

Emergency Shelters Open Every Day

Women

Samaritan Place
702 Nicol Street, Nanaimo

Women only - 19 plus. Please call the number below for more information.

☎ 250-753-1474

🕒 Open 24 hours



Men

**The Salvation Army
New Hope Centre**
19 Nicol Street, Nanaimo

☎ 250-714-1142 🕒 Open 24 hours

This shelter is low barrier, however, drugs or alcohol may not be consumed on the premises. Some storage space is available for belongings, including carts.



Youth

Friendship Lelum Youth Safe House

☎ 250-753-8266

For at risk youth between 12 - 18 years. Low barrier, however, drugs and alcohol are not permitted on the premises.

Men, Women & Pets

Nanaimo Unitarian Shelter
595 Townsite Road, Nanaimo

☎ 250-754-3720 🕒 5 p.m. to 7:30 a.m.

Men, women, and pets. Low barrier, but drugs and alcohol may not be consumed on premises.



Seasonal Emergency Shelters

Emergency Shelters Open Every Day
From November 2, 2024 to March 31, 2025

Nanaimo

St. Peters Winter Cold Weather Shelter
301 Machleary Street, Nanaimo

☎ Direct Line 250-591-9440

☎ Nanaimo Family Life 250-754-3331

🕒 8 p.m. to 7:30 a.m.

This co-ed adult, low barrier, animal friendly seasonal shelter is operated by the Nanaimo Family Life Association with a 40-bed capacity. Hot dinner and breakfast provided. No drugs or alcohol are permitted on the premises.



Need More Help?

Homelessness Outreach Response Team

☎ Team Cell 250-741-7645

Services for those experiencing ongoing homelessness



Need Shelter or Food?

Find emergency
shelter and food in the region



In crisis? Need more help? Call
VANCOUVER ISLAND CRISIS LINE:

1-888-494-3888

Find more about shelters & other housing supports at:



rdnhousing.ca



250-390-6510

Looking for a Hot Meal?

Nanaimo

Nanaimo 7-10 Club
110 Wall Street

☎ 250-797-0531

- 🕒 Mobile outreach delivering meals to various locations including the Shower Program at Caledonia Park at 8:30 am



☎ **St. Andrew's Presbyterian Church**
4235 Departure Bay Road

☎ 250-758-2676

Lunch Thursday 11 a.m. to 12:30 p.m.
Offered from September to end of June
(excluding Christmas Day)



Parksville

Salvation Army Soup Kitchen
187 Alberni Highway

☎ 250-954-0707

- 🕒 Monday, Tuesday, Wednesday & Friday
11 a.m. to 1 p.m. Closed Statutory Holidays
*Dine in only



Qualicum Beach

St. Stephen's United Church
150 Village Way

☎ 250-752-9831

- 🕒 Thursday 11:30 a.m. to 1 p.m.

Dinner offered on the third Tuesday of each month from 5 p.m. - 6:30 p.m.
(excluding statutory holidays).



Need a Food Bank?

Nanaimo Area

Society of Saint Vincent de Paul

☎ 250-753-8500

Leave a message to arrange for a food hamper delivery



Loaves and Fishes Community Food Bank

☎ 250-754-8347

Free food market shopping model. Open 7 days a week throughout Nanaimo and area. No income or address check required.

Free food market schedule: vifoodbank.org

Depot Locations (closed on holidays)

Native Victory Church

471 Irwin Street

- 🕒 Monday 5 p.m. to 7 p.m.
Wednesday 10 a.m. to 2 p.m.
Thursday 1 p.m. to 3 p.m.



Brechin United Church

2020 Estevan Road

- 🕒 Tuesday 1 p.m. to 2:30 p.m.



The Neighbourhood Church

4951 Rutherford Road

- 🕒 Thursday 6:30 p.m. to 8 p.m.



Salvation Army Church

505-8th Street

- 🕒 Friday 12 p.m. to 2 p.m.



Generations Church

1300 Princess Royal Avenue

- 🕒 Saturday 10:30 a.m. to noon



Need a Food Bank?

Parksville / Oceanside Area

Salvation Army Food Bank

886 Wembley Road, Parksville (French Creek)

☎ 250-248-8793

- 🕒 Monday, Tuesday, Thursday 8:30 a.m. to 3:30 p.m.
Wednesday and Friday 8:30 a.m. - 11:30 a.m.
community tables. Everyone welcome.
Wednesday and Friday 9 a.m. to 11:30 a.m. for
emergency hamper for registered client pick up.
* Closed noon- 1 pm

Please note hampers are provided by appointment only.

Need Food and Supplies?

Parksville / Oceanside Area

Manna Homeless Society

Food, clothing, and
healthcare services.

Outreach Van can be accessed by calling
☎ 250-248-0845 for outreach service.

Society of Organized Services (SOS)

245 Hirst Avenue West, Parksville

Help with essential groceries, filling out government
paperwork, laundry, cooking propane, clothes and
other basic supplies from SOS Thrift Shop

☎ 250-248-2093



Need RDN Transit Information?

Call the Automated Transit Information Line:

☎ Nanaimo 250-390-4531

☎ Parksville/Qualicum Beach 250-954-1001

Toll-free 1-877-607-4111 Ext. 6200

🌐 rdn.bc.ca

🕒 Office Hours

Monday to Friday 8:30 a.m. to 4:30 p.m.

Closed Statutory Holidays