



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


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 


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 

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 



Health Services



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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

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





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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

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



Health Services



Medical Clinics

NANAIMO PUBLIC HEALTH UNIT

Phone	250-755-6200	
Email	NanaimoPublicHealth@islandhealth.ca	
Hours	Monday - Friday 8:30 am - 4:30 pm	
Address	1665 Grant Avenue	
Bus Route	#30	
website	www.islandhealth.ca	
Social		
Service	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

NANAIMO REGIONAL GENERAL HOSPITAL

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

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		

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	

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	