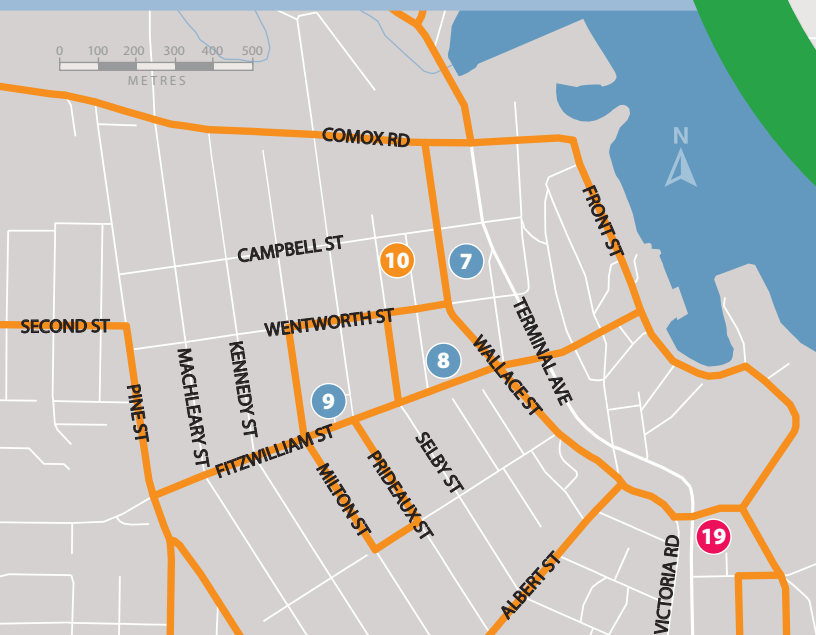
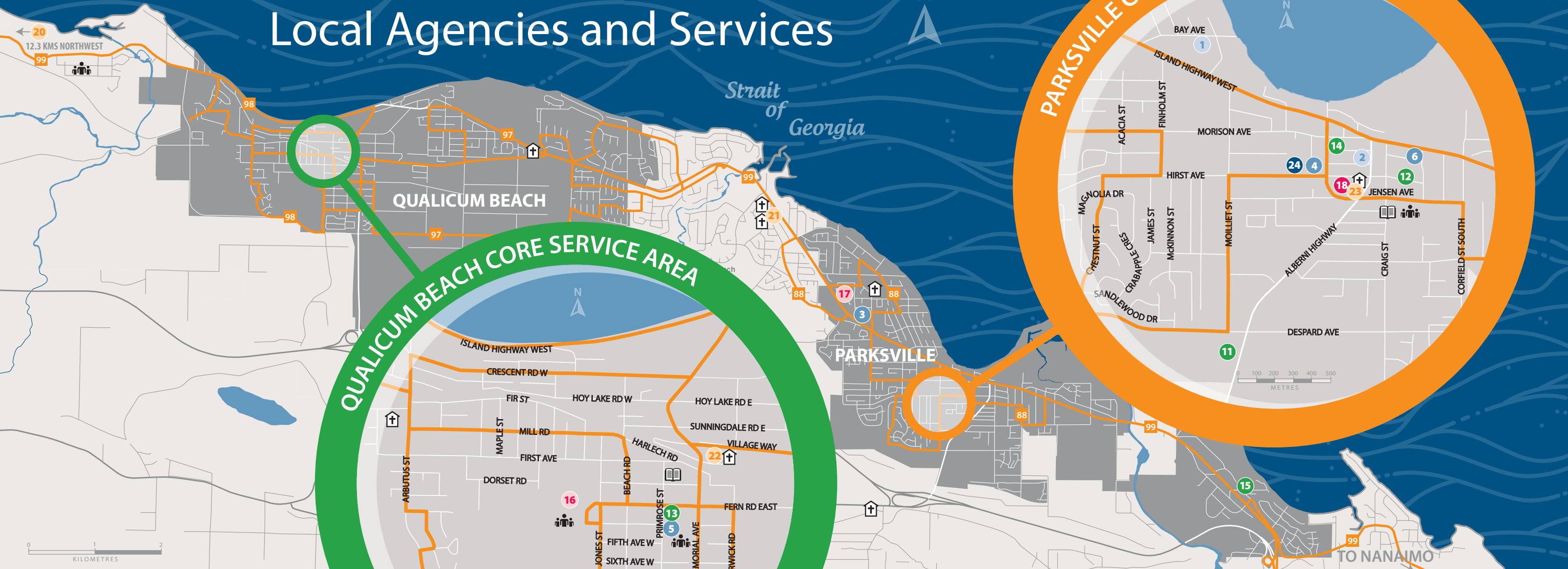



Oceanside: A Guide to Local Agencies and Services



-  Child/Youth/Family Service
-  Food Assistance Services
-  Support/Advocacy Services
-  Developmental Disabilities Services
-  Government Agency
-  Church
-  Mental Health/Addiction Services
-  Civic Centre/Community Hall
-  Recreation Services
-  Library
-  Emergency Shelter/
Supportive Housing Services
-  Bus Route



Child/Youth/Family Services

- 1 Oceanside Public Health Services**
Oceanside Public Health Services offers vaccines for all ages, harm reduction, & STI services including youth clinic & baby clinics.
Parksville Family Place - 494 Bay Ave., Parksville | 250-954-8242
 - 1 Discovery Youth & Family Substance Use Services**
Parksville Family Place - 494 Bay Ave., Parksville | 250-954-8242
 - 1 Ministry of Children and Family Development**
Offers child protection, youth justice, guardianship, resources, child & youth mental health, child & youth special needs.
Parksville Family Place - 494 Bay Ave., Parksville | Direct Line 250-754-4737
 - 1 Building Learning Together**
School District 69 programs.
Parksville Family Place - 494 Bay Ave., Parksville | 250-954-8242
 - 2 Salvation Army Family Services**
Community & Family Services strives to assist those who find themselves in a place of need to transition towards a better future. When you call & book an appointment, you'll meet with a caseworker who partners with you in assessing need & the community supports that are available.
141 Memorial Ave., Parksville | 250-248-8794 | parksvillesalvationarmy.ca
-  Also see The Men's Centre & the Nanaimo Women's Centre listed under Support/Advocacy Services & Family Resources Association listed under Mental Health/Addiction Services.



Support/Advocacy Services

- 3 RCMP Victim Services**
Supports victims of crime & trauma through on-call crisis support, justice system support, emotional & practical support, community referrals.
727 W Island Hwy., Parksville | 250-954-2277 | policevictimservices.bc.ca
- 4 Society for Organized Services (SOS)**
SOS provides a gathering place for children, youth & families in both Parksville & Qualicum Beach. SOS offers programs that are open to all members of the community, & offered in a safe & supportive environment. SOS provides nutritious snacks & meals to participants. All services are free.
245 West Hirst Ave., Parksville | 250-248-2093 | sosd69.com
- 5 SOS at Qualicum Commons**
744 Primrose St., Qualicum Beach | 250-752-2040 | sosd69.com
- 6 The Career Centre**
Access free employment services, including labour market information, employment consulting, staffed resource room, workshops, job placement & coaching. Program referrals to self-employment, training support, wage subsidies & job creation partnerships.
#110-198 East Island Hwy., Parksville | 250-248-3205 | careercentre.org
- 7 Nanaimo Women's Centre - Nanaimo**
Many support programs focused on women & families including basic needs & support finding rental housing through the STAR & Turning the Key programs.
150 Wallace St., Nanaimo | 250-753-0633 | nanaimowomen.com
- 8 The Men's Centre - Nanaimo**
Support & referrals for men in the physical, emotional, intellectual, & spiritual dimensions of their lives. We strive to promote connections with partners & families. We'll help men & women with family court divorce separation, custody & access issues.
418 D Fitzwilliam St., Nanaimo | 250-716-1551 | themenscentre.ca
- 9 Citizen's Advocacy - Nanaimo**
Legal advocacy & assistance with Canada Pension Plan Disability.
#114-285 Prideaux St., Nanaimo | 250-753-2321 | nanaimocaa.com




Government Agency

- 10 Ministry of Social Development and Poverty Reduction**
Liaise with local agencies & stakeholders to promote safe & affordable housing for clients. Ensures the integrity of shelter payments paid on behalf of Ministry clients & builds & maintains partnerships & a cooperative presence in the community.
108 Richards St., Nanaimo | 1-855-771-8775
101-2100 Labieux Rd., Nanaimo | 1-855-771-8776
*Labieux Rd. location is not listed on reverse map



Mental Health/Addiction Services

- 11 Oceanside Health Centre**
Mental health & substance abuse services (Mental Health & Outreach Nurse), short term counselling, substance use work & outreach & walk-in service. Severe & persistent mental illness, forensic nurses.
489 Alberni Hwy., Parksville | 250-951-9550 | viha.ca
 - Canadian Mental Health Association**
Mobile homeless outreach for persons over the age of 19. Related mental health & substance use services located at Oceanside Health Centre.
250-244-4042 | mid-island.cmha.bc.ca
 - 12 Forward House**
Providing day programs, resources, meals & 1:1 support for adults experiencing mental health challenges, along with a caregivers' support group.
136 Hirst Ave., Parksville | 250-954-0785 | forwardhouse.com
 - 13 Forward House at Qualicum Commons**
At Qualicum Commons, Room 8. Open limited hours.
744 Primrose St., Qualicum Beach | 250-954-0785 | forwardhouse.com
 - 14 Family Resources Association**
Range of child, youth and family services through the Child Development Centre & Mental Health & Social Services.
198 Morison Ave., Parksville | 250-752-6766 | d69fra.org
 - NARF Programs**
Mobile health outreach provides harm reduction supplies, information & referral on a confidential basis. Text 250-510-3637.
1-844-482-4239 | narf.org
 - 15 Workability**
A renewed-employment program for people with barriers (depression, bipolar disorder, schizophrenia, behavioural issues & acute anxiety). Participants are engaged in Customize Work programming that happens at 2nd Chance Thrift Store, The Pie Factory & other businesses in the community.
#10 -1209 East Island Hwy, Parksville | 250-586-0086 | work-ability.ca
 - Oceanside Outreach Support**
A non-clinical mobile outreach service to help connect community members experiencing mental health &/or addiction challenges to services & resources.
250-947-5096
-  Also see Oceanside Public Health Services and Discovery Youth & Family Substance Abuse Services - listed under Child/Youth/Family Services.



Recreation Services

- 16 Ravensong Aquatic Centre**
Public swimming pool, hot tub & sauna.
737 Jones St., Qualicum Beach | 250-725-5014
rdn.bc.ca/ravensong-aquatic-centre
- 17 Regional District of Nanaimo Recreation**
Financial assistance for registration in recreation programs, & inclusion services for people with all abilities.
830 West Island Hwy., Parksville | 250-248-3252 | rdn.bc.ca/district-69-recreation



Emergency Shelter/Supportive Housing Services

- Haven House**
Safe house for women & children fleeing abuse. Community Victims Support Services. Provides free justice-related support services, information & emotional support for individuals &/or families who are survivors of abuse & violence including sexual assault.
1-888-756-0616 | havensociety.com
- Hirst House**
Providing shelter & care for those in need: crisis stabilization, shelter, psycho-social support & outreach.
250-954-3268 | islandcrisiscaresociety.ca
- 18 Winter Weather Shelter**
Low barrier, open every night November 1 - March 31, 6 pm - 7:30 am, enter at the back. Free rides from rural areas to shelter.
170 West Hirst Street, Parksville (for 2018/2019 winter) | 250-228-4065
- 19 Salvation Army New Hope Centre - Nanaimo**
Offers 23 emergency shelter beds for adult males who are homeless.
19 Nicol Street, Nanaimo, BC | 250-714-1142 | salvationarmynanaimo.com
- Samaritan House - Nanaimo**
Provides a variety of emergency & supportive housing options for women.
14 emergency beds.
778-441-4227 | islandcrisiscaresociety.ca



Food Assistance Services




- 20 Lighthouse Community Hall**
Soupy Café - community lunch last Thursday of month w/free clothing corner.
240 Lions Way, Qualicum Bay | sites.google.com/site/lighthousecommunityhall/home
- 21 Salvation Army Food Bank**
"Heart to God, Hand to Man" food bank and other services. Aid to families.
886 Wembley Rd., Parksville | 250-248-8793 | parksvillesalvationarmy.ca
- 22 St. Stephen's Church**
Community Meals Lunch every Thursday. This is a free lunch for all who are in need of a hot meal & warm friendship. There are also take away tables where bread, produce & clothing are available.
150 Village Way, Qualicum Beach | 250-752-9831 | ststephensucqualicum.ca
- Manna Mobile Community Care Van**
Manna Homeless Society provides food, survival items & healthcare to the homeless in the Oceanside area.
250-248-0845 | mannahomelessociety.com
- 23 Salvation Army Soup Kitchen**
Hot mid-day meal served Mon., Tues., Wed. & Fri. from 11 am - 1:15 pm.
187 Alberni Hwy, Parksville | 250-954-0707
parksvillesalvationarmy.ca/services/soup-kitchen/



Developmental Disabilities Services

- 24 Inclusion Parksville Society**
Supports adults with developmental disabilities through community inclusion, vocational, semi-independent living, & self-help skills.
249 Hirst Ave., Parksville | 250-248-2933 | inclusionpv.org

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
 www.rdn.bc.ca/rdn-affordable-housing

Notes

Get connected with the help you need.

211 is a confidential, multilingual telephone and texting service providing free information and referral to a full range of community, social, and government services.
 Online resources available at www.bc211.ca
 Text service available from 8 am - 11 pm, 7 days a week
 Dial service available 24 hours a day, 7 days a week

Simply dial or text 2-1-1

Looking for community, social or government services?



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