



Nanaimo
Food Resources

- Loaves and Fishes Food Bank:** Free food available at depots with no income info needed. Open 7 days a week all over Nanaimo.
- Society of Saint Vincent de Paul:** Offers grocery gift cards. Call 250-753-8500. Clients can receive the benefit once every 3 months.
- Nanaimo Foodshare Good Food Bag:** Fresh fruit and vegetables available for a low fee weekly. Delivery available.
- St Paul Anglican Church Food Ministry:** Hand out limited # of grocery gift cards 3rd Tues of every month at 9am.
- The school district:** offers a variety of supports to families. Speak to your school principal.

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Free Meals in Nanaimo **PAN** POVERTY ADVOCACY NANAIMO

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- 1** St Paul's Anglican Church with Nanaimo Foodshare
100 Chapel St. Sunday 12:30-1:30, Monday 12pm-1pm.
- 2** Harvest Church at 6553 Portsmouth Road.
Spaghetti dinner Sunday 5pm to 6pm. Child friendly.
Closed July & Aug.
- 3** Selby Mission at St. Andrew's United Church
315 Fitzwilliam St. Thursdays Noon to 2pm.
Coffee group 9:30am to 11:30am
- 4** Salvation Army: Daily lunch 1pm to 2pm. 19 Nicol St.
Breakfast outreach 110 Wall St. and downtown locations
Mon to Fri. 8:30am to 10:30am.
- 5** Island Crisis Care Society Mobile Hub:
Food and Services various locations downtown.
Wednesday to Sunday. 10:30am to 2:30pm.
- 6** 7-10 Club: Mon to Fri 8:30am to 11am.
Bagged lunches through outreach downtown and at 110 Wall St.
- 7** St. Peter's Church
301 Macleary St. Saturdays 12:30 to 2pm. Lunch.

Our website offers a detailed database of resources available to low-income people in Nanaimo.

We also offer free presentations to community groups about programs and resources. Presentations are available both in-person and virtually.

CONTACT US

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Find us on Facebook:
Poverty Advocacy Nanaimo

Instagram:
[povertyadvocacynanaimo](https://www.instagram.com/povertyadvocacynanaimo)

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Overcoming
barriers to
support by
sharing about
resources in
Nanaimo.

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Nanaimo Resources for Pets

1 Helping Paws Nanaimo Community Animal Clinic: No charge clinic offering health exams, vaccinations and parasite control. Free nail clipping and pet food also available. Once a month. Details on their Facebook page.

2 Salvation Army Family Services: Free pet food distributed at 505 8th Street from Mon to Thurs, 9am to 1pm. Clients can visit once a week.

3 BC SPCA locations offer safe sanctuary for pets of people fleeing domestic abuse by offering emergency pet boarding. Call 1-855-622-7722.

4 ElderDog Nanaimo: Walks dogs for seniors for free. Also can offer free emergency dog fostering for people in the hospital or shelters.

5 Fantastic Beasts Veterinary Services offers Pawstive Care Program. Annual wellness package for \$100: 30 min exam, 2 vaccines, microchip, entrance into spay/neuter program, 20% off other services & products.

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Crisis Supplements for people on Income Assistance or Disability (PWD) in BC

Financial grants available from the Ministry for qualifying applicants already on income assistance or disability (PWD). Intended to be applied for when you have encountered an unexpected expense.

1. Crisis Clothing Supplement: \$110 per person per year.

2. Crisis Food Supplement: \$50 per person per month.

3. Crisis Furniture: Often used to purchase beds.

4. Crisis Home Repair: Situation dependent.

5. Crisis Utilities: Can help with overdue bills.

6. Crisis Shelter: Use for rental deposits, overdue rent, moving costs.

Ways to apply:
 -Online via your My Self Serve portal. Select Service Requests, then Create a Service Request.
 -Over the phone: 1-866-866-0800.
 -In person at a local income assistance office.

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Our Focus

Sometimes, it can feel like the programs and resources developed for low-income people are well-kept secrets. Supports that could make a significant difference to someone living in poverty are often not well publicized. If you are focused on surviving, you don't have the bandwidth to search out these options.

Our passion is to break down obstacles preventing low-income Nanaimo residents from accessing supports that could improve their lives. We want to use our website, social media and in person opportunities to communicate about the wide variety of programs available.

Explore available resources at:

WWW.PANANAIMO.CA

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/Port O' Call/Departure Bay: Local motels that offer longer term stays for locals.

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

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Nanaimo Rental Companies

1. DLX on Third
2. First Service Residential
3. Ardent Properties
4. Widsten Property Management
5. 460 Property Management
6. Pacific Edge Properties
7. Remax Rental Pros
8. Royal LePage Property Management
9. Pemberton Holmes Property Management
10. Groupe Denux
11. VI Living Group
12. Pacific Cove Properties
13. Brown Bros
14. Broadstreet Properties
15. Next Level Rentals
16. Advanced Property Management
17. Cascades Residences
18. WestUrban Properties
19. Ballenas Housing

Note: This document is only for information. Inclusion on this list is not a recommendation.

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