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

www.rdnhousing.ca 250-390-6510

Updated 31-Oct-2014

Emergency Shelters Open Every Day

Extreme Weather Shelters Nov. 1 to March 31, 2015

Extreme weather shelters are open between November 1 to March 31 when weather conditions may threaten the health and safety of those sleeping outside. Call to check when shelters are open or look for notices posted outside.

Women

Island Crisis Care Society
Samaritan House
355 Nicoll Street, Nanaimo
250-753-1474
Open 24 hours

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

Men

The Salvation Army
New Hope Centre
19 Nicoll Street, Nanaimo
250-714-1142
Open 24 hours

Shelter users are not permitted to be under the influence of drugs or alcohol. No pets. Some storage space available for belongings.

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.

Nanaimo Area

First Unitarian Fellowship Church
595 Townsite Road, Nanaimo
250-754-3720
7 pm to 7 am

Pets and storage. Low barrier, but no drugs or alcohol permitted on premises.

Parksville/Qualicum Beach Area

The Salvation Army
187 Alberni Highway, Parksville
250-954-3082
6 pm to 8 am

Outdoor kennel for pets. Storage for belongings. Low barrier, but no drugs or alcohol allowed on premises.

Need More Help?

Homelessness Outreach & Support Team
126 Haliburton Street, Nanaimo
Team Cell / Pager - 250-741-7645
Monday to Friday Walk-in Office
Service Available 9:30 am to 12:30 pm

Services for those experiencing ongoing homelessness.
Looking for a Hot Meal?

**Nanaimo**

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

7-10 Club
285 Prideaux Street
250-714-0917
Breakfast & Bag Lunch
Monday to Friday 7 am to 10 am

St. Andrew’s Presbyterian Church
4235 Departure Bay Road
Thursday 11 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 am to 1:15 pm

Qualicum Beach

St. Stephen’s United Church
150 Village Way
Thursday 11 am to 1 pm &
Third Tuesday of each month 5 pm to 6:30 pm

Need a Food Bank?

**Nanaimo Area**

Loaves and Fishes Community Food Bank
1009 Farquhar Street, Nanaimo
250-754-8347
Monday 5 pm to 7 pm
Wednesday 10 am to Noon
Thursday 1 pm to 3 pm
(special schedule last 2 weeks of December)

**Depot Locations** (closed on holidays)

St. Paul’s Lutheran Church
394 Shepard Avenue
Monday 10:30 am to Noon

Christ Community Church
2221 Bowen Road
Monday 2 pm to 3 pm

St. Andrew’s Presbyterian Church
4235 Departure Bay Road
Monday 2 pm to 3 pm

Brechin United Church
1998 Estevan Road
Tuesday 1 pm to 2:30 pm

St. Philip’s Anglican Church
1797 Cedar Road
Wednesday 2 pm to 3 pm

The Neighbourhood Church
4951 Rutherford Road
Thursday 7 pm to 8 pm

Generations Church
1300 Princess Royal Ave
Saturday 11 am to Noon

**Parksville / Oceanside Area**

Manna Homelessness Society
Outreach Van can be accessed
Saturdays 10 am to 1 pm at the Parksville Legion at 146 Hirst Ave.
Or call for outreach service.
250-248-0845

Salvation Army
886 Wembley Road
Parksville (French Creek)
250-248-8793
Monday, Wednesday, Friday
9 am to Noon
Tuesdays & Thursdays
9 am to 4 pm

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