

NANAIMO youth RESOURCE GUIDE

EMERGENCY NUMBERS

POLICE, FIRE, AMBULANCE.....	911
Crisis Line.....	1.888.494.3888
Kids Help Phone.....	1.800.668.6868
Mental Health Info Line.....	250.310.6789
Sex Abuse Nurse Examiner..... (SANE)	250.754.2141
Suicide Line.....	1.800.SUICIDE (784.2433)
Tenant Info Hotline.....	1.800.665.1185
Victim Services.....	1.800.563.0808

NON EMERGENCY NUMBERS

NANAIMO	
Crimestoppers.....	1.800.222.8477
Hospital.....	250.754.2141
Police.....	250.754.2345

ALCOHOL & DRUG INFO

Alanon.....	250.756.3068
.....	250.758.8767

Support for friends and families of alcoholics.

Alateen.....	250.756.3068
.....	250.758.8767

Support for teens with friends and families with alcohol problems.

Alcoholics Anonymous.....	250.753.7513
212-285 Prideaux Street	

Monday to Friday, 9 am-5 pm

Central V.I. Addiction Services.....	1.800.663.1441
Regional program offering out-patient treatment for women.	

Narcotics Anonymous.....	1.877.379.6652
Referral Service.....	1.800.663.1441

Tillicum Lelum Health Centre.....	250.753.6578
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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 Haliburton Street

Monday to Friday, 9 am-5 pm

Transitions Youth Withdrawal (detox) & Stabilization Program.....	250.714.8167
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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
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Free community based counseling services for youth (13 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 Counselling Clinic.....	250.739.5710
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Brooks Landing (203-2000 Island Hwy N.)

Monday to Friday, 10 am-7 pm

Neutral Zone.....	250.753.8291
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421 Franklin Street

Tuesday, Wednesday, Thursday, 3-5 pm

Friday & Saturday, 2-9 pm

NYSA Drop-In Centre.....	250.754.1989
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290 Bastion Street

Tuesday, Wednesday, Thursday, 5-9:30 pm

Saturday, 12-4 pm

One Stop Youth Centre (13-18 yrs).....	250.754.1989
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290 Bastion Street

Tuesday, Wednesday, Thursday, 5-9 pm

Saturday, 1-5 pm

Spareblox.....	250.756.5200
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City of Nanaimo Drop-in Sports Program

Monday, 7-9 pm, Nanaimo District Community School

Wednesday, 7:30-9:30 pm, John Barsby Comm. School

Facebook.com/youthnanaimo

The Teen Centre (Boys & Girls Club).....	250.713.5787
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Programming for youth ages 11-18 years

20 Fifth Street

sstc@bgccvi.com

bgccvi.com

Facebook.com/The Teen Centre

Youth Lounge.....	250.755.7570
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Nanaimo Aquatic Centre (740 Third St)

Thursdays, 3-7 pm during the school year

EMPLOYMENT SERVICES

Nanaimo Youth Services Assoc. (NYSA) ..	250.754.1989
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Provides employment assistance for youth 15 to 30 years of age.

290 Bastion Street

www.nysa.bc.ca

Supporting Employment Transitions.....	250.714.0085
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Assists the unemployed in accessing programs and services throughout their job search.

101-155 Skinner Street

Monday to Friday, 8:30 am-5 pm

info@lbconsulting.com

HOUSING SERVICES

BC Housing.....	250.475.7550
Friendship Lelum Youth Emergency Shelter..	250.753.8266

For youth 12 to 18 years.

tlsh01@tillicumlelum.ca

Nanaimo Affordable Housing Society.....	250.755.1158
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Operates a complex for low income families and single adults with disabilities.

350 Prideaux Street

Nanaimo Lion's Housing Society.....	250.741.0025
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Subsidized housing.

Nanaimo Youth Services Assoc. (NYSA) ..	250.753.3212
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Youth Residence is to provide safe, supportive and affordable housing for youth between 16 and 19 years of age. The residence is a drug, alcohol and violence free environment.

housing@nysa.bc.ca

Residential Rehabilitation Assistance ...	1.877.487.2904
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Provides forgivable loans to rehabilitate substandard housing for people on low incomes. Also for accessibility.

www.canada.gc.ca

Residential Tenancy Office.....	1.800.665.8779
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Tenants Info Hotline.....	1.800.665.1185
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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

Dial-A-Law.....	1.800.565.5297
Community Victim Services Nanaimo Haven Society..	250.756.2452

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
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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, 8:30 am-4 pm

Legal Services Society/BC.....	1.866.577.2525
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Provincial call centre.

200-1585 Bowen Road

Monday to Friday, 9:30-11:30 am & 1-3 pm

www.lss.bc.ca

Nanaimo RCMP Victim Services.....	250.755.3146
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Offers support, information and referrals to victims of crime and their families.

303 Prideaux Street

Victims Link.....	1.800.563.0808
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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
.....	1.866.722.2235

201-190 Wallace Street

Boys and Girls Club - Teen Centre.....	250.713.5787
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sstc@bgccvi.com

Cedar Community Schools.....	250.722.2414 (ext 249)
Central Vancouver Island Multicultural Society.....	250.753.6911

Child and Youth Mental Health - Ministry of Children and Family Development.....	250.741.5444
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Community Kitchens.....	250.754.2621
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Learn how to cook on a budget.

19 Nicol Street

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

Fairview/Brechin..... 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
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Services for youth age 24 and under. Contraceptives, public health nurses, birth control, testing for STI, HIV, pap and pregnancy.

1665 Grant Avenue

www.nysa.bc.ca

Monday, 2-4:30 pm; Tuesday by appointment

Erase Bullying.....	www.erasebullying.ca
Esteem Child and Family Services.....	250.668.7454

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

www.esteemedchics.com

Generation Q (Safe & Supportive Group for LGBTQ2 Youth & their Allies)	
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20 Fifth Street

Facebook.com/GenerationQPUBLIC

Thursdays, 7-9 pm

Harbour Mission	
338 Victoria Crescent	

Sunday, Tuesday, Friday, 11 am-4 pm with Christian Service and lunch at 1 pm

Haven Society.....	250.756.2452
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Children and youth who witness abuse program counselling services for children and youth 3-18.

Immigrant Welcome Centre.....	250.753.6911
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Provides the support of Settlement Workers in Schools (SWIS) for newcomers to Canada.

101-319 Selby Street

admin@cwims.org

Kids Help Phone.....	250.756.2452
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Phone and web counseling, referral and information service for children and youth. Toll-free, national, bilingual, anonymous and confidential support, 24 hours a day, 365 days a year.

www.kidshelpphone.ca

Lifeline Harewood Youth Program.....	250.802.5433
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OTHER SERVICES - CON'T

- Salvation Army** 250.816.4769
Low to no cost food access plus community gardens with work parties on Wednesdays/Saturdays and a gleaning program.
 271 Pine Street
- Ministry of Children and Family Development**
 Children's Helpline (abuse/neglect) 250.310.1234
 Child Protection Unit 250.741.5444
 Children's Resources 250.741.5444
 Child and Youth Mental Health 250.741.5444
 Youth Team 250.741.3600
 202-488 Albert Street
- NARSF Programs Ltd.** 250.754.2773
Various programs for youth and families, including Family Therapy Program, eating disorders therapy, SAIP counselling, parent/teen mediation, mental health outreach, Transitions Youth Withdrawal Management and Stabilization Program.
 201-170 Wallace Street
 admin@narsf.org
 www.narsf.org
- Nanaimo Aboriginal Centre** 250.754.3215
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@nbis.ca
- Nanaimo Community Hospice** 250.758.8857
 1729 Boundary Avenue
 www.nanaimohospice.com
- Nanaimo Family Life** 250.754.3331
Provides counselling and support services to individuals, families and groups who are seeking help with personal, emotional, social and relationship problems.
 1070 Townsite Road
- Nanaimo Foodshare Society** 250.753.9393
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** 250.753.0633
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** 250.753.9511
Birth control, pregnancy education, counselling.
 204-285 Prideaux Street
 www.optionsforsexualhealth.org
- Pacific Child Care Resource & Referral Program** 250.756.2022
Registry of caregivers; free childcare referrals.
 mailbox@pacific-care.bc.ca
 www.pacific-care.bc.ca
- Rainbows/Nanaimo** 250.751.7888
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** 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 Street
 www.narsf.org
- Vancouver Island Crisis Line** 1.888.494.3888
 250.753.2495 (office)
Provides a 24 hour confidential and anonymous Crisis Line where Crisis Line workers offer non-judgemental emotional support, suicide assessment, crisis intervention and can link callers to community resources. Provides online support via crisis chat services every day between 6 and 10 pm where individuals connect via online instant messaging through the website (www.vicrisis.ca). Individuals can also speak with a Crisis Line Worker through the Crisis program daily between 6 and 10 pm by texting messages to 250.800.3806.
- Vancouver Island Regional Libraries (Nanaimo Branches)**
 •Nanaimo Harbourfront 250.753.1154
 •Nanaimo North 250.933.2665
 •Nanaimo Wellington 250.758.5544

things to do

BASKETBALL

- Beban Park** 2300 Bowen Road
Forest Gyo Park 2035 Forest Drive
Groveland Gyo Park 6239 Groveland Drive

BMX RACING

- Nanaimo BMX** www.nanaimobmx.com

BOWLING

- Brechin Lanes** www.brechinlanes.com
Splitsville Entertainment www.splitsville.ca

DISC GOLF

- Bowen Park** 500 Bowen Road

GYMNASIUM SPORTS

- Oliver Woods Comm. Centre** 6000 Oliver Road
 www.nanaimo.ca
 250.756.5200
Frank Jameson Comm. Centre 810 Sixth Avenue
 www.ladysmith.ca
 250.245.6424

MULTI-USE SPORT COURTS

- Departure Bay Cent. Park** Wingrove Street
Forest Gyo Park 2035 Forest Drive
Groveland Gyo Park 6239 Groveland Drive

MOUNTAIN BIKING

- Harewood Centennial Park** John Barsby School
Westwood Lake Park 381 Westwood Road

MOVIES

- Avalon Theatre** www.cinemaclock.com

SKATE PARKS

- Bowen Park** 106 Wall Street (near Curling Club)
Cedar Walsh Road (near Cedar Sec. School)
May Bennett Pioneer Park 6704 Dover Road

SKATING

- Frank Crane/Cliff McNabb** 2300 Bowen Road
Nanaimo Ice Centre 750 Third Street
 www.nanaimo.ca
 250.756.5200

SWIMMING

- Beban Pool** 2300 Bowen Road
Nanaimo Aquatic Centre 741 Third Street
Westwood Lake (lifeguards in summer)
 www.nanaimo.ca
 250.756.5200

TENNIS

- Beaufort Park** Dufferin School
Beban Park 2300 Bowen Road
Bob O Link Park Thunderbird Drive
Bowen Park 500 Bowen Road
Departure Bay Park Wingrove Street
Diver Lake Park Frank Ney Drive
Harewood Centennial Park John Barsby School
John Weeks Park Cranberry Avenue
May Bennett Pioneer Park Dover Road
Morningside Park near Neck Point Park
Stacey Crescent Park Cinnabar Valley
 www.nanaimo.ca
 250.756.5200
Westwood Lake Tennis www.westwoodlake.com

WEIGHT ROOMS

- Beban Pool** 2300 Bowen Road
Nanaimo Aquatic Centre 741 Third Street
 www.nanaimo.ca
 250.756.5200
Frank Jameson Comm. Centre 810 Sixth Avenue
 www.ladysmith.ca
 250.245.6424

VOLLEYBALL (OUTDOOR)

- Bowen Park** 500 Bowen Road
 www.nanaimo.ca
 250.756.5200

CLUBS AND ORGANIZATIONS IN NANAIMO

Want to get involved with a group in town in the area of music, art, sports or other special interest? See the City of Nanaimo's "Clubs and Organizations" listings. Find the latest list at www.nanaimo.ca and search for "Clubs and Organizations".

Low Cost / No Cost Food

- 7-10 Club** 250.714.0917
Low to no cost food access.
 285 Prideaux Street
- Bowen Road Farmers' Market Coupon Nutrition Program**
Runs May to September.
 2300 Bowen Road
- Community Gardens** 250.754.8347
Wed/Fri work parties and a gleaning program.
 271 Pine Street
- Community Kitchens** 250.753.7470
Learn how to cook on a budget.
 271 Pine Street
- Loaves & Fishes** 250.816.4769
Offers various food depot locations around town, including a youth depot at John Barsby.
 1109 Farquhar Street
- Nanaimo Foodshare Society** 250.753.9393
Looking for food, cooking skills, job skills and information on growing food? We can help.
 271 Pine Street
 www.nanaimofoodshare.ca
- Salvation Army** 250.754.2621
 19 Nicol Street
- U-18 Food Depot** 250.616.7984
 John Barsby Community School



Scan this QR Code for information on Nanaimo Parks & Trails or visit www.nanaimo.ca



Scan this QR Code for information on the Regional District of Nanaimo Transit Schedule or visit www.rdn.bc.ca

The Youth Resource Guide is produced by the Nanaimo Youth Advocates Committee.
 For more information on the committee, or to request changes to future versions of the Youth Resource Guide, please contact youth@nanaimo.ca.