

# NANAIMO

## Youth Resource

# DIRECTORY

### EMERGENCY NUMBERS

**POLICE, FIRE, AMBULANCE**..... 911  
**BC Mental Health & Crisis Response** ..... 250.310.6789  
**Crisis Line** ..... 1.888.494.3888  
Text Line..... 250.800.3806  
**Crisis Line** ..... 988  
**Hope for Wellness Crisis Line** ..... 1.855.242.3310  
**Kids Help Phone** ..... 1.888.668.6868  
**KUU-US Aboriginal Crisis Line**..... 1.800.588.8717  
**Mental Health Info Line**..... 250.310.6789  
**Suicide Line** ..... 1.800.SUICIDE (784.2433)  
**Tenant Info Hotline** ..... 1.800.665.1185  
**Victim Services**..... 250.741.0550

### NON EMERGENCY NUMBERS

**Crimestoppers**..... 1.800.222.8477  
**Hospital** ..... 250.755.7691  
\*Sexual Abuse Nurse Examiner - Go to hospital  
**Kids Help Phone** ..... 1.800.668.6868  
Text Line..... 686868  
Website..... www.kidshelpphone.ca  
**Police**..... 250.754.2345

### ALCOHOL & DRUG INFO

**Alcoholics Anonymous** ..... 250.753.7513  
206B-321 Wallace Street  
Mon to Fri, 9 am-4 pm  
www.nanaimoaa.org  
**Alcohol & Drug Info & Referrals** ..... 1.800.663.1441  
Referral service for youth and adults.  
**Island Health - Discovery Youth & Family Substance Use Services** ..... 250.739.5790  
Free community-based counselling services related to substance youth.  
**Narcotics Anonymous**..... 1.800.494.2404  
Website..... www.cviana.ca  
**Opioid Treatment Access**..... 1.833.804.8111  
**Tillicum Lelum Wellness Centre** ..... 250.753.6578  
Programs Include: addictions counselling, building better babies, men's wellness group, diabetes education, creating healthy families, free STI, HIV, HepC, and pregnancy testing and treatment.  
602 Haliburton Street  
Mon to Fri, 9 am-5 pm  
www.tillicumlelum.ca

### DROP-IN PROGRAMS

**BGC Central Vancouver Island South Side Teen Centre & Generation Q:** ..... 250.713.5787  
Teen Centre: Wed, 6:30-8:30 pm  
Thu, 6:30-8:30 pm  
20 Fifth Street  
bgccvi.com  
Facebook: bandgclubofcvi  
Instagram: bgc.cvi & bgccviyouth GenQ  
**Crisis Counselling Clinic** ..... 250.739.5710  
Brooks Landing (203-2000 Island Hwy N.)  
Mon to Fri, 10 am-5:15 pm  
**Neutral Zone** ..... 250.753.8291  
Tillicum Lelum offers youth programming which provides relevant social and recreational activities for youth between 10-24 years.  
www.tillicumlelum.ca  
Facebook: tillicumlelum

**One Stop Youth Centre (13-23 yrs)** ..... 250.754.1989  
290 Bastion Street  
Tue, Wed, Thu, 5-9 pm; Sat, 12-4 pm  
www.nysa.bc.ca  
Facebook: Nanaimo Youth Services  
**Spareblox** ..... 250.756.5200  
City of Nanaimo free drop-in recreation sports on school days in school gyms or at Oliver Woods.  
Schedule is as follows:  
Mon: Park Avenue, 5-6:30 pm  
Mon: Fairview Elem, 7-8:30 pm  
Tue: Uplands Elem, 6-7:30 pm  
Tue: Oliver Woods, 6:30-8 pm  
Wed: John Barsby, 8:30-10 pm  
Thu: Chase River Elem. 6-7:30 pm  
**Youth Lounge** ..... 250.756.5200  
Free drop-in at Nanaimo Aquatic Centre in Jack Little Room. Pre-registration is required.  
Thu, 3-7 pm  
Fri, 2-9 pm

### EMPLOYMENT SERVICES

**AKG Canada**..... 250.714.0085  
Mon/Tue/Fri, 8:30 am-4:30 pm  
Wed, 8:30 am-6 pm  
Thu, 8:30 am-3 pm  
www.akgcanada.ca  
**Nanaimo Foodshare: Cultivating Abilities (18+)**..... 250.753.9393  
Offers a range of trainings and assists people with barriers to finding jobs.  
**Nanaimo Youth Services Association (NYSA)** ..... 250.754.1989  
Provides employment assistance and learning opportunities for youth 15 to 30.  
290 Bastion Street  
www.nysa.bc.ca  
**WorkBC Centre** ..... 250.714.0085  
101-155 Skinner Steet

### HOUSING SERVICES

**BC Housing** ..... 250.475.7550  
**Ballenas Housing Society** ..... 250.755.1158  
Provides housing for low to moderate income.  
10 Buttertubs Drive  
www.ballenas.ca  
**Friendship Lelum Youth Emergency Shelter** ..... 250.753.8266  
Provides services for ages 12 to 18 years.  
www.tillicumlelum.ca  
**Nanaimo Youth Services Association (NYSA)** ..... 250.753.3212  
Provides safe, supportive, affordable housing for youth (ages 17 to 19) in a drug, alcohol, violence free environment.  
www.nysa.bc.ca  
**On-Reserve Residential Rehabilitation Assistance** ..... 1.800.668.2642  
Provides funding for major repairs, emergency repairs and adaptations to improve the health and safety of on-reserve housing.  
bcinhs@cmhc-schl.gc.ca  
www.cmhc.ca  
**Residential Tenancy Office** ..... 1.800.665.8779

**Tenant Info Hotline** ..... 604.255.0546 / 1.800.665.1185  
Provides tenants across BC with free legal information and referral services.  
Mon, Tue, Thu, 1-5 pm  
Wed, 4:30-7:30 pm  
Fri, 9 am-1 pm  
www.tenants.bc.ca  
Facebook: tracbc

### LEGAL SERVICES

**Community Victim Services Nanaimo Haven Society** .. 250.756.2452 / 1.888.756.0616 (crisis line)  
Offers support, risk assessment, safety planning, resources and referral information for women, children, youth and family survivors of crime and violence.  
**Connective Support Society** ..... 250.754.1266  
Offers community assistance and service work, employment program, housing, public education and restorative justice.  
Mon-Fri, 8:30 am-4 pm  
#200-1585 Bowen Road  
www.connective.ca  
**Dial-A-Law** ..... 1.800.565.5297  
www.dialalaw.peopleslawschool.ca  
**Legal Services Society/BC** ..... 1.866.577.2525  
#201 - 321 Wallace Street  
www.legalaids.bc.ca  
**Nanaimo RCMP Victim Services** ..... 250.755.3100  
Offers support, information and referrals to victims of crime and their families.  
303 Prideaux Street  
**Victims Link** ..... 1.800.563.0808  
Toll-free, confidential, 24/7 support program for victims of crime and trauma. Different languages available.  
211-Victimlinkbc@uwbc.ca

### OTHER SERVICES

**Big Brother / Big Sisters CVI** ..... 250.756.2447  
Provides volunteer one on one services to children 6 to 16. Includes Big Deal Boutique.  
www.bigscvi.ca  
**Cedar Community Schools** ..... 250.734.3512  
**Central Vancouver Island Multicultural Society** ..... 250.753.6911  
www.cvims.org  
Facebook: Central Vancouver Island Multicultural Society  
Outreach Worker: 250.802.4742  
**Child and Youth Mental Health (MCFD)** . 250.741.1250  
Provides protection services for teens aged 13 years and up.  
#202-488 Albert Street  
**Community Gardens**..... 250.816.4769  
271 Pine Street  
• Wed, 11 am-3 pm  
• Sun, 11 am-1 pm  
Beban Pickleball Courts  
• Wed, 10 am-12 pm  
• Sat, 10 am-12 pm  
https://nanaimocommunitygardens.ca  
**Community Kitchens** ..... 250.753.7470  
271 Pine Street  
ed@nanaimocommunitykitchens.org  
www.nanaimocommunitykitchens.org

Community Schools.....

- Central Zone
- Fairview: 250.753.3418
  - Brechin: 250.754.7523
  - Mountain View: 250.753.2831
  - NDSS: 250.740.2000
  - Pleasant Valley: 250.390.4027
  - Rock City: 250.758.2434
- North Zone
- Pleasant Valley: 250.390.4027
  - Rock City: 250.758.2424
- South Zone
- Bayview: 250.754.3231
  - Georgia Avenue: 250.753.1044
  - John Barbsy: 250.753.8211

**Drop-in Youth Clinic.....** 250.739.5889  
*Services for youth age 24 and under. Contraceptives, public health nurses, birth control, STI, HIV, Pap testing and pregnancy support.*  
550 Seventh Street

**Erase Bullying.....** www.erasebullying.ca  
**Haven Society.....** 250.756.2542 (PEACE)  
**Haven Society Intake Line.....** 250.585.9381  
*Prevention, education, advocacy, counselling, empowerment program for ages 3 to 18 that have experienced family abuse.*

**Indigenous Child & Youth Mental Health .....**  
250.741.5701 / 1.866.722.2235  
#301-190 Wallace Street

**Island Urban Indigenous Wellness Society**250.585.0947  
*Healing, housing, special needs and child care support.*  
2595 McCullough Road

**Ministry of Child & Family Development.....**  
Child’s Helpline: 250.310.1234  
Child Protection Screening Report: 7.800.663.9122  
Child Protection Unit: 250.741.5444  
Children’s Resources: 250.741.3600  
Child & Youth Mental Health: 250.741.5701

**NARSF (Nan & Area Resource Services for Families) .....**  
**250.754.2773 (102)**  
1A-170 Wallace St  
www.narsf.org

**Nanaimo Brain Injury Society .....** 250.753.5600  
*Information, education, referral and support for people with acquired brain injury, their families and caregivers.*  
www.bnis.ca  
Facebook: nanaimobrain  
Instagram: nanaimobraininjurysociety

**Nanaimo City FC.....** www.nanaimocityfc.com  
*Providing Youth in Nanaimo access to play organized community-based soccer.*

**Nanaimo Community Hospice .....** 250.591.8811  
*Offers grief support services for anticipatory, bereaved, and palliative grief.*  
1080 George Crescent  
www.nanaimohospice.com  
Facebook: Nanaimo Community Hospice  
Instagram: Nanaimo\_hospice

**Nanaimo Family Life .....** 250.754.3331  
*Individual counselling for youth aged 13to 18 years.*  
Gender Journey’s Youth Group: 250.754.3311 (ext. 710)  
Counselling Programs: 250.754.3311 (ext. 427)  
1070 Townsite Road  
www.fnlabc.org  
Facebook: NFLABC  
Instagram: NFLA.BC

**Nanaimo Foodshare .....** 250.753.9393  
*Programs offered are Good Food Box, Homegrown Program, farm drop-ins and work groups, teen cooking classes. Funding is available through the Youth Resilience Project.*  
271 Pine Steet  
www.nanaimofoodshare.ca  
Facebook: Nanaimofoodshare  
Instagram: Nanaimofoodshare

**Nanaimo Youth Wellness Centre (Public Health Nurse)**  
250.619.0651  
Tue, 1-4 pm  
Wed, 1-6 pm  
Thu, 1-4 pm  
1665 Grant Avenue

**Options for Sexual Health.....** 250.753.9511  
*LGBTQ2S+ friendly sexual health clinic offering free contraceptives, STI screening, cervical screening, pregnancy testing/support, pro-choice options for counselling, referrals.*  
741 Third Street  
www.optionsforsexualhealth.org  
Facebook: optbc  
Instagram: optionsforsexualhealth

**Pacific Child Care Resource & Referral Program**250.756.2022  
*Offering families access to licensed child care and providing information, resources and referrals.*  
mailbox@pacific-care.bc.ca

**Positive Space VIU .....** 250.753.3245  
https://adm.viu.ca/positive-space

**Rainbows/Nanaimo & Vancouver Island..** 250.802.3716  
*Curriculum is designed to assist children, adolescents and adults who are grieving death, divorce or any other painful transition in their family.*  
rainbowsnanaimo@gmail.com  
www.rainbowsnanaimo.ca/contact-us  
Facebook: RainbowsNanaimo

**Vancouver Island Regional Libraries (Nanaimo) .....**  
• 90 Commercial Street, 250.753.1154  
• 6250 Hammond Bay Road, 250-933.2665  
• Country Club Centre, 250.758.5544  
www.virl.bc.ca/teens  
Facebook: MyVIRL  
Instagram: vilibrary

**Youth Wellness Centre.....** 250.818.3131  
*Services for ages 12 to 25.*  
3260 Norwell Drive (open 7 days/week, 8 am-8 pm)

THINGS TO DO

**Clubs & Organizations in Nanaimo....** www.nanaimo.ca  
*Visit the City of Nanaimo website and search “clubs” for a listing of available clubs and organizations in the community.*

**Basketball.....** www.nanaimo.ca/parks-search/parks  
• Beban Park (2300 Bowen Rd)  
• Forest Gyro Park (2035 Forest Drive)

**Bike Parks.....**  
• Nanaimo BMX: www.nanaimobmx.com  
• Steve Smith Bike Park (Beban Park, off Labieux Rd)

**Bowling (Splitsville) .....** 250.754.2442  
www.splitsville.ca

**Crimson Coast Dance Society .....** 250.716.3230  
Low coast dance and creative expression programs (Body Talk, Hip Hop, Pow Wow).

**Disc Golf.....**course located at Bowen Park  
**Gymnasium Sports.....**recreation.nanaimo.ca  
• Oliver Woods Community Centre (6000 Oliver Road)  
• Frank Jameson Community Centre (www.ladysmith.ca)

**Movies.....**  
• Avalon Theatre - www.landmarkcinemas.com  
• Galaxy Cinemas - www.cineplex.com

**Multi-Use Sports Courts .....**  
www.nanaimo.ca/parks-search/parks  
• Departure Bay Cent. Park (1413 Wingrove Street)  
• Forest Gyro Park (2035 Forest Drive)  
• Groveland Gyro Park (6239 Groveland Drive)

**Rock Climbing .....**  
• Romper Room Indoor Gym (climbromperroom.com)  
• Bloc Bouldering (www.theblocbouldering.com)

**Skate Parks.....** www.nanaimo.ca/parks-search/parks  
• Bowen Park (106 Wall Street)  
• Cedar Park (2008 Walsh Road)  
• Harewood Centennial Park (740 Howard Avenue)  
• May Richards Bennett Pioneer Park (6700 Dover Road)

**Skating (Ice).....** recreation.nanaimo.ca / 250.756.5200  
• Frank Crane Arena (2300 Bowen Road)  
• Cliff McNabb Arena (2300 Bowen Road)  
• Nanaimo Ice Centre (750 Third Street)

**Swimming .....** recreation.nanaimo.ca / 250.756.5200  
• Beban Park Pool (2300 Bowen Road)  
• Kin Pool at Bowen Park (500 Bowen Road)  
• Nanaimo Aquatic Centre (741 Third Street)  
• Westwood Lake Park (summer guarded beach)

**Tennis .....** www.nanaimo.ca/parks-search/parks  
• Beban Park Pool (2300 Bowen Road)  
• Bob O Link Park (1663 Bob O Link Way)  
• Bowen Park (500 Bowen Road)  
• Departure Bay Centennial (Wingrove Street)  
• Diver Lake Park (2430 Blacks Drive)  
• Harewood Centennial Park (740 Howard Avenue)  
• John Week Park (1707 Island Hwy South)  
• May Richards Bennett Pioneer Park (6700 Dover Road)  
• Stacey Crescent Park (2004 Cinnabar Drive)  
• Westwood Lake Tennis (www.westwoodlake.com)

**Weight Rooms.....** recreation.nanaimo.ca / 250.756.5200  
• Beban Park (2300 Bowen Road)  
• Nanaimo Aquatic Centre (741 Third Street)

**Skating (Ice).....** recreation.nanaimo.ca / 250.756.5200  
• Frank Crane Arena (2300 Bowen Road)  
• Cliff McNabb Arena (2300 Bowen Road)  
• Ladysmith (www.ladysmith.ca)

**Volleyball (outdoor)** recreation.nanaimo.ca / 250.756.5200  
• Bowen Park (500 Bowen Road)

LOW COST/NO COST FOOD

**7-10 Club .....** 250.714.0917  
*Low to no cost food access.*

**Bowen Road Farmer’s Market Coupon Nutrition Program**  
*Markets that accept coupon and community partners that provide the coupons: Nanaimo Island Roots Bowen Road market, Cedar Farmer’s Market, Gabriola Farmer’s Market.*  
www.bcfarmerksmarket.org/coupon-program/how-it-works/

**Community Gardens.....** 250.816.4769  
*Gleaning program.*  
gleaning.ncgs.ca

**Community Kitchens.....** 250.753.7470  
*Nourishing and empowering youth through cooking and cooking outside the box.*  
271 Pine Street  
ed@nanaimocommunitykitchens.org  
www.nanaimocommunitykitchens.org

**Loaves & Fishes.....** 250.754.8347  
www.vifoodbank.org  
Facebook: ViLoavesFishes  
Instagram: loavesandfishesfoodbank

**Nanaimo Foodshare Society.....** 250.753.9393  
*Youth Programs: Good Food Box (VIU), Homegrown Program, Farm drop-ins, teen cooking classes.*  
271 Pine Street  
Facebook: Nanaimofoodshare  
Instagram: Nanaimofoodshare

**U-19 Food Depot.....** 250.753.8211  
*School breakfast program at John Barsby School from 7:45-8:25 am in the school foyer and free snack program in Room 300 during lunch break.*



RDN BUS SCHEDULE

