



Child/Youth/Family Services

- 1 Oceanside Public Health Services**
Health promotion and prevention services provided to children, youth, and families in the Oceanside Area. Services offered in communities, homes, schools and outreach locations.
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 Ministry of Children and Family Development**
Offers support services related to child protection, adoption, child and youth mental health, and children and youth with support needs.
Parksville Family Place - 494 Bay Ave., Parksville | 250-954-4737
- 1 Oceanside Building Learning Together**
Helping to enhance lifelong learning with free early learning and literacy programs for babies through seniors.
494 Bay Ave., Parksville | 250-947-8252 | admin@oblt.ca | oblt.ca
- 2 Salvation Army Family Services and Food Bank**
Family Services & Food Bank striving to assist those who find themselves in a place of need to transition towards a better future. Call and book an appointment, to 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 | mountarrowsmith.foodbank@salvationarmy.ca



Support/Advocacy Services

- 3 Oceanside 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 free and subsidized programs that meet the needs and enrich the lives of District 69 residents. Programs support children, youth, families, adults, and seniors. SOS is funded by the community for the community.
245 Hirst Ave. W., Parksville 250-248-2093 | 744 Primrose St., Qualicum Beach 250-752-2040 | sosd69.com
- 5 Community Victim Services**
Provides justice related support services, information and emotional support for individuals and /or families who are experiencing or have experienced abuse and violence in an intimate relationship, childhood sexual abuse, and/or sexual assault.
Parksville 250-248-3500 ext. 1 | Nanaimo 250-756-2452 ext. 234
- 6 Career Centre**
Access free employment related services including: Resource Room, workshops, labour market info, employment counselling, interview, resume, and cover letter prep. Referrals for supports, training, wage subsidy, self-employment and youth programs.
#3-187 Bagshaw Street, 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. Provide Supports to clients struggling with judicial and family court systems.
418D Fitzwilliam Street, Nanaimo | 250-716-1551 | themenscentre.ca
- 8 Inclusion Parksville Society**
Provides support to adults with diverse abilities that empowers, educates, and fosters inclusive community.
249 Hirst Ave., Parksville | 250-248-2933 | inclusionpv.org



Government Agency

- 9 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

- 10 Oceanside Health Centre**
Mental health & substance abuse services, short term counselling, substance use work, and outreach. For individuals with severe & persistent mental illness. Walk in Services Monday - Friday.
489 Alberni Hwy., Parksville | 250-951-9550 | islandhealth.ca
- Canadian Mental Health Association**
Mobile homeless outreach for persons 19 plus. Related mental health and substance use services located at Oceanside Health Centre.
437 Wesley St., Nanaimo | 250-244-4042 | cmhamidisland.ca
- 11 Forward House Community Society**
Providing Day Programs, resources and 1:1 support for adults needing support with their mental health and/or addiction recovery.
136 Hirst Ave., Parksville | 250-954-0785 | forwardhouse.com
- 12 Sources Oceanside Resource 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**
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**
Outreach includes Rent Subsidy Program and the Parksville Outreach Program. Support is available for rent subsidies or via outreach services for rent top ups, food security, security deposits, and support with household items and utilities.
For Rent Subsidies call 250-740-5127
For Parksville Outreach Program call 250-667-2776



Also see Oceanside Public Health Services and Discovery Youth & Family Substance Abuse Services - listed under Child/Youth/Family Services.



Recreation Services

- 13 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
- 14 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**
Haven House Safe house provides temporary shelter and support for women and children who have experienced violence and abuse and are seeking safety while exploring their options.
1-888-756-0616 | havensociety.com



- 15 Salvation Army New Hope Centre - Nanaimo**
Offers 24 emergency shelter beds, 10 transitional beds for adult males who are homeless. More beds coming spring of 2026.
19 Nicol Street, Nanaimo, BC | 250-714-1142 | salvationarmynanaimo.com



- 16 Nanaimo Unitarian Shelter**
Providing shelter for men, women, and pets. Low barrier, but drugs and alcohol may not be consumed on the premise.
595 Townsite Road, Nanaimo, BC | 250-754-3720



- 17 Samaritan Place - Bridge to Housing**
Please call for more information. Open 24 hours. Women only -19 plus.
702 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

- 18 Nanoose Community Services Food and Basic Needs Program**
Provides grocery cards to help Nanoose Bay residents purchase essentials locally when their resources are limited.
250-468-9888 | nanoosecommunityservices.org | cs@nanoosecommunityservices.org
- 19 Mt. Arrowsmith Salvation Army Food Bank & Family Services**
Free Community Table Produce open 8:30 -11:30 a.m Wed and Fri, everyone welcome. You don't need to be a registered client. Non-perishable Shelf, and Food Bank hampers by appointment, please call to schedule an appointment. Hours of Operation: Mon, Tues, Thurs 8:30 a.m. – 3:30 p.m. (closed 12:00 p.m. – 1:00 p.m.) Wed and Fri 9:00 am – 12:00 pm (Closed Statutory Holidays)
886 Wembley Rd., Parksville | 250-248-8793 | parksvillesalvationarmy.ca
- 20 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. Wednesday 11 a.m. - 1 p.m. offering groceries beside the Salvation Army Soup Kitchen in Parksville
250-248-0845 | mannahomelessociety.com | oceansidemanna@gmail.com
- 22 Salvation Army Soup Kitchen**
Hot mid-day meal served Mon, Tues, Wed and Fri from 11 a.m. – 1 p.m. Closed Statutory Holidays.
187 Alberni Hwy, Parksville | 250-954-0707 | parksvillesalvationarmy.ca

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

Services for those experiencing ongoing homelessness.

Team Cell 250-741-7645

Homelessness Outreach Response Team

Need More Help?



1-888-494-3888

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



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