



Counselling Services

CREDIT COUNSELLING SOCIETY

Phone 250-741-8558 or toll free at 1-888-527-8999

Email info@nomoredebts.org

Hours Monday- Thursday 5:30 am- 8 pm, Friday 5:30 am- 4:30 pm and Saturday 7:30 am- 3 pm

Address [#203- 335 Wesley Street](#)

Services Non-profit service providing confidential credit counselling, personal budget planning, and debt repayment programs and alternatives. Counselling is free, non-judgmental, and solution focused.

Website www.nomoredebts.org

Bus Route #25, #40

CROSSROADS PREGNANCY CENTRE

Phone 250-716-1633

Email info@cpcnanaimo.com

Hours Monday- Thursday 9 am- 4:30 pm

Address [1717 Kerrisdale Road](#)

Services Non-profit service offering free pregnancy tests, options counselling, post abortion recovery, pregnancy loss support, practical help, maternity & baby clothing, gear, diapers, formula, and pregnancy/parenting classes. All services are free & confidential.

Website www.cpcnanaimo.com

Bus Route #40

Social  

GAMBLING HELPLINE

Phone Toll free at 1-888-795-6111

Hours 24/7

Services Treatment for the negative impacts of gambling, you can request support online or contact the multilingual Gambling Support Line (24/7 toll free): 1-888-795-6111.

Website www2.gov.bc.ca

HAVEN SOCIETY - STOPPING THE VIOLENCE

Phone 250-756-2452 ext 302 or Haven Society Crisis line at 1-888-756-0616

Email haven@havensociety.com

Hours Drop-in Tuesday- Thursday 1-3 pm

Address [2270 Labieux Road](#)

Services Free and confidential individual and group counselling to women who have experienced domestic violence or abuse, sexual assault, and/or childhood abuse.

Website www.havensociety.com

Bus Route #30, #40

ISLAND HEALTH - WALK-IN CRISIS COUNSELLING CLINIC

Phone 1-250-739-5710 or 1-888-885-8824

Hours Monday- Friday 10 am- 5:15 pm

Address [#203- 2000 Island Highway](#)

Services In-person and mobile crisis response, walk-in single session counselling, and referral to mental health and substance use hospital and community treatment and recovery services.

Bus Route #1, #20



Counselling Services

ISLAND COMMUNITY COUNSELLING

Phone 250-716-8888

Email office@icc.care

Hours Counsellors work variable hours, including evenings and weekends, to meet client needs.

Address [#406 & #207- 235 Bastion Street](#)

Services A non-profit agency striving to provide affordable therapeutic counselling for individuals, couples, families, and group therapy.

Website www.islandcommunitycounselling.ca

Bus Route #40

Social 

NANAIMO COMMUNITY HOSPICE - CHILD/YOUTH PROGRAM

Phone 250-591-8811

Email info@nanaimohospice.com

Hours Monday- Friday 9 am- 4 pm

Address [1080 St. George Crescent](#)

Services Nanaimo Community Hospice provides one to one grief support for children and youth aged 3-18 years old. The children and youth program utilizes expressive play therapy tools to support individuals understanding and coping with grief. The program is an open referral.

Website www.nanaimohospice.com

Bus Route #30

NANAIMO COMMUNITY HOSPICE

Phone 250-591-8811

Email info@nanaimohospice.com

Hours Monday- Friday 9 am- 4 pm

Address [1080 St. George Crescent](#)

Services Offers professional grief counselling, groups, peer support and wellness programs to all residents of Nanaimo, Lantzville and Cedar, free of charge.

Website www.nanaimohospice.com

Bus Route #30

NANAIMO FAMILY LIFE ASSOCIATION

Phone 250-754-3331

Email reception@nflabc.org

Hours Monday- Thursday 9 am- 4 pm

Address [1070 Townsite Road](#)

Services Provides affordable individual, relationship, youth, and senior's counselling.

Website www.nflabc.org

Bus Route #30

Social  



Counselling Services

NANAIMO FAMILY LIFE - SENIOR PEER COUNSELLING

Phone 250-754-3331
 Email reception@nflabc.org
 Hours Monday- Thursday 9 am- 4 pm
 Address [1070 Townsite Road](#)
 Services Provides counselling and support to alleviate loneliness and isolation of seniors who are age 55+. The service is offered in the home, the office and community.
 Website www.nflabc.org
 Bus Route #30

NARFS PROGRAMS LTD. - LIVING IN FAMILIES WITH TEENS (LIFT)

Phone 250-754-9285
 Hours Monday- Friday 9 am- 5 pm
 Address [#201- 170 Wallace Street](#)
 Services An open referral program that supports parents and teens that are experiencing relationship difficulties to the extent that the teen’s placement in the home is in jeopardy.
 Website www.narsf.org
 Bus Route #1, #20, #30, #50

NARFS PROGRAMS LTD. - SEXUAL ABUSE INTERVENTION

Phone 250-754-2773
 Address [#201- 190 Wallace Street](#)
 Services An open community referral program for children, teens, and families who have disclosed sexual abuse or are at risk for sexual exploitation.
 Website www.narsf.org
 Bus Route #1, #20, #30, #50

THE RESTORATIVE WELLNESS PROJECT LTD. (RWP)

Phone 250-619-0901
 Email intake@restwp.com
 Address [2371 Arbot Road](#)
 Services Offers rapid response mental health stabilization services using a culturally enriched group model with Elders from a variety of Nations.
 Website www.restorativecounselling.com
 Bus Route #5

THE MEN’S CENTRE

Phone 250-716-1551
 Hours Tuesday- Thursday 10 am - 12 pm and 1- 3 pm
 Email info@themenscentre.ca
 Address [418D Fitzwilliam Street](#)
 Services Individual counselling support. “Dealing with the Dragon,” a course on managing the emotional landscape and violence prevention, is for men only.
 Website www.themenscentre.ca
 Bus Route #25, #40