



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




Health Services



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	 



Health Services



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

NARFS 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

NARFS 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