

## Emergency Shelters Open Every Day

### Women

**Samaritan Place - Bridge to Housing**  
702 Nicol Street, Nanaimo



This shelter is by referral only. Please call the number below for more information.

☎ 250-753-1474 🕒 Open 24 hours

Women only - 19 plus.

### 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, pets and storage. Low barrier, but drugs and alcohol may not be consumed on premises.

## Seasonal Emergency Shelters

### Emergency Shelters Open Every Day

From November 14, 2023 to March 31, 2024

### Nanaimo

**St. Peter's Winter Cold Weather Shelter**  
301 Machleary Street, Nanaimo



☎ Shelter Direct Line 250-591-5600

☎ Nanaimo Family Life 250-754-3331

☎ Connective Support Society of Nanaimo 250-754-1266

🕒 8 p.m. to 7:30 a.m.

This co-ed seasonal shelter is operated jointly by the Connective and Nanaimo Family Life Association with a 35-bed capacity. Hot dinner and cold breakfast provided. No drugs or alcohol are permitted on the premises. Open every night.



### 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](http://rdnhousing.ca)

☎ 250-390-6510

## Looking for a Hot Meal?

### Nanaimo

#### Salvation Army Meal Program

19 Nicol Street

☎ 250-714-1142

- 🕒 7 days per week
- Breakfast: 9 a.m. to 11 a.m.
- Lunch: 1 p.m. to 2 p.m.



#### 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.
- \*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: [viloavesandfishes.org](http://viloavesandfishes.org)

#### Depot Locations (closed on holidays)

##### Loaves and Fishes Food Bank

1009 Farquhar 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.



##### Nanaimo Alliance Church

1609 Meredith 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 1 p.m. to 2:30 p.m.



##### Generations Church

1300 Princess Royal Avenue

- 🕒 Saturday 11 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 am to 4 pm
- Wednesday and Friday 9 am to noon
- \* 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

Food, clothing and other supplies

☎ 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](http://rdn.bc.ca)

🕒 Office Hours  
 Monday to Friday from 8:30 am to 4:30 pm  
 Closed on statutory holidays