




Child/Youth/Family Services

- 1 Parksville Oceanside Public Health Services**
Oceanside Public Health Services offers vaccines for all ages, harm reduction, and STI services including youth clinic and baby clinics.
Parksville Family Place - 494 Bay Ave., Parksville | 250-947-8242
 - 1 Discovery Youth & Family Substance Use Services**
494 Bay Ave., Parksville | 250-947-8215 | discovery@islandhealth.ca
 - 1 Children and Family Services**
Offers child protection, youth justice, child and youth mental health, child and youth special needs.
Parksville Family Place - 494 Bay Ave., Parksville | 250-954-4737
 - 1 Oceanside Building Learning Together Society**
School District 69 programs.
494 Bay Ave., Parksville | 250-947-8252 | admin@oblt.ca | oblt.ca
 - 2 Salvation Army Family Services**
Community and Family Services strives to assist those who find themselves in a place of need to transition towards a better future. When you call and book an appointment, you'll meet with a caseworker who partners with you in assessing need and providing the community supports that are available.
886 Wembley Rd., Parksville | 250-248-8793 | parksvillesalvationarmy.ca
-  *The Men's Centre listed under Support/Advocacy Services & Family Resources Association listed under Mental Health/Addiction Services.*



Support/Advocacy Services

- 3 RCMP Victim Services**
Supports victims of crime and trauma through on-call crisis support, justice system support, emotional and practical support, community referrals.
727 W Island Hwy., Parksville | 250-954-2277 | policevictimservices.bc.ca
- 4 Society for Organized Services (SOS)**
SOS offers a variety of programs, supports and services (free of charge) for residents of District 69, including in-house programs, workshops and special events. SOS also subsidizes some programs and services for local residents, such as Meals on Wheels and Personal Growth Programs. In addition, SOS provides information and referrals to other services available.
245 Hirst Ave. W., Parksville | 250-248-2093 | sosd69.com
- 5 SOS at Qualicum Commons**
744 Primrose St., Qualicum Beach | 250-752-2040 | sosd69.com
- 6 Career Centre**
Access free employment related services including: Resource Room, workshops, labour market info, employment counselling, interview, resume, and cover letter prep. Program referrals to self-employment, training support and wage subsidies.
#110-198 East Island Hwy., Parksville | 250-248-3205 | careercentre.org
- 7 The Men's Centre - Nanaimo**
Support and referrals for men in the physical, emotional, intellectual, and spiritual dimensions of their lives. We strive to promote connections with partners and families. Provide Supports to clients struggling with judicial and family court systems.
418 D Fitzwilliam St., Nanaimo | 250-716-1551 | themenscentre.ca
- 8 Inclusion Parksville Society**
Supports adults with developmental disabilities through community inclusion, vocational, semi-independent living, and self-help skills.
249 Hirst Ave., Parksville | 250-248-2933 | inclusionnpv.org



Government Agency

- 8 Ministry of Social Development and Poverty Reduction**
Liaises with local agencies and stakeholders to promote safe and affordable housing for clients. Ensures the integrity of shelter payments paid on behalf of Ministry clients, and builds and maintains partnerships and a cooperative presence in the community.
108 Richards St., Nanaimo | 1-866-866-0800 | myselfserve.gov.bc.ca
101-2100 Labieux Rd., Nanaimo | 250-741-5400
**Labieux Rd. location is not listed on reverse map*



Mental Health/Addiction Services

- 9 Oceanside Health Centre**
Mental health & substance abuse services (Mental Health and Outreach Nurse), short term counselling, substance use work, and outreach and walk-in services. Severe & persistent mental illness, forensic nurses.
489 Alberni Hwy., Parksville | 250-951-9550 | islandhealth.ca
 -  **Canadian Mental Health Association**
Mobile homeless outreach for persons over the age of 19. Related mental health and substance use services located at Oceanside Health Centre.
437 Wesley St., Nanaimo | 250-716-8823 | cmhamidisland.ca
 - 10 Forward Recovery**
Providing day programs, resources, meals and 1:1 support for adults experiencing mental health challenges, along with a caregivers' support group.
129 Alberni Hwy., Parksville | 250-927-6363 | forwardhouse.com
 - 11 Sources Oceanside Resources Centre**
Range of child, youth and family services through the Child Development Centre and Mental Health and Social Services.
198 Morison Ave., Parksville | 250-752-6766
 -  **NARSF Programs Ltd.**
Mobile health outreach provides harm reduction supplies, information and referral on a confidential basis. Text 250-510-3637
201-170 Wallace St., Nanaimo | 1-844-482-4239 | narsf.org
 -  **Island Crisis Care Society - Oceanside Outreach Support**
A non-clinical mobile outreach service to help connect community members experiencing mental health and/or addiction challenges to services and resources.
250-667-2776
-  *Also see Oceanside Public Health Services and Discovery Youth & Family Substance Abuse Services - listed under Child/Youth/Family Services.*




Recreation Services

- 12 Ravensong Aquatic Centre**
Public swimming pool, hot tub, sauna, and showers.
737 Jones St., Qualicum Beach | 250-725-5014
rdn.bc.ca/ravensong-aquatic-centre
- 13 Regional District of Nanaimo Recreation**
Financial assistance for registration in recreation programs, and inclusion services for people with all abilities.
830 West Island Hwy., Parksville | 250-248-3252 | rdn.bc.ca/recreation




Emergency Shelter/ Supportive Housing Services

-  **Haven House**
Safe house for women and children fleeing abuse. Community Victims Support Services. Provides free justice-related support services, information and emotional support for individuals &/or families who are survivors of abuse and violence including sexual assault.
1-888-756-0616 | havensociety.com
 - 14 Salvation Army New Hope Centre - Nanaimo**
Offers 24 emergency shelter beds for adult males who are homeless.
19 Nicol Street, Nanaimo, BC | 250-714-1142 | salvationarmynanaimo.com
 - 15 Nanaimo Unitarian Shelter**
Providing shelter for men, women, pets and storage. Low barrier, but drugs and alcohol may not be consumed on the premises.
595 Townsite Road, Nanaimo, BC | 250-754-3720
 - 16 Samaritan Place - Bridge to Housing**
This Womans Shelter is by referral only. Please Call for more Information.
720 Nicol Street, Nanaimo, BC | 250-753-1474
- Friendship Lelum Youth Safe House**
For 'At-risk Youth' from 12 to 18 years of age. No drugs or alcohol allowed on the premises.
250-753-8266









Food Assistance Services

- Nanoose Community Services Food Program**
Provides grocery cards for participants to purchase groceries when their resources do not meet their basic needs.
250-468-9888 | nanoosecommunityservices.org | cs@nanoosecommunityservices.org
- 17 Mt. Arrowsmith Salvation Army Food Bank**
"Heart to God, Hand to Man" food bank and other services. Aid to families. Mon, Tues, Thu from 8:30 a.m. - 4 p.m. and Wed and Fri 9 a.m. - noon. Closed noon-1 p.m.
886 Wembley Rd., Parksville | 250-248-8793 | parksvillesalvationarmy.ca
- 18 St. Stephen's Church**
Community Meals Lunch, Thursday's from 11:30 a.m.- 1 p.m. This is a free lunch for all who are in need of a hot meal and warm friendship. There are also take away tables where bread, produce and clothing are available. Dinner the third Tuesday of each month 5 p.m.- 6:30 p.m.
150 Village Way, Qualicum Beach | 250-752-9831 | ststephensucqualicum.ca
-  **Manna Mobile Community Care Van**
Manna Homeless Society provides food, survival items and healthcare to the homeless in the Oceanside area.


Manna is offering a hot brunch - porridge, soup, sandwiches, and muffins on Saturday 10 a.m. - noon behind Arbutus Grove Church in Parksville.
250-248-0845 | mannahomelessociety.com | oceansidemanna@gmail.com
- 19 Salvation Army Soup Kitchen**
Hot mid-day meal served Mon, Tues, Wed and Fri from 11 a.m. - 1 p.m.

Symbol References

-  Corresponding numbered location can be found on map (*see reverse*)
-  Mobile services only
-  Confidential location for safety and security

For more information please contact:
 250-390-6510
 planning@rdn.bc.ca
 rdn.bc.ca/rdn-affordable-housing

Notes

Need More Help? 
 Homelessness Outreach Response Team
 Team Cell 250-741-7645
 Services for those experiencing ongoing homelessness.

1-888-494-3888
VANCOUVER ISLAND CRISIS LINE:
 In crisis? Need more help? Call

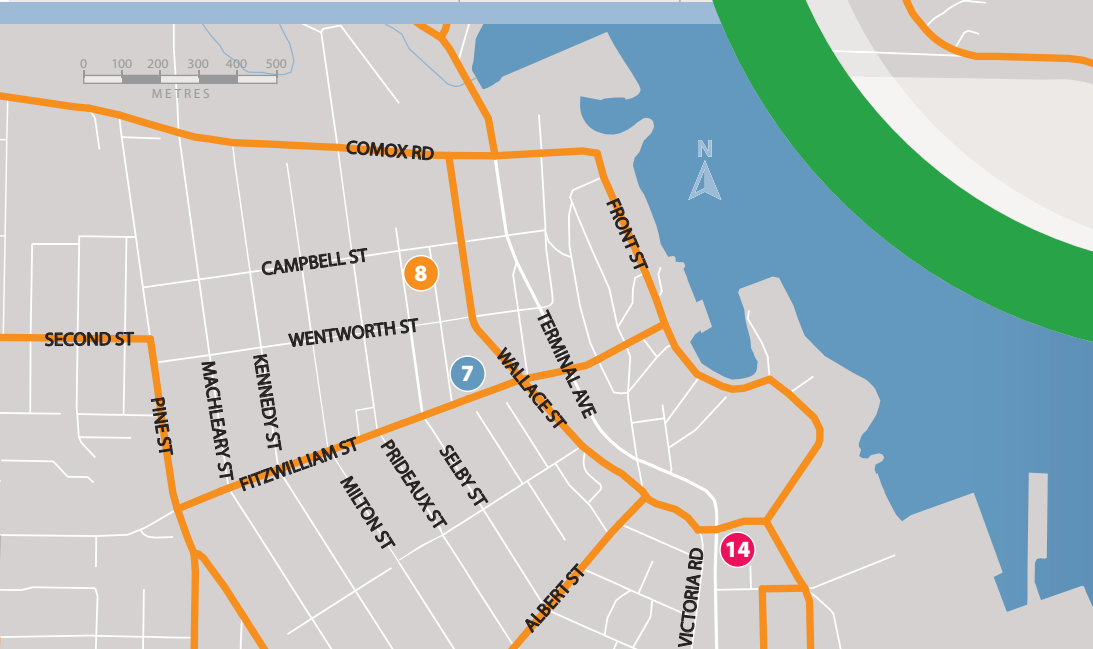
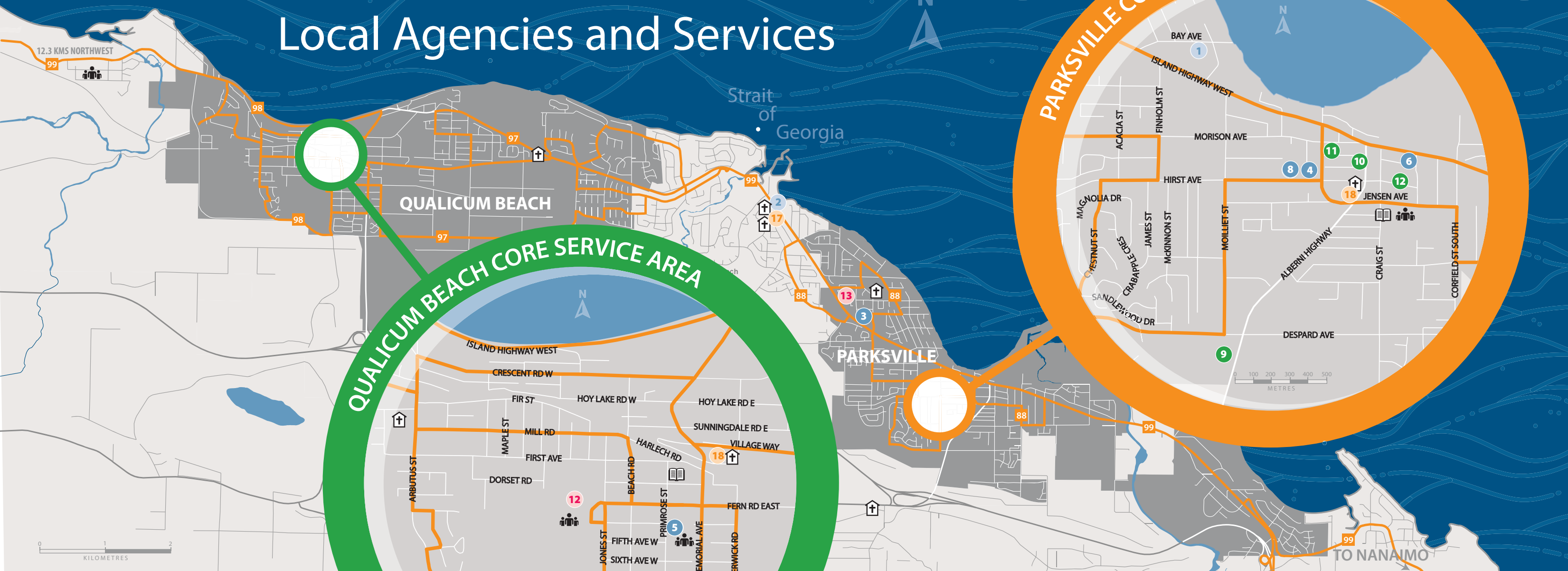


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-  Child/Youth/Family Services
-  Food Assistance Services
-  Support/Advocacy Services
-  Developmental Disabilities Services
-  Government Agency
-  Church
-  Mental Health/Addiction Services
-  Civic Centre/Community Hall
-  Recreation Services
-  Library
-  Emergency Shelter/ Supportive Housing Services
-  Bus Route