

PECSF in the Greater Victoria Region



FS0303



AIDS Vancouver Island

Hot Lunch Program

The Hot Lunch Program offers a range of services to enhance the health of people living with HIV/AIDS by strengthening their capacity to experience nutritional security. The majority of clients accessing the Hot Lunch Program experience a profound lack of access to basic services. In addition to receiving a hot lunch, members have access to counsellors five days per week, an HIV support group and a physician.

FS0304



Alzheimer Society of BC

Dementia Education Program

The Alzheimer Society of B.C. education programs provide the opportunity to learn about Alzheimer's disease and other dementias, practical coping strategies and early planning. The Dementia Education Program began around 2008 and now covers the entire journey with dementia from risk reduction through life after diagnosis to end of life decisions.

FS0305



Artemis Place Society

**Support for at-risk teen girls,
teen mothers and their children**

Artemis Place for Girls serves teens that have left school due to a variety of reasons such as extreme bullying, substance abuse, trauma, racism and learning disabilities. We provide a safe community promoting respect and empowerment. Through life skills groups and counselling, girls are supported to develop healthy coping skills and to reach their potential.

FS0306



*Big Brothers Big Sisters
of Victoria*

Community Mentoring Program

Community Mentoring has been in operation for over 35 years, and it remains a valued service as it is continually enhanced in response to evaluation, community needs and issues impacting families and volunteers. Volunteers are matched one to one with a child and meet with them weekly and support their social development. Mentors help children reach their full potential by role modelling healthy boundaries, communication skills, problem solving and social skills.

Fund Supported Pool 2014-2016

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FS0307

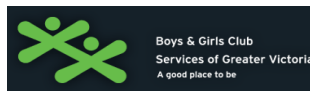


*Bipolar Disorder
Society of British
Columbia*

Stigma Stomp Program

The Stigma Stomp Program is directed to meet the needs of the Greater Victoria Community to reduce the stigma of mental illness, and to encourage its early diagnosis and treatment. The projects break ground with their interactive approach with presentations and social media to promote mental health in schools and in the community, and to provide peer group support for those with a mental illness.

FS0246



*Boys and Girls Club
Services of Greater
Victoria*

Out of School Programs

After school hours are the most potentially dangerous times in a young person's life. This is why we have been providing a safe place for kids to go after school for decades and believe that in providing a safe and nurturing environment close to home where children are allowed to explore their potential, we are fostering the development of values that will form the cornerstone of a healthy lifestyle that help to protect them against risk-taking behaviors.

FS0308



*Burnside Gorge
Community Association*

Community Development

The overall aim of BGCA's community development efforts is to build community connections and increase engagement of residents, businesses and visitors to create a strong and vibrant neighbourhood to live, work and play. Through initiatives such as restoration of Cecelia Ravine Park and Cecelia Creek; Community History; Community Gardens; and Public Art, Community Development programs strive to:

1. Increase health and use of natural areas;
2. Increase a sense of place and engagement for residents and visitors; and
3. Increase neighbourhood beautification and civic pride.

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FS0254



Victoria Cool Aid Society

Downtown Community Centre

The Downtown Community Centre offers responsive, skill-building programs that meet the needs of people living in poverty in Downtown Victoria. Thanks to the support of various funders including PECSF, the Downtown Community Centre has been able to offer enhanced programs and extended hours over the past three years. Some of the highlights include:

- Over 7,000 participants served annually
- Programs that build skills and break isolation such as the community kitchen and drop-in sports
- Programs that bring people together across generations such as Kinderym

FS0248



*Esquimalt
Neighbourhood House
Society*

**Supportive counselling mental
health service for adults**

Our community counselling program has earned the reputation of being a safe and respectful and helpful avenue of support. Our model of service delivery truly demonstrates volunteerism at its finest given that all of our counsellors are indeed volunteers. Essentially, we select applicants who then participate in our 10-month counselling training program. Once they have graduated, volunteers go on to offer counselling services in our program, all the while receiving ongoing support and supervision themselves. With our large capacity of volunteers, we can then provide one-on-one, tailored counselling services to meet the demands for community-based mental health services.

FS0249



*Greater Victoria
Volunteer Society*

**Volunteer Recruitment and
Engagement Program**

The Volunteer Recruitment and Engagement Program, which operates continuously year round (since 1974), supports the volunteer needs of 329 agencies in Greater Victoria. The beneficiaries include not only the agencies, but also their clients and the broader community. The volunteers we recruit assist the homeless, visit isolated seniors, work with youth at risk, offer support on crisis lines, build nature trails, teach art to children, provide leadership on boards, build housing for those in need and much more.

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FS0309



*Greater Victoria Citizens'
Counselling Centre*

**Expansion of Mindfulness
program and expansion into
Westshore**

Citizens' Counselling Centre has been operating in Greater Victoria since 1969 and the provision of short term supportive counselling for adults is our core service. The program provides low cost or no cost individual, couples and group counselling 1200 adult residents of Greater Victoria each year. Clients are offered 1-10 counselling sessions on a range of issues including depression, stress/anxiety/panic attacks, anger, grief and loss, self-esteem, relationship and communication, abuse and addiction issues past and present.

FS0168



*Living and Learning
Through Loss*

Good Grief Workshop

Learning Through Loss designs and delivers supportive, educational programming that provide healing to youth in the Greater Victoria Area (ages 10 to 18) who experience grief and loss. We also promote enhanced community awareness about the significance of adolescent grief issues. Good Grief Workshops are grief and loss educational workshops for students, peer helpers, and other youth in the community.

FS0310



*Mustard Seed Street
Church*

**Food security for Greater
Victoria**

Through the Food by Neighbourhood Program, which focuses on poverty reduction and family support, we supply our partner neighbours with food for families in need. We connect food with programming based on the needs of specific demographics, including the sharing of food resources between agencies. By decentralizing client food access, there are multiple food access points in Greater Victoria that focus on strengthening existing community centres, neighborhoods and organizations.

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FS0250



*NEED Crisis Intervention
and Public Information
Society of Greater Victoria*

**Need 2 Crisis Awareness and
Support**

Online Emotional Support is compassionate, non-judgmental listening. Support services such as Youthspace.ca, provide a safe online venue where youth and young adults can reach out for help. It has proven to be successful in engaging populations traditionally hard to engage in face-to-face mental health care:

- older children and youth
- people who are homebound
- people who are isolated—geographically, culturally or socially
- people with social anxieties, phobias and interactional difficulties
- people with hearing or speech impairments

FS0311



*Pacific Centre Family
Services Association*

Affordable Counselling Program

Since 2012, the Affordable Counselling Program has been addressing a range of health and wellness issues among community members, such as family dysfunction, gambling, anxiety, interpersonal issues, mental health concerns and self-esteem. Ultimately, the service serves the Greater Victoria community with community-based, low barrier access to counselling.

FS0178



*Saanich Volunteer Services
Society*

**Volunteer Mileage
Reimbursement**

We are a community of neighbours helping neighbours. Volunteer Mileage Reimbursement provide supported transportation, a cornerstone of all of our services aimed at helping elderly and disabled people connect with community. Last year volunteers helped people reach destinations that accumulated over 60,000 kilometers, including escorting people to the doctor and other medical appointments, taking them to pharmacies, grocery stores and any other community program or service that they need to access to remain in their own homes.

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FS0163



Spinal Cord Injury BC

Peer Support Program

We provide answers, social connections, educational opportunities and unique life experiences for people living with spinal cord injury. In our Peer Program, people connect with others facing similar challenges and learn from their experiences. Each year, over 1,500 members rely on our programs to get them back to healthy, active living. The following quote from a peer sums up what we do: “SCI BC is the ‘go to’ place for information and support from people who really know what you’re going through and how to get you back into real living. SCI BC has people who can really help because they have ‘been there’”.

FS0186



***Victoria Hospice and
Palliative Care Foundation***

**Counselling and Bereavement
Services**

Victoria Hospice provides a program of fully integrated medical, emotional and spiritual care to those individuals and their families who are facing advanced illness, death and bereavement. Our patients are at a stage in their illness when cure is not likely, and so we focus on comfort and support, rather than cure. Through a multidisciplinary approach, our team of physicians, nurses, counsellors, spiritual caregivers and trained volunteers provided care and support to over 3,000 people last year, at home, in our Hospice Unit and in our community.

FS0312



***Victoria Hospitals
Foundation***

Child Life Team

The Child Life Team at the Victoria General Hospital helps educate, reassure, and prepare children and their families before, during and after their hospital stay. One of the ways the Child Life Team does this is by providing children in the hospital with toys and activities to keep them busy, comfort them, and distract or prepare them for medical procedures.

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FS0313



Victoria Marine Rescue Society

Funding for new relief vessel

The Victoria Marine Rescue Society is a 100% volunteer organization that supports the Royal Canadian Marine Search and Rescue Station 35 volunteer crew who save lives on the water and assist boaters in distress on the Victoria, Esquimalt, and West Shore waterfronts.

FS0191



Victoria Women's Sexual Assault Centre

24 hour Crisis and Information Service

VSAC's Crisis and Information Service is a 24-hour immediate response service available by phone or in-person for people in our community who have been impacted by sexualized violence. During business hours, a highly experienced crisis worker responds to phone calls and people who walk-in to VSAC. After hours, phone support is provided in partnership with the Vancouver Island Crisis Line, with access to mobilize our collaborative Sexual Assault Response Team, providing information, support and/or accompaniment to hospital and for police reporting for survivors of a recent sexual assault.

FS0192



Victoria Women's Transition House Society

Volunteer Program

The Victoria Women's Transition House Society works collaboratively to provide shelter, support, counselling and education to women of all ages, with or without children, so that they can live free from the effects of abuse in intimate relationships. The Volunteer Program provides enhanced quality of our services and increases awareness of violence and abuse. The program focuses on the development of skills and knowledge of volunteers, who have experienced and/or been affected by relationship violence and abuse, through the opportunity to give back to the community and benefit others.

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