NANAIMO
YOUTH
RESOURCE GUIDE

EMERGENCY NUMBERS

POLICE, FIRE, AMBULANCE 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 (784.2413)
Tenant Info Hotline 1.800.665.1185
Victim Services 1.800.563.0808

NON EMERGENCY NUMBERS

NANAIMO
Climate Hotpots 1.800.222.8477
Hospital 250.754.2141
Police 250.754.2345

ALCOHOL & DRUG INFO

Alcoholics Anonymous 250.750.7687
212-285 Pridesue Street
Monday to Friday 9 am - 5 pm
Central V.I. Addictions 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
Terrilum Leulum Health Centre - South 250.755.6578
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.
607 Haliburton Street
Monday to Friday 9 am - 5 pm
Transitions Youth Withdrawal (detox) & Stabilization Program 250.714.8157
Care home-based program where youth can engage in short term detox and/or long term stabilization in a safe and supportive environment. 1A-170 Wallace St
VIHA - Discovery Youth & Family Support Services 250.739.5790
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" 250.719.7710
Brooks Landing (203 2100 Island Hwy N)
Monday to Friday 10 am - 7 pm
Neutral Zone 250.753.8291
421 Franklin Street
Tuesday, Wednesday, Thursday, 3-5 pm
Friday & Saturday, 2-9 pm
NYSA Drop-In Centre 250.754.1989
290 Bastion Street
Tuesday, Wednesday, Thursday, 5-9:30 pm
Saturday, 12-4 pm
One Stop Youth Centre (13-18 yrs) 250.754.1999
290 Bastion Street
Tuesday, Wednesday, Thursday, 5-9 pm
Saturday, 1-5 pm

Spareclub 250.750.5200
City of Nanaimo Drop-in Sports Program
Mondays, 7-9 pm, Nanaimo District Community School
Wednesdays, 7-9:30 pm, John Barsby Comm. School
Facebook: youthnanaimo
The Teen Centre (Boys & Girls Club) 250.713.5787
Programming for youth ages 12-18 years
20 Fifth Street
stsc@tigercat.com
hgcovs.com
Facebook: the Teen Centre
Youth Lounge 250.755.7570
Nanaimo Aquatic Centre (740 Third St)
Thursdays, 3-7 pm during the school year

EMPLOYMENT SERVICES

Nanaimo Youth Services Assoc. (NYSA) 250.754.1989
Provides employment assistance for youth 15 to 20 years of age.
250 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
info@bcscc.com

HOUSING SERVICES

BC Housing 250.475.7550
Friendship Telum Youth Emergency Shelter 250.753.8266
For youth 12 to 18 years
aaron@telum.org
Nanaimo Affordable Housing Society 250.755.1158
Operates a complex for low income families and single adults with disabilities.
350 Pridesue Street
Nanaimo Lions’ Housing Society 250.741.0025
Subsidized housing.
Nanaimo Youth Services Assoc. (NYSA) 250.732.312
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
Provides financial assistance to rehabilitate substantial housing for people on low incomes. Also for accessibility.
www.canada.gc.ca
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

DJA Law 1.800.566.5297
Community Victim Services Nanaimo Haven Society 250.756.2452
1.888.756.0516 (24-Hour Crisis Line) Services offer 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, 8:30 am - 4 pm

Nanaimo RCMP Victim Services 250.755.3146
Offers support, information and referrals to victims of crime and their families.
201-150 Wallace Street
Victims Line 1.800.563.0808

Inform and referral service for victims of crime throughout BC that is available 24/7.
www.vicpolice.ca/RedBook
www.community-info.bc.ca

ALCOHOL & DRUG INFO

Aboriginal Child and Youth Mental Health Services 250.741.5794
www.youthrecovery.ca
201-150 Wallace Street
Boys and Girls Club - Teen Centre 250.713.5787
www.bgcs.bc.ca
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
Community Kitchens 250.754.2621
Learn how to cook on a budget.
19 Nicoll Street
Community Schools - Central Zone: 205/5 Mountain View 250.740.2026
Fairview/Brechin 250.741.1250
Community Schools - South 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 24 and under. Counselling, trauma, public health nurses, birth control, testing for STI, HIV, pap and pregnancy.
1605 Grant Avenue
www.nysa.bc.ca
Monday, 2-4:30 pm; Tuesday by appointment
Erase Bullying 250.756.2452
www.erasebullying.ca
Estein 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 LGBTQ Youth & their Allies) 250.741.5794
20 Fifth Street
Facebook: GenerationQUBIC
Thursday, 7-9 pm
Harbour Mission 388 Victoria Crescent
Sunday, Tuesday, Friday, 11 am-5 pm with Christian Services and lunch at 1 pm
Haven Society 250.756.2452
Children and youth who witness abuse programs counselling services for children and youth 3-18.
Immigrant Welcome Centre 250.756.6911
Provides the support of Settlement Workers in Schools (SWIS) for newcomers to Canada. 101-150 Wallace Street
admin@vims.org
Kids Help Phone 250.756.2452
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.kidshelpline.ca
Lifeline Harewood Youth Program 250.802.5433
OTHER SERVICES - CONT
Salvation Army ........................................250.816.4769
Low to no cost food access plus community gardens with work parties on Wednesdays/Saturdays and a gleening program. 273 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 Line .......................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, SAI counseling, 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 .......................250.754.3419
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
728 Boundary Avenue
www.nanaimocommunityhospice.com
Nanaimo Family Life .................................250.754.3331
Provides counseling 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 cooking, cooking skills, job skills and growing food? We know programs to help you. 273 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 Advocacy 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. nanaimoyouthadvocacycouncil@gmail.com
www.nanaimo.ca
Options for Sexual Health ............................250.753.9511
Birth control, pregnancy education, counseling. 204-285 Prideside 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. rainbownanaimo.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. 2A-170 Wallace Street
wwwTRANSITNS.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-judgmental 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.vicrisiss.ca). Individuals can also speak with a Crisis Line Worker through the Crisis program daily between 6 and 10 pm for text messages to 250.800.3806.
Vancouver Island Regional Libraries (Nanaimo Branches)
-Nanaimo Harbourfront ...........................250.753.1154
-Nanaimo North ........................................250.753.2665
-Nanaimo Wellington ................................250.758.5544

THINGS TO DO

BASKETBALL
Beban Park ...........................................2300 Bowen Road
Forest Grove Park ................................2035 Forest Drive
Groveland Gyro Park ...............................6239 Groveland Drive

BMX RACING
Nanaimo BMX ........................................www.nanaimobmx.com

BOATING
Brechin Lanes ........................................www.brechinlanses.com
Splitzville Entertainment .......................www.splitzville.ca

DISC GOLF
Bown Park ...........................................500 Bown Road

GYMNASTICS / SPORTS
Oakwood Gymnastics Centre .....................6000 Oliver Road
www.oakwoodgymnastics.ca
250.756.5200
Frank Jameson Comm. Centre ..................810 Sixth Avenue
lady@frkjameson.com
250.245.6424

MULTI-USE SPORT COURTS
Departure Bay Cent. Park ........................Wingrove Street
Forest Grove Park ..................................2035 Forest Drive
Groveland Gyro Park ...............................6239 Groveland Drive

MOUNTAIN BIKING
Harewood Centennial Park ........................John Barby School
Westwood Lake Park ...............................381 Westwood Road

MOVIES
Avonlea Theatre .......................................www.theatres.com

SKATE PARKS
Bown Park .........................................105 Wall Street (near Curling Club)
Cedar ..............................................Walsh Road (near Cedar Sec. School)
May and Centennial Pioneer Park ...............6704 Dufferin Street

SKATING
Frank Crane/Cliff McBride .........................2100 Bown 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 ...................................www.westwoodlake.ca
250.756.5200

TENNIS
Beaufort Park ........................................Dufferin School
Bown Park .........................................2300 Bowen Road
Bob O’Link Park ...................................Thunderbird Drive
Bowen Park ..........................................500 Bowen Road
Departure Bay Park ................................Wingrove Street
Diver Lake Park .....................................Frankney Drive
Harewood Centennial Park ......................John Barby School
John Weeks Park ...................................Cranberry Avenue
May and Centennial Pioneer Park ...............Dufferin Street
Morning Star Park ..................................Near Neck Point Park
Nanaimo Canoe Club ................................Cranberry 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
lady@frkjameson.com
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 interests? 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

Leaves & Flies ........................................250.816.4769
Offers various food depot locations around town, including a youth depot at John Barby School.
1109 Fargher 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 ......................................250.756.2221
19 Sixth Street
U-18 Food Depot ....................................250.616.7984
John Barby Community School

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.