

FINANCIAL ASSISTANCE
 Service Canada (CPP/OAS): 1-800-277-9914
 BC Ministry of Poverty Reduction: 1-866-866-0800
INCOME TAX HELP
 Salvation Army: 250-754-2621
 Veterans Affairs: 1-866-522-2122
LEGAL/ADVOCACY
 BC Ombudsperson: 1-800-567-3247
 Mid-Island Legal Aid: 250-753-4396
 Nanaimo Citizens Advocacy: 250-753-2321

HEALTH & WELLNESS
 VIHA Home and Community Care: 250-739-5740
 Alzheimer Society of BC: 250-734-4170
 Better At Home: 250-754-3331
 Family Caregivers of BC: 1-877-520-3267
 Health Link BC: Dial 8-1-1
 Nanaimo Lifeline Society: 250-739-5770
 Island Deaf & Hard of Hearing: 250-753-0999
 BC Medical Services Plan Pharmacare: 1-800-663-7100
 CODE Dental Clinic: 250-591-0771
 VIU Dental: 250-740-6240
 Vision Loss Rehabilitation BC: (CNIB): 1-844-887-8572

HOUSING
 BC Housing: 1-800-257-7756
 Tenant Resource and Advisory Centre: 1-800-665-1185
TRANSPORTATION
 HandyDART/TaxiSavers: 250-390-3000
 Regional Transit Public Bus: 250-390-4531
 Learn to Ride the Bus: 250-591-2924
 Disability Parking Permits (NDRC): 250-758-5547
 AC Taxi: 250-753-1231
 Yellow Cab: 250-751-1111
 Wheels for Wellness (out-of-town medical appointments): 1-250-338-0196

FOOD & NUTRITION
 Better Meals: 1-888-838-1888
 Dietician: Dial 8-1-1
 Loaves and Fishes Food Bank: 250-754-8347
 Thrifty Foods Sendal Grocery Delivery: 1-800-667-8280
 Meals On Wheels: 250-753-1300
 Nanaimo Foodshare: 250-753-9393
Note: Low cost or free meals are available through various seniors centres, churches and agencies. Dial 2-1-1 for times and details.

COUNSELLING & SUPPORT

Central VI Multicultural Society: 250-753-6911
 Crisis Counselling & Substance Use Walk-in: 250-739-5710
 Haven Society: 250-756-2452
 Nanaimo Community Hospice Society: 250-591-8811
 Nanaimo Disability Resource Centre: 250-758-5547
 Nanaimo Family Life Association: 250-754-3331
 Nanaimo Men's Resource Centre: 250-716-1551
 Nanaimo Women's Resource Centre: 250-753-0633
 Salvation Army: 250-754-2621

SOCIAL & RECREATION

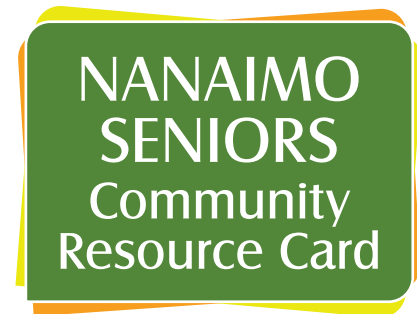
BC Pensioners: 250-585-5748
 Harbour City Seniors: 250-755-7501
 Library: 1-877-415-8475
 Mid-Island Abilities/Nanaimo Seniors Visiting: 250-756-9455
 Paradise Isle Seniors: 250-754-9566
 Parks & Recreation: 250-756-5200
 Royal Canadian Legions:
 • 250-753-4442 (branch 10)
 • 250-754-8128 (branch 256)
 Seniors Connect: 250-591-2924
 VIU Elder College: 1-866-734-6252
 Volunteer Nanaimo: 250-758-7121

EMERGENCY/24-HOUR

Police, Fire, Ambulance: 9-1-1
 Aboriginal Crisis Line: 1-800-588-8717
 Poison Control: 1-800-567-8911
 VI Crisis Line: 1-888-494-3888
 VictimLink BC: 1-800-563-0808

NON-EMERGENCY

BC211 General Information: Dial 2-1-1
 Emergency Preparedness Vancouver Island: 1-250-952-5848
 RCMP: 250-754-2345
 Seniors Abuse: 1-866-437-1940



nanaimoseniorsconnect.ca