



### Substance Use & Addictions

#### AL-ANON

Phone 1-888-425-2666  
 Services Support for friends and families of alcoholics.  
 Website [www.bcyukon-al-anon.org](http://www.bcyukon-al-anon.org)

#### ALCOHOLICS ANONYMOUS

Phone 1-833-753-7513  
 Email [nanaimoaa@shaw.ca](mailto:nanaimoaa@shaw.ca)  
 Website [www.nanaimoaa.org](http://www.nanaimoaa.org)

#### ADDICTIONS RECOVERY CENTRE

Phone 250-591-1000  
 Email [info@arcclinic.ca](mailto:info@arcclinic.ca)  
 Hours Monday - Thursday 9 am - 5 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](http://www.arcclinic.ca)  
 Bus Route #7, #70, #78

#### AVI NANAIMO

Phone 250-754-9888  
 Email [info@avi.org](mailto:info@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](http://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](http://www.healthlinkbc.ca)



### Substance Use & Addictions

#### NANAIMO ADDICTIONS CLINIC

Phone 250-824-3077  
Email [info@addictionclinic.ca](mailto:info@addictionclinic.ca)  
Hours Monday - Thursday 9 am - 5 pm  
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](http://www.addictionclinic.ca)

#### NANAIMO PAIN CLINIC

Phone 250-591-2565  
Hours Tuesdays only 9 am - 2 pm  
Address [A - 495 Dunsmuir Street](#)  
Services Treats opiate dependence using medication-assisted therapy, recovery, and weekly/bi-weekly support sessions.  
Website [www.nanaimorecovers.com](http://www.nanaimorecovers.com)  
Bus Route #5, #6

#### TREW BEGINNINGS

Phone 250-591-6454  
Email [trewbeginnings@shaw.ca](mailto: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](http://www.oatrx.xa)  
Bus Route #7, #70, #78

#### DR EVAN AILON: ALCOHOL USE DISORDER SPECIALIST

Phone 250-753-2446, requires Physician referral  
Address [#205 - 1621 Dufferin Crescent](#)  
Bus #30



## Health Services



### 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	<a href="http://www.cviana.ca">www.cviana.ca</a>

#### DISCOVERY YOUTH & FAMILY SUBSTANCE USE SERVICES

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

#### EATING DISORDERS PROGRAM

Phone	250-754-2773 ext 213
Email	<a href="mailto:admin@narsf.org">admin@narsf.org</a>
Address	<a href="#">#201 - 190 Wallace Street</a>
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	<a href="http://www.narsf.org">www.narsf.org</a>
Bus Route	#1, #20, #30, #50

#### MOMS STOP THE HARM - FAMILY PEER NAVIGATION

Phone	778-674-8638
Email	<a href="mailto:bcfamilynavigator@momsstoptheharm.com">bcfamilynavigator@momsstoptheharm.com</a>
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	<a href="http://www.momsstoptheharm.com">www.momsstoptheharm.com</a>

#### MOMS STOP THE HARM - HEALING HEARTS

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

#### MOMS STOP THE HARM - HOLDING HOPE

Email	<a href="mailto:bcholdinghope1@gmail.com">bcholdinghope1@gmail.com</a>
Hours	First and third Thursday of the month at 6 pm
Address	<a href="#">2020 Estevan Road, Brechin United Church</a>
Services	Peer-led support groups, offered at no cost, to families with loved ones living with addiction.
Website	<a href="http://www.momsstoptheharm.com">www.momsstoptheharm.com</a>
Bus Routes	#1, #20, #25



## Health Services



### Substance Use & Addictions

#### NANAIMO MENTAL HEALTH AND SUBSTANCE USE ADVISORY COMMITTEE

Phone	<a href="tel:250-760-6031">250-760-6031</a>
Email	<a href="mailto:contact@mhrpci.com">contact@mhrpci.com</a>
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	<a href="mailto:nsac@vimhs.org">nsac@vimhs.org</a>
Hours	24/7
Address	<a href="#">126 Haliburton Street</a>
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 <a href="#">6553 Portsmouth Road</a> Thursdays 1 pm at <a href="#">6553 Portsmouth Road</a>
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	<a href="https://naranonbc.com/meetings-in-bc">https://naranonbc.com/meetings-in-bc</a>
Bus Route	#20, #25, #50

#### NARSF PROGRAMS LTD.

Phone	250-754-2773
Email	<a href="mailto:admin@narsf.org">admin@narsf.org</a>
Hours	Monday - Friday 8:30 am - 5 pm
Address	<a href="#">#201 - 170 Wallace Street</a>
Services	Services and programs for families, those experiencing violence, addictions, and more. Drop-in pre/post HIV testing is available.
Website	<a href="http://www.narsf.org">www.narsf.org</a>
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	<a href="http://www.cdc.gov">www.cdc.gov</a>



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#### 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	<a href="#">250 Albert Street</a>
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	<a href="http://www.cmhamidisland.ca">www.cmhamidisland.ca</a>
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	<a href="http://www.smartrecoverybc.com">www.smartrecoverybc.com</a>
Social	 

#### SUBSTANCE USE SERVICES OUTREACH TEAM (SUSO)

Phone	250-713-5118
Hours	7 days a week 830 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	250-739-5790
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. Call for referral 250-739-5790.



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### PERINATAL OUTREACH – SOUTH END PUBLIC HEALTH

Phone	250-619-7672 (call or text)
Email	<a href="mailto:phoutreach@islandhealth.ca">phoutreach@islandhealth.ca</a>
Hours	Monday - Friday, 9 am - 4 pm
Address	<a href="#">80 Chapel Street</a>
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	<a href="#">Flyer</a>
Bus Route	#1, #20, #20A, #25, #30, #72
Social	

### NEEDLE DISPOSAL BOX LOCATIONS

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

### 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
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