinic | 250-755-3345 |
| | Infant, Child & Family Intake | 250-755-3388 |
| | Postpartum Depression Support | 250-755-3388 |
| | Hearing Services Appointment | 250-755-6269 |
| | Speech Services | 250-739-6827 |
| | Dental Health Program | 250-739-5845 |
| | Nutrition Services | 250-739-5845 |



Medical Clinics

NANAIMO REGIONAL GENERAL HOSPITAL

Phone 250-755-7691
Hours 24/7
Address 1200 Dufferin Crescent
Website www.islandhealth.ca
Bus Route #30
Social [Facebook] [Twitter]

OPTIONS FOR SEXUAL HEALTH

Phone 250-753-9511
Hours Monday - Wednesday 5 pm - 8 pm
Address #8 - 1599 Dufferin Crescent
Services Reproductive health services including birth control information and supplies, fertility awareness, pregnancy testing information and counselling, sexually transmitted infections testing and treatment. Appointments preferred.
Bus Route #30
Social [Facebook] [Twitter]

PRINCESS ROYAL FAMILY CENTRE HEALTH UNIT (SOUTH END PUBLIC HEALTH)

Phone 250-739-5845
Hours Monday - Friday 8:30am - 4:30pm, hours may vary
Address 80 Chapel Street
Services Offers a range of services to promote health and wellness in the community including dental health, nutrition programs, prenatal and parenting education, access to a Public Health Nurse, immunizations, parent and child support services, sexual health, youth support and speech and language services.
Website www.islandhealth.ca
Bus Route #1, #20, #20A, #25, #30, #72
Social [Facebook]

VIU DENTAL CLINIC

Phone 250-740-6240
Services All treatment is provided by dental students who are supervised by licensed faculty and dentists.
Address 900 Fifth Street
Bus Route #5, #6, #8, #15, #15A, #25, #40





Substance Use & Addictions

AL-ANON

Phone 1-888-425-2666
 Services Support for friends and families of alcoholics.
 Website www.bcyukon-al-anon.org

ALCOHOLICS ANONYMOUS

Phone 1-833-753-7513
 Email nanaimoaa@shaw.ca
 Website www.nanaimoaa.org

ADDICTIONS RECOVERY CENTRE

Phone 250-591-1000
 Email info@arcclinic.ca
 Hours Monday - Thursday 9 am - 4 pm
 Friday 9 am - 12 pm
 Address [#200 - 55 Victoria Road](#)
 Services Addiction Medical Clinic which provides outpatient Opiate Agonist Therapy (OAT) programs to support people struggling with Opiate Addiction. ARC Clinic is a low barrier clinic facilitating same or next day intake by self referral or health practitioner referral. As part of their commitment to low-barrier services, there are no private clinic fees.
 Website www.arcclinic.ca
 Bus Route #7, #70, #78

AVI COMMUNITY HEALTH CENTRE

Phone 250-754-9111
 Email health.centre@avi.org
 Hours Health Centre: Monday - Thursday 10 am - 5 pm
 Addiction Medicine Walk In: Monday - Friday 10 am - 4:30 pm
 EHR: Monday - Sunday 10 am - 5:30 pm
 Address [#102 - 55 Victoria Road](#)
 Services Walk-in access to team of physicians, nurse practitioners, and nurse prescribers for opioid agonist treatment (OAT) for clients who meet eligibility criteria. Provides access to a diverse range of low-barrier harm reduction, primary care, sexual health, outreach and referrals and substance abuse, Hepatitis C and HIV/AIDS counselling.
 Website www.avi.org

BC ALCOHOL & DRUG INFO & REFERRAL LINE

Phone 1-800-663-1441
 Hours 24/7
 Services Alcohol & Drug Information Referral Service (ADIRS) provides free, confidential information and referral services to British Columbians in need of support with any kind of substance use issue (alcohol or other drugs). Referral to community substance use treatment services is available for all ages. Information available from ADIRS includes prevention resources, support groups, and addiction related topics such as fetal alcohol syndrome.
 Website www.healthlinkbc.ca



Substance Use & Addictions

NANAIMO ADDICTION CLINIC

Phone 250-824-3077

Email info@addictionclinic.ca

Hours Monday - Thursday 9 am - 5 pm (Closed 12 pm - 1 pm for lunch)

Address [17 Victoria Road](#)

Services Walk-in access to team of physicians, nurse practitioners, and nurse prescribers for opioid agonist treatment (OAT) for clients who meet eligibility criteria.

Website www.addictionclinic.ca

NANAIMO PAIN CLINIC

Phone 250-591-2565

Hours Tuesday and Wednesday 9 am - 3 pm
Thursday 9 am - 1:00 pm
Friday 9 am - 1:30 (by appointment only)

Address [A - 495 Dunsmuir Street](#)

Services Treats opiate dependence using medication-assisted therapy, recovery, and weekly/bi-weekly support sessions.

Website www.nanaimorecovers.com

Bus Route #5, #6

DR EVAN AILON: ALCOHOL USE DISORDER SPECIALIST

Phone 250-753-2446, requires Physician referral

Address [#205 - 1621 Dufferin Crescent](#)

Bus #30

SERVICE LINK/ACCESS CENTRAL

Phone 1-888-885-8824

Hours 7 days a week from 9 am - 7:45 pm

Services Connects callers to mental health, substance use, harm reduction, treatment and recovery resources in their community including:

- Same or next-day clinical screening and assessment
- Placement in a withdrawal management/detox bed according to medical need, and/or rapid connection to outpatient services
- Initiation of opioid agonist therapy (OAT) or anti-craving medications for alcohol use, when appropriate
- Ongoing support throughout the withdrawal and recovery journey

TREW BEGINNINGS

Phone 250-591-6454

Email trewbeginnings@shaw.ca

Hours Monday - Thursday 9 am - 4 pm

Address [#216 - 55 Victoria Road](#)

Services A medical practice that provides outpatient substance use services.

Website www.oatrx.xa

Bus Route #7, #70, #78



Substance Use & Addictions

CENTRAL VANCOUVER ISLAND AREA NARCOTICS ANONYMOUS

Phone 1-800-494-2404
 Hours 24/7
 Services A recovery process and peer support network open to all addicts.
 Website www.cviana.ca

DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES

Phone 250-739-5790
 Email discovery@islandhealth.ca
 Hours Monday - Friday 8:30 am - 5 pm
 Address [#206 - 96 Cavan Street](#)
 Services Free community-based counselling services, access to residential care and treatment for youth struggling with substance use.
 Website www.islandhealth.ca
 Bus Route #1, #5, #6, #20, #30, #50

EATING DISORDERS PROGRAM

Phone 250-754-2773 ext 213
 Email admin@narsf.org
 Address [#201 - 190 Wallace Street](#)
 Services Prevention and treatment services to lessen the impact of harm associated with serious eating patterns for referred youth and families in the Nanaimo/Ladysmith area.
 Website www.narsf.org
 Bus Route #1, #20, #30, #50

MOMS STOP THE HARM - FAMILY PEER NAVIGATION

Phone 778-674-8638
 Email bcfamilynavigator@momsstoptheharm.com
 Services A family, peer navigation service for those who are supporting loved ones who use substances. This service is on demand with resource navigation, emotional, and educational support
 Website www.momsstoptheharm.com

MOMS STOP THE HARM - HEALING HEARTS

Phone 778-674-8638
 Email nanaimohealinghearts@gmail.com
 Hours Second Thursday of the month at 6 pm
 Address [2020 Estevan Road, Brechin United Church](#)
 Services Free bereavement support group specific to those grieving the loss of a loved one due to overdose or substance-use related harms.
 Website www.momsstoptheharm.com
 Bus Routes #1, #20, #25

MOMS STOP THE HARM - HOLDING HOPE

Email bcholdinghope1@gmail.com
 Hours First and third Thursday of the month at 6 pm
 Address [2020 Estevan Road, Brechin United Church](#)
 Services Peer-led support groups, offered at no cost, to families with loved ones living with addiction.
 Website www.momsstoptheharm.com
 Bus Routes #1, #20, #25



Substance Use & Addictions

NANAIMO MENTAL HEALTH AND SUBSTANCE USE ADVISORY COMMITTEE

Phone 250-760-6031
Email contact@mhrpci.com
Hours Second Wednesday of the month at 11:15 am
Services Since 2015, the Mental Health Substance Use Advisory Committee (MHSUAC) has been a key place for individuals with lived experience and their loved ones to connect directly with Island Health and community organizations. The Committee exists to give a voice to all in the Nanaimo community, lowering barriers, identifying needs, gaps and opportunities, and amplifying voices and fostering real conversation for change in our community.

NANAIMO SOBERING AND ASSESSMENT CENTRE

Phone 250-824-3333
Email nsac@vimhs.org
Hours 24/7
Address 126 Haliburton Street
Services A program run in collaboration with CMHA Mid-Island and Vancouver Island Mental Health Society. A safe place to sleep up to 24 hours while substance affected. Anyone can access the centre by coming to the door and buzzing the intercom.
Bus Route #7

NAR-ANON

Phone 250-739-9010 or 250-618-5036
Hours Mondays 7 - 8 pm (Virtual over Zoom)
Wednesdays 7 pm at 6553 Portsmouth Road
Thursdays 1 pm at 6553 Portsmouth Road
Services A 12 step self-help program offering recovery and support for families and friends of addicts. Weekly meetings are held for those who know or have known a feeling of desperation due to the problem of addiction.
Website https://naranonbc.com/meetings-in-bc
Bus Route #20, #25, #50

NARSF PROGRAMS LTD.

Phone 250-754-2773
Email admin@narsf.org
Hours Monday - Friday 8:30 am - 5 pm
Address #201 - 170 Wallace Street
Services Services and programs for families, those experiencing violence, addictions, and more. Drop-in pre/post HIV testing is available.
Website www.narsf.org
Bus Route #1, #20, #30, #50

QUIT NOW BY PHONE SMOKERS HELPLINE

Phone 1-877-455-2233
Services A helpline offering evidence-based support - like counseling, referrals to local programs, and free medication - to people who want to quit tobacco.
Website www.cdc.gov



Substance Use & Addictions

OPIOID TREATMENT ACCESS LINE

Phone 1-833-804-8111

Hours 7 days a week from 9 am - 4 pm (last intake at 3:30 pm, voicemail after hours)

Services The Opioid Treatment Access Line is an immediate step to improve same-day access to opioid agonist treatment for BC residents who need help to stop using and better connect them to further treatment and supports in the community. Speak to a trained doctor or nurse practitioner who will conduct an initial addiction-medicine consultation over the phone, prescribe an opioid agonist treatment medication, if appropriate, and connect to regional health teams for further treatment and supports in the community.

OVERDOSE PREVENTION SITE (OPS)

Phone 250-244-4042 ext 402

Hours 7 days a week from 11:15 am - 9 pm

Address [250 Albert Street - Access on Dunsmuir Street](#)

Services This site operates as a lifeguard station for drug consumption, providing a welcoming and culturally safe environment, harm reduction supplies, sterile environments for safer drug consumption, lifeguards to witness consumption, best practices education for drug consumption, and low-barrier employment opportunities for community members.

Website www.cmhamidisland.ca



Bus Route #5, #6, #25, #40

SMART RECOVERY MEETINGS

Hours Meetings are online and in person. Times vary.

Services SMART stands for Self-Management and Recovery Training.

Website www.smartrecoverybc.com

Social  

SUBSTANCE USE SERVICES OUTREACH TEAM (SUSO)

Phone 250-713-5118

Hours 7 days a week 8:30 am - 7:30 pm

Services Team of nurses, clinicians, and support workers. Supports include overdose follow up, treatment referrals, home withdrawal management, linkages to primary care and OAT physicians, support to sobering and assessment beds, supportive recovery beds, and crisis/stabilization beds. Team also case manages individuals with intensive substance use challenges.

YOUTH SHORT-TERM ASSESSMENT AND RESPONSE TEAM (YSTAR)

Phone 236-628-1503

Hours Monday - Friday, 9 am - 5 pm

Services Serving youth in the community between the ages of 13 to 19 who are experiencing issues with substance use and mental health. The team consists of a social worker, nurse, and family support worker.



Substance Use & Addictions

PERINATAL OUTREACH – SOUTH END PUBLIC HEALTH

Phone 250-619-7672 (call or text)

Email phoutreach@islandhealth.ca

Hours Monday - Friday, 9 am - 4 pm

Address [80 Chapel Street](#)

Services Support for pregnant and/or parenting individuals who are substance affected (or are in early recovery) with pregnancy testing and options, medical care and/or substance use harm reduction and/or treatment options during pregnancy and post-partum, access to a Maternity doctor, lactation support, birth control, childhood immunizations and more.

Website [Flyer](#)

Bus Route #1, #20, #20A, #25, #30, #72

Social

NEEDLE DISPOSAL BOX LOCATIONS

- [Beban Park at 2300 Bowen Road](#)
- [Bowen Park Recreation Centre at 500 Bowen Road](#)
- [Deverill Square Park at 200 Irwin Street](#)
- [Harewood Centennial Park at 740 Howard Drive](#)
- [Kinsmen Park at 2730 Departure Bay Road](#)
- [Maffeo Sutton Park at 100 Comox Road](#)
- [Nanaimo Aquatic Centre at 741 Third Street](#)
- [Nanaimo Ice Centre at 750 Third Street](#)
- [Northfield Tourist Centre at 2450 Northfield Road](#)
- [Oliver Woods Community Centre at 6000 Oliver Road](#)
- [Parks Yard at 69 Prideaux Street](#)
- [Westwood Lake Park at 381 Westwood Road](#)
- [Wharf Street Loo \(Diana Krall Plaza\) at 51 Gordon Street](#)

NEEDLE DISPOSAL BOX HOURS

- 8 am - 8 pm
- 8 am - 6 pm
- 8 am - 9 pm
- 10 am - 5 pm
- 8 am - 9 pm
- 6 am - 8 pm
- 6 am - 8 pm
- 6 am - 8 pm
- 8 am - 8 pm
- 7 am - 5 pm
- 6 am - 11 pm (Spring/summer)
- 7 am - 9 pm (Fall/winter)
- 24/7



Mental Health

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

Phone 250-244-4042



Hours Monday - Friday 10 am - 6:15 pm

Address [437 Wesley Street](#)

Services Dedicated to the promotion and improvement of mental health and quality of life in the community, through effective services, advocacy, awareness and education, resource generation, and partnerships.

Website www.cmhamidisland.ca

Bus Route #5, #6

Social  

(CMHA) BOUNCEBACK

Phone 1-866-639-0522

Services Free skill-building program designed to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness. Available for youth 13-18 and 19+.

Website www.bouncebackbc.ca

Email bounceback@cmha.bc.ca

For youth [What is BounceBack?](#)

For 19+ [What is BounceBack?](#)

MENTAL HEALTH RECOVERY PARTNERS - CENTRAL ISLAND

Phone 250-760-6031


Hours Tuesday - Thursday 12:30 pm - 4 pm (by appointment only)

Address [2353 Rosstown Road](#)

Services Provides support for the caregivers of those suffering from mental illness. They offer family-to-family education programs to equip loved ones, as well as a bi-weekly support group.

Website mhrpci.com

Bus Route #30

Social 

VANCOUVER ISLAND MENTAL HEALTH SOCIETY

Phone 250-758-8711

Email info@vimhs.org

Address [2356 Rosstown Road](#)

Services Provides rehabilitative residences and community oriented support services for adults with a psychiatric disability including those with addictions.

Website www.vancouverislandmentalhealthsociety.org

Bus Route #30

Social  

CHILD & YOUTH MENTAL HEALTH

Phone 250-741-5701

Hours Intake on Wednesdays 9 am - 11 am, 1 pm - 3 pm

Address [#301 - 190 Wallace Street](#)

Services Provides service to children/youth (up to 19) and families who are seeking assistance regarding a mental health concern.

Bus Route #1, #20, #25, #30, #40, #50



Counselling Services

CREDIT COUNSELLING SOCIETY

Phone 250-741-8558 or toll free at 1-888-527-8999

Email info@nomoredebts.org

Hours Monday - Thursday 5:30 am - 8 pm, Friday 5:30 am - 4:30 pm and Saturday 7:30 am - 3 pm

Address [#203 - 335 Wesley Street](#)

Services Non-profit service providing confidential credit counselling, personal budget planning, and debt repayment programs and alternatives. Counselling is free, non-judgmental, and solution focused.

Website www.nomoredebts.org

Bus Route #25, #40

CROSSROADS PREGNANCY CENTRE

Phone 250-716-1633

Email info@cpcnanaimo.com


Hours Monday - Thursday 9 am - 4:30 pm

Address [1717 Kerrisdale Road](#)

Services Non-profit service offering free pregnancy tests, options counselling, post abortion recovery, pregnancy loss support, practical help, maternity & baby clothing, gear, diapers, formula, and pregnancy/parenting classes. All services are free & confidential.

Website www.cpcnanaimo.com

Bus Route #40

Social  

GAMBLING HELPLINE

Phone Toll free at 1-888-795-6111

Hours 24/7

Services Treatment for the negative impacts of gambling, you can request support online or contact the multilingual Gambling Support Line (24/7 toll free): 1-888-795-6111.

Website www2.gov.bc.ca

HAVEN SOCIETY - STOPPING THE VIOLENCE

Phone 250-756-2452 ext 302 or Haven Society Crisis line at 1-888-756-0616

Email haven@havensociety.com

Hours Drop-in Tuesday - Thursday 1-3 pm

Address [2270 Labieux Road](#)

Services Free and confidential individual and group counselling to women who have experienced domestic violence or abuse, sexual assault, and/or childhood abuse.

Website www.havensociety.com

Bus Route #30, #40

ISLAND HEALTH - WALK-IN CRISIS COUNSELLING CLINIC

Phone 1-250-739-5710 or 1-888-885-8824

Hours Monday - Friday 10 am - 5:15 pm

Address [#203 - 2000 Island Highway](#)

Services In-person and mobile crisis response, walk-in single session counselling, and referral to mental health and substance use hospital and community treatment and recovery services.

Bus Route #1, #20



Counselling Services

ISLAND COMMUNITY COUNSELLING

Phone 250-716-8888

Email office@icc.care

Hours Counsellors work variable hours, including evenings and weekends, to meet client needs.

Address [#406 & #207 - 235 Bastion Street](#)

Services A non-profit agency striving to provide affordable therapeutic counselling for individuals, couples, families, and group therapy.

Website www.islandcommunitycounselling.ca

Bus Route #40

Social 

NANAIMO COMMUNITY HOSPICE - CHILD/YOUTH PROGRAM

Phone 250-591-8811

Email info@nanaimohospice.com

Hours Monday - Friday 9 am - 4 pm

Address [1080 St. George Crescent](#)

Services Nanaimo Community Hospice provides one to one grief support for children and youth aged 3-18 years old. The children and youth program utilizes expressive play therapy tools to support individuals understanding and coping with grief. The program is an open referral.

Website www.nanaimohospice.com

Bus Route #30

NANAIMO COMMUNITY HOSPICE

Phone 250-591-8811

Email info@nanaimohospice.com

Hours Monday - Friday 9 am - 4 pm

Address [1080 St. George Crescent](#)

Services Offers professional grief counselling, groups, peer support and wellness programs to all residents of Nanaimo, Lantzville and Cedar, free of charge.

Website www.nanaimohospice.com

Bus Route #30

NANAIMO FAMILY LIFE ASSOCIATION

Phone 250-754-3331

Email reception@nflabc.org

Hours Monday - Thursday 9 am - 4 pm

Address [1070 Townsite Road](#)

Services Provides affordable individual, relationship, youth, and senior’s counselling.

Website www.nflabc.org

Bus Route #30

Social  



Counselling Services

NANAIMO FAMILY LIFE - SENIOR PEER COUNSELLING

Phone 250-754-3331
 Email reception@nflabc.org
 Hours Monday - Thursday 9 am - 4 pm
 Address [1070 Townsite Road](#)
 Services Provides counselling and support to alleviate loneliness and isolation of seniors who are age 55+. The service is offered in the home, the office and community.
 Website www.nflabc.org
 Bus Route #30

NARSF PROGRAMS LTD. - LIVING IN FAMILIES WITH TEENS (LIFT)

Phone 250-754-9285
 Hours Monday - Friday 9 am - 5 pm
 Address [#201 - 170 Wallace Street](#)
 Services An open referral program that supports parents and teens that are experiencing relationship difficulties to the extent that the teen's placement in the home is in jeopardy.
 Website www.narsf.org
 Bus Route #1, #20, #30, #50

NARSF PROGRAMS LTD. - SEXUAL ABUSE INTERVENTION

Phone 250-754-2773
 Address [#201 - 190 Wallace Street](#)
 Services An open community referral program for children, teens, and families who have disclosed sexual abuse or are at risk for sexual exploitation.
 Website www.narsf.org
 Bus Route #1, #20, #30, #50

THE RESTORATIVE WELLNESS PROJECT LTD. (RWP)

Phone 250-619-0901
 Email intake@restwp.com
 Address [2371 Arbot Road](#)
 Services Offers rapid response mental health stabilization services using a culturally enriched group model with Elders from a variety of Nations.
 Website www.restorativecounselling.com
 Bus Route #5

THE MEN'S CENTRE

Phone 250-716-1551
 Hours Tuesday - Thursday 10 am - 12 pm and 1 - 3 pm
 Email info@themenscentre.ca
 Address [418D Fitzwilliam Street](#)
 Services Individual counselling support. "Dealing with the Dragon," a course on managing the emotional landscape and violence prevention, is for men only.
 Website www.themenscentre.ca
 Bus Route #25, #40



First Nations

M'AKOLA HOUSING SOCIETY

Phone 250-756-4217 or After Hours Emergencies: 1-877-384-1423 EXT. 2

Hours Tuesday - Thursday 9 am - 4 pm

Email info@makola.bc.ca

Address [#22 - 3201 Shenton Road](#) (Nanaimo Regional Office)

Services Provides homes primarily for indigenous people where they can feel connected to traditional values and community.

Website www.makola.bc.ca

Bus Route #30

MID-ISLAND METIS NATION

Phone 250-585-7441

Hours Tuesday - Friday 10 am - 4 pm

Email office@mimn.ca

Address [#26 - 1708 Bowen Road](#)

Services Protects and promotes Métis culture through developing and implementing training, cultural programming, education, and economic opportunities while ensuring effective communication to all members on Central Vancouver Island.

Website www.midislandmetis.com

Bus Route #40

Social 

ISLAND URBAN INDIGENOUS WELLNESS SOCIETY

Email admin@iuiws.ca

Address [2595 McCullough Road](#)

Services Offers a variety of education programs/schooling services for students in grades K-12. Operates one housing complex Nuutsumuut Lelum (1406 Bowen Road). Programs/ services/community activities are open to all Nanaimo residents and visitors.

Bus Route #30, #40, #50



First Nations

SNUNEYMUXW FIRST NATION - HEAD OFFICE

Phone 250-740-2300 or Toll free 1-888-636-8789

Email mail@snuneymuxw.ca

Hours Monday - Friday 8 am - 4 pm (closed 12 - 1 pm)

Address [668A Centre Street](#)

Services Offers many services and programs including social assistance, family based programs, training, housing and more.

Website www.snuneymuxw.ca

Bus Route #7

SNUNEYMUXW FIRST NATION - TRADITIONAL MEDICINES CLINIC

Phone 250-740-2323

Hours Monday - Thursday 9 am - 12 pm and 1 - 4 pm

Address [1984 Woobank Road](#)

Services Offering traditional treatments for maternal and child health issues, sleep, anxiety, physical pain and depression.

Website www.snuneymuxw.ca

Bus Route #8

TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE

Phone 250-753-4417

Services Promotes justice, fairness, and equality for aboriginal people through a holistic approach to programming and services.

Website www.tillicumlelum.ca

TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - EDUCATION CENTRE

Phone 250-753-8291

Hours Monday - Friday 9 am - 5 pm

Address [927 Haliburton Street](#)

Bus Route #7

TILICUM LELUM ABORIGINAL FRIENDSHIP CENTRE - HEALTH CENTRE

Phone 250-753-6578

Hours Monday - Friday 9 am - 5 pm

Address [602 Haliburton Street](#)

Bus Route #7



Services for People with Diverse Abilities

ANGLING LICENSE FEE REDUCTION

Phone 250-741-3636

Hours Monday - Friday 8:30 am - 4:30 pm

Address [460 Selby Street](#)

Services Any BC resident with a severe and permanent physical or mental disability who wishes to obtain an annual Non-Tidal angling license for a reduced fee.

Website www2.gov.bc.ca

Bus Route #5, #6

COMMUNITY LIVING BC

Phone 250-390-7200

Email clbcnanaimo@gov.bc.ca



Hours Monday - Friday 8:30 am - 4:30 pm

Address [6531 Metral Drive](#)

Services Delivers support and services to adults with developmental disabilities due to FASD or ASD.

Website www.communitylivingbc.ca

Bus Route #15, #30

Social  

ISLAND DEAF & HARD OF HEARING CENTRE

Phone 250-753-0999

Email nanaimo@idhhc.ca

Hours Monday - Friday 8:30 am - 4:30 pm

Address [#102 – 6588 Applecross Road](#)

Services Provides counselling, support, hearing loss, employment, family, community, and interpreting services.

Website www.idhhc.ca

Bus Routes #11, #20

Social 

NANAIMO ASSOCIATION FOR COMMUNITY LIVING

Phone 250-741-0224

Email info@nanaimoacl.com

Hours Monday - Friday 8:30 am - 4 pm

Address [#201 - 96 Cavan Street](#)

Services Provides services to meet the needs of Nanaimo citizens with developmental disabilities and the people that care for them.

Website www.nanaimoacl.com

Bus Route #1, #5, #6, #20, #30, #50

Social  



Services for People with Diverse Abilities

NANAIMO BRAIN INJURY SOCIETY

Phone 250-753-5600 or Text Line: 250-268-3959

Email info@nbis.ca



Hours Monday - Thursday 9 am - 4 pm (closed 12 - 1 pm)

Address [#101 - 235 Bastion Street](#)

Services Provides assistance to persons with an acquired brain injury, their families and/or caregivers through education, advocacy, and community rehabilitation support.

Website www.nbis.ca

Bus Route #40

Social  

NANAIMO DISABILITY RESOURCE CENTRE (NDRC)

Phone 250-758-5547

Email reception@ndrc.info


Hours Monday - Friday 9 am - 12 pm & 12:30 - 3:30 pm

Address [#2 - 4166 Departure Bay Road](#)

Services Provides support, resources, and opportunities for empowerment, which allow people living with disabilities and seniors to make informed choices about their lives.

Website www.ndrc.info

Bus Route #1, #20

Social 

NANAIMO SUPPORTIVE LIFESTYLES PROGRAM

Phone 250-753-0332

Email supportstaff@nanaimosl.ca

Hours Monday - Friday 9 am - 5 pm

Address [#2 - 1601 Bowen Road](#)

Services Training in social and personal skills for adults with developmental disabilities. All referrals for service accepted directly from Community Living BC.

Bus Route #30, #40

REDUCING POVERTY INITIATIVE

Phone 778-421-0821 ext 214

Email reducingpoverty@nidmar.ca

Services Occupational Rehabilitation Initiative aims to support individuals who have acquired a physical or mental health impairment and their employers in the return-to-work journey.

Website www.reducingpoverty.nidmar.ca

SEMI-INDEPENDENT LIVING PROGRAM

Phone 250-754-5015

Hours Monday - Friday 9 am - 4:30 pm

Address [#307 - 235 Bastion Street](#)

Services Training and support for adults with developmental disabilities who live on their own. Teaches skills required to live independently.

Bus Route #40



Services for People with Diverse Abilities

SPECIAL OLYMPICS BC - NANAIMO

Phone 250-208-5402 or 1-888-854-2276

Email nanaimo@specialolympics.bc.ca

Services Through the power of sport, Special Olympics BC transforms the lives of individuals with intellectual disabilities and those who support them. SOBC-Nanaimo offers a wide selection of summer and winter sport programs for athletes of all ages and abilities.

Website www.specialolympics.bc.ca

VANCOUVER ISLAND VOCATIONAL & REHABILITATION SERVICES

Phone 250-753-4225

Email office@vivrs.ca

Hours Monday - Friday 8:30 am - 4:30 pm

Address [#203 - 155 Skinner Street](#)

Services Vocational and life skills services for persons with disabilities or employment barriers who wish to achieve employment, access training, or attain community attachment.

Website www.vivrs.ca

Bus Route #40

SUPPORTING ADVOCATES IN LEADERSHIP

Phone 250-753-1907

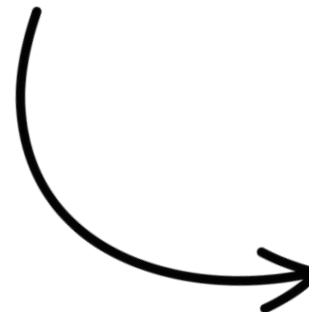
Hours Monday - Friday 9 am - 5 pm

Address [271 Pine Street](#)

Services Supports adults with diverse abilities to have their voices heard, look for solutions, take positive actions, learn, educate others and raise awareness to help create a more inclusive society for all, funded by Community Living BC.

Bus Route #5, #25, #40

Check out this online resource to discover inclusive and welcoming places around Nanaimo and beyond!



myCommunity BC



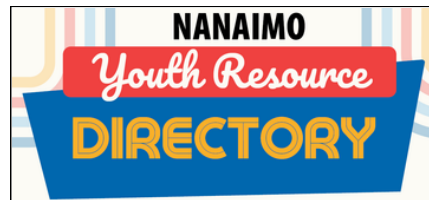
Youth

BGC CENTRAL VANCOUVER SLAND

Phone 250-754-3215
 Email reception@bgccvi.com
 Hours Monday - Friday 9 am - 5 pm
 Address [2290 Bowen Road](#)
 Services We offer a variety of youth programs for ages 11+
 Website www.bgccvi.com
 Bus Route #30, #40
 Social

BIG BROTHERS & BIG SISTERS

Phone 250-756-2447
 Email admin@bigscvi.ca
 Hours Monday - Friday 9 am - 5 pm
 Address [2030 Northfield Road](#)
 Services Provides children and youth with the highest quality volunteer-based mentoring programs
 Website www.cvi.bigbrothersbigsisters.ca
 Bus Route #30, #40
 Social



More Youth Resources are available on the City's website here:

CHILD DEVELOPMENT CENTRE

Phone 250-753-0251
 Email info@nanaimocdc.com
 Hours Monday - Friday 8:30 am - 4:30 pm
 Address [1135 Nelson Street](#)
 Services Provides individualized services for children up to age 19 and their families that promote optimum child development. Most programs and services are available at no cost except for preschool. Programs include infant development, family support services, supported child development, physiotherapy, occupational therapy and speech/language therapy.
 Website nanaimocdc.com
 Bus Route #30
 Social

GIRL GUIDES OF CANADA

Phone 1-800-565-8111
 Email info@girlguides.ca
 Services Provides girls ages 5-17 with the opportunity to try new experiences, challenge themselves and build their confidence, all within a safe environment. Volunteers help deliver a unique program that encourages girls to build life skills in outdoor adventure, financial literacy, mental health, advocacy and more.
 Website www.girlguides.ca
 Social



Youth



HAVEN SOCIETY - PEACE PROGRAM FOR CHILDREN AND YOUTH EXPERIENCING VIOLENCE

Phone 250-756-2452 ext 301
 Address [2270 Labieux Road](#)
 Email peace@havensociety.com
 Services An intervention/prevention counselling program created by the BC Society of Transition Houses to address the needs of children and youth ages 3-18 who have been exposed to domestic violence or experienced intimate partner violence. Our Team provides safety planning, individual and group counselling, and community education to children, youth and their caregivers. The goal of the PEACE Program is to interrupt and break the cycle of intergenerational violence and abuse. All programs and services are confidential and available at no cost.
 Website www.havensociety.com
 Bus Routes #25, #30, #40

CHILDREN AND YOUTH WITH SUPPORT NEEDS OFFICE (MCFD)

Phone 250-741-5734
 Hours Monday to Friday 9 am - 4 pm, closed from 12-1pm
 Address [#201 - 190 Wallace Street](#)
 Services Support for primary caregivers, parents, or guardians who have children or teens with support needs. For children and teens, this may include social and life skills training, behavioural and other professional support services. Assistance for families may include respite, counselling, support groups, and homemaker services.
 Website www2.gov.bc.caca
 Bus Routes #1, #20, #20A, #30, #40, #72

KIDS HELP PHONE

Phone Toll free 1-800-668-6868 or text 'TALK' to 686868
 Email info@kidshelpphone.ca
 Services Free, anonymous and confidential 24/7 phone and on-line professional counselling service for youth. Large or small concerns.
 Website www.kidshelpphone.ca
 Social  

MINISTRY OF CHILDREN & FAMILY DEVELOPMENT

Phone 250-741-5444
 Hours Monday to Friday, 9 am – 4 pm, closed from 12 to 1 pm
 Address [#202 - 488 Albert Street](#)
 Services Offers a variety of child, teen, and family services including child protection, investigating claims of abuse and neglect, protective services for teens aged 13+, guardianship, foster parenting and adoption, youth justice, youth probation program, and youth services.
 Website www2.gov.bc.ca
 Bus Routes #5, #6, #40

AGED OUT

Phone 604-320-7330
 Email info@agedout.com
 Website www.agedout.com
 Services This is a resource for young adults who were in government care in BC. It's an up-to-date warehouse of information on resources and services available to young adults and a learning tool to help people feel empowered as they leave care.





Youth

NANAIMO YOUTH WELLNESS CENTRE


Address [1665 Grant Avenue](#) located behind the hospital
Phone 250-619-0651 call or text
Hours A Public Health nurse is available by appointment or drop in:
Tuesday, Wednesday & Thursday 1 pm - 4 pm

Address [3260 Norwell Drive](#) - Central Nanaimo Urgent Primary Care Clinic
Phone 250-818-3131 call or text for an appointment
Hours 8 am - 8 pm, 7 days a week
Services Youth (up to 25 years) has access to Physicians, Counsellors, and Public Health Nurses. Confidential services include:

- Low Cost Birth Control
- Relationship Support
- Counselling
- STI Screening
- Pregnancy Testing
- Mental Health Support
- Healthy Lifestyle
- Emergency Contraception Pill (ECP)
- Sexual Decision Making
- Gender Identity Support
- Family Support

Website www.islandhealth.ca
Bus Routes #30
Social  

NANAIMO YOUTH SERVICES ASSOCIATION

Phone 250-754-1989
Email reception@nysa.bc.ca
Hours Monday - Friday 8:30 am - 4:30 pm
Address [290 Bastion Street](#)
Services Services include job training, supports for mental, physical and emotional health and housing.
Website www.nysa.bc.ca
Bus Routes #1, #20, #30, #50
Social Media 

INDIGENOUS CHILD & YOUTH MENTAL HEALTH (SNUNEYMUXW, SNA NAW AS AND STZ'UMINUS)

Phone 250-741-5701
Hours Intake on Wednesdays, 9 am - 11 am & 1 pm - 3 pm
Address [#301 - 190 Wallace Street](#)
Services Provides confidential, free, mental health and outreach services to indigenous children, youth and families.
Bus Routes #1, #20, #20A, #30, #40, #72



Youth

NARSF - SEXUAL ABUSE INTERVENTION

Phone 250-754-2773

Address [#201 - 190 Wallace Street](#)

Services Open referral program for children, teens and families who have disclosed sexual abuse or are at risk for sexual exploitation.

Website www.narsf.org

Bus Route #1, #20, #30, #50

NARSF - TRANSITIONS WITHDRAWAL MANAGEMENT & SUPPORTIVE RESIDENTIAL PROGRAM

Phone 250-754-2773

Address [190 Wallace Street](#)

Services A NARSF Program. Referral through Discovery Youth and Family Addictions (VIHA) for youth with problematic drug and alcohol use to achieve their goal of abstinence or reduction of harmful consequences of substance use.

Website www.narsf.org

Bus Routes #1, #20, #30, #50

PACIFICCARE

Phone 250-756-2022 or Toll free 1-888-480-2273

Email mailbox@pacific-care.bc.ca

Hours
 Tuesday: 11:30 am - 4:30 pm
 Wednesday: 8:30 am - 4:30 pm
 Thursday: 10:00 am - 6:00 pm
 Friday: 8:30 am - 4:30 pm
 Saturday: 8:30 am - 12:30 pm

Address [#101 - 3156 Barons Road](#)

Services The Child Care Resource and Referral (CCRR) is the community's best source for child care information, resources and child care referrals. PacificCare offers access to liability insurance coverage for Registered Child Care providers and Mother Goose Programs.

Website www.pacificcare.ca

Bus Routes #1, #20

RAINBOWS NANAIMO

Phone 250-802-3716

Email rainbowsnanaimo@gmail.com

Address [2221 Bowen Road](#)

Services A grief support group program offered in Nanaimo through community sites and School District 68. Provides support to children, teens and their families when dealing with a significant loss—death, divorce, abandonment, etc. 12-week programs offered throughout the year: registration required, free of charge.

Website www.rainbowsnanaimo.ca

Bus Routes #30, #40

Social





Youth

SALVATION ARMY - KIDS & YOUTH

Phone 250-753-8834 ext 408

Services Summer camps, art groups, 'kids in the kitchen', family playgroup, Sunday School.

Website www.nanaimosa.ca



Social  

SCOUTS CANADA

Phone 1-888-855-3336

Services Scouts Canada is the country's leading co-ed youth organization, offering programming for children and youth aged 5-26. Through a variety of fun experiences, outdoor adventures and contributions to their community, Scouts builds resilience and skills that set them up for life.

Website www.scouts.ca

Social  

SIDESCHOOL

Phone 250-802-7699

Services Sideschool offers 1-on-1 and group tutoring services for youth, based on their needs and interests. They also offer resources and workshops for parents and people who work with youth.

Website sideschool.ca

TILLICUM LELUM ABORIGINAL FRIENDSHIP CENTRE

Phone 250-753-4417

Services Essential services for the urban aboriginal population in the Nanaimo area. The Centre includes programs for adults, children, Elders, families, and more. See a full list of programs on their website.

Website www.tillicumlelum.ca

VOLUNTEER NANAIMO

Phone 250-758-7121

Services Volunteer Nanaimo offers the following programs: Income Tax Program, Watchdog Computer Services, YouthNetwork/Youth 2020 Can, Angel Network, Computers On Site, Autism Library and Hand in Hand Intergenerational Storytelling program.

Website www.volunteernanaimo.ca

Social 

YOUTH AGAINST VIOLENCE

Phone 1-800-680-4264

Services Call if you're in any way concerned about your safety or the safety of others. Confidential and 24/7.

Website www.youthagainstviolenceline.com



Seniors

ALZHEIMER SOCIETY RESOURCE CENTRE

Phone 250-734-4170 or toll free 1-800-462-2833

Email info.nanaimo@alzheimerbc.org



Hours 8:30 am to 4:30 pm Monday to Friday, or call the First Link Dementia Helpline at 1-800-936-6033 for support in English between 9 am and 8 pm Monday to Friday.

Address [#4 - 4488 Wellington Road](#)

Services Resources for those suffering from Alzheimer’s and Dementia.

Website www.alzheimer.ca

Bus Routes #25, #30, #50

Social  

BC BLIND SPORTS SENIOR FITNESS PROGRAM

Phone 1-877-604-8638

Email susan@bcblindsport.bc.ca

Services Fitness Programs for Adults of all ages who are blind or partially sighted individuals living in Nanaimo. This is a low impact fitness program with emphasis on balance, flexibility and muscle strength. To participate you must be a member of BC Blind Sports (application form available online).

Website www.bcblindsports.bc.ca

BETTER MEALS

Phone 1-888-838-1888

Email contact@bettermeals.ca

Hours 8:30 am - 3 pm Monday to Friday (phone-in hours)
Delivery days for Nanaimo - Thursday or Friday depending on address

Services To address the nutritional challenges faced by seniors, we provide delivery of fully-cooked frozen and fresh meals, catering to various dietary needs.

Website www.bettermeals.ca

ELDER COLLEGE

Phone 250-797-9055

Email info@eldercollege.org

Hours Monday - Friday 8:30 am - 5 pm

Services Offers short, low-cost, general interest courses on a wide range of subjects for people age 50+.

Website www.eldercollege.org

ELDER DOG - DOG CARE SUPPORT FOR SENIORS

Phone 1-855-336-4226

Email info@elderdog.ca

Services Free assistance for seniors with exercising their dogs, picking up dog food, providing light tasks associated with animal hygiene such as nail clipping or help with brushing. Transportation to appointments and temporary care during hospitalization.

Website www.elderdog.ca



Seniors

FIRST LINK DEMENTIA HELP LINE



Phone 1-800-936-6033

Email info@alzheimerbc.org

Hours Monday - Friday 9 am - 8 pm

Services For anyone affected by dementia, professionally or personally. Get the support you need, when you need it.

Website www.alzheimerbc.org

Social  

GRAY SKILLS

Phone 250-741-8116

Email grayskills@ethoscmg.com

Services Free, virtual program that incorporates foundational skills training and pre-employment preparations for those 55+.

Website www.grayskills.ethoscmg.com

MAKING A COMPLAINT ABOUT A RESIDENTIAL CARE FACILITY

Phone 250-739-5800 (Nanaimo Island Health)

Services If you have a concern about the health, safety, or well-being of a person in a licensed residential care facility make a complaint immediately.

Website <https://www2.gov.bc.ca/gov/content/health/accessing-health-care/finding-assisted-living-or-residential-care/residential-care-facilities/making-a-complaint-about-a-residential-care-facility>

GRIEF SUPPORT FOR SENIORS

Phone 250-591-8811

Email info@nanaimohospice.com


Hours Monday - Friday 9 am - 4 pm

Address [1080 St. George Crescent](#)

Services Information sessions, individual counselling and group support for seniors dealing with caregiving and loss.

Website www.nanaimohospice.com

Bus Route #30

Social 

GENERATIONS EATING TOGETHER - NANAIMO FOODSHARE SOCIETY

Phone 250-753-9393

Email raquel.wicks@nanaimofoodshare.ca

Address [271 Pine Street](#)

Services Create social connections, receive and offer support & guidance to the community, and maintain healthy habits around cooking & eating food! 55+

Website www.nanaimofoodshare.ca

Bus Route #5, #25, #40

Social  





Seniors

HEART TO HOME MEALS

Phone 1-888-777-2219

Services Order online or by phone and one of our friendly, trusted members of our delivery team will deliver your meals straight to your door. We can even place them in your freezer for you!

Website www.hearttohomemeals.ca

HOME & COMMUNITY CARE CENTRAL ISLAND

Phone 250-739-5749

Hours Monday - Friday 8 am - 4 pm

Address [1665 Grant Avenue](#)

Services Services include assisted living and residential care, rehabilitation services, home nursing, case management, community nutrition, home support, adult day services, hospice and palliative care, social work, and respite.

Bus Routes #30

SENIORS FIRST BC

Phone 604-437-1940 or toll free 1-866-437-1940

Services A charitable, non profit society that provides information, legal advocacy, support, and referrals to older adults across BC with issues affecting their well-being, as well as those who care for them.

Website www.seniorsfirstbc.ca/

BC ASSOCIATION OF COMMUNITY RESPONSE NETWORKS

Phone 604-437-1940 or toll free 1-866-437-1940

Services A provincial non-profit dedicated to preventing the mistreatment of vulnerable adults through community awareness, collaboration, and action.

Website www.bccrn.ca

NANAIMO FAMILY LIFE ASSOCIATION - SENIORS HOUSING INFORMATION & NAVIGATION EASE PROGRAM (SHINE)

Phone 250-754-3331 (EXT. 205 & 212)

Email reception@nflabc.org

Hours Monday - Thursday 9 am - 4 pm

Address [1070 Townsite Road](#)

Services The Nanaimo Family Life Association provides information on housing options for seniors (60+). We are not a housing provider nor are we able to provide housing placements; however, our Seniors Housing Navigator can provide information that will help Nanaimo seniors find and maintain safe and appropriate housing.

Website www.nflabc.org

Bus Routes #30

NANAIMO HARBOUR CITY SENIORS

Phone 250-755-7501

Email info@nanaimoharbourcityseniors.com

Hours Monday - Friday 8:30 am - 4:30 pm

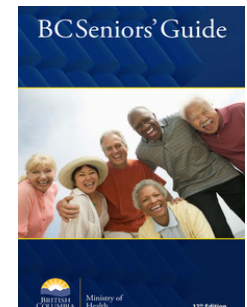
Address [Bowen Park Complex at 500 Bowen Road](#)

Services Offers a complete range of cultural and recreational activities to anyone age 60+ (or anyone who has a partner 60+). Also offers hearing and blood pressure clinics. Membership cost is \$41.45 annually.

Website www.nanaimo.ca

Bus Routes #30

Check out this online resource to help us all plan for, and live, a healthy lifestyle as we age.



Community Resources and Services




Seniors

NANAIMO LIFELINE PROGRAM

| | |
|-----------|--|
| Phone | 250-739-5770 |
| Hours | Monday - Friday 8:30 am - 4 pm |
| Address | #2-3188 Barons Road |
| Services | 24 hour emergency response system designed to support medically at-risk or disabled persons living at home and those who are at risk for physical health reasons. Owned and operated by the Nanaimo & District Hospital Foundation, all profits donated to healthcare in our region. |
| Website | www.nanaimolifeline.ca |
| Bus Route | #20, #20A, #40, #72 |

SENDIAL PROGRAM (THRIFTY FOODS)

| | |
|----------|--|
| Phone | 250-544-1234 or Toll free 1-866-948-0196 |
| Hours | Monday - Friday 8 am - 6 pm Saturday, Sunday and Holidays 8 am - 4 pm |
| Services | Shopping and home delivery service designed for those who are physically unable to shop for themselves (\$5 delivery charge and payment required upon delivery - they do not accept cash). |
| Website | www.thriftyfoods.com |
| Social |   |

FINDING AN ASSISTED LIVING RESIDENCE

| | |
|----------|--|
| Services | To find out what assisted living residences are available in your community, use the website below and use the search boxes on the web page to find a community, specific residence or class of residence. |
| Website | www.connect.health.gov.bc.ca/assisted-living-residence |

SENIORS OUTREACH TEAM (SORT)

| | |
|-----------|---|
| Phone | 250-755-3301 |
| Hours | Monday - Friday 9 am - 5 pm |
| Address | 1665 Grant Avenue |
| Services | Provides assessment and treatment services to seniors over 65 who are experiencing mental health problems such as, Alzheimer's disease or depression. Support and education to family and professional caregivers is available. |
| Bus Route | #30 |

SENIORS ABUSE AND INFORMATION LINE (SAIL)

| | |
|----------|---|
| Phone | 604-437-1940 or Toll free 1-866-437-1940 |
| Hours | Monday - Friday 8 am - 8 pm excluding statutory holidays |
| Services | A confidential information line for older adults and those who care about them to speak to a professional intake worker about abuse, mistreatment and any issues that impact the health and well-being of older adults in BC. |
| Website | https://seniorsfirstbc.ca/programs/sail/ |

OFFICE OF THE SENIORS ADVOCATE BRITISH COLUMBIA

| | |
|----------|---|
| Phone | Toll free 1-877-952-3181 or the office in Victoria 250-952-3181 |
| Hours | Monday - Friday 8:30 am - 4:30 pm |
| Address | 6th floor, 1405 Douglas Street Victoria, BC |
| Email | info@seniorsadvocatebc.ca |
| Services | Monitors key services affecting seniors and provides referrals to help them access health care, housing, income supports, community programs and transportation services. |
| Website | https://www.seniorsadvocatebc.ca/ |



LGBTQ2SIA+

BGC - GENERATION Q

Phone 250-754-3215

Email youth@bgccvi.com

Hours Thursday 6:30 - 8:30 pm

Address [20 Fifth Street](#)

Services Gen Q invites young people ages 12-18 who identify as LGBTQ2SIA+ (Lesbian, Gay, Bisexual, Transgender, Queer/Questioning, Two-Spirit, Intersex, Asexual/Aromantic/Agender, or another gender or sexual orientation minority) to meet every Thursday night for a variety of activities and conversations.



Bus Route #7

GENDER CREATIVE KIDS CANADA

Email info@gendercreativekids.ca

Services For gender creative kids, their families, schools, and communities.


Website www.gendercreativekids.com

Social  

GENDER SPECTRUM

Services Resources for gender diverse families and teens, including navigating medical, legal, mental health, and educational systems.

Website www.genderspectrum.org

Social 



Follow us on Facebook



NANAIMO FAMILY LIFE ASSOCIATION - GENDER JOURNEYS



Phone 250-754-3331 ext 170

Address [1070 Townsite Road](#)

Services Nanaimo-based peer support groups are for all gender identities: transgender, nonbinary, agender, genderfluid, gender nonconforming, Two-Spirit, etc – or gender questioning. The program offers a safe space to explore, learn, connect, and build community. They offer support groups for adults, youth, and their parents and caregivers.

Website www.nflabc.org

Bus Route #30

Social  

NANAIMO PRIDE SOCIETY

Email hello@nanaimopride.ca

Services Nanaimo Pride Society brings together members of the Two-Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, and Non-Binary communities, their friends, allies, and supporters in celebration of the unique spirit and culture of the 2SLGBTQIA+ community by producing quality, inclusive events such as the Pride Parade, Pride Festival and much more.

Website www.nanaimopride.ca

Social  



LGBTQ2SIA+

SOGI123

Services SOGI 1 2 3 helps educators make schools inclusive and safe for students of all sexual orientations and gender identities (SOGI). Site includes curriculum supports and policies.

Website www.bc.sogieducation.org

TRANS CARE BC

Phone 1-866-999-1514

Email transcareteam@phsa.ca

Services BC-wide information service and resource hub that includes information to access gender affirming health care and supports.

Website www.phsa.ca

VANCOUVER ISLAND TRANS RESOURCES

Phone 250-721-7577

Email transchair@viu.ca

Services Resource and information site for trans and gender diverse people and their allies on Vancouver Island. Hosted by the Chair in Transgender Studies, UVic.





Furniture and Household Goods



DENI'S DYNAMITE DEALS

Phone 778-441-3364
 Hours Monday - Saturday 10 am - 5 pm
 Address [499 Seventh Street](#)
 Services Donate or shop a wide variety of affordable used home goods, clothing, sporting equipment, furniture, and much more! Proceeds go towards local charities in the community.
 Bus Route #6


HABITAT RESTORE

Phone 250-758-8078
 Email restoremanager@habitatmvi.org
 Hours Monday - Saturday 9 am - 5 pm
 Address [#1 - 4128 Mostar Road](#)
 Services Provides a wide variety of affordable new and gently used home furnishings, appliances, lighting, plumbing, hardware, building materials and supplies for sale to the general public.
 Website www.habitatmvi.org
 Bus Route #15, #25, #30
 Social  

NANAIMO HOSPICE THRIFT SHOPPE

Phone 250-585-0885
 Email shop2@nanaimohospice.com
 Hours Monday - Saturday 9:30 am - 4:30 pm
 Address [#35 - 1925 Bowen Road](#)
 Services Volunteer, shop, or donate gently used clothing, jewelry, collectables, books, household tools, items, and furniture.
 Website www.nanaimohospice.com
 Bus Route #40
 Social  



ST. ANDREW'S THRIFT STORE

Phone 250-753-1924
 Email office.stauc@shaw.ca
 Hours Monday, Wednesday & Friday 9:30 am - 3:30 pm
 Address [315 Fitzwilliam Street](#)
 Services The Thrift Store sells gently used women's, men's and children's clothes, books and small kitchen and household items.
 Website www.standrewsunitednanaimo.com
 Bus Route #1, #20, #25, #30, #40, #50
 Social 



Transportation



AC TAXI

Phone 250-753-1231
 Email actaxinanaimo@gmail.com
 Hours 24/7
 Address [835 Old Victoria Road \(main office\)](#)
 Services 24/7 door-to-door transportation service.
 Website www.actaxi.ca
 Bus Route #7
 Social  



BC BUS PASS PROGRAM

Phone 1-866-866-0800
 Email BCBusPassProgram@gov.bc.ca
 Hours Monday - Friday 9 am - 4 pm
 Services Annual bus pass for low-income seniors and persons with disabilities on restricted incomes. Allows unlimited travel on the Regional transit system.
 Website www2.gov.bc.ca

BC FERRIES (HEAD OFFICE)

Phone 1-888-223-3779
 Hours Monday - Friday 7 am - 10 pm
 Address [#500 - 1321 Blanshard Street, Victoria](#)
 Services Provides reliable passenger and vehicle ferry service to coastal and island communities.
 Website <https://www.bcferries.com/>
 Social  

BC FERRIES (DEPARTURE BAY TERMINAL)

Phone 250-758-1728
 Address [680 Trans-Canada Highway](#)
 Services Departure Bay is a major BC Ferries terminal that provides services across the Strait of Georgia to Horseshoe Bay in West Vancouver. The route covers approximately 30 nautical miles and takes about 1 hour and 40 minutes to cross.
 Website www.bcferries.com
 Bus Route #20, #25
 Social  



Transportation



BC FERRIES (DUKE POINT TERMINAL)

Phone 1-888-223-3779

Address [400 Duke Point Highway](#)

Services Duke Point is a major ferry terminal that provides ferry service across the Strait of Georgia to Tsawwassen. This ferry terminal is the only major terminal in the BC Ferries system that does not have a connection to public transit.

Website www.bcferrries.com

Social  

BC FERRIES (GABRIOLA TERMINAL)



Phone 1-888-223-3779

Address [160 Front Street](#)

Services Vehicle and walk-on ferry service from Nanaimo Harbour terminal to Gabriola Island.

Website www.bcferrries.com

Bus Route #1, #5, #6, #7, #20, #20A, #25, #30, #40, #50, #70, #78

Social  


HULLO FERRIES

Phone 236-362-1045

Address [100 Port Drive](#)

Services Provides walk-on ferry service between Nanaimo and downtown Vancouver.

Website www.hullo.com

Social 

HANDY DART



Phone 250-390-3000

Hours Monday - Friday 8 am - 4:30 pm
Bus Service Hours: Monday - Friday 7 am - 7:30 pm, Saturday 8 am - 7 pm and Sunday 9:00am - 5:00 pm

Address [6400 Applecross Road](#)

Services handyDART is an accessible, door-to-door shared transit service for people with permanent or temporary disabilities that prevent them from using fixed-route transit without assistance from another person. handyDART picks you up at your accessible door and drops you off at the accessible door of your destination. You must first register at no charge.

Website www.rdn.bc.ca



Social  

NANAIMO REGIONAL TRANSIT SYSTEM

Phone 250-390-4531

Services Provides conventional bus services within Nanaimo and offers a variety of fare options and kids under age 5 ride free. The “Kids Ride Free” program allows a paying family member or guardian to bring 2 children (age 14 and younger) on board for free travel between 5 pm Friday to the end of service Sunday.

Website www.bctransit.com

Social  



Transportation

WHERE TO BUY

| Vendor | Address |
|--------------------------|---------------------------------------|
| Academy of Learning | 1702 Bowen Road |
| 49th Parallel Grocery | 1824 Cedar Road |
| Bowen Park Seniors | 500 Bowen Road |
| Bowen Road General Store | 1702 Bowen Road |
| Central Drugs | #16 - 2220 Bowen Road |
| Circle K | 4286 Departure Bay Road |
| Country Grocer | 1800 Dufferin Crescent |
| Fairway Markets | #103 - 4750 Rutherford Road |
| Discovery College | 495 Dunsmuir Street |
| Jingle Pot General Store | 2201 Jingle Pot Road |
| Kiwanis House | 1233 Kiwanis Crescent |
| London Drugs | 4750 Rutherford & 650 Terminal Avenue |
| Mac's Convenience Stores | #1 - 4286 Departure Bay Road |
| Man Lee Oriental Foods | 385 Terminal Avenue S. |
| The Medicine Shoppe | Terminal Park Plaza |
| Mid Island Co-op | Any location |

BUS FARES - ADULTS

| | |
|--|----------|
| Cash Fare | \$2.75 |
| Day Pass | \$5.50 |
| Monthly Pass | \$65.00 |
| Monthly Pass (Post Secondary Students) | \$55.00 |
| University Semester Pass (Post Secondary Students) | \$176.00 |

BUS FARES - SENIOR (65+) & STUDENT (AGE 13 - 18)

| | |
|--------------|---------|
| Cash Fare | \$2.75 |
| Day Pass | \$5.50 |
| Monthly Pass | \$45.00 |

BUS FARES - HANDYDART

| | |
|------------------------------|---------|
| Cash Fare | \$2.75 |
| Registered User (5Tickets) | \$13.75 |
| Registered User (20 Tickets) | \$55.00 |

BUS FARES - 70 NCX NANAIMO - COWICHAN EXPRESS

| | |
|--------------------------------|----------|
| Cash Fare | \$5.00 |
| Zone C NCX Pass (Monthly Pass) | \$125.00 |
| Zone D NCX Pass (Monthly Pass) | \$175.00 |





Travel made simple with the Umo App!
Plan your route and make contactless payments



Personal Identification (I.D.)

ICBC DRIVER LICENSING

| | |
|------------|---|
| Phone | 1-800-950-1498 |
| Hours | Monday, Tuesday, Thursday & Friday 8:30 am - 4:30 pm and Wednesday 9 am - 4:30 pm |
| Address | 6475 Metral Drive |
| Services | Get your driver's license, ID, car registration and insurance, and make a claim if you've been in a car accident. |
| Website | www.icbc.com |
| Bus Routes | #15, #25, #30, #50 |
| Social |   |

SERVICE BC CENTRE NANAIMO

| | |
|-----------|---|
| Phone | 250-741-3636 |
| Email | servicebc.nanaimo@gov.bc.ca |
| Hours | Tuesday - Friday 9 am - 4:30 pm |
| Address | 460 Selby Street |
| Services | ICBC driver licensing, ID verification, marriage license, changing name, birth services, hunting and fishing, Provincial government payments, landlord and tenant relations and more. |
| Website | www2.gov.bc.ca |
| Bus Route | #5, #6 |



Employment & Income

MINISTRY OF SOCIAL DEVELOPMENT AND POVERTY REDUCTION

Phone 1-866-866-0800

Hours Tuesday to Friday, 9am to 4pm, closed 12 to 1pm

Address [108 Richards Street \(South\)](#)
[101-2100 Labieux Road \(North\)](#)

Services Income/disability assistance, My Self Serve, WorkBC, BC Bus Pass Program, Health Kids Program, Senior’s Supplement Program.

Website www2.gov.bc.ca

Bus Route #1, #20, #20A, #30, #40, #72 (South)
#25, #30, #40 (North)

SERVICE CANADA CENTRE

Phone 1-800-622-6232

Hours Monday - Friday 8:30 am - 4 pm

Address [#201 - 60 Front Street](#)

Services Access to federal government services, benefits, and passports.

Website www.servicecanada.gc.ca

Bus Route #1, #20, #30, #50

VANCOUVER ISLAND VOCATIONAL AND REHABILITATION SERVICES LTD. (VIVRS)

Phone 250-753-4225

Address [#203- 155 Skinner Street](#)

Services Offers individualized skills training and employment support for persons with multiple barriers to employment and vocational assessments for people with or without diversabilities.

Website www.vivrs.ca

Bus Route #1, #20, #30, #50

WORK BC - EMPLOYMENT CENTRE

Phone 1-844-453-5506

Email info-nanaimo@workbc.ca

Hours 8:30 am to 4:30 pm Monday, Tuesday, Friday
8:30 am to 6 pm Wednesday
8:30 am to 3 pm Thursday

Address [#101 - 155 Skinner Street](#)

Services Resources for job seekers and employers, including career exploration, planning, training, placements, Resource Room.

Website www.workbc.ca

Bus Route #40



Legal

CANADA REVENUE AGENCY (INCOME TAX)

General Inquiries 1-800-959-8281
Child Tax & Childcare Benefits 1-800-387-1193
Tele-refund 1-800-959-1956

DIAL-A-LAW PROGRAM

Phone 1-800-565-5297
Services General information on the law as it applies in BC.
Website www.dialalaw.org
Social [Facebook icon] [Instagram icon]

EMPLOYMENT STANDARDS BRANCH

Phone 1-833-236-3700
Hours Monday - Friday 8:30 am - 4:30 pm
Address #200 - 6475 Metral Drive
Services Enforces the Employment Standards Act.
Website www.gov.bc.ca
Bus Route #15, #25, #30, #50

JUSTICE ACCESS CENTRE

Phone 250-741-5447
Hours Monday - Friday 8 am - 5:30 pm
Address #302 - 65 Front Street
Services Provides help with family and civil law issues.
Bus Route #1, #20, #30, #50

LEGAL SERVICES SOCIETY

Phone 1-866-577-2525
Hours Monday, Tuesday, Thursday & Friday 9 am - 4 pm
Wednesday 9 am - 2:30 pm
Services Provides legal aid in BC.
Website www.lss.bc.ca
Social [Facebook icon] [Twitter icon]

RESIDENTIAL TENANCY BRANCH INFO LINE

Phone 1-800-665-8779
Website www.gov.bc.ca

TOGETHER AGAINST POVERTY SOCIETY (TAPS)

Phone 250-824-0995
Email nanaimo@tapsbc.ca
Address #502 - 495 Dunsmuir Street
Services TAPS provides rights-based information and legal advocacy services for those with issues relating to income assistance, disability benefits, and residential tenancy.
Website www.tapsbc.ca/nanaimo
Bus Route #5, #6

TENANT RESOURCE & ADVISORY CENTRE (TRAC)

Phone 1-800-665-1185
Hours 1 - 5 pm Monday, Tuesday, Thursday, Friday
5:30 - 8:30 pm Wednesday
Services Provides legal education and information about residential tenancy matters.
Website www.tenants.bc.ca



Family Services

CROSSROADS PREGNANCY CENTRE

Phone 250-716-1633

Email info@cpcnanaimo.com

Hours Monday - Thursday 9 am - 4:30 pm

Address [1717 Kerrisdale Road](#)

Services Non-profit service offering free pregnancy tests, counselling, post abortion recovery, pregnancy loss support, practical help, maternity & baby clothing, gear, diapers, formula, and pregnancy/parenting classes. All services are free & confidential.

Website www.cpcnanaimo.com

Bus Route #40

Social  

SALVATION ARMY- FAMILY SERVICES

Phone 250-753-8834 ext 409

Hours Monday - Friday 9 am - 1pm

Address [505 - Eighth Street](#)

Services Family supports and networks, upstream programs and services around housing loss prevention, access to free pet food, taxes, assistance with applications and forms, support groups and workshops.

Website www.nanaimosa.ca

Bus Route #5, #6

Social  

KW'UMUT LELUM

Phone 250-591-0933

Email info@kwumut.org

Hours Monday - Friday 8 am - 4:30 pm

Address [544 Centre Street](#) (Administration Office)
[534 Centre Street](#) (Wellness and Culture)

Services Offers services and programs that keep our children safe, strengthen and preserve our families, connect to our culture, and enhance our community wellbeing. Programs include child safety, guardianship, Le'lumilh Caregiving, family support services, wellness, 4 seasons culture, 4 seasons early years, cultural permanency, step up work placement, post-majority and FASD Supports.

Website www.kwumut.org



Bus Route #7

Social  



Immigration/Migration

CENTRAL VANCOUVER ISLAND MULTICULTURAL SOCIETY

| | |
|-----------|---|
| Phone | 250-753-6911 |
| Hours | Monday, Tuesday, Thursday, Friday 8:30 am - 4:30 pm Wednesday 8:30 am - 7 pm |
| Address | #101 - 319 Selby Street |
| Services | Find help getting settled in Nanaimo, learn English, or find a job. The Employment Centre is available to all unemployed individuals eligible to work in Canada. The HIPPY program is available to help parents help their preschool aged kids. |
| Website | www.cvims.org |
| Bus Route | #25, #40 |
| Social |   |

MIGRANT WORKERS CENTER

| | |
|----------|---|
| Phone | 604-669-4482 or Toll Free 1-888-669-4482 |
| Hours | Tuesday - Saturday 10:00 am - 4 pm by appointment Saturdays only open during walk-in clinics |
| Address | 302-119 West Pender Street Vancouver, BC |
| Services | A non-profit organization providing free legal services to migrant workers in British Columbia. |
| Website | www.mwcbc.ca |



Veteran's Support

RCMP VETERAN'S ASSOCIATION

Phone 613-415-7564

Email contact@rcmpva.org

Hours Monday -Thursday 9am - 4pm

Services Our primary role is to provide a network of support for one another. To be responsive to the physical, psychological, social and economic welfare of all former employees of the Royal Canadian Mounted Police and their families.

Website <https://rcmpva.org/>

VETERANS AFFAIRS CANADA

Phone Toll Free 1-800-268-7708 to speak to a mental health professional

Toll Free 1-866-522-2122 Mon-Fri 8:30-4:30

Hours 24 hours a day, 365 days a year

Services Can provide psychological support. The service is for Veterans, former RCMP members, their families, and caregivers and is provided at no cost. You do not need to be a client of VAC to receive services.

Website <https://www.veterans.gc.ca/en>

RCMP VETERAN'S ASSOCIATION CENTRAL VANCOUVER ISLAND DIVISION

Phone 250-923-7724

Email contact@rcmpva.org and title your message "For CVI"

Services Our purpose is to create and foster fellowship, develop new friendships and also to renew past friendships with all our members and families.

Website <https://rcmpva.org/divisions/central-vancouver-island/>



Veteran's Support

LEGION'S SUPPORT PAGE

| | |
|----------|---|
| Phone | 1-613-591-3335 or Toll Free 1-888-556-6222 |
| Email | contact@rccmpva.org |
| Hours | Monday -Friday 8:30am - 4:00pm |
| Services | In addition to directly assisting Veterans and their families with the disability claims process through Veterans Affairs Canada (VAC), the Legion offers a variety of programs, resources and referrals to support Veteran health, transition to civilian life, financial assistance and well-being. |
| Website | https://www.legion.ca/support-for-veterans |

LEGION BRANCH 10 NANAIMO

| | |
|---------|--|
| Phone | 250-753-4442 |
| Address | 129 Harewood Road |
| Email | rclbr10@shaw.ca |

LEGION BRANCH 256 MOUNT BENSON

| | |
|---------|--|
| Phone | 250-754-8128 |
| Address | 1630 E Wellington Road |
| Email | rclbr256@shaw.ca |