

Where to go if you are a woman fleeing abuse

in Nanaimo

Cedar Woman House:
Provides shelter and support for women & children fleeing violence. Pet friendly.

Haven Society:
Offers shelter and support for women and children escaping abuse. Also drop-in Tues to Thurs 1pm to 3pm to access resources and make a plan.

Income Assistance:
Offers a one-time crisis supplement for emergencies, and will cover moving costs & security deposits.

Bluebird/Value Lodge/Port O' Call:
Local motels that offer longer term stays for locals.

Samaritan Place:
Crisis services for women who need shelter and support.

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www.pananaimo.ca