

Adult Day Programs & Bathing Programs

Bathing Programs

Anyone who cannot safely bathe at home, even with home support assistance, should contact the bathing programs listed below. Costs range from \$5 to \$15 per bath.

Beckley Farm Lodge **250-381-4421**
530 Simcoe Street **ext. 234**
Victoria, BC V8V 4W4
Operates Monday through Friday.

Braehaven Community **250-537-5520**
Adult Program **Press 7**
133 Blain Road
Salt Spring Island, BC V8K 1Z9
Should be referred by the doctor or case manager.
Island Health funding requires an assessment.
Operates Tuesday through Friday.

Hillside Seniors **250-370-5641**
Health Centre **Press 1**
1454 Hillside Avenue
Victoria, BC V8T 2B7
Operates Monday to Sunday.

Mount Newton Centre **250-652-3432**
2158 Mt. Newton X Road
Saanichton, BC V8M 2B2
Serves those who live on the Saanich Peninsula
and in Saanich. Operates Monday through Friday.

Mount St. Mary **250-480-3100**
Hospital **ext. 3214**
861 Fairfield Road
Victoria, BC V8V 5A9
Operates Monday through Thursday. Self referral
with no geographical boundaries.

The Priory **250-370-5787**
587 Goldstream Avenue
Victoria, BC V9B 2W4
Operates Monday through Friday.



Counselling

Agencies and organizations which help people with emotional difficulties. Listed by subject heading. For Counsellors in private practice please contact the BC Association of Clinical Counsellors at the number below.

Information and Referrals

BC Association of **250-595-4448**
Clinical Counsellors **1-800-909-6303**
204 - 780 Tolmie Avenue
Victoria, BC V8X 3W4
Regulates the practice of clinical counsellors
working at a Master's level. Provides referrals to
counsellors.
www.bc-counsellors.org

Abuse

Battered Women Support Services
(BWSS) Crisis Line **1-855-687-1868**
Provides emotional support and information
on resources to assess women in their coping
strategies, to highlight their strengths and to help
create a safety plan for women who are dealing
with violence and/or the effects of abuse.
www.bwss.org

Men's Therapy Centre **250-381-6367**
847 Fisgard Street
Victoria, BC V8W 1R9
Provides support, counselling (individual and
group) and education for all men who have
experienced childhood abuse, adult assault, or
any other trauma. Initial intake session is free.
www.menstrauma.com

Pacific Centre Family Services Association 250-478-8357

200-324 Goldstream Avenue
Victoria, BC V9B 2W3

Individual counselling for women who experienced violence in their adult relationship or who were sexually abused.

www.pacificcentrefamilyservices.org

Sooke Transition House Society 250-642-2544

PO Box 527

Sooke, BC V9Z 1H5

Emergency shelter for women and their children who are in crisis resulting from family violence. Provides advocacy, counselling, education, and prevention.

www.sooketransitionhousesociety.com

Victoria Sexual Assault Centre
Service Access Line 250-383-3232
Business Line 250-383-5545

201-3060 Cedar Hill Road

Victoria, BC V8T 3J5

Provides individual and group counselling for survivors of sexual assault and historical sexual abuse.

www.vsac.ca

Victoria Women's Transition House
Crisis Line 250-385-6611
Community Office 250-592-2927

100-3060 Cedar Hill Road

Victoria, BC V8T 3J5

A temporary shelter for women with or without children who are experiencing abuse in their intimate relationships. Wheelchair accessible.

www.transitionhouse.net

Addictions

Addiction Outpatient Treatment Mental Health and Substance Use Services 250-519-3544

Island Health (South)

1250 Quadra Street, 2nd floor

Victoria, BC V8W 2K7

Provides addictions treatment both group and individual, counselling and education for individuals 19 years and older, and who are experiencing difficulties with alcohol or other drugs, or who are affected by someone else's substance abuse. Self-referral accepted in person through Substance Use Intake at 1119 Pembroke Street, Thursday to Friday beginning at 9 am.

www.islandhealth.ca

Al-Anon Family Groups 250-383-4020

2-2020 Douglas Street

Victoria, BC V8T 4L1

Support for families and friends of alcoholics. Open Monday to Friday inclusive from 10 a.m. to 2 p.m.

www.al-anon.org

www.bcyukon-al-anon.org

Alcoholics Anonymous 250-383-0415
24-hour Help Line 250-383-7744

8-2020 Douglas Street

Victoria, BC V8T 4L1

12 step program to help people to learn how to live without alcohol.

www.aavictoria.ca

Narcotics Anonymous 250-383-3553

A self-help organization offering a supportive recovery environment for persons suffering from addiction.

www.svina.ca

Counselling

Pacific Centre Family Services Association **250-478-8357**
200-324 Goldstream Avenue
Victoria, BC V9B 2W3
Offers counselling and support for individuals dealing with alcohol and other drug problems.
www.pacificcentrefamilyservices.org

Problem Gambling Helpline **1-888-795-6111**
Provides a number of resources to help British Columbians learn what responsible gambling is, access prevention and education resources, information on how to identify problem gambling, and a find a counsellor feature. Confidential and available in multiple languages, 24 hours a day, 7 days a week.

Salt Spring Island Community Services **250-537-9971**
268 Fulford Ganges Road
Salt Spring Island, BC V8K 2K6
Offers counselling.
www.saltspringcommunityservices.ca

Bereavement

BC Bereavement Helpline **1-877-779-2223**
Provides listening and resource listings for support of grief and loss.
www.bcbereavementhelpline.com

Beacon Community Services **250-656-0134**
9860 Third Street
Sidney, BC V8L 4R2
Grief and loss support, counselling services.
www.beaconcs.ca

Compassionate Friends of Canada Victoria Chapter **250-478-9270**
Offers friendship and support for bereaved parents who have had a child die at any age from any cause. Monthly meetings and quarterly newsletter.
www.tcfcanada.net

Salt Spring Hospice **250-537-2770**
5-127 Rainbow Road
Salt Spring Island, BC V8K 2V5
Offers Grief Support for the chronically and terminally ill and their families. Volunteers provide one-to-one grief support either in person, over the phone or on-line. The Salt Spring Hospice office has a lending library of books, videos and educational materials on the subject of death and dying, and bereavement. Please phone in advance before coming to the office to ensure someone is in the office.
www.saltspringhospice.org

Sooke Hospice Volunteers **250-642-4345**
PO Box 731
Sooke, BC V9Z 1H7

Victoria Hospice Society Community Support Centre **250-519-3040**
102-4450 Chatterton Way
Victoria, BC V8X 5J2
A team of support staff, volunteers and counsellors provides information, individual and group support and counselling. Evening counselling sessions are available.
www.victoriahospice.org

Crisis Intervention

Vancouver Island

Crisis Line 1-888-494-3888

24/7 confidential phone support provided by trained Crisis Line workers: provides non-judgmental emotional support, crisis intervention, and suicide prevention and assessment, public access for mental health crisis response teams, information on community resources, online emotional support via crisis chat services daily from 6 p.m. to 10 p.m. The Crisis Text Program is available daily from 6 p.m. to 10 p.m. by texting **250-800-3806**. If you have unlimited coverage for SMS text messages with your mobile service provider, the texting service will be free of charge. www.vicrisis.ca

Individual and Family Counselling

Beacon Community Services

250-656-0134

9860 Third Street
Sidney, BC V8L 4R2
Counselling for families, youth, adults, and seniors.
www.beaconcs.ca

Citizens Counselling Centre

250-384-9934

941 Kings Road
Victoria, BC V8T 1W7
Individual counselling, couples counselling, and group counselling offered through in-person, telephone and video. Groups run three times each year (Fall, Winter and Spring) and include self-esteem groups, anger management groups, mindfulness groups, and groups with a focus on stress, anxiety, and depression.
www.citizenscounsellingcentre.com

Family Services of Greater Victoria 250-386-4331 or 1-877-386-4333

1004 North Park Street
Victoria, BC V8T 1C6
Provides professional counselling, mediation, group programs, legal information and more for family relationship issues.
www.fsgv.org

Pacific Centre Family Services Association 250-478-8357

200-324 Goldstream Avenue
Victoria, BC V9B 2W3
Provides anyone in our community with confidential counselling support at a reduced rate. We are able to offer flexible hours including evenings and counselling for individuals and couples.
www.pacificcentrefamilyservices.org

Salt Spring Island Community Services 250-537-9971

268 Fulford Ganges Road
Salt Spring Island, BC V8K 2K6
Provides counselling for adults, families, and youths.
www.saltspringcommunityservices.ca

Sooke Family Resource Society 250-642-5152 **Direct line** 250-508-4890

100-6672 Wadams Way
Sooke, BC V9Z 0H3
Offers income-based counselling to individuals, couples, and families.
www.sfrs.ca

South Island Centre for Counselling and Training 250-472-2851

3821-A Cedar Hill X Road

Victoria, BC V8P 2M6

Offers professional, affordable mental health counselling to adults, children and youth, families, and couples. We also offer spiritual direction, specialized counselling for those facing grief and loss, parenting classes, and support groups for those with anxiety, personality disorders, emotional dysregulation, and a wide variety of other issues.

www.southislandcentre.ca

The Salvation Army Stan Hagen Centre for Families 250-386-8521

2695 Quadra Street

Victoria, BC V8T 4E3

Provides professional counselling to individuals and families who face immediate crisis as well as those requiring short term therapy.

www.sashcf.com

Senior Peer Counselling

Senior Peer Counsellors are trained volunteer non-professional counsellors who provide active listening, emotional support, and empathy with life-style changes. They offer encouragement towards self-help and exploration of choices. The following agencies offer this service, free of charge.

Beacon Community Services 250-656-5537

SHOAL Community Centre

10030 Resthaven Drive

Sidney, BC V8L 3G4

www.beaconcs.ca

Salt Spring Community Services 250-537-4607

129 Hereford Avenue

Salt Spring Island, BC V8K 2T3

www.saltspringcommunityservices.ca



Financial Assistance

Information on pensions, supplements, benefits, allowances, and taxes.

Automobile Insurance Discounts

Insurance Corporation of BC (ICBC) 1-800-663-3051

If you are 65 or older, and use your vehicle for pleasure only, you may be eligible for a discount of 25% off your basic AUTOPLAN insurance premium. Disabled seniors may qualify for both Seniors rate and the Disability Discount.

www.icbc.com

Provincial Motor Vehicle Fuel Tax Consumer Taxation Branch Registration 1-877-388-4440

Persons with a qualifying disability may request a refund of the provincial motor fuel tax you paid in BC on fuel you used in a vehicle you own or lease. The refund program has a maximum refund amount of \$500 for each calendar year.

www.gov.bc.ca