

# LADYSMITH EARLY YEARS PARTNERSHIP RESOURCE GUIDE



## What are you looking for?

### GENERAL INQUIRIES

**BC 211 - General Inquiry Line**  
211  
[www.bc211.ca](http://www.bc211.ca)

**BC Government:  
Find Services for Children, Teens,  
& Families**  
[www2.gov.bc.ca](http://www2.gov.bc.ca)

**BC Helpline For Children**  
310-1234 (no area code)  
[www2.gov.bc.ca](http://www2.gov.bc.ca)

**Vancouver Island Crisis Society**  
1-888-494-3888  
Text: 250-800-3806  
[www.vicrisis.ca](http://www.vicrisis.ca)

**Immigrant Welcome Centre**  
250-753-6911  
[www.cvims.org](http://www.cvims.org)

**Kid's Help Phone**  
1-800-668-6868  
[www.kidshelpphone.ca](http://www.kidshelpphone.ca)

**Welcome Wagon**  
250-245-0799  
[www.welcomewagon.ca](http://www.welcomewagon.ca)

### RECREATION

**Ladysmith  
Parks, Recreation & Culture -  
Frank Jameson Community Centre**  
250-245-6424  
[prc@ladysmith.ca](mailto:prc@ladysmith.ca)  
[www.ladysmith.ca](http://www.ladysmith.ca)

**North Cowichan  
Fuller Lake Arena**  
250-246-3811  
[www.northcowichan.ca](http://www.northcowichan.ca)

### HEALTH

**BC Poison Control**  
604-682-5050 or 1-800-567-8911  
[www.dpic.org](http://www.dpic.org)

**Child Health Clinic** (immunizations)  
250-755-3342  
[www.viha.ca](http://www.viha.ca)

**Cowichan District Hospital**  
250-737-2030  
[www.viha.ca](http://www.viha.ca)

**The Community Dental Clinic  
(CODE)**  
250-591-0771  
[www.johnhowardbc.ca](http://www.johnhowardbc.ca)

**Healthlink BC  
(24hr nurse line)**  
811 or 604-215-8110  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Hillside Medical Centre**  
250-245-2235

**Ladysmith Community Health Centre  
(Switchboard)**  
250-739-5777  
[www.viha.ca](http://www.viha.ca)

**Ladysmith Family Practice Clinic**  
250-739-5784  
[www.viha.ca](http://www.viha.ca)

**Nanaimo General Hospital**  
250-755-7691  
[www.viha.ca](http://www.viha.ca)

**Stz'minus First Nation Health Centre**  
250.245.8551 ext. 290  
[melissa.daniels@stzuminus.com](mailto:melissa.daniels@stzuminus.com)  
[www.stzuminus.com](http://www.stzuminus.com)

**Options For Sexual Health**  
250-753-9511  
[www.optionsforsexualhealth.org](http://www.optionsforsexualhealth.org)

**Vancouver Island Health Authority**  
250-370-8699 [info@viha.ca](mailto:info@viha.ca)  
[www.viha.ca](http://www.viha.ca)

### FOOD & NUTRITION

**Ladysmith Resources  
Centre Association**  
- Foodbank Tue 9-12pm  
- Soup Kitchen  
250-245-3079  
[www.lrca.ca](http://www.lrca.ca)

**Healthlink BC Dietician Services**  
811 or 604-215-8110  
[www.healthlinkbc.ca](http://www.healthlinkbc.ca)

**Ladysmith Community  
Gardens Society**  
[ladysmithcommunitygardensociety.  
weebly.com](http://ladysmithcommunitygardensociety.weebly.com)

**Ladysmith Family and Friends (LaFF)  
Food Program**  
250-210-0870  
[www.familyandfriends.ca](http://www.familyandfriends.ca)

### PREGNANCY & BREASTFEEDING

**Birthright Information Help Line**  
1-800-550-4900  
[www.birthright.org](http://www.birthright.org)

**Ladysmith Resources  
Centre Association**  
- Born Healthy Prenatal Nutrition Program  
250-245-3079  
[www.lrca.ca](http://www.lrca.ca)

**Ladysmith Community Health Centre  
-Healthy Beginnings**  
250-755-3388  
[www.viha.ca](http://www.viha.ca)

**La Leche League  
Breastfeeding Support**  
250-754-5853  
[bdeighton@shaw.ca](mailto:bdeighton@shaw.ca)  
[www.lllc.ca](http://www.lllc.ca)

**Midwifery**  
[www.bcmidwives.com](http://www.bcmidwives.com)

## EARLY YEARS & CHILDCARE



**Boys and Girls Club of Central Vancouver Island**  
250-245-8921  
ladysmith@bgccvi.com  
www.bgccvi.com

**Government of British Columbia Child Care Subsidy Program**  
1-888-338-6622  
www2.gov.bc.ca

**Greater Nanaimo Early Years Partnership**  
250-816-1699  
nanaimoearlyyears@telus.net  
www.nanaimoearlyyears.org

**Ladysmith Early Years Partnership**  
250-210-0870

**Vancouver Island Regional Library - Ladysmith**  
250-245-2322  
ladysmith@vir.bc.ca  
vir.bc.ca

**Ladysmith Resources Centre Association**  
- Adventures in Early Literacy  
- Born Healthy  
- Dad's Drop-in Program  
- Parent-Child Mother Goose Program  
250-245-3079  
www.lrca.ca

**Ladysmith Family and Friends (LaFF)**  
- LaFF Mornings  
- LaFF Outside  
- LaFFternoon  
- Family Frolics  
250-210-0870  
www.familyandfriends.ca

**Literacy Central Vancouver Island**  
250-754-898  
www.literacycentralvi.org

**Nanaimo Child Development Centre**  
250-753-0251  
info@nanaimocdc.com  
www.nanaimocdc.com

**PacificCARE Child Care Resources and Referral**  
250-756-2022  
mailbox@pacific-care.bc.ca  
pacific-care.bc.ca

**Strong Start Ladysmith Primary School**  
250-245-3912  
communications@sd68.bc.ca  
www.sd68.bc.ca

## FAMILY SERVICES



**Adoptive Families Association Of BC**  
778-789-5183  
amcmullen@bcadoption.com  
www.bcadoption.com

**Autism Society Of BC**  
250-751-9278  
teveritt@autismbc.ca  
www.autismbc.ca

**BC Association Of Family Resource Programs**  
778-590-0045  
info@frpbc.ca  
www.frpbc.ca

**BC Safe, Caring and Orderly Schools**  
www.bced.gov.bc.ca

**Big Brothers And Big Sisters Central Vancouver Island**  
250-756-2447  
www.bigscvi.ca

**Brooks Landing - Crisis Counselling Clinic**  
250-739-5710  
www.viha.ca

**Child And Youth Mental Health Services (MCFD)**  
250-741-5444  
www.viha.ca

**Foster Parent Support Services Society**  
250-619-6553  
cicoord@fpsss.com  
www.fpsss.com

**Grandparents Raising Grandchildren Support Circle**  
Ph: 1-855-474-9777  
Em: GRGline@parentsupportbc.ca  
www.parentsupportbc.ca

**Haven Society Haven Transition House**  
250-756-2452  
**Haven Society Crisis Line**  
1-888-756-0616  
haven@havensociety.com  
www.havensociety.com

**Nanaimo Aboriginal Centre**  
250-754-3215  
info@nanaimoaboriginalcentre.ca  
www.nanaimoaboriginalcentre.ca

**Nanaimo Community Hospice Society**  
250-591-8811  
info@nanaimohospice.com  
www.nanaimohospice.com

**Nanaimo Men's Resource Centre**  
250-716-1551 or 877-716-1551  
info@themenscentre.ca  
www.themenscentre.ca

**Nanaimo Women's Centre**  
250-753-0633  
www.nanaimowomen.com

**NARSF Programs Ltd. Nanaimo and Area Resource Services for Families**  
250-754-2773  
admin@narsf.org  
www.narsf.org

**Ladysmith Resources Centre Association**  
- Family and Youth Support Program  
- Volunteer Counseling Program  
250-245-3079  
www.lrca.ca  
-Victim Services 250-245-6061

**Parent Support Services Of BC**  
250-468-9658  
parent@telus.net  
www.parentsupportbc.ca

**Rainbows Children's Grief and Loss Support Group**  
250-751-7888  
rainbowsnanaimo@gmail.com  
www.rainbows.ca

**Triple P Positive Parenting Program**  
- LaFF Ladysmith Triple P  
250-210-0870  
- Ladysmith Resource Centre Triple P  
250-245-3079  
www.triplepvp.ca