

Emergency Shelters Open Every Day

Women & Men

Emergency Response Centre

This shelter is by referral only and no drop-ins permitted. Please call the number below for more information.

☎ 250-753-1474 🕒 Open 24 hours

Limited shelter space available for vulnerable men and women 55 years of age and older.

Men

The Salvation Army
New Hope Centre
Nicol Street, Nanaimo

☎ 250-714-1142 🕒 Open 24 hours

Shelter is low barrier, 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.

Men, Women & Pets

Nanaimo Unitarian Shelter
595 Townsite Road, Nanaimo

☎ 250-754-3720 🕒 6:00 pm to 7:00 am

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



Seasonal Emergency Shelters

Emergency Shelters Open Every Day

From November 22, 2021 to March 31, 2022

Nanaimo

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

☎ Shelter Direct Line 778-441-2568

☎ John Howard Society 250-754-1266

☎ Nanaimo Family Life 250-754-3331

🕒 10:00 pm to 7:00 am

Co-ed seasonal shelter operated jointly by the John Howard Society and Nanaimo Family Life Association with a 25 bed capacity. Hot Dinner and cold breakfast provided. No drugs or alcohol permitted on 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 & 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

Looking for a Hot Meal?

Nanaimo

Salvation Army Meal Program

19 Nicol Street

☎ 250-714-1142

- 🕒 7 days per week
Brunch: 10:00 am to Noon
Supper: 3:00 pm to 5:00 pm

St. Andrew's Presbyterian Church

4235 Departure Bay Road

☎ 250-758-2676

- 🕒 Lunch Thursday 11:00 am to 12:15 pm
Offered from September to end of June
(excluding Christmas Day)

*Suspended at this time due to COVID



Parksville

Salvation Army Soup Kitchen

187 Alberni Highway

☎ 250-954-0707

- 🕒 Monday, Tuesday, Wednesday & Friday
11:00 am to 1:00 pm

*Take out only due to COVID



Qualicum Beach

St. Stephen's United Church

150 Village Way

☎ 250-752-9831

- 🕒 Thursday 12:00 am to 1:00 pm

*Take out only due to COVID



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

Loaves and Fishes Community Food Bank

☎ 250-754-8347

Please note: Loaves and Fishes Community Food Bank is operating under Phase 3 Emergency Scheduling protocols. Prepackaged hamper pick up



Depot Locations (closed on holidays)

Loaves and Fishes Food Bank

1009 Farquhar Street

- 🕒 Monday 5:00 pm to 7:00 pm
Wednesday 10:00 am to 2:00 pm
Thursday 1:00 pm to 3:00 pm



Nanaimo Alliance Church

1609 Meredith Road

- 🕒 Tuesday 1:00 pm to 2:30 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



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 4:00 pm
Wednesday and Friday 9:00 am to noon

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 West Hirst Avenue, Parksville

Food, clothing, and other supplies

☎ 250-248-2093



Need RDN Transit Info?

Call the 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