

# COMMUNITY INVESTMENT DIRECTORY

2016 - 2017



**United Way**  
Greater Victoria

**Together, we are possibility**

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United Way's mission is to improve lives and build community by engaging individuals and mobilizing collective action and we do this through our dual role as a year-round fundraiser and impact funder. We aim to address the immediate needs of our most vulnerable citizens through the funding of a network of services, while also focusing on the future, in order to address the root causes of social issues and create sustainable change.

Although many citizens flourish in Greater Victoria, others do not have access to the essentials needed for their overall health and well-being. The high cost of living especially in terms of housing, along with alarming child poverty rates, growing numbers of homeless people, rising numbers of working poor families and isolated seniors are just a few of the challenges we face.

Being an impact funder means we are working to improve social conditions, build stronger neighbourhoods and create better lives for individuals and families. Our goal is for our community to be measurably better off as a result of the work of United Way and our funded community partners.

People accessing United Way programs and services are among us everyday – they could be your co-workers, neighbours, friends or extended family members.

In our 2016/2017 fiscal year, United Way funds 105 programs within our three priority areas:

**All that kids can be** – supporting children and youth with resources to grow up healthy and transition successfully into adulthood.

United Way funds 36 programs related to school readiness, school achievement and a successful transition to adulthood and the workforce.

**From poverty to possibility** – building individuals' financial stability and independence through access to healthy food, affordable housing and employment.

United Way funds 19 programs related to housing, food and employment – all strategies to find pathways out of poverty.

**Strong communities** – developing the capacity of people to care for themselves and families by creating opportunities for social interaction and places offering belonging and inclusiveness.

United Way funds 50 programs related to overcoming mental health and addictions, trauma from domestic violence, and social isolation among seniors, people with disabilities and newcomers to our community.

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# ALL THAT KIDS CAN BE

United Way strives to help infants grow into healthy children; offers the support children need to start and succeed in school; and empowers young people make successful transitions into the workforce or post-secondary education.

## OUR INVESTMENTS 36 Programs

Support individuals to be strong parents and to build healthy families

## LIVES CHANGED

We fund programs and services that:

Assist children to be ready for school

Build positive role models and mentoring for children and youth

Support youth to stay in school and transition to a meaningful work life

### **1UP The Victoria Single Parent Resource Centre Healthy Happy Kids Parenting Program**

This program supports vulnerable single parents by offering education on childhood development, access to new resources, skill development, and a year-long mentoring program. Through classroom and hands-on learning, parents practice the skills needed to provide a secure and loving home for their children.

### **Artemis Place Society Artemis Place for Girls**

This program assists and encourages teenage girls to stay in school while offering individualized support with academics, counselling, and life skills. Girls are given practical skills to overcome barriers to success such as addictions, mental health issues, poverty, trauma, and learning disabilities.

### **Beacon Community Services Youth Job Fair**

This job fair connects youth age 14 to 25 to potential work, volunteer, training, and educational opportunities. Businesses from Sidney and Central and North Saanich, along with post-secondary institutions, community, and service groups, are invited to set up displays at the event. Prior to the job fair, workshops in résumé, cover letter writing, and interview skills are held in preparation for the application and hiring processes. On the day of the job fair youth have the opportunity to meet representatives face-to-face, educate themselves about employment, volunteering, and post-secondary education opportunities while applying their newly learned interview skills.

### **Big Brothers Big Sisters of Victoria Community Mentoring Program**

This mentorship program matches children with screened and trained adult mentors. Each mentor and mentee meet weekly and participate in a variety of activities geared towards increasing resiliency in the youth while fostering strong adult relationships.

### **Focus Mentoring Program**

This program focuses on children and youth who have been referred to Big Brothers Big Sisters due to their need for additional and sustained support in order to manage and overcome significant disadvantages. It is intended to increase support to families who live with the negative stigma of mental illness and are challenged in parenting and family wellness.

### **Go Girls - Healthy Bodies Healthy Minds**

This program provides support and preventative education to help girls age 10 to 13 to increase their confidence, self-esteem, and resiliency, while introducing creative and critical thinking skills. By providing the tools, skills, resources, and opportunities needed, the girls are encouraged to explore and enhance their own potential.

### **In-School Mentoring Program**

This mentorship program matches children at designated elementary schools with screened and trained adult mentors. The children who participate in this program are referred by the school and deemed most in need of building positive adult relationships. The focus of this program is the promotion of supportive adult role models, resiliency, social development and success in school.

### **Teen Mentoring Program**

This is an in-school mentoring program that matches trained teen mentors with elementary school students. It offers a model in which teens can interact with younger students in an effort to create a healthier social environment. Through the mentoring relationship, children build confidence, resiliency, and self-esteem, while learning to succeed in school, at home and in their community.

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**Boys & Girls Club Services of Greater Victoria  
Empowerment of Discovery-Assisting children,  
Youth and Families Reach Their Potential**

This program provides support to both children and their parents. Parents are provided with skills to increase their parenting knowledge and effectiveness. At the same time, children engage in extra-curricular activities that promote emotional, physical, intellectual, and social well-being.

**Burnside Gorge Community Association  
Youth Self-Sufficiency - Transitioning the  
Rocky Road from Youth to Adulthood**

This program provides supports for youth who are in foster care and/or youth who have no other available supports as they transition to adulthood. It provides up to three years of assistance in the areas of housing, employment, education, relationship and trust building, life skills, and identity and emotional healing.

**Communica: Dialogue & Resolution Services  
Youth Reconnection Mediation: Building  
Supportive Relationships**

Designed for youth who have “aged out of the foster care system,” this program is centred upon developing a peer-led mediation process to assist youth in building more constructive relationships with a parent, sibling, grandparent, or other family or community member chosen by the youth. Depending on the situation, a one-to-one mediation and/or, community circle will be employed in order to facilitate dialogue and relationship building among participants. Communica’s trauma mediators also work with the youth to help build their self-esteem.

**Community Options for Children and  
Families Society  
Family Support Program**

This program provides vital information and services to low-income families who have family members with developmental disabilities. It ensures that families are able to access eligible supports and address any gaps in the resources.

**Esquimalt Neighbourhood House Society  
Best Families - West Shore**

This parenting program provides education and support to young West Shore parents and their babies up to 12 months of age. Parenting support is provided in a group setting with the focus on effective parenting and building peer relationships.

**Garth Homer Society  
LifeStreams Learning**

This educational program provides young adults with developmental disabilities highly individualized learning, literacy and numeracy training, vocational skills development, and life skills cultivation. By building competency in these areas, participants have improved opportunities for inclusion, independence, and employment.

**Family Services of Greater Victoria  
Families in Transition**

This program serves families going through divorce and separation. It consists of group sessions for children and their parents, and private one-on-one professional therapy for individuals, couples and families.

**Hulitan Family and Community Services Society  
Journeys of the Heart Cultural Learning Program**

This is a 10-month cultural learning program for Aboriginal children age 3-5 years and their families. The program nurtures a child’s cultural identity while preparing them for the education system and provides their caregivers the skills and tools to promote a positive transition into the public school system.

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### **Island Sexual Health Society Belmont Sexual Health Clinic**

This program provides a full service clinical and educational program related to sexual health on the Belmont High School Campus in the West Shore. The program aims to ensure that all youth have access to affordable, confidential community based services that support health and wellness.

### **Learning Disabilities Assoc. of BC SVI Chapter Emotional Development Support Programs**

Assisting families of children with complex learning and behavioural challenges, these programs provide a range of accessible services to address their concerns. Child counseling sessions, parent and family support groups and workshops to increase awareness and resiliency are offered. The focus is on increasing parent capacity, reducing family stress, and understanding the emotional needs of children with learning disabilities.

### **Child, Family and Community Support and Education Program**

This program provides an array of services to educate, support and advocate for children with learning disabilities and their families. Children and parents are provided with a continuum of services including referrals, support and educational resources and counselling services. In addition to working with children and their families, it also provides community members, organizations and education professionals with resources to better support children with learning disabilities.

### **NEED2 Suicide Prevention Education and Support Mental Awareness for Youth-Approaching Suicide Prevention in Middle School**

This program strives to prevent suicide by supporting youth to stay safe and move forward with healthy coping skills. Key strategies involve support, education and awareness. The Suicide Awareness for Youth (SAY) presentations offered by NEED2 provide suicide education to youth Grade 8 to 12 in classrooms and community groups. Presentations focus on recognizing the warning signs and seeking help when a student or friend may be having suicidal thoughts.

### **Youth Suicide Prevention Program**

NEED2 connects with youth and young adults in the classroom and online, providing suicide awareness education, emotional support, and crisis intervention. The Youth Suicide Prevention program mitigates risk by getting thousands of youth help in a timely manner and provides positive information and tools to enhance overall resilience and coping skills.

### **Power to Be Adventure Therapy Society Adaptive Recreation Programs for at Risk Children & Youth**

Power to Be's Adaptive Recreation programs offer children and youth with barriers and/or disabilities the opportunity to experience nature-based outdoor activities in a group setting. Activities such as kayaking, paddling, skiing, and hiking are tailored to each individual's unique needs and abilities, while strengthening their connection to nature, their community, and themselves.

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### **Quadra Village Community Centre Launch Pad for Youth**

This youth program works with marginalized youth in the Hillside-Quadra area. It provides support, social ties, and opportunities to enhance self sufficiency in marginalized youth. Key activities include youth outreach, project coordination, system navigation, mentoring, personal action plans, life/social/employment skill building, work experience, helping community, group decision making, fundraising, team building, and outdoor trips.

### **Saanich Neighbourhood Place Anxiety Connection for Children and Youth**

This program provides information and skills to cope with anxiety through a continuum of services ranging from early intervention to therapeutic management. Cost effective programs are delivered in a group setting which promote socialization, problem solving, and peer support.

### **Nurturing Mums & Babes**

One in a series of prenatal nutrition programs, this group reaches out to high risk, vulnerable, pregnant women who have completed the Island Health Best Babies program. In a collaborative team setting with a nutritionist, public health nurses, dental hygienists and an outreach worker, women learn about health, nutrition, child development, and parenting. They also connect with other parents, make friends, and learn about available community resources.

### **Salt Spring & Southern Gulf Islands Community Services Society**

#### **Mental Health Outreach**

This program provides support and services to people with mental health issues. Participants are typically disconnected from a health support network. It reaches out to youth as young as 14 who are living in an unhealthy, unsafe lifestyle on their own and helps them improve their self care and stabilize their lifestyle and environment.

### **Sooke Family Resource Society Youth Outreach and Navigator Program**

This program provides assessment, referral, outreach and counselling for youth experiencing significant life challenges, especially with mental health and/or addiction concerns. Navigators assist youth to link with appropriate treatment services, improve family and community connections and increase life skills.

### **Sooke Transition House Society Children Who Witness Abuse: From Roots to Wings**

This program provides services to children with the objective of stopping the inter-generational cycle of abuse by teaching children non-violent ways of resolving conflict while promoting the process of healing. It supports children whose emotional health and self-esteem have been affected by witnessing abuse, threats or violence in the home. The program also offers support to the parents who are survivors of abuse.

### **Young Women Of Spirit**

This mentorship program helps young women develop their strengths and achieve their goals in life while staying safe in dating and peer relationships. It focuses on building the women's resiliency, self-esteem, and social connections to move beyond the violence and build better futures. Activities help build the capacity of women and their families to deal with the stress of traumatic events and help develop healthy relationship skills.

### **SWOVA Community Development & Research Society**

#### **Respectful Relationships**

This program helps youth age 12 to 18 within School District 64 of the Southern Gulf Islands gain skills to build positive relationships based on equality, respect and mutual support. Each youth participates in 12 workshops exploring ways to resolve conflict peacefully and build social and emotional intelligence for media literacy, social justice, and empathy. Bullying, cyber-bullying, racism, sexism, homophobia, and violence prevention are also addressed.

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**Victoria Immigrant and Refugee Centre Society**  
**Enable Program for Newcomer Children and Youth**

This program provides social, academic and emotional support to newcomer children, youth and their families. Through group social activities, one-on-one academic help, art therapy groups, and individualized action-planning, Enable helps newcomers feel empowered and included. It also engages volunteers, community members, and community partners to create a more inclusive community for everyone.

**Victoria READ Society**  
**Noisy Kids Reading Club**

This program provides outreach education twice a week for 12 weeks at schools that have a high percentage of vulnerable individuals and families. Designed for children in Grades 2 and 3, who struggle with fundamental language arts skills, the program includes remedial interventions, family dinners, games nights and the Noisy Kids Reading Club.

**Victoria Sexual Assault Centre Society**  
**Project Respect: Youth Gender-Based Violence Prevention Education and Social Action**

This program works with youth to break the silence around sexualized violence by exploring its root causes, such as power and gender expectations, and drawing connections among the multiple forms this violence takes. It supports youth to develop knowledge and skills to practice respectful relationships and to engage in social action to end sexualized violence and create inclusive communities.

**Victoria Therapeutic Riding Association**  
**Therapeutic Riding for Children and Adults with Disabilities**

This therapeutic riding program for children and adults with disabilities promotes physical, psychological and social well-being. Lessons are designed to address challenges specific to each person. They include therapy riding for those with complex health issues, sport riding and recreation riding for mostly adults with physical or cognitive issues who want an activity they can participate in.

**Victoria Youth Clinic Society**  
**Strengthening the Frontline**

This program provides support for vulnerable youth age 19 to 25 with mental health, addiction, and challenges related to gender orientation. It addresses an important service gap due to the fact that this population is no longer eligible for mental health and addiction services for children and youth, yet many adult focused mental health and addiction programs are not appropriate for them because developmentally they have not made the transition to adulthood.

**Young Parents Support Network**  
**Becoming Family: Comprehensive Support Services for Young Parent Families**

This family development program is geared towards young parents age 13 to 29 who are living with complex risks, with the intention of improving short and long-term outcomes for their families. Outreach services including support with parenting and developing life skills, parenting education classes, family drop-in support groups, and children's programs.



# FROM POVERTY TO POSSIBILITY

United Way believes the pathway out of poverty starts with providing resources and opportunities for individuals to become more self-sufficient through access to healthy food, affordable housing and employment.

## OUR INVESTMENTS 19 Programs

### LIVES CHANGED

We fund programs and services that:

Offer safe and stable housing

Increase access to nutritious food

Provide financial literacy support

Offer employment training and skills development



### **Beacon Community Services**

#### **Out of the Rain Youth Shelter**

This shelter program provides homeless youth age 15 to 25 with shelter accommodation and food during the coldest months of the year, October to April. It provides shelter seven nights a week and two hot meals each day. The space for the program is provided through local churches in partnership with other social service agencies.

#### **Retail Training Certificate Program**

This program is based on a unique collaboration between business and community that provides employment training for hard to employ people. The program provides an eight-week employment skills training session that supports individuals' mental health wellness and the development of employment skills in an existing retail thrift shop setting.

### **Burnside Gorge Community Association**

#### **Family Self-Sufficiency Program**

This financial literacy skill development program helps families with low incomes. The goals are to increase employability and financial capacity, build financial literacy skills and knowledge, improve self reliance and facilitate less dependence on government supports while providing links to community resources.

### **Coalition of Neighbourhood Houses c/o**

#### **Blanshard Community Centre**

#### **Neighbourhood Food Access and Distribution Program**

This program enables neighbourhood houses to meet the rising needs for food in their communities and enhance food security initiatives. It supports collaborative food recovery and bulk purchasing programs for the neighbourhood houses across the Capital Regional District. This program offers nutritious meals and snacks as well as community kitchen, food preparation and gardening programs to more than 7,000 children, low or no income individuals and families, youth and seniors each month.

### **Farmlands Trust Society**

#### **Agricultural Land Protection Program**

This program works to ensure that small farms in the Saanich Peninsula are able to access supports required to continue actively producing local food. This society holds that by protecting and preserving farmlands and agricultural, natural and cultural features in our region benefits current and future generations. Such efforts are intended to relieve poverty and promote awareness and interest in the importance of local sustainable agriculture and food security.

### **James Bay New Horizons**

#### **Food Security and Reducing Social Isolation for Low Income Seniors**

This program one of several supports offered to isolated seniors in need of a break from cooking meals and also in need of new opportunities to meet people. A three-course meal is served at an affordable cost by volunteers who welcome regulars and visitors alike.

### **LifeCycles Project Society**

#### **Growing Connections**

This program works to build youth leadership and connections to community by participation in community food action projects. The food action projects in turn mobilizes and strengthens community networks, capacity and resources to increase food security of individuals, families and communities throughout Greater Victoria.

### **Our Place Society**

#### **Food Services Program**

This food services program provides 1,600 nutritious meals a day to Victoria's homeless, working poor, seniors, and people with physical and mental health challenges. It also offers an opportunity to engage with outreach staff, build relationships, and connect with community resources.

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### **Pacifica Housing Advisory Association**

#### **Greater Victoria Streets to Homes Program (S2H)**

This program works to move people experiencing homelessness directly to private market housing obtained through a comprehensive landlord support system. S2H provides a rent subsidy, case planning and supports through direct service and referrals to community resources to ensure participants remain housed and progress towards self-sufficiency.

### **Ready to Rent BC**

#### **Housing Readiness Program**

This 12-hour certificate course focuses on tenancy rights and responsibilities, communication skills, and financial literacy. The Ready to Rent certificate is being recognized by a growing number of housing providers and landlords, increasing the opportunity for graduates to secure stable housing. With funding from United Way an expansion to this program will focus on expanding and modifying the course by offering it to seniors, youth, and aboriginal people in Greater Victoria.

### **Salt Spring & Southern Gulf Islands Community Services Society**

#### **New Beginnings Vocational Development**

This program provides supports to adults with employment barriers through individual and group-based training, work experience placements, and guided employment searches. The program is tailored to those with disabilities, mental health issues, social isolation, poverty, and limited life skills. Additionally it works with employers to establish flexible and positive work experiences and entry level job placements.

### **Together Against Poverty Society**

#### **Employment Rights & Education Project**

This project helps employees receive fair compensation for their work and are not subjected to undignified working conditions. By increasing access to justice for those who have a legitimate claim against their employers, but who cannot afford the services of a lawyer, program staff uphold the rights of workers who may have been wrongly dismissed, are owed money from their employer, or need help communicating with employers about issues and standards.

#### **Established Legal Advocacy Programs**

This program provides legal advocacy for people of no or low-income on Southern Vancouver Island and the Gulf Islands in the areas of income assistance, provincial persons with disabilities benefits and tenancy issues.

### **Victoria Cool Aid Society**

#### **REES Outreach and Support Program**

This program provides accessible, responsive and barrier-free supports and services to adults facing mental health and/or substance use challenges, poverty, unemployment, homelessness, unstable housing, chronic health and disability conditions, isolation, and other personal and societal challenges. Through outreach services, peer support and employment opportunities participants are assisted to improve their well-being.

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### **Victoria Native Friendship Centre (VNFC)**

#### **VNFC Community Kitchen**

This kitchen provides free hot lunches every Friday to an excess of 100 community members and also works in collaboration with other VNFC programs by preparing and providing daily healthy meals, snacks, and pantry items to community members who are vulnerable. In addition to the food provision, the kitchen also offers educational programs to those interested in life and cooking skills. These programs are designed to assist and teach the cultural preparation of food while focusing on traditional knowledge transfer between elders and youth.

### **Victoria Rainbow Kitchen**

#### **Rainbow Kitchen Project**

More than 200 volunteers prepare and serve a nutritious, tasty hot lunch to about 140 people a day, five days a week each year at the Esquimalt United Church through this safe and supportive program for poor and marginalized people. The majority of food is donated by corporate partners who share the program's goal of establishing food security independence for those in need. Many volunteers start as guests who train and study to gain work experience in the kitchen and at local community gardens.

### **Victoria Women's Transition House Society**

#### **Safe: Self-Sufficiency and Assets through Financial Education**

This financial literacy and asset-building program works with the residents of Harrison Place. Participants are single women, age 45-65 who are abuse survivors with multiple health problems, chronic disease, and at high risk of homelessness. It aims to achieve residential stability, sense of security, financial knowledge, and psychological orientation toward future civic and community involvement.

### **Victoria Youth Empowerment Society**

#### **Housing Support for Youth**

This program provides youth and young adults age 16 to 24 with education regarding tenant rights/responsibilities and life skills to help secure and maintain long-term housing. Youth also receive support to overcome barriers such as financial resources, mental health and addiction issues, and employment.

### **WSANEC School Board/ LifeCycles Project Society**

#### **Native Plants & Garden Education Program**

Based at the LÁU, WELNEW Tribal School gardens and greenhouse in Brentwood Bay, this program combines teachings on garden fruits and vegetables with native plants and foods. It explores plant propagation, traditional food preparation such as pit cooks and salmon bakes, food processing, and food ecosystems. Students develop gardens and learn about ecological restoration and native ecosystems from elders who speak on traditional methods and our connection to nature.

# COMMUNITY.

Healthy individuals and families are the backbone of strong communities. When people have the opportunity to connect with others and access services close to home, they are more likely to overcome life's challenges. United Way supports critical social programs to help people lead healthier lives.

## OUR INVESTMENTS 50 Programs

### LIVES CHANGED

We fund programs and services that:

Support individuals to overcome mental health and addiction challenges

Address trauma from family violence

Provide isolated seniors and people with disabilities with community connections

Support people to become active in neighbourhoods



**1UP The Victoria Single Parent Resource Centre**  
**The Resiliency Stream: Building Healthy Single Parent Families from the Inside Out**

This life skills program for low-income and isolated single parents provides support and training in a wide array of areas including parenting, interpersonal skills, financial management and practical skills for daily living.

**AIDS Vancouver Island**  
**Access Possibilities Program**

This program provides coordinated individual and group support options for people living with, or at risk for, HIV and/or hepatitis C. Participants build a network of support unique to their individual needs through drop-in services, nutritional support, counselling, case management, and group learning opportunities.

**Anawim Companions Society**  
**Life Skills Training for a Resident and Non Resident Group In a Family Like Setting**

This life skills program provides a residential setting for people who have addiction issues. It works to assist people living in physical, emotional or social poverty who seek a better way of life free from dependency and addiction.

**BC Schizophrenia Society, Victoria Branch**  
**Peer Support Program**

This program provides people living with schizophrenia recovery and re-lapse prevention support. It works with mental health experts as well as peer leaders to support and build the skills of participants while empowering them to live successfully with schizophrenia.

**Bridges for Women Society**  
**Bridges Employment Program**

This program works to break the cycle of abuse and trauma through education and employment training. It assists women to identify interests and skills, develop long-term career goals, end isolation, support each other in a classroom setting, and discover how to build their own personal and community supports. The curriculum includes addressing histories of abuse, individual study, counselling and coaching, career exploration, and workplace and academic skills.

**Capital Mental Health Association**  
**Gateway to Resources & Options for Wellness (GROW) Young Adult Engagement Project**

This pilot program is designed for individuals 19 to 30 who are recovering from mental illness. It will begin with a focus group of young adults to determine the types and timing of activities that will attract and engage the desired demographic. The next stage will involve developing and implementing programming based upon this information. All GROW program development considers eight dimensions of wellness, and offers a menu of groups and activities to address and promote well-being.

**Cridge Centre for the Family**  
**The Cridge Respite Service**

This is a respite program for parents who have special needs children. It partners with hotel and businesses to meet the need for caregiver respite. The program builds family, resiliency and enables them to better deal with the chronic stress associated with raising a child with special needs.

**The Cridge Young Parent Outreach Program**

This is a parenting program that focuses on providing support to young parents age 16 to 24. It offers tools to create stable, safe, healthy lives for themselves and their children.

**Esquimalt Military Family Resource Centre  
Deployment Support for Military Families  
- Deployment Respite Care**

This respite program is geared to families experiencing isolation and stress when Canadian Forces members are deployed. It offers parenting workshops, informal networking sessions, and children's workshops to enhance parents ability to cope while their loved ones are away. By providing respite/deployment child care to military families, additional stress is alleviated allowing families to engage more successfully with their support networks.

**Esquimalt Neighbourhood House Society  
Are you okay? Prevention, Support and  
Advocacy through Volunteer Counselling**

This community-based, volunteer-based program helps people with a complex range of mental health and addiction issues, as well as people facing difficulties such as poverty and family breakdown that are impacting their mental health and substance use, gain control of their lives and improve their well-being.

**Family Caregivers of BC**

**Family Caregiver Education and Support Program**

This program provides family caregivers with tools to deal with the many challenges of caring, such as stress reduction, improving confidence and communicating effectively. It encourages the development of strong personal networks with an emphasis on self-care. As well, community education is offered to health care professionals, organizations and volunteers to increase understanding of the incredible role that family caregivers play in our society.

**Galiano Club**

**Galiano Club Community Food Program**

This food production and skill building program works across generations with a focus on building skills and self-sufficiency for vulnerable people through growing food, community kitchens, community potlucks and workshops on food security.

**Galiano Health Care Society**

**Ageing in Place-Resource Navigation  
and Nutrition Security**

Centred around Galiano Island's high percentage of senior citizens and the challenge they face in acquiring and affording nutritious food, this program provides a guide to help people access and navigate food resources (both on and off island) while also providing volunteer prepared meals at low to no cost for low-income and elderly islanders.

**Garth Homer Society**

**Geriatric Day Services Program**

This program provides professional training and management leadership in geriatrics to staff in order to better enhance their capacity to support an aging population, and deliver coordinated health and social services to seniors with developmental disabilities.

**Greater Victoria Citizens' Counselling Centre**

**Adult Counselling Services**

This counselling program provides short-term, accessible and affordable individual, couples and group counselling to low-income adults. All direct service is provided by volunteer counsellors who are trained and supervised at the Centre.

**Headway - Victoria Epilepsy and  
Parkinson's Centre**

**Epilepsy Program Strong Communities/Personal  
Wellbeing and Safety**

This program assists children, parents and community members to meet the practical and personal needs of handling the challenge of recurrent seizures through counselling sessions, workshops, support groups, and educational awareness presentations.

### **HeroWork Program Society**

#### **HeroWork's Charitable Social Franchise Model**

This project brings together dozens of companies and hundreds of volunteers to perform renovations for worthy charitable organizations, saving the recipient 80% of the value of the renovation. Using short timelines, a high degree of collaboration, and an exciting media covered 'big reveal,' HeroWork engages the community to work together for a common good while offering non-profit organizations renovated spaces to better conduct their work.

### **Island Deaf & Hard of Hearing Centre Association**

#### **Lend an Ear Hearing Aid Program**

This program provides refurbished hearing aids to isolated, vulnerable, and at-risk seniors and adults. Along with hearing aids, the program delivers free hearing assessments and treatment services, personalized communication plans that include communication supports, aural rehap, and speech reading to provide comprehensive health services for the affected demographic.

### **Inter-Cultural Association of Greater Victoria**

#### **Refugee Integration in the CRD**

This collaborative program works strategically across sectors to ensure that resettled refugees entering the Greater Victoria area receive streamlined services in areas such as education, housing, employment, or healthcare aimed at fast tracking their integration process and adjustment into the community.

### **Community Partnership Network: Education to Build Welcoming and Inclusive Communities**

This program works to build the capacity of businesses, community groups and agencies to better serve immigrants. It offers education seminars, tools, information and strategies on becoming more culturally inclusive.

### **Island Sexual Health Society**

#### **Outreach Education Program for High Risk Community Members**

This program provides education opportunities for individuals who experience barriers to health care access (and specifically sexual health information) including individuals with social, geographical, literacy and accessibility issues.

### **Peninsula First Nations: Tsawout Clinic and Community Support**

Working with the Tsawout health team, Island Sexual Health provides an on-site clinic at the Tsawout reserve working to provide client care around sexual health, preventative care, and on-site clinical services for improved access.

### **John Howard Society of Victoria**

#### **Feeding Ourselves and Others Community Garden**

This therapeutic community garden program helps people with mental illnesses and/or addictions issues. The garden provides a place for people to come and engage in therapeutic practices as well as building an income generating garden for people who all come from low-income backgrounds.

### **Oak Bay Volunteer Services Society**

#### **Oak Bay Direct Volunteer Services Program**

This volunteer program provides one-to-one services to individuals of all ages including seniors, persons with disabilities, low-income persons and others in need. The support helps people maintain independence and improve their quality of life. Services include drives for appointments, shopping, visits, walks, reading, writing, daily reassurance phone calls, income tax returns, minor repairs and help to parents.



### **Oasis Society for Spiritual Health**

#### **First Nation Wellness: Through Trauma Induced Grief and Loss to Human Flourishing**

This program provides a wide array of supports to street entrenched Aboriginal men and women considered most at risk for morbidity and mortality due to chronic homelessness and alcohol use. Oasis develops the capacity and empowers this population to care for themselves and others through facilitating regular engagement and support for addiction treatment.

### **Our Place Society**

#### **Sunday Drop In Program**

This program supports marginalized people, in particular Aboriginal people and seniors with an opportunity to come together and connect with others. Participants are able to access healthy food, health care services, and participate in activities designed to support their well-being and build connections.

### **Pacific Centre Family Services Association**

#### **Safer Families**

This program provides a comprehensive and integrated model of service for families experiencing domestic violence. It offers professional individual and group counselling for men, women and children to enable them to develop safe and healthy relationships and recover from the trauma of family violence.

### **PEERS Victoria Resources Society**

#### **Drop-in Community Centre for Marginalized Adults in the Sex Industry**

This drop-in centre provides a welcoming community space where sex workers can seek informal peer support while gaining access to a wider range of associated programs to assist with housing, food, income, security, and wellness education.

### **Saanich Volunteer Services Society**

#### **One on One Direct Volunteer Service**

This volunteer service program works to reduce isolation, enhance independence and improves the health and well-being of vulnerable senior citizens in Saanich. Trained volunteers provide a wide array of support to isolated seniors including access to community activities and services with supported transportation, companionship, form completion, and help with minor home repair and gardening.

### **Seniors Serving Seniors Association of BC (SSS)**

#### **Return to Health**

This partnership program with Island Health supports frail and isolated seniors living in the CRD through the transitions before, during, and after hospital stay. Trained volunteers provide social support, encouragement, and help with system navigation and connection to existing community services. The senior is visited in their home by a volunteer and phoned regularly until they are able to return to their normal activities.

### **Silver Threads Service**

#### **Identifying & Engaging Isolated Seniors**

This program works to reconnect isolated seniors with the wider community through the building of social networks. Seniors who have withdrawn from society are gently re-introduced to small social groups where they enjoy each other's company and learn about programs and services available to them in the larger community.

### **Sooke Family Resource Society**

#### **Caring for Community Counselling Program**

This program provides affordable counselling to individuals, couples and families living in the Sooke area. Counselling services offered include family, couples, trauma and emotional health, child and youth, developmentally disabled adults, life stress and transition planning. The program welcomes people of all ages, socio-economic levels, and cultural backgrounds.

### **Sooke Family Resource Society**

#### **Prenatal Education and Outreach Program**

This program provides both group and individual prenatal and postnatal education, support and outreach to pregnant women and their families in Sooke and the surrounding areas at low to no-cost.

### **Sooke Family Resource Society & Pacheedaht First Nation**

#### **Pacheedaht Families**

This weekly program works with participants to teach and care for children by engaging in activities, new learning and informal discussion. Pacheedaht and local teachers, elders, artists and experts also take part in the process. Key stakeholders include Pacheedaht band staff, Sooke Family Resource Society, South Island Wellness Society, Island Health and the BC Ministry of Children and Families.

### **Sooke Transition House Society**

#### **Stopping the Violence Restoring Hope**

This women's counselling program was established in 2005 with the BC Ministry of Justice's Victim Services and Crime Prevention Division. Both individual and group supports offer additional services including assessment and referrals for women who have experienced sexual assault, violence or abuse. With a vision of helping women return to a place of self-empowerment, supports include housing, financial advocacy, education, and counselling in the company of their peers.

### **South Island Centre for Counselling & Training Affordable Clinical Counselling Program**

This program provides professional, counselling options for people unable to access counselling services on an affordable and timely basis either through employment assistance plans or doctor referral. Clients include people who are unemployed, seniors, people with disabilities and low-income families. Counselling options include private individual, couples or family groupings as well as group therapy options.

### **Spinal Cord Injury BC**

#### **Peer Support Program - Life Changer Activities**

This program provides opportunities for people living with a spinal cord injury to form lasting social connections that reduce isolation and result in improved emotional well-being. Participants build supportive relationships and discover that they are not alone in dealing with the challenges that their spinal cord injury brings.

### **Umbrella Society for Addictions and Mental Health Peer Outreach Program**

This program works with anyone for whom substance use has become a problem, assisting clients and members of their families as they identify their own need. Emotional and tangible supports include counselling and connections to related community resources.

### **Victoria Brain Injury Society**

#### **Community Connections**

This program provides brain injury survivors with support, training, and volunteering opportunities that help them build the skills required to be emotionally, economically and socially self-supporting. It offers a safe environment for survivors to rebuild positive living skills and regain work experience while learning to deal with the challenging impacts of their injury.

### **Victoria Cool Aid Society**

#### **Downtown Community Centre**

The Downtown Community Centre provides people who are either homeless or at-risk of becoming homeless with a variety of healthy recreation and life skills programs to build a social network at no cost.

### **The Community Volunteer Training Program**

This program delivers core mental health and addictions training to volunteers of community social service agencies. In collaboration and partnership with a range of non-profit organizations, it enhances the knowledge and skills of caring community volunteers and the capacities of those associated organizations to support the needs of vulnerable adults living in our community.

### **Victoria Immigrant and Refugee Centre Society Social Innovation and Collaboration Centre - A New Model for Non-Profits**

This program brings together four non-profit organizations in the Greater Victoria area whose mandates complement each other, in an effort to establish a concrete model for social innovation and collaboration in the social service non-profit sector. The goal is to identify a shared vision that inspires the collaborating agencies to work together in a more efficient and effective manner.

### **Victoria Sexual Assault Centre Society**

#### **The Victoria Sexual Assault Clinic**

The Victoria Sexual Assault Clinic provides survivors of sexual assault with access to medical and forensic exam, crisis support, police interviews, crown interviews, counselling services and other community supports.

### **Victoria Women's Transition House Society Older Women's Support Program**

This psycho-educational program helps promote social inclusion and reduce isolation for senior women who, in many cases, have experienced decades of domestic violence, neglect or elder abuse. The 10-week program is offered in three different communities across the CRD reaching women aged 24 to 45. It includes intensive, weekly, three-hour group sessions, supplemented by individual sessions as required with support follow-up.

### **Spousal Assault Victim Support Inclusion Program**

This community-based program focuses on violence against women in intimate relationships. It supports women through the criminal justice system and provides emotional, financial, and social supports needed to recover from trauma. Program workers provide information and assistance to victims of assault, threats, or criminal harassment by an intimate partner or ex-partner regardless of whether or not the incident was reported to police.

### **Victoria Youth Empowerment Society Alliance Club**

This youth drop-in centre acts as a safe connecting point for at-risk and street involved youth to explore a more positive lifestyle. Services include basic needs such as meals, showers, laundry facilities and focused educational sessions. It acts as a linking point between youth, their families and community resources. Youth are assisted with housing, alcohol/drug misuse, mental health, employment, school, family issues, and life skills.

### **Mental Health Liaison**

This program works to improve access and coordination of mental health/addiction services for vulnerable youth and families. Direct counselling, drop-in and outreach support assists youth and families to meet their often complex needs that may be indicative of a mental health concern.

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## **Volunteer Victoria**

### **Stage Based Volunteering - Best Practices for Seniors**

This project identifies the successes, opportunities, and challenges that local senior volunteers commonly experience at various stages on their volunteer journeys. Given that organizations rely heavily on senior volunteers in Greater Victoria and that the population is growing significantly, organizations and individuals need additional tools, peer support, and relevant information to better assess and communicate changing volunteer needs, to negotiate terms for positive engagement, and to plan for succession, change, and re-engagement in new roles and/or with new organizations.

### **Volunteer Referral and Resource Centre Program**

This is a volunteer recruitment and referral program for non-profit agencies in Greater Victoria. Volunteers are recruited, trained and placed at local non-profits across the community.

## **We Rage, We Weep Alzheimer Foundation**

### **Arts & Alzheimers**

This art and music participation program helps seniors with dementia living at home with their caregivers. Dementia can affect a person's ability to communicate leaving them feeling lonely and isolated. Parts of the brain associated with the arts and music effect a deep response that can remain intact far into the disease. This program engages the best practices of dementia care including socialization, meaningful activity, emotional/spiritual support and person centered care, a structured routine and an expressive outlet even if the person is non-verbal.

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