

We would love to have you join us!

By becoming a Member you will receive our latest announcements, be among the first to have the chance to sign up for various opportunities, and receive our Newsletter 4 times per year (which is filled with lots of useful information for families, individuals and couples).

SAY YES TO SUPPORTING NANAIMO FAMILY LIFE AS WE CREATE STRONGER AND MORE RESILIENT COMMUNITIES!

- Individual Membership \$10/year
- Donation \$10 \$25 \$50 \$_____ (We will issue a tax deductible receipt)
- I would like to learn more about volunteering.

NAME: _____

ADDRESS: _____

Postal Code: _____

PHONE: _____

EMAIL: _____

DATE: _____

RETURN TO:

Nanaimo Family Life Association
1070 Townsite Road
Nanaimo, BC
V9S 1M6



www.nflabc.org

We are also on:



Nanaimo Family Life Association

1070 Townsite Road
Nanaimo, BC
V9S 1M6

T. 250.754.3331
F. 250.753.0268
E. reception@nflabc.org

Nanaimo Family Life Association

Healthy individual and family relationships are the heart of a strong and resilient community.

OVERVIEW OF SERVICES



Serving our community since 1967!

Who We Are

Nanaimo Family Life Association is a non-profit organization providing holistic personal and professional growth programs founded on the passionate belief that:

Healthy individual and family relationships are the heart of a strong and resilient community.

Our programming is designed to address the unique needs of the individual and offered in an atmosphere of respect, inclusion and compassion. Those that access our range of services are provided the opportunity to look to their own inner resources and to the community they are part of in order to enhance their capacity to reach the fullness of their potential.

Our Mission

To provide support to families to achieve their full potential through all stages of life;

To promote healthy family life as the heart of a strong and resilient community;

To protect and promote the rights of children, parents, caregivers, and families;

To model diversity, inclusion, respect, cooperation, compassion, and peace in all our activities and relationships.



Our Programs

Volunteer Counselling

Counselling services are available to individuals and couples who identify needs in the areas our counsellors can serve you. Community workshops are open to everyone. Adolescent counselling is available to youth 13-18 years old.

Support Among Youth (SAY)

SAY is a peer support group, overseen by a Coordinator and facilitator, for youth who are experiencing mental health issues. Developmentally, youth need groups, and peer groups are essential to their development.

Senior Peer Counselling

The Seniors Peer Counselling program provides counselling and support to alleviate loneliness and isolation of seniors who are 55+ years old. The service is offered in our office and over the phone. Seniors are encouraged to enjoy healthy aging through physical, emotional, and spiritual well-being.

Better at Home

Better at Home is designed to help seniors over the age of 65 to stay in their homes longer by providing essential, non-medical, support services which facilitate independence.

Mid-Island Men's Services

Supporting men to take personal responsibility for, and end their, abusive behaviours. We offer a life-changing, therapeutic group for men willing to look at the way they misuse power in their relationships.

Healthy Relationship Workshops

Focusing on personal development and healthy relationships. **Pre-registration is required.** Check out our website for more information.

Professional Development

Our volunteer training has long been recognized as a powerful and transforming training that prepares individuals to journey with others through the trials of life and to facilitate healing and growth. Upon successful completion of our training program you will be equipped with the skills necessary to be an effective and supportive peer counsellor.

Monthly Learning Opportunities

Each month we provide professional/personal development presentations. If you feel you have a relevant presentation to make, we would love to hear from you.

Volunteer Opportunities

Volunteers are the heart of Nanaimo Family Life. It is because of our volunteers that we are able to offer our community and the individuals and families within it the opportunities to learn and grow and heal for little or no charge. Opportunities to get involved exist on many levels, so contact us if you are interested.

Our Commitment

We are committed to providing accessible and relevant services through skilled professionals and volunteers that enhance the lives of those we serve and contributes to the wellbeing of our community.

**Where applicable, our fees are based on a sliding scale with no one turned away for inability to pay.*