

LOCAL COMMUNITY CONTACT LIST

NAME OF COMMUNITY: LOVE CRN – Vancouver Island & Gulf Islands

DATE SUBMITTED/UPDATED: August 3, 2026

EMERGENCY NUMBERS

SERVICE	CONTACT NUMBER	NOTES
Police, Fire and Ambulance	911	Numbers to call if no 911 service
Crisis Line	250 753 2495	Nanaimo
Crisis Line	1-888-494-3888	Remainder of North Island
Poison Control	1 800 567 8911	
Lifeline (or similar service)	250-739-5770	Nanaimo
Lifeline	1-250-338-4255	Comox Valley and Campbell River

ADULT ABUSE SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health Authority contact(s) – for reporting abuse	1-877-734-4101 or 250-331-8570	
Police-based Victim Services - RCMP	250-755-3146	Nanaimo
Community Based Victim Services	250-334-5979	Comox Valley - Comox Valley Family Services Association (CVFSA) will refer back to police-based victim services is NOT required for sexual assault.
Community- based Victim Services		
Community Living BC	1-877-660-2522	Toll free
Transition House (s)	Haven Society 250-756-2452	
Transition House	Office 250-897-0511 or Lilli House 250-338-1227	CV Transition Society Crisis Number 250-338-

		1227 (24 hours)
Nanaimo Men's Resource Centre	250-716-1551	
Emergency Shelter (s)	Haven 250-756 2452	Nanaimo
Emergency Shelter (s)	250-338-2533	Pidcock House (Salvation Army) Courtenay
	Connect Warming Centre 250-218-3975	Courtenay

BCCEAS – SAIL (Seniors Abuse and Information Line) – for information about abuse and for emotional support, legal information	604-437-1940 1-866-437-1940	Toll free
Victim Link	1-800-563-0808	
bc211	211	
LGBTQ Contact	604-684-5307 1-800-566-1170	QMUNITY, Toll free
Adults with Developmental Disabilities	250-714-0047	Nanaimo Association for Community Living

INFORMATION AND REFERRAL (Local services – often grouped in one multi-service agency – listed below)

SERVICE	CONTACT NUMBER	NOTES
Seniors Outreach	250-739-5710	Nanaimo
Senior Support North Vancouver Island	250-207-0228	Comox Valley, Campbell River - SSNVI - if unable to provide support, can direct to agency that can
Community Services	250-754-3331	Nanaimo Family Life / Engage with Seniors
Comox Valley Community and Family Services		
Geriatric and Other programs for Seniors	250-739-5749	Home & Community Care
Problem Gambling Helpline	1-888-795-6111	
Alcohol and Drug Referral	250-739-5880	Adult Substance Abuse Team

Veterans Affairs Canada	1-866-522-2122	
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HEALTH/MENTAL HEALTH

SERVICE	CONTACT NUMBER	NOTES
Mental Health/Geriatric Outreach	250-730-5710	Nanaimo
Mental Health/Geriatric Outreach	250-331-8570	Comox Valley and NVI
Mental Health and Addiction Services	250-739-5880	Nanaimo
Mental Health and Addiction Services	250-331-8524	Comox Valley
Community Health Services	250-739-5749	Nanaimo
Community Health Services	250-331-8570	Comox Valley
Adult Day programs	250-739-5710	Nanaimo
Hospital Nanaimo	250-755-7691	Nanaimo
Hospital Comox Valley	250-331-5900	
Hospital Campbell River	250-286-7100	
MSP and PharmaCare	604-683-7151 1-800-663-7100	Vancouver Toll Free
BC Nurse/Pharmacist Line	811	
Assisted Living Registry	1-866-714-3378	
Online Medical Support - Medeo	1-888-297-2973	
Nanaimo Brain Injury	250-753-5600	Nanaimo
Alzheimer Society of BC	1-800-462-2833	

HOUSING

SERVICE	CONTACT NUMBER	NOTES
BC Housing	604-433-1711 1-866-465-6873	Vancouver Toll Free
Home Adaptations – Canada Mortgage & Housing	1-800-668-2642	
Advocacy and Appeals re Housing	Sail 1-866-437-1940	
Salish Lelum Housing	250-753-6578	Tillicum Lelum indigenous housing
Nanaimo Affordable Housing Society	250-755-1158	Nanaimo
John Howard Society Affordable Housing	250-754-1266	Nanaimo
Comox Valley Affordable Housing	250-334-3340 https://www.cvahs.co	Comox Valley

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Ma'kola Housing	250-703-0357 https://makola.bc.ca/	Comox Valley

HOME SUPPORT

SERVICE	CONTACT NUMBER	NOTES
Better at Home	250-871-1165	Comox Valley
Better at Home	250-830-8709	Campbell River
Better at Home	250-754-3331	Nanaimo
Peer Counselling	250-754-3331	NFLA
Friendly Visiting	250-754-3331	NFLA Better at Home
Friendly Visiting Comox Valley	250-703-1388	SSNVI
Friendly Visiting Campbell River	250-830-8709	SSNVI
Seniors Outreach	250-754-3331	NFLA

TRANSPORTATION

SERVICE	CONTACT NUMBER	NOTES
Handy Dart/Taxi Saver/Handy Card	250-390-3000	Nanaimo
Handy Dart/Taxi Saver/Handy Card	250-339-5442	Comox Valley
Health Connections – bus service	1-888-647-4997	Nanaimo
Bus Pass Program	1-866-866-0800	
Taxi (s)	250-753-1231	Nanaimo
Taxi	250-339-7955	Comox Valley
Parking Permit (disabled)	250-758-5547	Nanaimo Disability Association
Uride	https://www.uride.co	Ride Sharing

LEGAL

SERVICE	CONTACT NUMBER	NOTES
BC CEAS (SAIL)	604-437-1940 1-866-437-1940	Legal Advocacy Program and Elder Law Clinic
Legal Aid	1-866-577-2525	
Family Justice Clinic	250-741-5447	
Crown Counsel	250-741-3711	
NIDUS – Representation Agreements	604-408-7414	
Public Guardian and Trustee	604-660-4444	
Peoples Law School	604-331-5400	
Lawyer Referral Services	604 687 3221	
Access Pro Bono Legal Services – in person only	1-877-762-6664	
Community Advocacy Services	250 753 2321	Nanaimo Citizens Advocacy

Restorative Justice – John Howard Society	250-754-1266	
Community Justice Centre	250-334-8101	Comox Valley

SUPPORT GROUPS

SERVICE	CONTACT NUMBER	NOTES
Dementia Help Line	604-681-8651	
AA	250-338-8042	Comox Valley
AA	250-753-7513	Nanaimo
NA	1-800-494-2404	
Al-Anon	1-888-425-2666	
Nar-Anon	250 704-2801	
Alzheimer Society of BC	250-734-4170	Nanaimo
Caregiver support groups	250-207-0228	Comox Valley
MS Society	250-722-2214	
Arthritis	1-800-321-1433	
Diabetes	250-758-4223	Nanaimo

Dementia Help Line	604-681-8651	
AA	250 338-8042	Comox Valley
NA	1-877-909-3636	
Al-Anon	250-338-0041	Comox Valley
Nar-Anon	1-877-254-3348	
Alzheimer Society of BC	1-250-734-4170	Nanaimo (no local office)
Caregiver support groups	250-207-0228	Senior Support North Vancouver Island
MS Society	1-800-268-7582	
Arthritis		
Diabetes	1-250-331-5964	Wellness Centre at Comox Valley Hospital
Deaf and Hard of Hearing	1-250-753-0999	Nanaimo. No local office

FIRST NATIONS/INDIGENOUS SERVICES

SERVICE	CONTACT NUMBER	NOTES
Friendship Centre	250-753-6578	Tilliculm Lelum
Snuneymuxw FN Band Office	250-740-2337	
Elders Nurse Snuneymuxw	“ “ “	

Métis Services	250-740-0223	
First Nations Health Authority	250-924-6125	
Island Health – Aboriginal Health Unit	250-755-7691	
Friendship Centre	250-338-7793	Wachiay Friendship Centre
Band Office	250-339-4545	K'omoks First Nation
Métis Services	250-871-7353	MIKI'SIW Métis Association
First Nations Health Authority	250-339-4545	K'omoks District Health

IMMIGRANT SERVICES

SERVICE	CONTACT NUMBER	NOTES
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-753-6911	Central Vancouver Island Multicultural Society

Settlement Services	250-753-6911	Central Vancouver Island Multicultural Society
Translation Services	250-753-6911	Central Vancouver Island Multicultural Society
Health and Seniors Information Line	211	Lower Mainland
Local Immigrant Services	250-338-6359	Immigrant Welcome Centre
Settlement Services	250-338-6359	Immigrant Welcome Centre
Translation Services	250-338-6359	Immigrant Welcome Centre

MUNICIPAL SERVICES

SERVICE	CONTACT NUMBER	NOTES
Parks and Recreation - facilities	250-754-4251	City of Nanaimo
Parks and Recreation - programs	250-754-4251	City of Nanaimo
Library(s)	250-753-1154	Vancouver Island Regional Library Nanaimo

INCOME AND BENEFITS

SERVICE	CONTACT NUMBER	NOTES
CPP, OAS, GAIN	1-800-622-6232	Service Canada
Employment and Income Assistance	250-754-0333	Service BC
Community Volunteer Income Tax Prep.	250-758-7121	Volunteer Nanaimo
Library(s)	250-334-3369	Courtenay Library Comox Library - 250-339-2971 Cumberland Library - 250-336-8121

DEATH, DYING AND GRIEF SERVICES

SERVICE	CONTACT NUMBER	NOTES
Hospice	250-591-8811	Nanaimo Community Hospice Society

Grief Counselling	250-591-8811	Nanaimo Community Hospice Society
	250-754-3331	Nanaimo Family Life
Hospice	250-871-0696	Comox Valley Hospice
Grief Counselling	250-339-5533	Comox Valley Hospice Society

FOOD PROGRAMS

SERVICE	CONTACT NUMBER	NOTES
Food Bank	250-754-8347	Loaves and Fishes
Meal Delivery for Seniors	250-754-3331	NFLA
Meals on Wheels	250-753-6471	Kiwanis Village Nanaimo
Nanaimo FoodShare Society	250-753-9393	
Food Bank	250-338-0615	Comox Valley
Grocery Delivery	Comox Valley	Thrifty Foods 250-338-1383 Quality Foods 250-890-1005

GOVERNMENT REPRESENTATIVES

SERVICE	CONTACT NUMBER	NOTES
Sheila Malcolmson	(236) 362-0012	MLA
Lisa Marie Barron	250-734-6400	MP
Services Canada	1-800-622-6332	

Resources for Sexual and Gender Diverse People (Selected – for a complete list see <https://www.lovecrn.ca>)

SERVICE	CONTACT NUMBER	NOTES
AVI - Mens Wellness Program	(250) 384-2366 ext 3114	Reducing HIV, STIs and stigma on Vancouver Island and the Gulf Islands amongst men that engage sexually with other men. Promotes men's health. Provides information, group support, solo support, workshops and outreach.
BC Association of Clinical Counsellors	1-800-909-6303	Lists LGBTQ2S+ counsellors in various locations in British Columbia

British Columbia LGBT End-of-Life Conversations	(778) 782-5063	https://www.sfu.ca/lgbteol.html A list of LGBT friendly (organization-level) end-of-life resources for older adults.
Trans Care BC	1-866-999-1514	Supports the delivery of equitable and accessible care, surgical planning, and peer and community support for trans people across the province
Vancouver Island Persons Living with HIV/AIDS Society (VPWAS)	1-877-382-7927	Peer-based and operated HIV/AIDS organization on Vancouver Island