

## NCS Family Owned Businesses

### Animal Care

**Winchelsea Veterinary Services** - Mobile veterinary care for horses, cats and dogs.

Tyler Stitt

250-667-5534

info@winchelseavetservices.ca

### Food & Restaurants

**Cafe Jose** - Columbia fair trade speciality coffee, distinguished by cultivation, collection and treated ornamentally throughout the whole process. Exotic flavours and aromas such as caramel, almond, chocolate and panels among others. Sold in 500g for \$23.99

Fernando Campos

Text 778-707-0458

<https://www.youtube.com/watch?v=Ts3PXSI0ccA>

**Fresh Mexican Salsas** - Specializes in making traditional salsas, using original recipes, fresh ingredients with authentic Mexican taste. Vegan, gluten free, no sugar added

Lilia Rechon-Reguet

778-269-2922

[www.islandersfreshauthenticmexican.com](http://www.islandersfreshauthenticmexican.com)

Facebook Islanders. mexican.salsas

Instagram @islanders.mexican.salsa

### **Little George's Restaurant (South End)**

a neighbourhood favourite since 1990

Kimberly Chadd

398C Bruce Ave Nanaimo

250-754-3271

[littlegeoregescentral.com](http://littlegeoregescentral.com)

### Health and Well-Being

**Chase River Dental** - Dr. Danielle Micacchi

250-716-3388

[www.chaseriverdental.com](http://www.chaseriverdental.com)

**Grandy Gram** - A senior's care package business for families and friends to reach their shut in loved ones in care or at home.

Jody Blanco  
250-713-9986  
www.grandy-gram.com

**Harewood Dental** - 'Healthy smiles for our community'  
250-754-1949  
www.harewooddentalclinic.ca

**Island Clinical Counselling Ltd** - Specializing in anxiety, depression, ADHD, OCD and trauma for adults, parents, couples and families. Christian counselling upon request. Our child & youth program offers play and activity based therapy, talk therapy or group therapy. Parenting programs and online workshops available.  
778-762-3750  
www.islandclinicalcounselling.ca  
info@islandclinicalcounselling.ca

**One Life Recovery** - We offer housing, recovery coaching, and interventions for individuals and families looking to overcome substance abuse issues.  
Founder Brett Johnson  
250-619-9663  
www.one-life.ca  
brett@one-life.ca

### **Home Renovations and Maintenance services**

**First General Services of Vancouver Island** - Repair homes & businesses that have been damaged but fire, water, wind and other unexpected events. Emergency services & full reconstruction, hazardous remediation for mould, asbestos and lead.  
778-441-3123  
www.fgsvi.com  
Info.nanaimo@firstgeneral.ca

**Living Simple Organizing** - I create function & simplicity through home organization & move-in services.  
Larissa Sevenhuysen  
Livingsimpleorganizing.com  
Contact me on Facebook & Instagram

**Milestone Equipment Contracting Inc** - Civil excavating services in a variety of industrial types; civil, industrial, commercial, environmental, residential and landscaping.  
250-951-6659

info@milestonecontracting.com

**Saving Grace Cleaning & Services Inc** - Cleanings of any frequency with consistent quality and use only eco-friendly products.

250-740-1509

info@savinggracecleaningservices.com

savinggracecleaningservices.com

**Top Trade Insulation & Attic** - Insulation upgrades, ventilation repairs including bath/kitchen exhaust systems, sold powered ventilation systems, bathroom fan replacement, mold stain treatment, contaminated insulation removal; free attic inspections and estimates

Owner Peter Kamerman

250-734-3051

www.ttia.ca

Peter@ttia.ca

**Treadstone Coatings** - Professionally installed epoxy/polyaspartic flooring; free quotes

Trevor Dawes

250-8026488

www.treadstonecoatings.ca

trevor@treadstonecoatings.ca

### **Photographers**

**Areli Images** - Services include family (maternity, couples, lifestyle newborn), portrait, branding photography

www.areliimages.com

info@areliimages.com

Instagram - @areliimages

**Jorja Portraits (Angela Eaves Photography)** - Specializing in family portraits for over 14years, grad, prom; voted second best photographer in 2020/22.

Angela Eaves

250-618-4702

awinkelmans@hotmail.com

Also on social media

**Kimme Rae Photography** - Lifestyle photography including family, children, portraits and special events. Christmas mini-sessions are \$125 for 5 edited, high resolution digital images.

Kimme Russell  
250-619-9746  
info@kimmeraephotography.com  
www.kimmeraephotography.com

### **Realtors**

**Cunningham & Rivard Appraisals Ltd** - Commercial real estate appraisals specializing in multi-family, mixed uses, industrial, residential, recreational, hospitality, institutional, forestry, agriculture, foreshore valuations, and treaty land settlement throughout Vancouver Island

Simon Wainwright  
250-753-3428  
swainwright@crisland.com  
www.crisland.com

### **Paula Baker - Royal LePage Nanaimo**

250-758-7653 (direct)  
250-714-5268 (cell)  
www.royallepage.ca

### **Retail**

**Red Shelf Decor** - Store selling antiques, collectibles and gifts for all budgets

Steven Johns  
250-891-3142  
C-123 Commercial St Nanaimo  
redshelfdecor@gmail.com