



### Counselling Services

#### CREDIT COUNSELLING SOCIETY

Phone	250-741-8558 or toll free at 1-888-527-8999
Email	<a href="mailto:info@nomoredebts.org">info@nomoredebts.org</a>
Hours	Monday- Thursday 5:30 am- 8 pm, Friday 5:30 am- 4:30 pm and Saturday 7:30 am- 3 pm
Address	<a href="#">#203- 335 Wesley Street</a>
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	<a href="http://www.nomoredebts.org">www.nomoredebts.org</a>
Bus Route	#25, #40

#### CROSSROADS PREGNANCY CENTRE

Phone	250-716-1633
Email	<a href="mailto:info@cpcnanaimo.com">info@cpcnanaimo.com</a>
Hours	Monday- Thursday 9 am- 4:30 pm
Address	<a href="#">1717 Kerrisdale Road</a>
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	<a href="http://www.cpcnanaimo.com">www.cpcnanaimo.com</a>
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	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>

#### HAVEN SOCIETY - STOPPING THE VIOLENCE

Phone	250-756-2452 ext 302 or Haven Society Crisis line at 1-888-756-0616
Email	<a href="mailto:haven@havensociety.com">haven@havensociety.com</a>
Hours	Drop-in Tuesday- Thursday 1-3 pm
Address	<a href="#">2270 Labieux Road</a>
Services	Free and confidential individual and group counselling to women who have experienced domestic violence or abuse, sexual assault, and/or childhood abuse.
Website	<a href="http://www.havensociety.com">www.havensociety.com</a>
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	<a href="#">#203- 2000 Island Highway</a>
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	<a href="mailto:office@icc.care">office@icc.care</a>
Hours	Counsellors work variable hours, including evenings and weekends, to meet client needs.
Address	<a href="#">#406 &amp; #207- 235 Bastion Street</a>
Services	A non-profit agency striving to provide affordable therapeutic counselling for individuals, couples, families, and group therapy.
Website	<a href="http://www.islandcommunitycounselling.ca">www.islandcommunitycounselling.ca</a>
Bus Route	#40
Social	

### NANAIMO COMMUNITY HOSPICE - CHILD/YOUTH PROGRAM

Phone	250-591-8811
Email	<a href="mailto:info@nanaimohospice.com">info@nanaimohospice.com</a>
Hours	Monday- Friday 9 am- 4 pm
Address	<a href="#">1080 St. George Crescent</a>
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	<a href="http://www.nanaimohospice.com">www.nanaimohospice.com</a>
Bus Route	#30

### NANAIMO COMMUNITY HOSPICE

Phone	250-591-8811
Email	<a href="mailto:info@nanaimohospice.com">info@nanaimohospice.com</a>
Hours	Monday- Friday 9 am- 4 pm
Address	<a href="#">1080 St. George Crescent</a>
Services	Offers professional grief counselling, groups, peer support and wellness programs to all residents of Nanaimo, Lantzville and Cedar, free of charge.
Website	<a href="http://www.nanaimohospice.com">www.nanaimohospice.com</a>
Bus Route	#30

### NANAIMO FAMILY LIFE ASSOCIATION

Phone	250-754-3331
Email	<a href="mailto:reception@nflabc.org">reception@nflabc.org</a>
Hours	Monday- Thursday 9 am- 4 pm
Address	<a href="#">1070 Townsite Road</a>
Services	Provides affordable individual, relationship, youth, and senior's counselling.
Website	<a href="http://www.nflabc.org">www.nflabc.org</a>
Bus Route	#30
Social	 



### Counselling Services

#### NANAIMO FAMILY LIFE - SENIOR PEER COUNSELLING

Phone	250-754-3331
Email	<a href="mailto:reception@nflabc.org">reception@nflabc.org</a>
Hours	Monday- Thursday 9 am- 4 pm
Address	<a href="#">1070 Townsite Road</a>
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	<a href="http://www.nflabc.org">www.nflabc.org</a>
Bus Route	#30

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

Phone	250-754-9285
Hours	Monday- Friday 9 am- 5 pm
Address	<a href="#">#201- 170 Wallace Street</a>
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	<a href="http://www.narsf.org">www.narsf.org</a>
Bus Route	#1, #20, #30, #50

#### NARSF PROGRAMS LTD. - SEXUAL ABUSE INTERVENTION

Phone	250-754-2773
Address	<a href="#">#201- 190 Wallace Street</a>
Services	An open community referral program for children, teens, and families who have disclosed sexual abuse or are at risk for sexual exploitation.
Website	<a href="http://www.narsf.org">www.narsf.org</a>
Bus Route	#1, #20, #30, #50

#### THE RESTORATIVE WELLNESS PROJECT LTD. (RWP)

Phone	250-619-0901
Email	<a href="mailto:intake@restwp.com">intake@restwp.com</a>
Address	<a href="#">2371 Arbot Road</a>
Services	Offers rapid response mental health stabilization services using a culturally enriched group model with Elders from a variety of Nations.
Website	<a href="http://www.restorativecounselling.com">www.restorativecounselling.com</a>
Bus Route	#5

#### THE MEN'S CENTRE

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