



Youth

BGC CENTRAL VANCOUVER SLAND

Phone 250-754-3215  
 Email [reception@bgccvi.com](mailto: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](http://www.bgccvi.com)  
 Bus Route #30, #40  
 Social

BIG BROTHERS & BIG SISTERS

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

CHILD DEVELOPMENT CENTRE

Phone 250-753-0251  
 Email [info@nanaimocdc.com](mailto: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](http://nanaimocdc.com)  
 Bus Route #30  
 Social

GIRL GUIDES OF CANADA

Phone 1-800-565-8111  
 Email [info@girlguides.ca](mailto:info@girlguides.ca)  
 Services Provides girls age 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](http://www.girlguides.ca)  
 Social



Youth

HAVEN SOCIETY - PEACE PROGRAM FOR CHILDREN AND YOUTH EXPERIENCING VIOLENCE

Phone 250-756-2452 ext301

Address [2270 Labieux Road](#)

Email [peace@havensociety.com](mailto: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](http://www.havensociety.com)

Bus Routes #25, #30, #40

CHILDREN AND YOUTH WITH SUPPORT NEEDS OFFICE (MCFD)

Phone 250-741-5734 Monday to Friday 9 am - 4 pm, closed from

Hours 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](http://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](mailto: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](http://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](http://www2.gov.bc.ca)

Bus Routes #5, #6, #40



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



Youth

NANAIMO YOUTH WELLNESS CENTRE

Address [1665 Grant Avenue](#) located behind the hospital

Phone 250-619-0651 call or text

Hours Tuesday and Thursday 1pm - 4pm  
Wednesday 1pm - 6pm

Address [3260 Norwell Drive](#) - Central Nanaimo Urgent Primary Care Clinic

Phone 250-818-3131 call or text for an appointment



Hours 8am - 8pm, 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](http://www.islandhealth.ca)

Bus Routes #30

Social  

NANAIMO YOUTH SERVICES ASSOCIATION

Phone 250-754-1989

Email [reception@nysa.bc.ca](mailto: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](http://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 - 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](http://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](http://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](mailto:mailbox@pacific-care.bc.ca)

Hours Monday - Friday 8:30 am - 4:30 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](http://www.pacificcare.ca)

Bus Routes #1, #20

RAINBOWS NANAIMO

Phone 250-751-7888

Email [rainbowsnanaimo@gmail.com](mailto: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](http://www.rainbowsnanaimo.ca)



Bus Routes #30, #40

Social





## Youth

### SALVATION ARMY - KIDS & YOUTH

Phone 250-753-8834 EXT. 408 Summer camps, art groups,  
 Services 'kids in the kitchen', family playgroup, Sunday School.  
 Website [www.nanaimosa.ca](http://www.nanaimosa.ca)  
 Social  

### SCOUTS CANADA

Phone 1-888-855-3336 Scouts Canada is the country's leading co-  
 Services 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](http://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](http://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](http://www.tillicumlelum.ca)

### VOLUNTEER NANAIMO

Phone 250-758-7121 Volunteer Nanaimo offers the following  
 Services 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](http://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](http://www.youthagainstviolenceline.com)