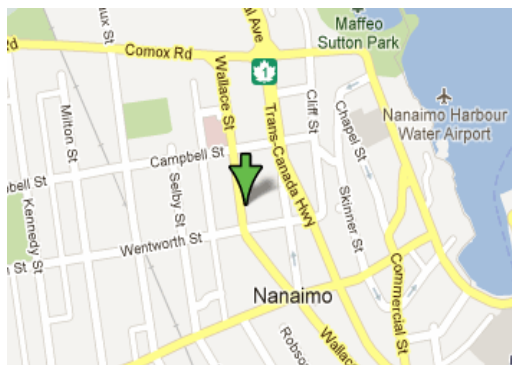


## OUR VALUES

- We aim for the highest level of integrity in our work with clients, colleagues, and community partners.
- We aim to provide services in an environment of respect that honors differences while promoting capacity, wellness and learning.
- We are a learning organization; feedback helps us learn how to do things better and makes us aware of our strengths.
- We stand by the services and relationships we forge with families, our co-workers and the community.
- Being accountable is key for effective and efficient service delivery.



## RESOURCES IN NANAIMO

### EMERGENCY NUMBERS

Children's Help line.....310-1234  
 RCMP • Ambulance • Fire.....911  
 Crisis Line.....1-888-494-3888  
 Poison Control .....1-800-567-8911

### NON-EMERGENCY NUMBERS

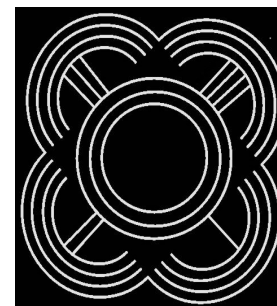
MCFD Child Protection	250-741-5444
Child & Youth Mental Health	250-741-5701
MCFD (Youth Team)	250-741-3600
Aboriginal Child, Family & Community Services (Protection)	250-741-5444
Aboriginal Child & Youth Mental Health	250-741-5734

Discovery Youth & Family Substance Use Services	250-739-5790
---	--------------

Walk In Crisis Counselling Clinic Brooks Landing	250-739-5710
---	--------------

Friendship Lelum Youth Safe House	250-753-8266
Haven Society	250-756-2452
Kw'umut Lelum Child & Family Services	250-591-0933

NRGH (Hospital)	250-755-7691
Nanaimo Family Life	250-754-3331
Nanaimo Youth Services Assoc.	250-754-1989
Options for Sexual Health	250-753-9511
Parents Together	250-754-9661
Tillicum Lelum	250-753-6578
Youth Services & Probation	250-741-3744



## NARSF PROGRAMS LTD.

*"Learn, Laugh, Live Well"*

#201—170 Wallace Street  
 Nanaimo BC V9R 5B1  
 Phone: (250) 754—2773  
 Fax: (250) 754-1605  
[admin@narsf.org](mailto:admin@narsf.org)  
[www.narsf.org](http://www.narsf.org)

**Child, Youth and Family Programs  
Open to Self-Referral**

**Eating Disorders Program (EDP)**

This program provides clinical counselling services for children/youth ages 6– 18 and their families affected by disordered eating.

250 754 2773 ext. 213

**Sexual Abuse Intervention Program (SAIP)**

This program provides clinical counselling services for children/youth ages 5 – 18 and their families when sexual abuse has been disclosed. This includes children who are at risk for sexual exploitation or for children under 12 who display inappropriate sexual behaviors.

250 754 2773 ext. 216

**Living in Families with Teens (LIFT)**

This program supports parents/caregivers of youth ages 12– 18 to connect with their teens.

**LIFT Intake** line 250 754 9285

**Transitions Program**

This program supports youth ages 12—19 involved with substance use with skills-based groups and specialized withdrawal management and supportive recovery services.

**Transitions Intake** line 250 714 8167

**Child, Youth and Family Programs  
Requiring MCFD Referral**

**Mental Health Outreach (MHO)**

This program supports children/youth ages 6 – 18 and their parent/caregivers through outreach and counseling activities that promote healthy functioning within the home and community. All referrals come from Child and Youth Mental Health.

**Youth Services Program (YSP)**

This program supports at-risk youth ages 12 – 18 involved with MCFD, to connect to community resources and achieve personal goals. All referrals come from a social worker on the Youth Team.

**Domestic Violence Response Program (DVRP)**

This program provides service directly to the male partner of a parenting couple involved in domestic violence where MCFD is connected. Referral through Ministry for Children and Family Development: 250 741-5444.



**Central Vancouver Island Harm  
Reduction Services (CVIHRS)**

**Health Matters!** 250 753 6759

Free and confidential healthcare based on a harm reduction philosophy. The goal of our work with clients is to recognize strengths while building on individual capacity to make healthier life choices. Our big goal is to reduce transmission of Hep-B/HepC and HIV and other sexually transmitted infections based on individual readiness for change.

**Program Features:**

- Education and Information on STI and Blood Borne Illnesses
- STI Testing and Treatment
- Vaccinations for Hepatitis A and B
- HIV and Hepatitis Testing
- Referrals to Linked to Treatment
- Referrals to other support services
- Harm Reduction Information
- Naloxone for Overdose Prevention

**Mobile Health Outreach**

1 844 482 4239 or text 250 510 3637

- Safer Injection, Safer Smoking, Safer Sex Supplies
- Harm Reduction Information
- Naloxone for Overdose Prevention
- Rapid HIV Testing