

Prog/Company	NOTES	Email	Web	Phone	Fax	Street	City	Prov.	P.Code
Autism Society of BC		astuart@autismbc.ca	www.autismbc.ca	250.714.0825	250.714.0802	303-3701 East Hastings	Burnaby	BC	V5C 2H6
Aboriginal Child & Youth Mental Health Services	Program run through MCFD	no email	www.gov.bc.ca/mcf	250.741.3600					
Adventures in Early Literacy	Run through Ladysmith Resource Centre	mothergoose@lrca.bc.ca	www.lrca.bc.ca	250.245.3079		721 1st Ave	Ladysmith	BC	V9G 1B2
AIDS Vancouver Island		info@avi.org	www.avi.org	250.753.2425	250.753.4595	201-55 Victoria Rd	Nanaimo	BC	V9R 5N9
Anxiety Disorders Assoc. of BC		info@anxietybc.com	www.anxietybc.com	604.681.3400		402 E Columbia St	New West	BC	V3L 3X1
Autism Community Training	info and referral service to support families with children with autism	info@actcommunity.net	www.actcommunity.net	1.866.939.5188		2240-2250 Boundary Rd	Burnaby	BC	V5M 3Z3
Air Cadets Nanaimo		205air@cadets.net	www.aircadetleagu.com			they are mailing them to us (March 16/09)			
Assembly of First Nations	Helps FN people if they've had issues with their health care.	vstevens@a1n.ca	www.a1n.ca	1.866.869.6789		810-473 Albert St	Ottawa	ON	K1R 5M4
Autism Society of BC		astuart@autismbc.ca	www.autismbc.ca	250.714.0801					
Big Brothers/Big Sisters	One-on-one buddy mentoring, also has teen mentoring, matching teen with elemen	bbbsvc@shaw.ca	www.bigbrothersbigsisters.ca/bbsvancouver	250.756.2425	250.756.2439	#3-2350 Labieux Rd.	Nanaimo	BC	V9T 3M6
Born Healthy	Run through Ladysmith Resource Centre	admin@hilicmhus.ca	www.lrca.bc.ca	250.245.3079					
Boys & Girls Club	Range of programs for 0-6 yrs, 6-12 yrs and teens. Also has "Parents Together", a	reception@bgcvi.com	www.bgcvi.com	250.754.3325	250.754.4771	20 Fifth St.	Nanaimo	BC	V9R 1M7
BC Epilepsy Society		info@bcepilepsy.com	www.bcepilepsy.com	604.875.6700	604.875.0617	510-999 W. Broadway	Vancouver	BC	V5Z 1K5
BC PharmaCare Program	Info about prescription drug coverage	no email	www.health.gov.bc.ca/insurance	1.800.663.7100		PO Box 9655 Str Prov Govt	Victoria	BC	V8W 9P2
BC Special Olympics		specialolympics@bcso.bc.ca	www.bcso.bc.ca	250.758.0625	250.758.0630	6009 Schooner Way	Nanaimo	BC	V9V 4A9
CBI Consultants	Under 6 Autism program	info@cibiconsultants.com	www.cibiconsultants.com	604.320.1960	604.320.1960	204-3970 Hastings St	Burnaby	BC	V5C 6C1
Child Development Centre		info@nanaimocdc.com	www.nanaimocdc.com	250.753.0250	250.753.5614	1135 Nelson St	Nanaimo	BC	V9S 2K4
Community Living BC		nanaimo@communitylivingbc.ca	www.communitylivingbc.ca	250.760.0424		1-1925 Bowen Rd.	Nanaimo	BC	V9S 1H1
Community Assistance Program		vvivrs@shaw.ca	www.vivrs.ca			See VIVRS			
Crisis Centre		info@cvics.ca	www.vivrs.ca	250.753.2425	250.753.2475	Box 1118	Nanaimo	BC	V9R 6E7
Crisis Counselling Clinic	Provides counselling for people with behavioural and emotional health issues. Offer	no email	www.vivrs.ca	250.739.5710		203-2000 Island Hwy N.	Nanaimo	BC	
CVM Multicultural Society	promoting inclusion and respect for all people	info@cvms.org	www.vivrs.org	250.753.8925	250.753.4250	114-285 Prideaux St	Nanaimo	BC	V9R 2N2
Columbian Centre Society	Provides rehabilitative residential and community support services for adults with	no email	www.columbiancentre.org	250.758.87	250.751.1128	2356 Rosstown Rd	Nanaimo	BC	V9T 3R7
Dial-A-Law	General info on BC law, includes referrals to lawyers who charge reasonable rates	cba@ccbca.org	www.dialalaw.org	1.800.565.5297					
Dr. Shred	Psychologist who does assessments	drshred@drshred.ca	www.drshred.ca	250.758.2325	250.758.2331	120-2124 Bowen Rd	Nanaimo	BC	V9S 1H7
Edgewood Chemical Dependency	They have volunteers who have gone through the program who will work with other	info@edgewood.ca	www.edgewood.ca	250.751.1020	250.751.2758	2121 Boxwood Rd	Nanaimo	BC	V9S 4L2
Family Resource Programs	Helps community-based Family Resource Programs. Nanaimo's contact is Pacific	info@frpbc.ca	www.frpbc.ca	604.738.0050	604.738.0638	106-2590 Granville St	Vancouver	BC	V6H 3H1
Family Support Institute		fsi@fsi-bc.com	www.familysupportbc.com	1.800.441.1604	540.9374	227 6th St.	New West	BC	V3L 3A5
FASD Society		info@nanaimofasdsociety.org	www.nanaimofasdsociety.org	250.758.6317		4B 1553 Estevan Rd.	Nanaimo	BC	V9S 3Y3
The F.O.R.C.E	Society for kids mental health	theforce@bckidsmentalhealth.org	www.bckidsmentalhealth.org	604.878.3400					
Foster Parent Support Services Society	Grass roots org, committed to providing meaningful and accessible support, educat	recruitment@fpsss.com	www.fpsss.com	250.390.9686		2-6421 Applecross Rd	Nanaimo	BC	V9V 1N1
Gifted Children Assoc. of BC		no email	www.gcabc.ca						
Grandparents Raising Grandchildren Support	Run through Parent Support Services of BC	parent@relus.net	www.nfabc.org			see Parent Support Services - downloadable pdf info booklet (150 pages long)			
Grandparent Re-Parenting		recption@rlabc.org	www.nfabc.org			see Nanaimo Family Life Assoc.			
Greater Nanaimo Early Years Partnership	Several community organizations committed to early years success	banner@pacfic-care.bc.ca	www.lrca.bc.ca						
Haven Society	Provides support and/or shelter for women and their children	haven@havensociety.com	www.havensociety.com	250.756.0616		PO Box 311	Nanaimo	BC	V9R 5L3
Headstart	Offered through Snuneymuxw First Nation, offers support to parents, also a daycare	health@snuneymuxw.ca	No website	250.740.2342		See Snuneymuxw First Nation			
Help Line for Children	250.310.1234	no email	No website	250.310.1234					
Home Learners/Nanaimo		HeidiKelly@selfdesign.org	www.nchl.bc.ca			sent email March 27th, waiting to hear back			
Island Deaf & Hard of Hearing Centre	Has an employment program to help hard of hearing or deaf to find and keep emplo	nanaimo@idhbc.ca	www.idhbc.ca	250.753.0925	250.753.9601	67-B Skinner Street	Nanaimo	BC	V9R 5G9
John Howard Society		jh@jhsnbc.ca	www.johnhowardbc.ca	250.754.1225	250.754.2340	200-1585 Bowen Rd	Nanaimo	BC	V9S 1G4
Jolly Giant Daycare		info@jollygiant.ca	www.jollygiant.ca	250.751.8825	250.751.8828	Various Nanaimo locations	Nanaimo	BC	
Justice Access Centre	Replaces Nanaimo Family Justice Services Centre	no email	www.justiceaccesscentre.bc.ca	250.741.5447		302-65 Front St	Nanaimo	BC	V9R 5H9
Kwumut Lelum Child & Family Services		kwumut@kwumut.org	www.kwumut.org						
LAFF	Monday-Friday 9:30-12	laffcoordinator@shaw.ca	www.familyandfriends.ca			No brochures	Ladysmith	BC	V9G 1A1
Ladysmith Early Years Partnership	Several community organizations committed to early years success	sandyweeks@shawbiz.ca	www.lrca.bc.ca			1110 1st Ave.			
Learning Disabilities Assoc. of BC	Know Your Rights handbook	info@ldasvi.bc.ca	www.ldasvi.bc.ca	250.370.9513		1524 Fort St	Victoria	BC	V8S 5J2
Literacy Nanaimo	Helps adults with literacy issues	info@literacyNanaimo.org	www.LiteracyNanaimo.org	250.754.8988		19 Commercial St	Nanaimo	BC	V9R 5G3
Ladysmith Resource Centre Assoc.		info@lrca.bc.ca	www.lrca.bc.ca	250.245.3079		721 1st Ave	Ladysmith	BC	V9R 1B2
MCFD	They don't have brochures - their website is the best place to find all their services	MCF_CorrespondenceManagement@gov.bc.ca	www.strongsafesupported.com	1.877.387.7027		PO Box 9770 Str Prov Govt	Victoria	BC	V8W 9S5
Mental Health Centre		info@viha.ca	www.viha.ca/mhas/locations/nanaimo	250.739.5725	250.739.5710	203-2000 Island Hwy N.	Nanaimo	BC	V9S 5W3
Mother Goose & Friends	Run through Ladysmith Resource Centre	mothergoose@lrca.bc.ca	www.lrca.bc.ca	250.245.3079		721 1st Ave	Ladysmith	BC	V9G 1B2
Nanaimo Assoc. for Community Living		nacl.office@nanaimocl.com	www.nanaimocl.com			emailed them on March 27th, waiting to hear back			
Nanaimo Citizen Advocacy Society	advocates for individuals who seek assistance by helping them exercise their rights	ncaa2@shaw.ca	www2.povnet.org/ncaa	250.753.2325	250.753.2486	110-55 Victoria Rd	Nanaimo	BC	V9R 5N9
Nanaimo Community Kitchens		anita.nck@shaw.ca	www.nanaimocommunitykitchens.org	250.753.7470		271 Pine St	Nanaimo	BC	V9R 2B7
Nanaimo and Area Resource Services for Families	Includes an Employment Services program. They have the Snoozlen room too.	no email	No website						
Nanaimo Family Life Assoc.	Range of programs including parenting groups, teen groups, volunteer counselling	recption@nfabc.org	www.nfabc.org	250.754.3325	250.753.0268	1070 Townsite Rd	Nanaimo	BC	V9S 1M6
Nanaimo Family Resource Programs		no email	No website						
Nanaimo & Region Disability Resource Centre	Offers computer training course and access to internet at their resource centre	inquiry@nandrc.org	www.nandrc.org	250.758.5547		2122 Northfield Rd	Nanaimo	BC	V9S 3B9
Nanaimo Supportive Lifestyles Ltd.	Provides individual and small group services to adults with developmental disabili	supportstaff@nanaimosupportivelifestyles.ca	www.nanaimosupportivelifestyles.ca	250.753.0325	250.754.5015	225-285 Prideaux St	Nanaimo	BC	V9R 2N2
Nanaimo Youth Services Assoc.	Provides support and counselling to youth in transition	nysa@nysa.bc.ca	www.nysa.bc.ca	250.754.1925	250.754.8661	290 Bastion St	Nanaimo	BC	V9R 3A4
Native Alcohol/Drug Support		no email	Through Health Canada www.hc-sc.gc.ca						
Native Courtworker & Counselling Assoc. of BC	Provides legal advice and support for Native people charged with an offense.	nccabc@nccabc.net	www.nccabc.ca	250.755.1925	250.755.1281	207-1999 Marine Dr.	North Van	BC	V7P 3J3
Pacific Care	Helps parents find childcare in their area	mailbox@pacific-care.bc.ca	www.pacific-care.bc.ca	250.716.2025	250.716.2023	9-327 Prideaux St	Nanaimo	BC	V9R 2N4
Parent Support Services		parent@relus.net	www.parentsupportbc.ca	250.468.9625	250.468.9668	PO Box 86	Nanaimo	BC	V9P 9J9
Partners in Parenting	Offered through VIHA	no email	www.viha.ca	250.755.7825	250.755.7853	3151 Barons Rd	Nanaimo	BC	V9R 4X5
Princess Royal Family Centre		no email	www.viha.ca	250.755.7855		260 Irwin St.	Nanaimo	BC	
Rep. for Children & Youth		rcv@rcvbc.ca	www.rcvbc.ca	1.800.476.1250	356.0837	4th floor, 1019 Wharf St. PO Box 9207 Str Prov Govt	Victoria	BC	V8W 9J1
Respite Care Unlimited	Monday respite day program, runs 10-2	Respitecare@shaw.ca	No website	250.390.3325	250.390.3376	1-5765 Turner Rd	Nanaimo	BC	V9T 6M4
RCMP - community policing	Office is moving across the street to the Police Detachment.	no email	www.rcmp-arc.gc.ca			580 Fitzwilliam St.	Nanaimo	BC	V9R 2N3
Semi-Independent Living	Provides training, maintenance and support to adults with developmental disabili	no email	No website	250.754.5025	250.754.5015	228-285 Prideaux Street	Nanaimo	BC	V9R 2N2
Snuneymuxw First Nation Health Centre		health@snuneymuxw.ca	Current website problems	250.740.2325	250.753.5221	668-B Centre St.	Nanaimo	BC	V9R 4Z4
Special Olympics		info@specialolympics.bc.ca	www.specialolympics.bc.ca	1.888.854.804	737.3080	210-3701 East Hastings St.	Vancouver	BC	V5C 2H6
Strongstart	Contact: Elizabeth Pennell	epennell@sd68.bc.ca	www.sd68.bc.ca/EarlyYears/default	250.740.3516					
Success by 6	Contact: Shelley Anderson	shelleyanderson@shaw.ca	www.succesby6bc.ca	250.616.5820		204-2290 Bowen Rd	Nanaimo	BC	V9T 3K7
Supporting Employment Transitions	Offer employment counselling	info@sbconsulting.com	www.set-nanaimo.com	250.714.0085		101-155 Skinner St	Nanaimo	BC	V9R 5E8
Supportive Apartment Living	Must be referred through CLBC, helps adults with developmental disabilities move	ereinarz@shaw.ca	www.communitylivingbc.ca	250.753.1907		271 Pine St	Nanaimo	BC	V9R 1H1
Tetra Solutions	Customized assistive devices	info@tetrasociety.org	www.tetrasociety.org	1.877.688.604	688.6463	207-3077 Granville St	Nanaimo	BC	V6H 3J9
Tillicum Lelum (Haus) Aboriginal Friendship Centre	Also has a health centre, 250.753.6578	educationcentre@tillicumlelum.com	www.tillicumhaus.ca	250.753.8825	250.753.6560	927 Halliburton St.	Nanaimo	BC	V9R 6N4
Triple P Parenting Program	Run out of Ladysmith Resource Centre	info@lrca.bc.ca	www.lrca.bc.ca	250.245.3025	250.245.3798	721 First Ave.	Ladysmith	BC	V9G 1B2
Triumph Vocational Services	Planning & employment services for persons with disabilities	triumph_info@triumphvocational.com	www.triumphvocational.com	250.716.1250	250.716.1254	6-1551 Estevan Rd	Nanaimo	BC	V9S 2Y3
United Way		info@uwci.ca	www.uwci.ca	250.729.7425	250.729.8084	204-2290 Bowen Rd	Nanaimo	BC	V9T 3K7
VIVRS	Community Assistance Program and Customized Employment Services for people	vvivrs@shaw.ca	www.vivrs.ca	250.753.4225		241 Milton St	Nanaimo	BC	V9R 2K5

Vancouver Island Public Library		<a href="mailto:info@virl.bc.ca">info@virl.bc.ca</a>	<a href="http://www.virl.bc.ca">www.virl.bc.ca</a>	250.758.44250.758.4697	Box 3333	Nanaimo	BC	V9R 5N3
Vancouver Island Youth & Family Addiction Service	Run through VIHA. They will have specific brochures by mid-April. Located next to	<a href="mailto:info@viha.ca">info@viha.ca</a>	<a href="http://www.viha.ca">www.viha.ca</a>	250.739.5790				
Volunteer Nanaimo		<a href="mailto:vn@volunteernanaimo.ca">vn@volunteernanaimo.ca</a>	<a href="http://www.volunteernanaimo.ca">www.volunteernanaimo.ca</a>	250.758.71250.758.7106	3-2350 Labieux Rd	Nanaimo	BC	V9T 3M6
Youth Employment Services		<a href="mailto:nysa@nysa.bc.ca">nysa@nysa.bc.ca</a>	<a href="http://www.nysa.bc.ca">www.nysa.bc.ca</a>	See Nanaimo Youth Services				