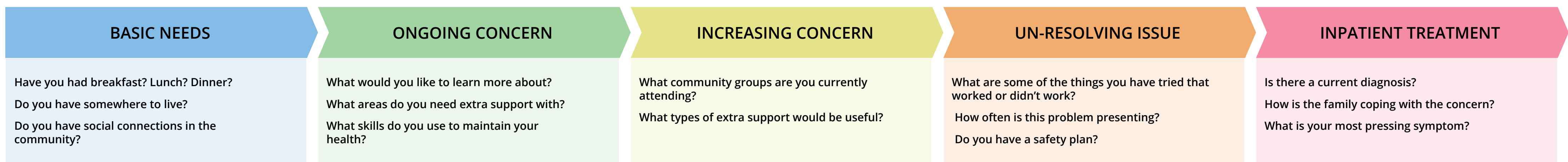
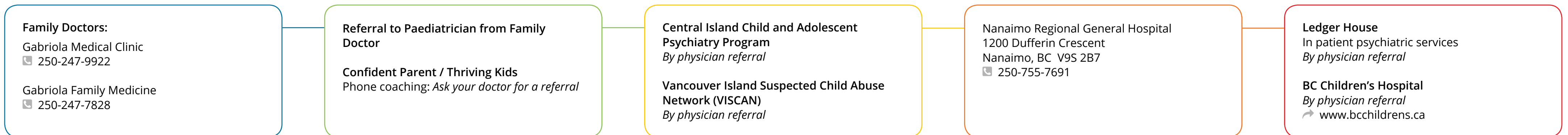


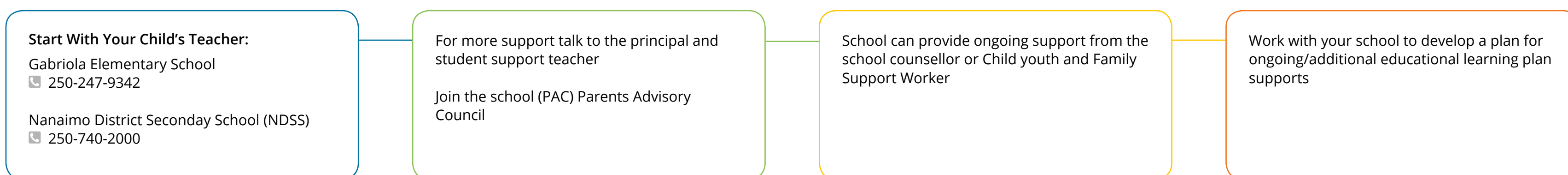
↓ To use the Pathway To Care please begin at left most column. Also see Additional Resources below for further information.



PHYSICAL HEALTH



EDUCATION



CHILD / YOUTH CARE



Additional Resources

At any point of the continuum if safety is a concern call the RCMP at **911**
If abuse or neglect is suspected call the MCFD (Ministry Of Children & Family Development) at **1-800-663-9122**
Crisis response team (8am to 9:30pm) at **1-888-494-3888**

CRISIS/HELP PHONE LINES

Haven Crisis Line - 24 hr	1-888-756-0616
Vancouver Island Crisis Line - 24 hr	1-888-494-3888
V.I. Crisis Text - 6pm-10pm	250-800-3806
Kids/Youth Help Line - 24 hr	1-800-668-6868
Helpline For Children - 24 hr	1-800-663-9122
Trans Lifeline	1-877-330-6366
Family Smart Parent Peer Support	1-855-887-8004
Kelty Mental Health Resource Centre	1-800-665-1822

ONLINE RESOURCES

Anxiety BC	anxietybc.com
Mindcheck	mindcheck.ca
Kelty Mental Health	keltymentalhealth.ca
Here To Help	heretohelp.bc.ca
Family Smart	familysmart.ca
Canadian Mental Health Association	cmha.bc.ca

FOOD/NUTRITION

PHC - People for a Healthy Community
Soup Socials (Mon, Wed, Fri - Lunch)
Food Bank (Tuesday 10-1pm)
250-247-7311 www.phcgabriola.org

School Lunch Program
Lunches available daily in the office

PHYSICAL RECREATION

Gabriola Recreation Society
www.gabriolarecreation.org

Soccer
gabriolasoccer.ca

Karaté
www.kyokushin.ca/gabriola-island

Dance
maragoldtheatre.com

FINANCIAL/LEGAL

Income Assistance
www.iaselfserve.gov.bc.ca

Justice Access Center
Monday to Friday 8am-5pm
65 Front Street, Nanaimo
250-741-5447

HOUSING

Housing Rental Assistance Program and Subsidized Housing
BC Housing
www.bchousing.org

Substance Use Services

Discovery Youth and Family Services
Individual and group therapy for youth and their families.
Ages 13-19.
206 - 96 Cavan Street
Monday to Friday 8:30am - 5pm
☎ 250-739-5790

Brooks Landing Walk In Crisis Counselling
203 - 2000 Island Highway North
Monday to Friday 10am-6:15pm

NARSF (Nanaimo and Area Resource Services for Families)
Living in Families with Teens Program - Parent/Teen counselling. Ages 12-16, self referral.
☎ 250-754-9285 Ext. 101

AVI Health Centre
Naxalone kits and training
➔ avihealthcentre.org

Most agencies do not share information by default. You can give permission for agencies to communicate with each other.