

Emergency Shelters Open Every Day

Women

Island Crisis Care Society

Samaritan House
355 Nicol Street, Nanaimo
250-753-1474
Open 24 hours

Adult women; and children and youth with Ministry permission (up to 19 years for males). Low barrier, but no drugs or alcohol allowed on premises.

Men

The Salvation Army

New Hope Centre
19 Nicol Street, Nanaimo
250-714-1142
Open 24 hours

Shelter is behavior based, however, drugs or alcohol may not be consumed on premises. Limited number of pets allowed. Some storage space available for belongings, including carts.

Youth

Friendship Lelum Youth Safe House

250-753-8266

For 'at risk youth' between 12 - 18 years. Low barrier, but no drugs or alcohol allowed on premises.

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Emergency Shelters Open Every Day

Nanaimo Area

Nanaimo Unitarian Shelter

595 Townsite Road, Nanaimo
250-754-3720
5:00 pm to 7:30 am

Men, women, pets and storage. Low barrier, but no drugs or alcohol permitted on premises.

**Emergency Shelters Open Every Day
From Nov 25, 2019 to March 31, 2020**

Nanaimo

The Centre Winter Shelter

301 Machleary Street, Nanaimo
250-734-1969 (enter at the side door)
6:00 pm to 7:00 am

Low barrier, but no drugs or alcohol permitted on premises. Open every night. Enter at the back.

Parksville

Mt. Arrowsmith Salvation Army

187 Alberni Highway, Parksville
5:00 pm Daily 250-248-8794

Shelter guests meet here daily to be taken to rotating shelter locations in the Oceanside area.

Need More Help?

Homelessness Outreach Response

Team Cell 250-741-7645

Services for those experiencing ongoing homelessness.

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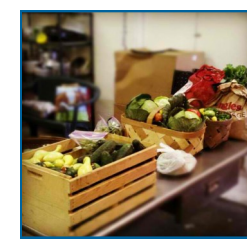
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Need Shelter or Food?

*Find emergency
shelter & 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:



www.rdnhousing.ca
250-390-6510

Updated Dec - 2019

Looking for a Hot Meal?

Nanaimo

Salvation Army Meal Program

19 Nicol Street
250-714-1142
7 days per week
Lunch: Noon to 1:00 pm
Supper: 4:30 pm to 5:30 pm

Nanaimo 7-10 Club

285 Prideaux Street
250-714-0917
Breakfast, Soup & Bag Lunch
Monday to Friday 7:00 am to 10:00 am

St. Andrew's Presbyterian Church

4235 Departure Bay Road
250-758-2676
Lunch Thursday 11:00 am to 12:30 pm
Offered from September to end of June (excluding Christmas)

St. Paul's Anglican Church

100 Chapel Street
250-753-2523
Soup, Sandwich & Conversation
Third Friday of each month
12:00 pm to 1:00 pm

Parksville

Salvation Army Soup Kitchen

187 Alberni Highway
250-954-0707
Monday, Tuesday, Wednesday & Friday
11:00 am to 1:15 pm

Qualicum Beach

St. Stephen's United Church

150 Village Way 250-752-9831
Thursday 11:00 am to 12:00 pm

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Need a Food Bank?

Nanaimo Area

Loaves and Fishes Community Food Bank

210 Fry Street
250-754-8347
Monday to Friday
9:00 am to 5:00 pm
(special schedule last 2 weeks of December)

Depot Locations (closed on holidays)

St. Paul's Lutheran Church

394 Shepherd Avenue
Monday 10:30 am to Noon

Christ Community Church

2221 Bowen Road
Monday 2:00 pm to 3:00 pm

St. Andrew's Presbyterian Church

4235 Departure Bay Road
Monday 2:00 pm to 3:00 pm

Nanaimo Alliance Church

1609 Meredith Road
Tuesday 1:00 pm to 2:30 pm

St. Philip's Anglican Church

1797 Cedar Road
Wednesday 2:00 pm to 3:00 pm

The Neighbourhood Church

4951 Rutherford Road
Thursday 6:30 pm to 8:00 pm

Salvation Army Church

505 - 8th Street
Friday 1:00 pm to 2:30 pm

Generations Church

1300 Princess Royal Avenue
Saturday 11:00 am to Noon

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Need a Food Bank?

Nanaimo Area

Society of Saint Vincent de Paul

Leave a message to arrange for a food hamper delivery.
250-753-8500

Parksville / Oceanside Area

Salvation Army

886 Wembley Road
Parksville (French Creek)
250-248-8793
Monday, Tuesday, Thursday 8:30 am to 4:00 pm
Wednesday and Friday 9:00 am to noon
By appointment Mondays 1:00 to 4:00 pm and
Tuesdays & Thursdays 8:30 am to 4:00 pm

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Need Food and Supplies?

Parksville / Oceanside Area

Manna Homeless Society

Food, clothing, and survival equipment.
Outreach Van can be accessed by calling
250-248-0845 for outreach service.

Society of Organized Services (SOS)

Food, clothing, and other supplies
245 West Hirst Avenue, Parksville
250-248-2093

Need RDN Transit Info?

Automated Transit Information Line

Nanaimo - 250-390-4531
Parksville/Qualicum Beach - 250-954-1001
Toll-free - 1-877-607-4111 Local 6200
www.rdn.bc.ca

Office Hours

Monday to Friday
8:30 am to 4:30 pm
Closed on Statutory Holidays

