



2023 Services and Supports

Extreme Cold Weather Services

- **Risebridge Society at 520 Prideaux Street**
Regular warming hours are 8:30 am to 12:30 pm and 3:30 pm to 7:30 pm every day.
Capacity: up to 40 people at one time (co-ed).
- **7-10 Club Society at St. Paul's Anglican Church at 100 Chapel Street**
7-10 Club Society will be open an additional three hours per day, from **7 am to 7 pm on Tuesday, February 28.**
Capacity: up to 40 people at one time (co-ed).
- **First Unitarian Fellowship of Nanaimo – 595 Townsite Road**
The Unitarian Shelter offers 27 overnight shelter beds and during extreme cold, offers daytime warming centre services to their shelter guests only.
- **Island Crisis Care Society Samaritan Place – 702 Nicol Street**
Island Crisis Care Society, Samaritan Place has added **five additional shelter beds** during extreme cold in addition to its existing 14 beds. These beds are for women only.
- **St. Peter's Winter Shelter – 301 Machleary Street**
St. Peter's Shelter now has 35 beds open 8 pm to 7:30 am

Day-Use Spaces

- **Risebridge Society at 520 Prideaux Street**
The warming centre services are 7 days per week in two shifts, 8:30am to 12:30pm and 3:30pm to 7:30pm. Food and beverages will be provided, as well as outreach teams will provide wound care, mental health, and addiction supports.
Capacity: Two shifts of 40 people, 80 people per day (co-ed).
- **7-10 Club Society at St. Paul's Anglican Church at 100 Chapel Street**
The warming centre services are from 10am to 7pm, Monday to Friday.
A bagged meal provided for lunch and dinner.
Capacity: 40 people (co-ed).
- **Lobbies at the Recreation Centre Locations**
250-756-5200 (main switchboard)
Bowen Park Complex: 500 Bowen Road
Monday to Friday 8:30 am to 4:00 pm - Saturday, Sunday - Closed
Beban Pool Lobby: 2300 Bowen Road
Monday to Friday 6:30am to 7:00pm and Saturday to Sunday 8:30am to 4:30pm
Beban Social Centre and Frank Crane Arena: 2300 Bowen Road

Sunday to Saturday 8:30am to 4:30pm

Nanaimo Aquatic Centre: 741 Third Street

Sunday to Saturday 6:00am to 9:00pm

Nanaimo Ice Centre: 750 Third Street

Sunday to Saturday 5:00am to 12:30pm

Oliver Woods Community Centre: 6000 Oliver Road

Sunday to Saturday 8:30am to 9:00pm

- **Canadian Mental Health Association Social Centre – 290 Bastion Street (Basement)**
250-244-4042 x 208
Provides a social and recreational program for people living with mental health and substance use challenges and those who may be experiencing homelessness.
Open Mondays & Fridays 10 am to 4pm, Wednesdays 1 pm to 7pm
Outshop – distribution of survival supplies Tuesdays & Thursdays 11 am to 3 pm
- **Vancouver Island Regional Library**
All drop in are welcome under the terms of VIRL's code of conduct
Nanaimo Harbourfront - 90 Commercial Street
Monday to Thursday 10 am to 8 pm, Friday & Saturday 10 am to 5 pm, Sunday 12:30 pm to 4:30 pm
North Nanaimo – 6250 Hammond Bay Road
Monday to Thursday 10 am to 8 pm, Friday & Saturday 10 am to 5 pm, Sunday 12:30 pm to 4:30 pm
Nanaimo Wellington – Country Club Mall
Monday to Thursday 10 am to 6 pm, Friday to Sunday 10 am to 5 pm
- **Salvation Army New Hope Centre – 19 Nicol Street**
Provides day time programming and space for *current shelter guests only*
7 days per week

Emergency Shelters

- **Salvation Army New Hope Centre – 19 Nicol Street**
250-714-1142
Has 35 emergency shelter beds available for men
- **First Unitarian Fellowship of Nanaimo – 595 Townsite Road**
250-754-3720
Has 27 emergency shelter beds for men and women
Open 5pm to 7am, 7 days a week. To check bed availability, please call 250-754-3720 or arrive after 5pm. You can email shelter@ufon.ca
- **St. Peter's Winter Shelter – 301 Machleary Street**
778-269-3212 (operated by Nanaimo Family Life)
Has 34 shelter beds for men and women. Shelter services are provided during winter months only (November 7 to March 31, from 8pm to 7:30am, 7 days a week). Guests are asked to enter from the back laneway.
St. Peter's cold weather shelter (direct line): 778-269-3212
Nanaimo Family Life (office hours only): 250-754-3331
- **Friendship Lelum Youth Safe House – 602 Haliburton Street**
250-753-8266
Co-ed, year-round shelter for 'at-risk youth' between 12-18 years

- **Island Crisis Care Society Samaritan Place – 702 Nicol Street**
250-753-1474
There are 14 beds for women plus an additional 5 overflow spaces in extreme weather conditions, open 24 hours/ 7 days per week

Emergency Food Providers

- **Salvation Army New Hope Centre – 19 Nicol Street**
250-714-1142 / 250-753-0810
Meal program open for Breakfast and Lunch. Bread & baked goods available during meal times while supplies last.
Breakfast is served from 8:30 am to 11:30 am and Lunch is served from 1 pm to 2pm.
- **7-10 Club Society**
250- 714-0917
Daily bagged lunch 7 days a week are distributed by partner agencies in Nanaimo
- **Stone Soup/Wisteria (Mobile Service)**
250-591-6443
Provides a brown bag lunch to go that is served by community volunteers to those in need during the hours of 5:30pm to 8:30pm, 7 days per week. All meals are offered at no charge
www.wisteriacommunityassociation.com
- **Loaves and Fishes Food Bank – 1009 Farquhar Street**
250-754-8347
List of satellite food banks available at <http://nanaimoloavesandfishes.org/index.php?pageID=schedule>
- **Selby Street Mission – 382 Selby Street**
250-753-3446
Provides sandwiches and snacks Mondays, Wednesdays and Fridays between 7:30 am to 9:30 am.
Sandwiches and BBQ lunch provided Mondays and Thursdays 12 pm to 3 pm.
- **St. Paul's Anglican Church – 100 Chapel Street**
250-753-2523
 - Lunch provided by Nanaimo Food Share every Monday between 12-1pm.
 - On the third Tuesday of each month, grocery cards are provided for both individuals and families, to-go meals courtesy of Nanaimo Foodshare, as well as winter clothing, blankets, and other items that have been donated. This program begins at 9am on the third Tuesday at the parish office, and continues until they run out of grocery cards.
- **Downtown Hope – 315 Fitzwilliam Street**
250-734-1862
Dinner is served every Saturday out of the St. Andrew's United Church from 4:30 to 7:30pm

Hygiene Services

- **Shower Program – 110 Wall Street (Caledonia Park)**
250-668-4607/shelter@ufon.ca
Jointly operated by the City of Nanaimo and First Unitarian Fellowship of Nanaimo

Free showers available Monday to Friday from 7am to 12pm

Towels and toiletries are supplied

- Public Washrooms and water are available 7 days a week with varied opening/closing hours
 - Bowen Park East 8am - 9pm
 - Brechin Boat Ramp 7am - 9pm
 - Colliery Dam Park 8am - 11pm
 - Diana Krall Plaza 24 hours
 - Kinsmen Park 8am - 9pm
 - Maffeo Sutton Park 6am - pm
 - Pipers Lagoon Park 8am - 11pm
 - Westwood Lake Park 7am - 9pm
 - Northfield Rotary Lookout Park (Visitor Centre) 6am - 7pm

A map of water fountains and washrooms is now accessible using the following link:

www.nanaimo.ca/goto/waterfountains