



Boys & Girls Clubs
of Central Vancouver Island

HELPFUL RESOURCES FOR FAMILIES

EMERGENCY

Police, Fire, Ambulance	911
Vancouver Island Crisis Line (also offers live chat online & texting services)	1 888 494 3888 (www.vicrisis.ca)
Children's Help Line	250-310-1234
Poison Control	1 800 567 8911

LOCAL RESOURCES IN NANAIMO

Aids Vancouver Island Advocacy and support programs for clients and prevention information for schools and community.	250-753-2437
BC Schizophrenia Society	250-753-9923
Child & Youth Mental Health (MCFD) Provides treatment and support to children & youth under 19 affected by mental health issues.	250-741-3600
Child Development Centre Individualized service for children up to 19 years.	250-753-0251
Discovery Youth and Family Addiction Services	250-739-5790
Friendship Haus Youth Safe House Emergency housing for youth 12-18 year olds when at risk, assists them to leave the streets.	250-753-8266
Grandparents Raising Grandchildren (CVGDA) Support group for grandparents who are raising grandchildren.	250-468-9658- (CDC)
Haven Society - Children who Witness Abuse Intervention and prevention to address the needs of children and youth 13-18 yrs who have been exposed to violence at home.	250-756-2452
Hospice Youth Program	250-753-8857
Island Crisis Society	250-753-5580
John Howard Society Nanaimo Involves community in criminal justice, restorative justice and offers community assistance and service work.	250-754-1266
Living in Families with Teens (LIFT) Supports parent and teen relationships experiencing relationship difficulties.	250-754-9285
Mental Health & Substance Use Services (Adult) Walk in crisis counselling clinic.	250-739-5710
Ministry of Children and Family Development (MCFD)	250-741-5444
Nanaimo Family Life Association Counselling all ages.	250-754-3331
Nanaimo Regional General Hospital	250-754-2141
Options for Sexual Health, Community Health Centre Offers sexual and reproductive health counselling and services.	250-753-9511
Parenting Programs, Boys & Girls Clubs of Central Vancouver Island Group education and support programs for parents and caregivers of youth aged 13-19 years. Parents Together, ongoing group for parents of teens Parents in the Know, 10 week group program for parents of teens offered once each year.	250-754-9661
Sexual Abuse Intervention	250-754-2773

Tillicum Lelum Aboriginal Friendship Centre Promoting justice, fairness and equality for aboriginal people	250-753-4417
Transitions Withdrawal Management Supportive Residential Program	250-754-2773
Triple P Positive Parenting Program (CVTS) Group based education program for parents of children aged 2-12 and 9-16.	250-897-0511
Victims' Services (RCMP) Provides information, referral and support to victims of crime and trajedy.	250-755-3146
Youth Against Violence Hotline for concerns about your or another persons safety, if immediate danger call 911	1-800-682-4264
Youth Employment Centre Provides employment services for youth 16-30 years	250-754-1989
Youth Health Clinic	250-755-3345

ONLINE RESOURCES

Digital Media Resources	
PrevNet (Canada's Authority on Cyberbullying) http://www.prevnet.ca/	
MediaSmarts (Canada's Centre for Digital Media Literacy) http://mediasmarts.ca/	
Mental Health Resources	
Anxiety BC (A Canadian leader in evidence-based resources on anxiety) Provides my anxiety plans (MAPs) to understand and manage anxiety. Resources include educational videos & the MindShift http://www.anxietybc.com/	
Parenting After Separation	
An online course to help parents make informed decisions about their separation, putting the children's needs first. http://parenting.familieschange.ca/	
Parenting Websites	
Neufeld Institute (Gordon Neufled PhD & co-author of "Hold on to Your Kids") Aims to help make sense of kids to the adults responsible for them. http://neufeldinstitute.org/parent-education/	
Dr. Dan Siegel (author of "Parenting from the Inside Out" & "Brainstorm") Resources to support parenting, based on a scientifically grounded, integrated view of human development. http://www.drdansiegel.com/	
Sexual Health	
Island Sexual Health Sexual health and education resources for parents, caregivers and other adults http://www.islandsexualhealth.org/parents/	
Beyond the Talk Island Sexual Health's education program to provide accurate sexual health information for youth, including a texting service. http://beyondthetalk.ca/	
Substance Use	
Substance Use Resources (VIHA site with multiple links to helpful websites for parents and youth) http://www.viha.ca/youth-substance-use/resources.htm	
Dr. Gabor Mate (co-author of "Hold on to Your Kids" and author of "In the Realm of Hungry Ghosts") Speaker on a range of topics including addiction, stress, and childhood development http://drgabormate.com/	