




### Youth



#### BGC CENTRAL VANCOUVER SLAND

Phone	250-754-3215
Email	<a href="mailto:reception@bgccvi.com">reception@bgccvi.com</a>
Hours	Monday- Friday 9 am- 5 pm
Address	<a href="#">2290 Bowen Road</a>
Services	We offer a variety of youth programs for ages 11+.
Website	<a href="http://www.bgccvi.com">www.bgccvi.com</a>
Bus Route	#30, #40
Social	



#### BIG BROTHERS & BIG SISTERS

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

#### CHILD DEVELOPMENT CENTRE

Phone	250-753-0251
Email	<a href="mailto:info@nanaimocdc.com">info@nanaimocdc.com</a>
Hours	Monday- Friday 8:30 am- 4:30 pm
Address	<a href="#">1135 Nelson Street</a>
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	<a href="mailto:info@nanaimocdc.com">info@nanaimocdc.com</a>
Bus Route	#30
Social	 

#### GIRL GUIDES OF CANADA

Phone	1-800-565-8111
Email	<a href="mailto:info@girlguides.ca">info@girlguides.ca</a>
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	<a href="http://www.girlguides.ca">www.girlguides.ca</a>
Social	 



### Youth

#### HAVEN SOCIETY - PEACE PROGRAM FOR CHILDREN AND YOUTH EXPERIENCING VIOLENCE

Phone	250-756-2452 ext 301
Address	<a href="#">2270 Labieux Road</a>
Email	<a href="mailto:peace@havensociety.com">peace@havensociety.com</a>
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	<a href="http://www.havensociety.com">www.havensociety.com</a>
Bus Routes	<a href="#">#25, #30, #40</a>

#### KIDS HELP PHONE

Phone	Toll free 1-800-668-6868 or text 'TALK' to 686868
Email	<a href="mailto:info@kidshelpphone.ca">info@kidshelpphone.ca</a>
Services	Free, anonymous and confidential 24/7 phone and on-line professional counselling service for youth. Large or small concerns.
Website	<a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
Social	 

#### CHILDREN AND YOUTH WITH SUPPORT NEEDS OFFICE (MCFD)

Phone	250-741-5734
Hours	Monday to Friday 9 am - 4 pm, closed from 12-1pm
Address	<a href="#">#201- 190 Wallace Street</a>
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	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>
Bus Routes	#1, #20, #20A, #30, #40, #72

#### MINISTRY OF CHILDREN & FAMILY DEVELOPMENT

Phone	250-741-5444
Hours	Monday to Friday, 9 am – 4 pm, closed from 12 to 1 pm
Address	<a href="#">#202- 488 Albert Street</a>
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	<a href="http://www2.gov.bc.ca">www2.gov.bc.ca</a>
Bus Routes	#5, #6, #40




## Community Resources and Services



### Youth



#### NANAIMO YOUTH SERVICES ASSOCIATION

Phone	250-754-1989
Email	<a href="mailto:reception@nysa.bc.ca">reception@nysa.bc.ca</a>
Hours	Monday- Friday 8:30 am- 4:30 pm
Address	<a href="#">290 Bastion Street</a>
Services	Services include job training, supports for mental, physical and emotional health and housing.
Website	<a href="http://www.nysa.bc.ca">www.nysa.bc.ca</a>
Bus Routes	#1, #20, #30, #50
Social Media	

#### NANAIMO INDIGENOUS CHILD & YOUTH MENTAL HEALTH (SNUNEYMUXW, SNA NAW AS AND STZ'UMINUS)

Phone	250-741-5701
Hours	Wednesday & Thursday 9 am- 12 pm & 1- 3 pm
Address	<a href="#">#301- 190 Wallace Street</a>
Services	Provides confidential, free outreach services for aboriginal children, youth and families who may be experiencing difficulties with thoughts, feelings or behaviours. Provides info, workshops & referrals to other community partners. FASD Key Workers: Supports any families and caregivers of children & youth who are living with FASD by providing resources and info tailored to meet individual needs.
Bus Routes	#1, #20, #20A, #30, #40, #72

#### NANAIMO YOUTH WELLNESS CENTRE

Phone	250-619-0651 (call or text)
Hours	Tuesday and Thursday 1-4 pm Wednesday 1- 6 pm
Address	<a href="#">1665 Grant Avenue</a> located behind the hospital
Services	Youth (up to 25 years) have access to Physicians, Counsellors, and Public Health Nurses. Confidential services include: <ul style="list-style-type: none"> <li>• Low Cost Birth Control</li> <li>• Relationship Support</li> <li>• Counselling</li> <li>• STI Screening</li> <li>• Pregnancy Testing</li> <li>• Mental Health Support</li> <li>• Healthy Lifestyle</li> <li>• Emergency Contraception Pill (ECP)</li> <li>• Sexual Decision Making</li> <li>• Gender Identity Support</li> <li>• Family Support</li> </ul>
Website	<a href="http://www.islandhealth.ca">www.islandhealth.ca</a>
Bus Routes	#30
Social	 



### Youth

#### NARSF - SEXUAL ABUSE INTERVENTION

Phone	250-754-2773
Address	<a href="#">#201- 190 Wallace Street</a>
Services	Open 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


#### NARSF - TRANSITIONS WITHDRAWAL MANAGEMENT & SUPPORTIVE RESIDENTIAL PROGRAM

Phone	250-754-2773
Address	<a href="#">190 Wallace Street</a>
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	<a href="http://www.narsf.org">www.narsf.org</a>
Bus Routes	#1, #20, #30, #50

#### PACIFICCARE

Phone	250-756-2022 or Toll free 1-888-480-2273
Email	<a href="mailto:mailbox@pacific-care.bc.ca">mailbox@pacific-care.bc.ca</a>
Hours	Monday- Friday 8:30 am- 4:30 pm
Address	<a href="#">#101- 3156 Barons Road</a>
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	<a href="http://www.pacificcare.ca">www.pacificcare.ca</a>
Bus Routes	#1, #20

#### RAINBOWS NANAIMO

Phone	250-751-7888
Email	<a href="mailto:rainbowsnanaimo@gmail.com">rainbowsnanaimo@gmail.com</a>
Address	<a href="#">2221 Bowen Road</a>
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	<a href="http://www.rainbowsnanaimo.ca">www.rainbowsnanaimo.ca</a>
Bus Routes	#30, #40
Social	





## Community Resources and Services



### Youth

#### SALVATION ARMY - KIDS & YOUTH

Phone	250-753-8834 EXT. 408
Services	Summer camps, art groups, 'kids in the kitchen', family playgroup, Sunday School.
Website	<a href="http://www.nanaimosa.ca">www.nanaimosa.ca</a>
Social	 

#### SCOUTS CANADA

Phone	1-888-855-3336
Services	Scouts Canada is the country's leading co-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	<a href="http://www.scouts.ca">www.scouts.ca</a>
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	<a href="http://sideschool.ca">sideschool.ca</a>

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

#### VOLUNTEER NANAIMO

Phone	250-758-7121
Services	Volunteer Nanaimo offers the following 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	<a href="http://www.volunteernanaimo.ca">www.volunteernanaimo.ca</a>
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	<a href="http://www.youthagainstviolenceline.com">www.youthagainstviolenceline.com</a>