

## Mission Statement

Youth and Family Substance Use Services on Vancouver Island are committed to providing effective, integrated, strength-based community services that are accessible and accountable to youth, families and their supports.



Our services are holistic, family-centered, recovery oriented and informed by a harm reduction philosophy.

Youth and their families will be offered services based on their own goals and can expect our services and staff to be:

- Welcoming
- Confidential
- Respectful
- Client Directed
- Non-Judgmental
- Supportive
- Informative
- Strength-Based
- Culturally Sensitive
- Trauma Informed

[islandhealth.ca](http://islandhealth.ca)

Search for  
"youth & family substance use services"

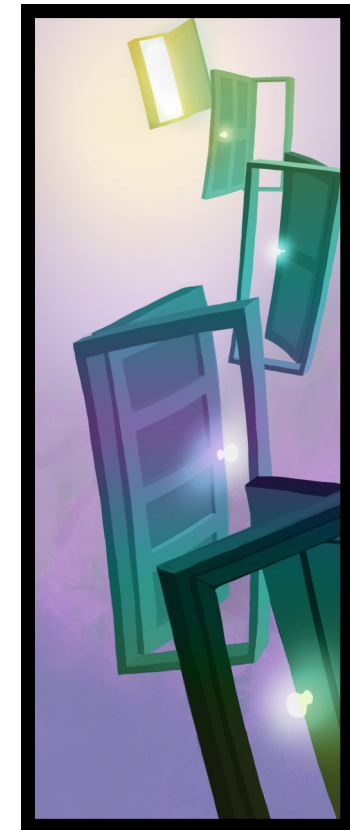


Discovery



We welcome all members of our diverse communities.

## Vancouver Island Youth & Family Substance Use Services



Opening Doors for Youth & Families on Vancouver Island



[islandhealth.ca](http://islandhealth.ca)

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## Island Health Services

**We** recognize that youth and families experience a variety of problems associated with alcohol and other drugs.

**We** work with youth's families and/or supports to achieve positive change.

**We** work with any stage of change and in any stage of use by providing or offering information and a variety of **free** services:

- Withdrawal Management Services
- Supported Residential Services
- Individual and Family Counselling Services
- Outreach Services
- Prevention Services
- Individualized Planning Services
- Services for parents/caregivers including groups
- Coordination of services within our system of care

### Island-Wide Services

Discovery Youth & Family Substance Use Services  
*Counselling, Outreach & Prevention Services*  
[Islandhealth.ca](http://Islandhealth.ca)

Greater Victoria area 250-519-5313  
[discovery.southisland@islandhealth.ca](mailto:discovery.southisland@islandhealth.ca)

Cowichan Valley area 250-737-2029  
Nanaimo / Ladysmith 250-739-5790  
Oceanside Area 250-947-8215  
Port Hardy & area 250-902-6063  
[discovery@islandhealth.ca](mailto:discovery@islandhealth.ca)



**W** Withdrawal Management Services

 Supported Residential Beds and Associated Services

**C** Community Based Counselling

## Island Health Funded Services

### South Island

Threshold Housing Society (Victoria)  
*Supportive Recovery Program* 250-383-8830  
[Thresholdhousing.ca/supportive-recovery/](http://Thresholdhousing.ca/supportive-recovery/)

Victoria Youth Clinic  
*Foundry/Health Services* 250-383-3552  
[victoriayouthclinic.ca](http://victoriayouthclinic.ca)  
[foundrybc.ca/victoria](http://foundrybc.ca/victoria)

Victoria Youth Empowerment Society  
*Specialized Youth Detox* 250-383-3514  
[yves.ca](http://yves.ca); [syd@yves.ca](mailto:syd@yves.ca)

Sooke Family Resource Society  
*Youth Outreach & Navigator Service*  
250-642-5152  
[sfrs.ca](http://sfrs.ca)

Saltspring Island Community Services  
*Prevention & Counselling Services*  
250-537-9971  
[saltspringcommunityservices.ca](http://saltspringcommunityservices.ca)

### Central Island

#### NARSF

*Transitions Youth Withdrawal & Stabilization Program* (Nanaimo) 250-754-2773 ext. 218  
[narsf.org](http://narsf.org)

Tillicum Lelum Aboriginal Friendship Society  
*Youth Safe House* (Nanaimo) 250-753-8266  
[tillicumlelum.ca](http://tillicumlelum.ca)

Alberni Drug & Alcohol Prevention Service (ADAPS)  
*Prevention, Outreach & Counselling Services*  
Port Alberni 250-724-6166

Westcoast Community Resources Society  
*Outreach & Counselling Services*  
Ucluelet, Tofino & Ahousaht  
250-726-2343  
[wccrs.ca](http://wccrs.ca)

### North Island

Hornby Denman Community Health Care Society  
*Outreach & Counselling Services*  
250-218-6521  
[hornbydenmanhealth.com](http://hornbydenmanhealth.com)

The John Howard Society of North Island  
*Foundry, Prevention, Outreach, Counselling, & 180° Detox and Stabilization*  
Courtenay 250-338-7341  
Campbell River 250-286-0611  
Gold River / Tahsis 250-283-2626 ext. 64413  
[jhsni.bc.ca](http://jhsni.bc.ca)  
[foundrybc.ca/campbellriver](http://foundrybc.ca/campbellriver)

**All services can be accessed by youth and their families in any community.**

Please call any of the services listed to refer yourself or someone you care about.