

WE ALSO OFFER...

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 powerful and transformational. This program 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, 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.



www.nflabc.org

We are also on:



Nanaimo Family Life Association

1070 Townsite Road
Nanaimo, BC
V9S 1M6

Ph: 250.754.3331

Fax: 250.753.0268

Email: 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.

MISSION STATEMENT

NFLA is a passionate, dynamic, and inclusive community orientated organization that delivers interconnected personal and professional growth services responsive to the needs of the community at all stages of life.

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

PROGRAMS

Counselling

Counselling services are available to individuals and couples who identify needs in the areas our counsellors can serve. Adolescent (13-18yrs old) and Senior (55+) counselling is available. Senior counselling is offered in office and over the phone.

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.

SHINE

Our seniors housing navigation program can provide information to help seniors find and maintain safe and appropriate housing.

Gender Journeys for Adults & Youth

Two separate support groups (Youth ages 13-17 & Adults 18+) for transgender, nonbinary, gender diverse and gender questioning folks. This peer-facilitated group provides a safe environment to explore individual identities and share struggles.

TAPS (Therapeutic Activation Program for Seniors)

TAPS offers a combination of free social, mental, and physical activity programs for isolated and/or marginalized seniors. Our primary activities include chair yoga classes and exercise groups, with a monthly rotation of educational and participatory programming.

Beyond Blame

We offer a life-changing, therapeutic group that supports men to move beyond abusive behaviours and to build healthy relationships.

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).

Individual Membership \$10/year



Scan to become a member:

or visit www.nflabc.org/become-a-member/

Say YES to supporting Nanaimo Family Life as we create stronger and more resilient communities!



Scan here to donate:

(We will issue a tax deductible receipt)