

FASD Community Road Map Of FASD Appropriate Services in the Capital Regional District

Summer, 2009

**Prepared by
FASD Community Circle of Victoria**



**a project of
Beacon Community Services**



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ABORIGINAL

BCANDS (BC Aboriginal Network on Disability Society)

BCANDS provides a variety of support services and resources to Aboriginal People with disabilities and those associated with the disabled. We are a registered non-profit society with charitable status and currently serve more than 6100 members.

1179 Kosapsun Crescent, Victoria, BC, V9A 7K7

Phone: 250-381-7303

www.bcands.bc.ca

Capital Region Race Relations Association

Services: To address racism-related incidents by providing a safe place to process and recover from race-based abuse, advocacy, counselling, referrals, support, information and drop-in services, education and awareness on issues of racism, computer program and mediation.

620 View St, Suite 414, Victoria, BC V9A 3K5

Phone: 250-380-7311

Email: crrra@shaw.ca

First Nations Indian & Inuit Health Services

Health Canada is working with First Nations people and Inuit to improve their health. Together with First Nations and Inuit organizations and communities, we carry out many activities aimed at helping people stay healthy, and prevent chronic and contagious diseases.

See Website for Contact Info for Specific Departments

www.hc-sc.gc.ca/fniah-spnia/index-eng.php

Hulitan Social Services Society

The purpose of Hulitan Social Services Society is to provide social and emotional support to Aboriginal children, youth and their families living in the urban areas of Greater Victoria.

902 A Caledonia Avenue, Victoria, BC V8T 1E8

Phone: 250-384-9466

Email: admin@hulitan.ca

www.hulitan.ca

Inter Tribal Health Authority

Inter Tribal Health Authority exists to support its member First Nations by enhancing the quality of life and well being of their people and families through community development, professional consultation and direct health services.

534 Centre Street, Nanaimo BC V9R 4Z3

Phone: 250-753-3990

Email: itha@intertribalhealth.ca

www.intertribalhealth.ca

M'akola Group of Societies

The Society was established to provide safe, affordable housing for families of First Nations ancestry who were in core need of housing in urban centers on Vancouver Island.

2009 Fernwood Rd, Victoria BC, V8T 2Y8
Phone: 250-384- 1423 Toll Free 877-384-1423
Email: administrator@makola.bc.ca
www.makola.bc.ca

Metis Community Services

The purpose and mandate of Metis Community Services (MCS) is to research, develop, deliver and evaluate human service programs for the approximately 8,000 Metis people who live on Vancouver Island.

345 Wale Road, Victoria, BC V9B 6X2
Phone: 250-391-9924
Email: reception@metis.ca
www.metis.ca

Native Courtworker & Counselling Association of BC

The Native Courtworker and Counselling Association of British Columbia provides culturally appropriate services to aboriginal people and communities consistent with their needs.

207 - 1999 Marine Drive, North Vancouver, BC V7P 3J3
Phone: 604-985-5355
Email: nccabc@nccabc.net
www.nccabc.ca

Ni|tu'o Child & Family Services

Ni|TU'O's goals are to ensure the safety, protection, and well being of our children in today's society; working together to maintain the traditional values of the extended family.

1-2475 Mt. Newton X Road, Saanichton, BC V8M 2B7
Phone: 250-544-1400 TollFree: 1-888-744-1422
Email: reception@niltuo.com
www.niltuo.com

Victoria Native Friendship Centre

The VNFC mandate is to meet the needs of Native people in the Greater Victoria area by providing them with services and information designed to enhance traditional values and cultures of the Native Peoples.

231 Regina Ave., Victoria, BC, V8Z 1J6
Phone: 250-384-3211
www.vnfc.ca

ABORIGINAL - Saanich

First Nations Training and Consulting Services

Our vision for First Nations people in Canada is that all of our communities will have access to quality and relevant education and training programs and that more of our people will be trained to be effective decision makers of our future.

1164 Stelly's X Road, Brentwood Bay BC, V8M 1H8

Phone: 250-652-7097

Email: office@fntcs.com

www.firstpeoplescanada.com

Saanich Indian School Board (Adult Education Center)

Our mission is to enhance education opportunities for Saanich Nation adults living on and off reserve and in neighboring communities by offering courses and programs that are community based and driven and which link to the Saanich Nation's longer range community development plans, to advance development, self-sufficiency and self-reliance.

7449 West Saanich Road, Brentwood Bay BC V8M 1R3

Phone: 250-652-2214

www.sisb.bc.ca/saec

Saanich Native Support Program

1210B Totem Lane, North Saanich, V8L 5S4

Phone: 250-655-9549

Email: audrey_snsp@shaw.ca

ADVOCACY & MEDIATION

Vancouver Island Human Rights Coalition

418 -620 View Street, Victoria, B.C.V8W 1J6

Phone: 250-382 3012

Email: vihrc@telus.net

Together against Poverty (TAPS)

#302 - 895 Fort Street, Victoria, BC V8W 1H7

Phone: 250-361-3521

Email: tapsbc@shaw.ca

www.tapsbc.baremetal.com

Victoria Family Justice Centre

701 Vernon Ave, Suite 501, Victoria, BC V8X 5A7

Phone: 250-952-4111

www.ag.gov.bc.ca/family-justice/index.htm

AGENCIES DEALING WITH DISABILITIES

Action Committee of People with Disabilities

ACPD serves all people, regardless of disability type: physical, psychiatric, developmental, sensory, and/or emotional. We are operated by and for people with disabilities. Whenever possible, our programs and services are offered by consumers.

926 View St, Victoria, BC V8V 3L5

Phone: 250-383-4105

Email: acpdcoordinator@shaw.ca

www.actioncommittee.ca

BC Coalition of People with Disabilities

204-456 W. Broadway, Vancouver, BC V5Y 1R3

Phone 604-875-0188 TollFree 1-800-663-1278

Email feedback@bccpd.bc.ca

www.bccpd.bc.ca

Capital Mental Health Association of Victoria

At CMHA, our mission is to enhance and enrich the quality of life of persons with mental illness and to promote their integration in the communities of the capital region through partnerships with the individuals, their family members and the community.

125 Skinner St, Victoria, BC V9A 6X4

Phone: 250-389-1211

Email: cmha@miravictoria.ca

www.miravictoria.ca

Learning Disabilities Association of BC – South Vancouver Island Chapter

The Learning Disabilities Association of BC – South Vancouver Island Chapter (LDA-SVI) is a not for profit organization that educates supports and advocates for children and youth with Learning Disabilities (LD) and or Attention Deficit Disorders AD/HD and their families.

1524 Fort Street, Victoria, BC V8S 5J2

Phone: 250-370-9513

Email: debbie@ldasvi.bc.ca

www.ldasvi.bc.ca

NIGEL Services for Adults with Disability Society

To establish and maintain cost effective, accessible homes that provide a caring environment for adults aged 19-55 whose primary disabilities are physical.

846 Nigel Ave., Victoria BC V8X 4E5

Phone: 475-2050

www.nigel-qlc.com

Triumph Vocational Services -Victoria (Employment Program)

At Triumph, our goal is to be highly accessible to clients, employers and referral agencies. Triumph offers a full range of services, from disability management and assertiveness training to skills-gap training and job placement. We also work with employers to help create opportunities for positive work experiences.

915 Fort Street, Victoria, BC V8V 3K3
Phone: 250-384-9283 TollFree: 1-866-689-7150
www.triumphvocational.com

Victoria Association for Community Living

As the largest non-profit community living service provider on Vancouver Island, Community Living Victoria provides a range of support services to children and adults with developmental disabilities and their families.

Phone: 250-477-7231
www.communitylivingvictoria.ca

AGENCIES DEALING SPECIFICALLY WITH FASD

FAS Information Line

Canadian Centre on Substance Abuse
National Clearinghouse on Substance Abuse
75 Albert Street, Ottawa, ON K1P 5E7
Phone: 1-800-559-4514
www.ccsa.ca

FASD KEYWORKER PROGRAMS:

(for a list of other Keyworker programs outside of Victoria, download the file at http://www.mcf.gov.bc.ca/fasd/pdf/key_worker_parent_support_agencies.pdf)

FASD Community Circle Victoria

The FASD Community Circle started as a group of concerned parents and community partners who banded together to advocate for, and organize, better services for their children with FASD. Today, we have a board an active membership, as well as professional staff to deliver these services.

1450 Elford St., Victoria, BC
Phone: 250-595-6626
Email: dgerry@beaconcs.ca

Metis Community Services FASD Keyworker

The purpose and mandate of Metis Community Services (MCS) is to research, develop, deliver and evaluate human service programs for the approximately 8,000 Metis people who live on Vancouver Island.

345 Wale Road, Victoria, BC V9B 6X2
Phone: 250-391-9924
Email: reception@metis.ca
www.metis.ca

Nil̓tu'ŋ Child & Family Services FASD Keyworker

NI̓TU'Ŋ'Ŋ's goals are to ensure the safety, protection, and well being of our children in today's society; working together to maintain the traditional values of the extended family.

1-2475 Mt. Newton X Road, Saanichton, BC V8M 2B7
Phone: 250-544-1400 TollFree: 1-888-744-1422

Email: reception@niltuo.com
www.niltuo.com

Victoria Native Friendship Society FASD Keyworker Program

The VNFC mandate is to meet the needs of Native people in the Greater Victoria area by providing them with services and information designed to enhance traditional values and cultures of the Native Peoples.

231 Regina Ave., Victoria, BC, V8Z 1J6
Phone: 250-384-3211
www.vnfc.ca

ALCOHOL & DRUG SERVICES

(See also *Family Counselling*)

AIDS Vancouver Island

AIDS Vancouver Island serves the needs of people infected and affected by HIV and hepatitis C. We take evidence-based action to prevent infection, provide support, and reduce stigma. AVI distributes and collect harm reduction supplies, provides referrals to detox and treatment, and hosts education workshops for people who use drugs by injection. Our drug treatment case manager can work on-on-one with clients (counseling, referrals, etc.)

713 Johnson St, Victoria, BC V8W 1M8
Infoline: 1-800-665-2437
Phone: 250-384-2366
Email: info@avi.org
www.avi.org

Alano Club of Victoria

Like many Alano Clubs around the world, we serve a unique and special function in our community, at very little cost to our members. Our relationship to Alcoholics Anonymous, Narcotics Anonymous, Al-Anon and other Twelve Step groups is one of "cooperation, not affiliation."

1402 Broad Street, Victoria BC V8W2B1
Office: 383-7803
www.alanoclubvictoria.org

Al-Anon/AlaTeen Family Groups

For over 55 years, Al-Anon (which includes Alateen for younger members) has been offering strength and hope for friends and families of problem drinkers.

2-2020 Douglas Street Victoria, BC V8T 4L1
Phone: 250-383-4020
www.al-anon.alateen.org

Alcohol & Drug Information & Referral Service

Provides information and referral services for people across B.C. needing help with any kind of substance abuse. Includes information and referral to education, prevention and treatment services and regulatory agencies.

Toll Free: 1-800-663-1441

Alcohol & Drug Services Victoria Clinic

Screening for group counseling available. Drop-in support group for early recovery issues. Group counseling available for family members. Assessments and referrals to other chemical dependency programs. Team physician available for medical consultation. Prevention activities with school and community-based programs.

Dallas House Society
228-1250 Quadra Street, Victoria B.C. V8W 2K7
Phone: 250-727-3544

Alcoholics Anonymous Victoria

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is a desire to stop drinking.

8-2020 Douglas Street, Victoria, BC V8T 4L1
Phone: 250-383-0415 Crisis Line 250-383-7744
Email: vicintgpco@shaw.ca
www.aavictoria.ca

Foundation House (Men's Supportive Recovery Homes)

Foundation House is a supportive recovery home for men who are healing from the effects of alcohol and drug dependency. We provide residents with a stable and safe living environment and facilitate community development by assisting men in establishing a longer-term network of support.

536 Cecelia Road, Victoria, BC V8T 4T7
Phone: 250-480-1342
Email: foundationhouse@shaw.ca
www.foundationhouse.org

Victoria Methadone Clinic

Outreach Services Clinic
2004 Fernwood Road,
Victoria, BC V8T 2Y9
Phone: 250-480-1232

Narcotics Anonymous – South Vancouver Island Area

Narcotics Anonymous provides a recovery process and peer support network that are linked together. One of the keys to NA's success is the therapeutic value of addicts working with other addicts

Phone: 250-383-3553
www.sviasc.org

Salvation Army Addictions & Rehabilitation Center

The Victoria Addictions and Rehabilitations Centre is a modern 121-bed facility that is situated in downtown Victoria. This multipurpose facility makes every effort to give its residents the opportunity to live in a safe drug and alcohol free environment.

525 Johnston Street, Victoria, B.C. V8W 1M2
Phone: 250-384-3396 Fax: 250-480-1447
www.salvationarmycfs.com

Victoria Cool Aid Society

The Cool Aid Society has been building hope, lives and community through a wide range of programs including supported housing, community health and dental services, emergency shelter, and a casual labour pool for adults who are homeless or in need of help.

101-749 Pandora Avenue, Victoria, BC V8W 1N9
Phone: 250-383-1977
www.coolaid.org

Victoria Human Exchange Society

The Society rents houses from sympathetic landlords and welcomes poverty-afflicted persons who live at these houses until they solve the challenges facing them and move on to permanent housing.

Phone: 250-656-6242
Email: vhesvic@victoria.tc.ca
www.humanx.org

ALCOHOL & DRUG SERVICES- Western Communities

Pacific Centre Family Services

Pacific Centre Family Services Association is dedicated to maintaining outstanding services for the people we work with through education, counseling and creative programming.

Phone: (250) 478-8357 Toll Free: 1-866-478-8357
Email: pacificcentre@pcfsa.org
www.pacificcentrefamilyservices.org

ALTERNATIVE EDUCATION

Artemis Place

Artemis Place is an integrated counselling and educational program, which provides a unique alternative to traditional school for at-risk girls in our community who are overlooked by existing programs.

Phone: 250-598-5183
Email: artemisplace@telus.net
www.artemisplace.org

Literacy Victoria

Literacy Victoria is the first place on southern Vancouver Island that adults go for free basic literacy services and where people go to for information on adult literacy.

930A Yates, Victoria, BC V8V 4Z3
Phone: 250-381-3755
Email: info@literacyvictoria.ca
www.literacyvictoria.ca

Options for Pregnant/Parenting Teens

A holistic, compassionate and nurturing community, including an on site child care centre, where young women can enjoy success, develop resiliency and get help with social and emotional issues while continuing with their education.

Phone: 250-598-5183
Email: bmckay@sd61.bc.ca
www.artemisplace.org

School District #61

556 Boleskine Road, Victoria, B.C., V8Z 1E8
Phone: 250-475-3212
Alternative Education- Phone: -250- 360-4321
www.sd61.bc.ca

South Island Distance Education School (SIDES)

SIDES is a student –centered learning community providing high-quality, flexible educational programs. SIDES is a public, full-service, K-to-12 school, offering distributed learning courses to all students in BC, and is a proud member of School District 63 (Saanich).

4575 Wilkinson Road, Victoria, BC, V8Z 7E8
Phone: 250-704-4979
Email: sides@sides.ca
www.sides.ca

ALTERNATIVE EDUCATION – Saanich

School District #63

2125 Keating Cross Road, Saanichton, B.C., V8M 2A5
Phone: (250) 652-7300
www.sd63.bc.ca

ASSESSMENT

*Get referral to a pediatrician from a family doctor.
Pediatricians do medical assessments of FASD.*

Asante Centre (Maple Ridge – Private Clinic)

Phone: 1-866-327-7101
103 - 22356 McIntosh Avenue Maple Ridge, BC V2X 3C1
Phone: 604-467-7101 TollFree: 1-866-327-7101
Email: info@asantecentre.org
www.asantecentre.org

Queen Alexandra Center for Children’s Health

2400 Arbutus Road Victoria, BC V8N 1V7
Phone: 250-477-1826
Email: info@queenalexandra.org
www.queenalexandra.org

COMMUNITY SOCIAL SERVICE AGENCIES

Blanshard Community Centre

Family drop-in programs, family support groups, family outreach and advancement workers, school based youth and family counsellors, youth (drop-in, work orientation and arts) programs, licensed childcare programs, day camps and seniors programs.
901 Kings Rd, Victoria, BC V8T1W5

Phone: 250-388-7696
www.blanshardcc.com

Burnside Gorge Community Centre

The Burnside Gorge Community Centre is both a neighbourhood house and a recreation centre. We strive to provide family resource programs and services that respond to the needs of families in the area, such as support and counseling, family outreach and parent & tot programs.

471 Cecelia Rd., Victoria BC V8T 4T4
Phone: 250-388-5251
www.burnsidegorge.ca

Downtown Community Activity Centre (Cool Aid Society)

The gymnasium, kitchen and courtyard are available for rentals any day of the week. In addition to facilitating events for private groups, some renters provide programs or events that are open to members of the public. Cool Aid staff and volunteers also routinely organize special events and on-going drop-in programs for the benefit of the local community.

755 Pandora Ave., Victoria BC V8W 1N9
Phone: 250-383-0076
www.coolaid.org

Esquimalt Neighbourhood House

ENH is committed to promoting health, education, and social change within the community by working in partnerships, encouraging participation, and offering respectful services.

511 Constance Ave. Victoria, BC V9A 6N5
Phone: 250-385-2635
www.enh.bc.ca

Fernwood Neighbourhood Resource Group

The Fernwood Neighbourhood Resource Group (NRG) offers quality innovative programs that assist to improve the quality of life for all who access our service. We provide programs such as; Victoria Best Babies, prenatal/postnatal health & referrals, Parent and Tot drop-in, licensed childcare programs, youth, adult and seniors activities, rentals, community centered events and activities, enterprising non-profit café which provides a neighbourhood living room, affordable housing.

1240 Gladstone Avenue
Phone: 250-381-1552
Email: info@fernwoodnrg.ca
www.fernwoodneighbourhood.ca

James Bay Community Project

James Bay Community Project is a community health center, which provides Primary Health Care, Family Services and Community and Volunteer Services. Our programs and services are based on a broad definition of health, and seek to improve community, family and individual health through a variety of programs and services for all ages.

547 Michigan Street, Victoria V8V 1S5
Phone: (250) 388-7844

Email: askus@jbcp.bc.ca
www.jbcp.bc.ca

James Bay Community School Centre

140 Oswego Street
Phone: 250-389-1470
Email: centredesk@jamesbaycentre.ca
www.jamesbaycentre.ca

Saanich Neighbourhood Place

Pearkes Community Recreational Center
3100 Tillicum Road Victoria BC V9A 6T2
Phone: 250-360-1148
Email: sn-place@telus.net
www.saanichneighbourhoodplace.com

DIRECT FAMILY SUPPORT

Cridge Centre for the Family

The Cridge Centre provides service primarily to the Greater Victoria community with a priority on those in crisis, distress or experiencing high, unmet need. Our services are available to all; regardless of individual beliefs or other differences.

1307 Hillside Avenue Victoria, BC, V8T 0A2
Email: bmiddleton@cridge.org
www.cridge.org

Esquimalt Neighbourhood House

ENH offers resource programs, family support, volunteer counseling services, USTAT counseling & youth outreach workers.

511 Constance Ave., Victoria BC, V9A 6N5
Phone: 250-385-2635

Foster Parent Support Services Society of BC

The FPSS Foster Parent Support Services Society is a Grass Roots organization committed to providing meaningful and accessible support, education and networking services which will continually enhance the skills and abilities of foster parents to deliver the best care possible to the children in their homes.

145-735 Goldstream Avenue Victoria, BC V9B 2X4
TollFree: 1-888-922-8437
Email: admin@fpsss.com
www.fpsss.com

Parent Support Services Society of BC

To promote healthy family relationship by supporting children, parents and others in a parenting role in B.C. communities.

941 Kings Rd., Victoria, BC V8T 1W7
Phone: 250-384-8042
TollFree: 1-800-377-0212

www.parentsupportbc.ca

Single Parent Resource Centre

In a relaxed and supportive house-like setting, the Centre offers a wide selection of programs and free services that assist custodial and non-custodial parents in meeting the needs of their families.

602 Gorge Road East, Victoria BC, V8T 2W6

Phone: 250-385-1114

Email: info@singleparentvictoria.ca

www.singleparentvictoria.ca

EMPLOYMENT AGENCIES

ASPECT

ASPECT is an association of community-based trainers that represents and promotes the interests and activities of members to strengthen their capacity to provide services to people with barriers to employment.

975 Alston Street, Victoria, BC V9A 3S5

Phone: 250-382-9675 Toll Free: 1 888.287.4957

Email: info@aspect.bc.ca

www.aspect.bc.ca

Bridges for Women

The two main objectives of the Bridges Employability Program are: to provide women survivors of any form of abuse with education, training and other supportive programs which will help them break the abusive cycle; and to share information with groups, organizations and the public on the needs of women who have a history of abuse.

320-1175 Cook St, Victoria, BC V8V 4A1

Phone: (250) 385-7410 Toll Free: 1-866-896-3356

Email: careers@bridgesforwomen.ca

www.bridgesforwomen.ca

Community Casual Labour Pool (Cool Aid)

The Community Casual Labour Pool (CCLP) is a free service that matches employers with workers looking for short term, casual positions. The CCLP is located in the REES Network centre, which provides access to computers, fax, copier, local phone and newspapers.

755 Pandora Ave., Victoria BC V8W 1N9

Phone: 250-383-0076

www.coolaid.org

The Pathway Project (WorkLink)

Participants are paid to look for work - plus, you'll get Food Safe, SuperHost, and First Aid Level One certifications. How cool is that? AND we can offer a wage subsidy to an employer as an incentive to hire you!

101-847 Goldstream Ave., Langford, BC

Phone: 250-391-1487

Email: rwaldie@worklink.bc.ca

www.thepathwayproject.blogspot.com

Triumph Vocational Services -Victoria (Employment Program)

At Triumph, our goal is to be highly accessible to clients, employers and referral agencies. Triumph offers a full range of services, from disability management and assertiveness training to skills-gap training and job placement. We also work with employers to help create opportunities for positive work experiences.

915 Fort Street, Victoria, BC V8V 3K3

Phone: 250-384-9283 TollFree: 1-866-689-7150

www.triumphvocational.com

T.Y.E.S. (Transition Youth Employment Services Society)

T.Y.E.S. Transition Youth Employment Services Society is a cross disability employment service for individuals with disabilities living in the Greater Victoria Area (including Sooke & Sidney) who are in transition to employment. Our service, funded by Employment & Labour Market Services (MHSD), assists clients achieve increased independence.

203-780 Tolmie Ave. Victoria, BC V8X 3W4

Phone: 250-381-7582 TDD/TTY: 250-381-7582

Email: tyes.1@shawcable.com / tyes.2@shawcable.com

www.tyes.ca

EMPLOYMENT AGENCIES – Western Communities

Worklink Employment Society

We are the one-stop shop for all your Job Search, Career Planning, Self-employment and Training information needs in the West Shore, Sooke and surrounding areas. All our services are provided at no cost to the user.

Sooke Location:

Unit D, 6625 Sooke Road

Sooke, BC

V9Z 0A3

Westshore Location

Phone: (250) 478-9525

2234 Sooke Road

Victoria, BC

V9B 1X1

www.worklink.bc.ca

FAMILY PLANNING & INTERVENTION

(see also Prenatal & Infant Development)

BC Women's Pregnancy Options Telephone Service

The telephone service helps women make informed choices. We operate a FREE telephone service to help women with unintended pregnancies find support, information, and services as close to home as possible.

BC Women's Hospital & Health Services

TollFree: 1-888-875-3163

Boys & Girls Club

We strive to offer children and youth from all economic, cultural and social backgrounds access to the resources, supports and opportunities that will enable them to overcome barriers and achieve their positive potential in life.

1240 Yates Street, Victoria, BC V8V 3N3

Phone: 250-384-9133

Email: admin@bgcvic.org

www.bgcvic.org/

CHOICES Adoption

Whether you are pregnant or already have a child and are considering adoption as a potential plan, we can help you assess your personal situation and understand your range of options as you make decisions that suit your needs.

100-850 Blanshard St., Victoria, BC V8W 2H2

Phone: 250-479-9811

Email: choices@choicesadoption.ca

www.choicesadoption.ca

First Reach

Provides outreach counselling to ensure access to necessary resources in pregnancy and through to six months postpartum.

Victoria YM-YWCA

880 Courtney Street, Victoria V8W 1C4

Phone: 413-8858 or 812-6577

www.victoriay.com

Island Sexual Health Society

We offer sexual health clinics and sex education programs for all genders, orientations, identities, and ages in Greater Victoria, BC.

200-1770 Fort Street, Victoria BC V8R 1J5

Phone: 250-592-3479

Email: info@islandsexualhealth.org

www.islandsexualhealth.org

Motherisk

Our mandate is to provide authoritative information and guidance to pregnant or lactating patients and their health care providers regarding the fetal risks associated with drug, chemical, infection, disease and radiation exposure(s) during pregnancy.

[Alcohol and Substance Use Helpline](#)

TollFree: 1-877-327-4636

[Nausea & Vomiting of Pregnancy Helpline](#)

TollFree: 1-800-436-8477

[HIV and HIV Treatment in Pregnancy](#)

TollFree: 1-888-246-5840

Options Pregnancy Centre

We're an organization committed to helping both men and women before, during, and after unplanned pregnancies.

4 – 855 Caledonia Avenue Victoria, B.C. V8T 1E6

Phone: 250-380-6883
www.optionspregnancy.org

Victoria Youth Clinic

Victoria Youth Clinic is a confidential free health care service for youth 12 to 24 years. A doctor, nurse/counsellor, outreach worker and office assistant staff the clinic.

Downtown Clinic (for street youth)

533 Yates Street,

Victoria V8W 1K7

Tel: 250-383-3552

James Bay Clinic

547 Michigan Street,

Victoria V8V 1S5

Tel: 250-388-7841

Email: office@victoriayouthclinic.ca

www.victoriayouthclinic.ca

FAMILY PLANNING & INTERVENTION- Saanich

Birth Control Clinic

2170 Mt Newton X Rd, Saanichton BC V8M 1T8

Phone: 250-544-2424

Email: info@islandsexualhealth.org

www.islandsexualhealthsociety.org

FAMILY COUNSELLING

Blanshard Community Centre

Family drop-in programs, family support groups, family outreach and advancement workers, school based youth and family counsellors, youth (drop-in, work orientation and arts) programs, licensed childcare programs, day camps and seniors programs.

901 Kings Rd, Victoria, BC V8T1W5

Phone: 250- 388-7696

www.blanshardcc.com

Burnside Gorge Community Centre

The Burnside Gorge Community Centre is both a neighbourhood house and a recreation centre. We strive to provide family resource programs and services that respond to the needs of families in the area, such as support and counseling, family outreach and parent & tot programs.

471 Cecelia Rd., Victoria BC V8T 4T4

Phone: 250-388-5251

www.burnsidegorge.ca

Esquimalt Neighbourhood House

ENH offers resource programs, family support, volunteer counseling services, USTAT counseling & youth outreach workers.

511 Constance Ave., Victoria BC, V9A 6N5

Phone: 250-385-2635

Fernwood Community Centre

1240 Gladstone Ave., Victoria BC V8T 1G6

Phone: 250-381-1552

Email: info@fernwoodnrg.ca

www.fernwoodneighbourhood.ca

Greater Victoria Child & Family Counseling Association

The Child and Family Counselling Association (CAFCA) provides guidance and support to children, youth, parents and families. Referrals to CAFCA's child protection, and youth services come directly from the Ministry of Children and Family Development. Referrals for community living services come directly from Community Living British Columbia. Parents of children with autism spectrum disorder can self-refer to CAFCA's autism services program and use provincial autism funding to purchase a variety of services available from this program.

Parliament Mews

Suite #5 – 230 Menzies Street, Victoria BC V8V 2G7

Phone: 250-595-4423

Email: mail@cafca.ca

www.cafca.ca

Greater Victoria Citizens' Counselling Centre

Trained volunteer counsellors offer affordable, accessible individual, couples and group counselling for adult residents of Greater Victoria.

941 Kings Rd, Victoria, BC V8T 1W7

Phone: 250-384-9934

Email: info@citizenscounselling.com

www.citizenscounselling.com

James Bay Community Project

James Bay Community Project is a community health center, which provides Primary Health Care, Family Services and Community and Volunteer Services. Our programs and services are based on a broad definition of health, and seek to improve community, family and individual health through a variety of programs and services for all ages.

547 Michigan Street, Victoria BC V8V 1S5

Phone: 250-388-7844 Fax: 250-388-7856

Email: askus@jbcp.bc.ca

www.jbcp.bc.ca

Mary Manning Centre

210-1175 Cook St, Victoria BC V8V 4A1

Phone: 250-385-6111

Phoenix Human Services

Phoenix offers a broad range of services to a diverse group of people. Despite the differences in people, their situations, and the services they receive, the commitment to enhance people's quality of living is embedded in all programs.

1824 Store St, 2nd Floor, Victoria, BC V8T 4R4

Phone: 250-383-4821
Email: admin@phoenixhumanservices.org
www.phoenixhumanservices.org

FEDERAL & PROVINCIAL GOVERNMENT

Ministry of Children & Family Development (MCFD)

Refer to the Blue Pages in your phone book for a listing of local offices & departments

Ministry of Human Resources

Disability Issues
www.eia.gov.bc.ca/pwd.htm

Ministry of Human Resources

Employment Programs for Persons with Disabilities
www.eia.gov.bc.ca/pwd/eppd.htm

Members of the Legislative Assembly (MLAs – Provincial)

Bill Routley (Cowichan Valley)

181 Station St., Duncan
Phone: 250-746-1955
Email: bill.routley.mla@leg.bc.ca
www.billroutley.bcndp.ca

Carole James (Victoria-Beacon Hill)

1515 Cook Street, Victoria
Phone: (250) 386-8497
E-mail: carole.james.mla@leg.bc.ca
www.carolejames.bcndp.ca

Ida Chong (Oak Bay – Gordon Head)

223 – 3930 Shelbourne Street, Victoria, BC V8P 5P6
Phone: 250 472-8528
Email: ida.chong.mla@leg.bc.ca
www.idachong.com

Lana Popham (Saanich South)

4085 Quadra Street, Victoria, BC V8X 1K5
Phone: 250-479-4154
Email: lane.popham.mla@leg.bc.ca
www.saanichsouth.ca

Maurine Karagianis (Esquimalt-Royal Roads)

A5, 100 Aldersmith Place, Victoria, BC V9A 7M8
Phone: 250-479-8326
Email: Maurine.Karagianis.MLA@leg.bc.ca
www.maurinekaragianis.ca

Murray Coell (Saanich North and the Islands)
Suite F, 2412 Beacon Avenue, Sidney, BC V8L 1X4
Phone: 250-655-5711
TollFree: 1-866-655-5711
Email: murry.coell.mla@leg.bc.ca
www.murraycoell.com

Rob Fleming (Victoria – Swan Lake)
1020 Hillside Avenue, Victoria, BC V8T 2A3
Phone: 250-360-2023
Email: Rob.Fleming.MLA@leg.bc.ca

Members of Parliament (MPs - Federal)

Denise Savoie: Victoria
970 Blanshard Street, Victoria, BC V8W 2H3
Phone: 250-363-3600
Email: Savoie.D@parl.gc.ca
www.denisesavoie.ndp.ca

Gary Lunn: Saanich – Gulf Islands
1-9843 Second St., Sidney, BC V8L 3C7
Phone: 250-656-2320
Email: lunnmp@garylunn.com
www.garylunn.com

Keith Martin: Esquimalt – Juan de Fuca
666 Granderson Road Victoria, BC V9B 2R8
Phone: 250-474-6505
Email: Martin.K@parl.gc.ca
www.gokeith.ca

HOUSING

Cridge Centre for the Family

The Cridge Centre provides service primarily to the Greater Victoria community with a priority on those in crisis, distress or experiencing high, unmet need. Our services are available to all; regardless of individual beliefs or other differences.

1307 Hillside Avenue Victoria, BC, V8T 0A2
Email: bmiddleton@cridge.org
www.cridge.org

Foundation House (Men's Supportive Recovery Homes)

Foundation House is a supportive recovery home for men who are healing from the effects of alcohol and drug dependency. We provide residents with a stable and safe living environment and facilitate community development by assisting men in establishing a longer-term network of support.

536 Cecelia Road, Victoria, BC V8T 4T7
Phone: 250-480-1342

Email: foundationhouse@shaw.ca
www.foundationhouse.org

Kardel Consulting

Kardel is a CARF-accredited agency providing residential, day service, respite, home-share and other individualized supports through Host Agency Agreements. The desire to participate in the development of individualized community-based services is as vital today as it was when Kardel began.

Phone: 250-382-5959
Email: info@kardelcares.ca
www.kardelcares.ca

M'akola Group of Societies

The Society was established to provide safe, affordable housing for families of First Nations ancestry who were in core need of housing in urban centers on Vancouver Island.

2009 Fernwood Rd, Victoria BC, V8T 2Y8
Phone: 250-384- 1423 Toll Free 877-384-1423
Email: administrator@makola.bc.ca
www.makola.bc.ca

Pacifica Housing Services

Pacifica Housing Services provides housing outreach and support services to homeless and hard-to-house individuals in Greater Victoria. These services are offered from the Downtown Outreach Services office.

826 Cormorant Street Victoria, BC V8W 1R1
Phone: 250-356-2555
Email: dos@pacificahousing.ca
www.pacificahousing.ca

Victoria Cool Aid Society

The Cool Aid Society has been building hope, lives and community through a wide range of programs including supported housing, community health and dental services, emergency shelter, and a casual labour pool for adults who are homeless or in need of help.

101-749 Pandora Avenue, Victoria, BC V8W 1N9
Phone: 250-383-1977
www.coolaid.org

Victoria Human Exchange Society

The Society rents houses from sympathetic landlords and welcomes poverty-afflicted persons who live at these houses until they solve the challenges facing them and move on to permanent housing.

Phone: 250-656-6242
Email: vhesvic@victoria.tc.ca
www.humanx.org

OFFENDER/LEGAL SERVICES

Access to Justice

We work with multi-barriered individuals to access opportunities to increase their involvement in the development of care of their children.

P.E.E.R.S.
1-744 Fairview Rd, Victoria, BC, V9A 5T9
Phone: 250-388-5325 x101
Email: accesstojustice@peers.bc.ca
www.peers.bc.ca

BC Human Rights Tribunal

The B.C. Human Rights Tribunal is an independent, quasi-judicial body created by the B.C. Human Rights Code. The Tribunal is responsible for accepting, screening, mediating and adjudicating human rights complaints.

1170 - 605 Robson Street Vancouver, B.C. V6B 5J3
Toll Free: 1-888-440-8844
Email: BCHumanRightsTribunal@gov.bc.ca
www.bchrt.bc.ca

Clicklaw (previously LawLink)

Clicklaw is a website aimed at enhancing access to justice in British Columbia. It features legal information and education, but it is not a site of laws. Instead, Clicklaw features legal information and education designed for the public.

www.clicklaw.bc.ca

John Howard Society

The John Howard Society of Victoria is a self-governing, non-profit, community based organization whose mission is: To provide service to people in conflict with the law; To understand and respond to the problems of crime; To work towards the prevention of crime; To review, evaluate and respond to needs and concerns related to the justice system; To make our community a safer place to live.

2675 Bridge Street, Victoria, BC V8T 4Y4
Phone: 250-386-3428
Email: jhs@johnhoward.victoria.bc.ca
www.johnhoward.victoria.bc.ca

Legal Services Society

We're the Legal Services Society (LSS), the organization that provides legal aid in BC. Legal aid includes representation by a lawyer, legal advice, and legal information. We give priority to people with low incomes, but many of our services are available to all British Columbians.

Victoria Regional Centre
200 – 747 Fort Street, Victoria, BC V8W 3E9
Phone: 250-388-4516
www.lss.bc.ca

Vancouver Island Human Rights Coalition

The Vancouver Island Human Rights Coalition (VIHRC) is a non-profit community organization governed by a volunteer Coordinating Collective. Our mission is to promote and strengthen local human rights in BC through advocacy, research, education and by connecting people with resources through referrals.

418 - 620 View St, Victoria, BC, Canada.
Phone: 250-382-3012

Email: contactvihrc@gmail.com
www.vihrc.org

Victoria Restorative Justice Society

Restorative Justice is a response to crime that focuses on restoring the losses suffered by victims, holding offenders accountable for the harm they have caused, reintegrating victims and offenders into their community and building peace.

Phone: 250-213-3128
Email: rjvic@telus.net
www.rjvictoria.org

OUTREACH SERVICES

AIDS Vancouver Island

AIDS Vancouver Island serves the needs of people infected and affected by HIV and hepatitis C. We take evidence-based action to prevent infection, provide support, and reduce stigma.

713 Johnson St, Victoria, BC V8W 1M8
Infoline: 1-800-665-2437
Phone: 250-384-2366
Email: info@avi.org
www.avi.org

James Bay Community Project

James Bay Community Project is a community health center, which provides Primary Health Care, Family Services and Community and Volunteer Services. Our programs and services are based on a broad definition of health, and seek to improve community, family and individual health through a variety of programs and services for all ages.

547 Michigan Street, Victoria BC V8V 1S5
Phone: 250-388-7844
Email: askus@jbcp.bc.ca
www.jbcp.bc.ca

Mustard Seed Street Church

The largest food bank on Vancouver Island finds its home within the walls of the Mustard Seed Street Church. The food bank's goal is to provide good nutritional food to people in need. The demand for non-perishable food continues to grow, as does the number of people who are unable to make ends meet.

625 Queens Ave., Victoria BC, V8T 1L9
Phone: 250-953-1575
Email: mail@mustardseed.ca
www.mustardseed.ca

Need Crisis & Info 24 Hour Line

NEED offers emotional support, crisis intervention, suicide prevention education and information on community services through professionally trained, caring volunteers.

24 hours a day, seven days a week, 365 days a year.
24-Hour Line: 250-386-6323

Email: admin@needcrisis.bc.ca

www.needcrisis.bc.ca

Pacifica Housing Services

Pacifica Housing Services provides housing outreach and support services to homeless and hard-to-house individuals in Greater Victoria. These services are offered from the Downtown Outreach Services office.

826 Cormorant Street Victoria, BC V8W 1R1

Phone: 250-356-2555

Email: dos@pacificahousing.ca

www.pacificahousing.ca

PEERS (Prostitutes Empowerment Education and Resource Society)

We provide support, resources and programs for past and current sex workers, as well as help with housing, training and volunteering opportunities, advocacy and public education around sexual exploitation and the issues of adult sex work.

1-744 Fairview Road, Victoria, BC V9A 5T9

Phone: 250-388-5325

Email: info@peers.bc.ca

www.peers.bc.ca

Salvation Army Addictions & Rehabilitation Centre

The Victoria Addictions and Rehabilitations Centre (ARC) is a modern 121-bed facility that is situated in downtown Victoria. This multipurpose facility makes every effort to give its residents the opportunity to live in a safe drug and alcohol free environment.

525 Johnston Street, Victoria, B.C. V8W 1M2

Phone: 250-384-3396

www.salvationarmycfs.com

Street Outreach Services (SOS)

SOS offers needle exchange and health promotion/harm reduction information in addition to relevant programming and a drop-in. Anonymous HIV, Hep C, Pregnancy and STD testing is provided on-site by the Vancouver Island Health Authority Street Nurse Program.

Phone: 250-896-AVIX (2849)

www.avi.org/sos

Streetlink (Cool Aid Society)

Streetlink provides the very basic of needs to Victoria's downtown street-entrenched populations: shelter, food and hygiene. It is a link to other Cool Aid services such as the Community Health Centre and other services such as the Open Door, Detox Services and Pacifica Housing. It is the primary resource for the homeless in Victoria and a central program of Cool Aid.

102-749 Pandora Avenue, Victoria, BC V8W 1N9

Phone: 250-383-1977

www.coolaid.org

Swift Street Community Health Centre and Dental Clinic

The Cool Aid Medical Clinic was established in 1970 to provide primary health care for people who do not have medical coverage, or who live in the downtown core, many of whom suffer from mental health and addiction illnesses and/or other chronic health problems.

Medical Clinic: 465 Swift Street

Phone: 250-385-1466

Dental Clinic: 469 Swift Street

Phone: 250-383-5957

www.coolaid.org

WIN (Women in Need)

WIN's mission is to create opportunities for women and their families to be self-sufficient and employed. Together we become inspired, socially and environmentally aware, and connected to our communities. WIN does this by operating social enterprises and by engaging in transformative good works!

785 Pandora Avenue, Victoria, BC V8W 1N9

Phone: 250-480-4006

Email: win@womeninneed.ca

www.womeninneed.ca

Women's Sexual Assault Centre

Victoria Women's Sexual Assault Centre has highly qualified trauma specialists who provide services to individuals impacted by sexual assault and abuse. Our prevention activities are designed to raise awareness, change attitudes and develop skills for healthy living.

#511 - 620 View St., Victoria, BC, V8W 1J6

Crisis Line & Info Line: 250-383-3232 Business: 250-383-5545

Email: vwsac@vwsac.com

www.vwsac.com

Women's Emergency Shelters

Hill House Transition House

Phone: 250-479-3963

Salt Spring Transition House

Phone: 250-537-0735

Sandy Merriman House

Phone: 250- 480-1408

Sooke Transition House

Phone: 250-480-5461

Victoria Women's Transition House

Phone: 250-385-6611

YMCA/YWCA Youth Outreach Services

Victoria YM-YWCA

851 Broughton Street

Victoria V8W 1E5

Phone: (250) 386-7511

www.victoriay.com

PRENATAL & INFANT DEVELOPMENT

Best Babies

For pregnant women needing extra support due to limited resources, isolation and/or health issues. Free services may include: connections to community resources, cooking demonstrations and lunch, pre and postnatal education, nutrition education, prenatal vitamins, and food vouchers.

Blanshard Best Babies

Blanshard Community Centre
901 Kings Road, Victoria V8T 1W5
Phone: 250-388-7696
Email: victoriabestbabies@hotmail.com
www.blanshardcc.com/

Esquimalt Best Babies

Esquimalt Neighbourhood House
511 Constance Avenue, Victoria V9A 6N5
Phone: 385-2635
www.enh.bc.ca/familyservices.htm

Saanich Best Babies

Saanich Neighbourhood Place
Pearkes Recreation Centre
3100 Tillicum Road, Victoria V9A 6T2
Phone: 250-360-1148
www.saanichneighbourhoodplace.com

Victoria Best Babies

Fernwood Community Centre
1240 Gladstone Avenue, Victoria V8T 1G6
Phone: 250-385-8979
Email: victoriabestbabies@hotmail.com
www.fernwoodneighbourhood.ca

Queen Alexandra Centre for Children's Health

Phone: 250-477-1826
Email: info@queenalexandra.org
www.queenalexandra.org

YMCA/YWCA First Reach Program

Victoria YM-YWCA
851 Broughton Street
Victoria V8W 1E5
Phone: (250) 386-7511
www.victoriay.com

YOUTH SERVICES (also see Alternative Education)

Facts of Life Line

We are a FREE, nonjudgmental, confidential and ANONYMOUS phone line staffed by registered nurses, sex experts and trained volunteers.

Phone: 1-800-SEX-SENSE

bc.wontgetweird.com

Kids Help phone

Phone: 1-888-668-6868

Need Crisis and Info 24 Hour Line

Youth Line: 250-386-TALK

Victoria Youth Clinic

Victoria Youth Clinic is a confidential free health care service for youth 12 to 24 years. A doctor, nurse/counselor, outreach worker and office assistant staff the clinic.

Downtown Clinic (for street youth)

533 Yates Street, Victoria V8W 1K7

Phone: 250-383-3552

James Bay Clinic

547 Michigan Street, Victoria V8V 1S5

Phone: 250-388-7841

Email: office@victoriayouthclinic.ca

www.victoriayouthclinic.ca

Victoria Youth Empowerment Society

YES Office 533 Yates St., Victoria BCV8W 1K7

Phone: (250) 383-3514

Email: office_manager@vyes.ca

www.vyes.ca

YMCA/YWCA Youth Outreach Services

Victoria YM-YWCA

851 Broughton Street

Victoria V8W 1E5

Phone: (250) 386-7511

www.victoriay.com

Youthspace (a project of Need Crisis Line)

Our Support Team is made up of trained helpers who are looking forward to hearing about anything that's bugging you. You can chat, post on the support forum, or even e-mail a youth counsellor. Youthspace.ca is always anonymous and free.

Phone: Youth Crisis Line: 250-386-TALK

www.youthspace.ca

GULF ISLANDS

Gulf Islands School District #64

112 Rainbow Road, Salt Spring Island, BC V8K 2K3
Phone: 250-537-5548

Gabriola Health Care Society

377 Berry Point Road
Email: information@ghcs.ca
www.ghcs.ca

Salt Spring Health Unit

1 - 137 Crofton Road, Salt Spring Island
Phone: 250-538-4880

Salt Spring Island Community Services Society

We are a not-for-profit charitable organization dedicated to strengthening people, families and communities. Since 1975 we have provided a broad and diverse range of services and supports to the communities of the Southern Gulf Islands.

268 Fulford-Ganges Rd, Salt Spring Island B.C. V8K 2K6
Phone: 250-537-9971
Email: Connect@ssics.ca
www.saltspringcommunityservices.ca

Salt Spring Transition House

Box 376 Ganges P.O. Salt Spring Island, BC V8K 2W1
Phone: 250-537-0735 TollFree: 1-877-435-7544
Email: ssitransitionhouse@iwav.org

SOOKE

School District #62

3143 Jacklin Road, Victoria, BC, V9B 5R1
Phone: (250) 474-9800
E-mail: info@sd62.bc.ca
www.sd62.bc.ca

Sooke Crisis & Referral Centre

2043 Church Rd Rr 5, Sooke, BC V0S 1N0
Phone: 250-642-0215

Sooke Family Resource Society

2145 Townsend, Sooke, BC V0S 1N0,
Phone: 250-642-7663
Email: sfrsadmin@sfrs.ca
www.sfrs.ca

Sooke Transition House

Phone: 250-642-2591

www.anniesplacetransitionhouse.ca

Sooke Works Employment Centre

6625C Sooke Road, Sooke, BC V0S 1N0

Phone: 250-642-3685

Email: mailbox@worklink.bc.ca