EMERGENCY NUMBERS

**POLICE, FIRE, AMBULANCE**
- 250.754.7911

**Crisis Line**
- 1.888.494.3888

**Kids Help Phone**
- 1.800.668.6868

**Mental Health Info Line**
- 250.310.6789

**Sex Abuse Nurse Examiner**
- 1.800.SUICIDE (784.2433)

**Tenant Info Hotline**
- 1.800.665.1185

**Victim Services**
- 1.800.563.0808

NON EMERGENCY NUMBERS

**NANAIMO**

**Citistoppers**
- 1.800.222.8477

**Police**
- 250.754.2141

**250.758.8767**

**Support for friends and families of alcoholics.**

**Alateen**
- 1.800.663.1441

**Alcoholics Anonymous**
- 250.753.7513

**212.285 Prideside Street**
- Monday to Friday, 8:30 am-5 pm

**Central V.I. Addiction Services**
- 1.800.663.1441

**Narcotics Anonymous**
- 1.877.379.6652

**Referral Service**
- 1.800.663.1441

**Tilicum Lelum Health Centre**
- 250.753.6578

**Programs include: Addictions counseling; Building Better Babies; Men’s Wellness Group; Diabetes Education; Creating Healthy Families. Free testing and treatment for STI, HIV, Hepc & pregnancy.**
- 602 Halibutron Street

**Monday to Friday, 9 am-5 pm**

**Transitions Youth Withdrawal (detox) & Stabilization Program**
- 250.714.8167

**Care home-based program where youth can engage in short term detox and/or longer term stabilization in a safe and supportive environment.**
- 1A-170 Wallace St
- www.narsf.org

**VIHA - Discovery Youth & Family Substance Use Services**
- 250.739.5790

**Free community based counseling services for youth (18 to 19) and their families. Services for youth using substances, youth who are affected by another person’s use of substances or parents/caregivers concerned about adolescent substance use.**

**DROP-IN PROGRAMS/ CENTRES**

**Crisis Counseling Clinic**
- 250.739.5710

**Books Landing (203-2000 Island Hwy N.)**
- Monday to Friday, 10 am-7 pm

**Neutral Zone**
- 250.753.8291

**421 Franklin Street**
- Monday to Thursday, 9 am-5 pm

**NYSA Drop-in Centre**
- 250.754.1989

**290 Bastion Street**
- Monday to Thursday, 9 am-5 pm

**One Stop Youth Centre (13-18 yrs)**
- 250.753.1985

**Sparbox**
- 250.756.5200

**City of Nanaimo Drop-in Sports Program**
- Mondays, 7-9 pm, Nanaimo Nanaimo Community School

**The Teen Centre (Boys & Girls Club)**
- 250.713.5787

**Programming for youth ages 11-18 years**
- 20 Fifth Street

**SSTC@bgccvi.com**

**Facebook.com/TheTeenCentre**

**Youth Lounge**
- 250.755.7570

**Nanaimo Aquatic Centre (740 Third St)**
- Thursdays, 3-7 pm during the school year

**FREE COUNSELING SERVICES**

**Nanaimo Youth Services Assoc. (NYSA)**
- 250.754.1989

**Provides employment assistance for youth 15 to 30 years of age.**
- 290 Bastion Street
- www.nysa.bc.ca

**Supporting Employment Transitions**
- 250.714.0085

**Assists the unemployed in accessing programs and services throughout their job search.**
- 101-155 Skinner Street

**Monday to Friday, 8:30 am-5 pm**

**HOUSING SERVICES**

**BC Housing**
- 250.475.7550

**Friendship Lelum Youth Emergency Shelter**
- 250.753.8266

**For youth 12 to 18 years.**
- 350 Prideside Street

**Nanaimo Affordable Housing Society**
- 250.755.1158

**Operates a complex for low income families and single adults with disabilities.**
- 350 Prideside Street

**Nanaimo Lion’s Housing Society**
- 250.741.0025

**Subsidized housing.**

**Nanaimo Youth Services Assoc. (NYSA)**
- 250.753.3212

**Youth Residence is to provide safe, supportive and affordable housing for youth between 16 and 19 years of age.**
- 230 Bastion Street

**Nanaimo Lion’s Housing Society**
- 250.741.0025

**Subsidized housing.**

**Nanaimo Youth Services Assoc. (NYSA)**
- 250.753.3212

**Youth Residence is to provide safe, supportive and affordable housing for youth between 16 and 19 years of age.**
- 230 Bastion Street

**Residential Tenancy Office**
- 1.800.665.8779

**Tenants Info Hotline**
- 1.800.665.1185

**Provides information on tenants’ rights, including eviction, repairs, security deposits and rent increases.**
- Monday to Thursday, 9 am-5 pm
- www.tenants.bc.ca

**LEGAL SERVICES**

**Dialog Law**
- 1.800.565.5297

**Community Victim Services Nanaimo Haven Society**
- 250.756.2452

**1.888.756.0616 (24-Hour Crisis Line)**

**Offers support, risk assessment, safety planning, resources and referral information for women, children, youth and family survivors of crime and violence.**
- 2270 Labieux Road

**John Howard Society**
- 250.754.1266

**Involves community in criminal justice. Offers community assistance and service work, forensic outreach, housing, public education and restorative justice/restorative justice mentorship program.**
- 200-1585 Bowen Road

**Monday to Thursday, 9:30 am-4 pm.**

**LEGAL SERVICES**

**Nanaimo RCMP Victim Services**
- 250.755.3146

**Offers support, information and referral to victims of crime and their families.**
- 303 Prideside Street

**Victims Link**
- 1.800.563.0808

**Information and referral service for victims of crime throughout BC that is available 24/7.**
- www.vpl.vancouver.bc.ca/redbook.com

**www.communityinfo.bc.ca**

**OTHER SERVICES**

**Aboriginal Child and Youth Mental Health Services**
- 250.741.5734

**City of Nanaimo**
- 1.866.772.2235

**201-190 Wallace Street**

**Boys and Girls Club - Teen Centre**
- 250.713.5787

**Cedar Community Schools**
- 250.722.2414 (ext 249)

**Central Vancouver Island Multicultural Society**
- 250.753.6011

**Child and Youth Mental Health - Ministry of Children and Family Development**
- 250.741.5444

**Community Kitchens**
- 250.754.2621

**Learn how to cook on a budget.**

**19 Nicol Street**

**Community Schools - Central Zone:**
- NDSS/View Mountain View
- 250.740.2026

**Fairview/Brecken**
- 250.741.1250

**Community Schools - North Zone:**
- Pleasant Valley/Rock City
- 250.816.5201

**Community Schools - South Zone:**
- Bayview/Georgia Avenue
- 250.616.7984

**Drop-in Youth Clinic**
- 250.755.3345

**Services for youth age 14 and under.**

**Counselling services for children and youth.**

**For youth ages 12 to 18 years.**

**Contact: teens@bgccvi.com**

**Provincial call centre.**

**Easteen Modelling and Education Services**
- 250.668.7458

**Provides specialized self-esteem, body-confidence, healthy living education and individual counselling for youth or women. Financial assistance available.**
- www.easteenmodelling.com

**Generation Q (Safe & Supportive Group for LGBTQ2 Youth & their Allies)**
- 250.754.2141

**20 Harbour Mission**
- Facebook.com/GenerationQPUBLIC

**-Thursdays, 7-9 pm**

**250.753.3212**

**Nanaimo Haven Society**
- 250.754.2452

**Children and youth who witness abuse program counselling services for children and youth 3-18.**

**Immigrant Welcome Centre**
- 250.753.6911

**Provides the support of Settlement Workers in Schools (SWIS) for newcomers to Canada.**
- 101-319 Selby Street
- admin@cvsms.org

**Kids Help Phone**
- 250.754.2452

**Phone and web counseling, referral and information service for children and youth.**

**Toll-free, national, bilingual, anonymous and confidential service, 24 hours a day, 365 days a year.**

**www.kidshelpphone.ca**

**Lifeline Harewood Youth Program**
- 250.802.5433
**OTHER SERVICES - CONT**

**Salvation Army** .............................. 250.818.4769

7-10 Club at 2035 Forest Drive

**Ministry of Children and Family Development**
Children’s Helpline (abuse/neglect) ........................ 250.310.1234
Child Protection Unit ......................................... 250.741.5444
Children’s Nest ................................................ 250.741.5444
Child and Youth Mental Health .............................. 250.741.5444
Youth Team ..................................................... 250.741.3600

**NARSF Programs Ltd.**
Various programs for youth and families, including Family Therapy Program, eating disorders therapy, SAPP counselling, parent/child education, mental health outreach, Transitions Youth Withdrawal Management and Stabilization Program.

**201-170 Wallace Street**
admin@narsf.org
www.narsf.org

**Nanaimo Aboriginal Centre**
Aboriginal youth mentoring programme supporting high school students to set and achieve their goals.

**20 Fifth Street**

**Nanaimo Brain Injury Society**
Information, education, referral and support for people with acquired brain injury, their families/caregivers.
info@nibs.ca

**Nanaimo Community Hospice**
2179 Boundary Avenue
www.nanaimohospice.com

**Nanaimo Family Life**
Provides counseling and support services to individuals, families and groups who are seeking help with personal, emotional, social and relationship problems.

**1380 Townsend Road**

**Nanaimo Foodshare Society**
Hungry? Looking for food, cooking skills, job skills and growing food? We know programs to help you.

**271 Pine Street**
www.nanaimofoodshare.ca

**Nanaimo Women's Resource Centre**
Information, education, referral and support.

**150 Wallace Street**
Tuesday to Friday, 10 am-3 pm

**Nanaimo Youth Advisory Council**
Provides Mayor and Council with a youth perspective on municipal issues and seeks to inform and engage the young people of Nanaimo on issues that affect them and the community as a whole.
nanaimoyouthadvisorycouncil@gmail.com
www.nanaimo.ca

**Options for Sexual Health**
Birth control, pregnancy education, counselling.

**204-285 Pridesave Street**
www.optionsforsexualhealth.org

**Pacific Child Care Resource & Referral Program**
Registry of care providers; free childcare referrals.

**250.756.2022**
mailbox@pacific-care.bc.ca
www.pacific-care.bc.ca

**Rainbows/Nanaimo**
A support group program for children who have suffered a significant loss in their lives either by death, divorce or some other painful event.
rainbowsnanaimo.blogspot.ca

**Transitions Youth Withdrawal Management (detox) & Stabilization Program**
271 Pine Street

**307-271 Pine Street**
admin@narsf.org

**Nanaimo Island Crisis Line**
1.888.494.3988
250.753.2495 (office)

**Nanaimo Island Regional Libraries**
(Nanaimo Branches)
Nanaimo Harbourfront ..................................... 250.753.1154
Nanaimo North .............................................. 250.753.2665
Nanaimo Wellington ....................................... 250.758.5544

**Vancouver Island Crisis Line**
1.888.494.3988
250.753.2495 (office)

**Low Cost / No Cost Food**

**Low to no cost food access**

285 Pridesave Street
Bowen Road Farmers’ Market Coupon Nutrition Program
Runs May to September.
2300 Bowen Road

**Community Gardens**
West/fri work parties and a gleaning program.
271 Pine Street

**Community Kitchens**
Learn how to cook on a budget.
271 Pine Street

**Nanaimo Foodshare Society**
Looking for food, cooking skills, job skills and information on growing food? We can help.

2300 Bowen Road
www.nanaimofoodshare.ca

**Salvation Army**
19 Nicol Street
U-18 Food Depot ............................................ 250.616.7984

John Barsby Community School