

PECSF in the GREATER VICTORIA Region



FS0335



***Child Abuse Prevention
and Counselling Centre***

**Kids Hearts and Minds Matter
Project**

The Kids Hearts and Minds Matter Project seeks to expand free, trauma informed, counselling services to children who have experienced trauma, such as emotional or physical abuse, neglect, mistreatment or domestic violence. Services include tailored 1 on 1 or family counselling and support groups for parents/caregivers to give them tools and information to support their child.

FS0358



***Cridge Centre for the
Family***

**Capacity Building for Supportive
Housing Program**

The Centre offers supportive housing through one-year renewable leases (for up to 3 years) for 2 populations: 1) women (and their children) escaping domestic violence and 2) refugee and immigrant families. Services assist families in accessing community resources, working through challenges and personal issues, negotiating the legal system and other support to make healthy and productive choices around housing, employment, parenting, health, relationships etc.

FS0344



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

**Youth Suicide Prevention
Program**

The program works to educate, equip, and empower young people for better mental wellness, continued safety from suicide, and increased connectedness. It saves lives-- getting youth timely help, engaging them in conversations about issues linked to shame and stigma, and making them aware that support is available through Youthspace.ca online counselling, Suicide Education and Awareness (SEA) workshops and Mindfulness for Middle Schools classroom sessions.

FS0359



Farmlands Trust Society

Field to Plate Program

The society facilitates the preservation of Greater Victoria farmland and the enhancement of food security to benefit current and future generations. Through unique partnerships with other not-for-profits, the Field to Plate Program is expanding to support growing, maintaining and donating organic produce from Newman Farm to food banks and local drop-in centers to better serve Greater Victoria persons in need – aiding in poverty relief and food insecurity.

Fund Supported (FS) Pool 2020-2022

Supporting one or more of these programs/projects in your region is simple!

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FS0360



***Greater Victoria
Eldercare Foundation***

SAFE Lifeline Program

Eldercare Foundation strives to support seniors aging with dignity. Its SAFE Lifeline Program raises funds to provide medical alarm systems to low-income seniors who wish to remain in their own homes (or need to as a result of limited openings in long-term care) but require support to do so safely.

FS0340



***Greater Victoria
Volunteer Society***

Youth Volunteer Programs

Volunteer Victoria's programs help youth understand their rights and obligations, explore their volunteering needs, experiment safely with options, and build a strategic volunteering plan so they can build their pre-employment and employment skills, learn life skills, and find places to belong, add value, and be involved in community.

FS0361



***HeroWork Program
Society***

Radical Renovations Program

Each year, HeroWork transforms other charities through its Radical Renovations projects. Renewing and expanding non-profit community infrastructure can help charities make bigger impact, become more sustainable, lift up, and have a ripple effect in neighbourhoods where their important services are provided.

FS0362



***Island Deaf and Hard
of Hearing Centre
Association***

Sound of Change Initiative

The IDHHC is dedicated to supporting Deaf, Deaf-Blind, oral deaf, late deafened and hard of hearing individuals, families and communities. The Sound of Change Initiative provides free refurbished hearing aids, free hearing assessments, and personalized communication and aural rehabilitation supports to vulnerable and at-risk populations, especially low-income seniors and adults.

FS0339



***Island Sexual Health
Society***

**Breaking Down Barriers
Program**

Breaking Down Barriers aims to educate and empower vulnerable community members with limited access to services who may be less educated about their health care needs. Free workshops cover a range of topics with an intersectional lens including safer sex practices, contraception, how to access clinical services, and specialized programs.

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FS0363



***Looking Glass
Foundation for Eating
Disorders***

**Online Peer Support and
Personal Recovery Space
Programs**

Looking Glass Foundation's programs and services decrease isolation, instill hope, and sustain recovery for individuals across British Columbia who are impacted by eating disorders via free programs designed to meet individuals wherever they are in their recovery journey. Programs include a moderated online peer support group that meets 6 days a week and a moderated and confidential, digital forum that is accessible anytime.

FS0342



***Mustard Seed Street
Church***

**Neighbourhood Hamper
Delivery Program**

The Mustard Seed's Neighbourhood Hamper Delivery Program exists to increase food security across the CRD by delivering food, in pre-packed hampers, to 16 partner agencies (in multiple locations), serving 640 marginalized community members per month. Funds raised assist in program expansion to positively impact an additional 100 individuals each month.

FS0364



***Saanich Volunteer
Services Society***

1:1 Volunteer Services

SVSS volunteers help their neighbours in a myriad of ways, from supportive transportation to a variety of medical and non-medical appointments, companion visits, friendly calls, help with gardening and yard work, minor home repairs, shopping assistance, delivering food hampers, completing income tax returns, and many other activities associated with living independently in your own home.

FS0365



***Shelbourne Community
Kitchen Society***

Garden Program

The Shelbourne Community Kitchen provides a dignified and inclusive approach to building skills around growing and sourcing food, increasing access to nutritious, local produce, and providing meaningful volunteer opportunities to contribute to the physical and social well-being of individuals and families living on low incomes. The Garden Program provides produce for Food Skills sessions and the Pantry (food bank). PECSF funding will be used to implement and refine a container gardening system, which will result in higher yields, less weeding and will be portable if/when the society moves to a new site.

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FS0366



***South Island Centre for
Counselling and
Training***

**Pivot to Virtual Program for
Young People**

The Pivot to Virtual Program will offer online facilitator-led support and counselling strategies for anxiety, depression, and loneliness, etc. to groups of 10-12 children/youth. Facilitators will engage participants, grouped by age, in virtual activities, role plays, mindfulness practices, art, and music - geared towards helping individuals express their emotions, feel connected and supported. Parents can also take part in the virtual Triple P Parenting Course to learn core parenting skills and simple strategies to encourage positive behaviour, and prevent or manage misbehaviour, in their children.

FS0163



Spinal Cord Injury BC

Peer Support Program

Spinal Cord Injury BC's Peer Support Program gives people in Greater Victoria with a spinal cord injury, their family and friends the opportunity to connect with others in similar situations, try activities they never imagined possible and continue learning about living well with an injury.

FS0367



***Stigma-Free Society
(formerly Bipolar
Disorder Society of
British Columbia)***

**Stigma-Free Zone School
Program**

The Stigma-Free Zone School Program uses school presenters to engage with students and encourage discussion about mental health and stigma as they share their personal story of living with, and managing mental illness. The program emphasizes that everyone has struggles but can lead extraordinary lives. It provides a takeaway Stigma-Free Zone Rack Card that directs youth to resources and encourages them to continue the conversation with their parents and friends.

FS0254



Victoria Cool Aid Society

Downtown Community Centre

The Downtown Community Centre hosts a wide variety of free and inclusive healthy recreation and life skill programs for thousands of people in Victoria and elsewhere in the CRD. Programs operate every day with equipment and travel costs included, thereby removing the financial barriers. The DCC also supports the work of other diverse organizations (e.g. community/support groups, arts/sports organizations, and independent childcare providers) with low cost or free use of gymnasium, courtyard, kitchen and lobby spaces.

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FS0368



Victoria Hospice Society

Community Support Centre

Victoria Hospice offers bereavement services for caregivers, family members, and other members of the public who are experiencing grief and loss through their Community Support Centre. Funding will be used to increase counsellor hours, provide new programs such as support groups for those who have experienced a sudden traumatic loss or for those considering Medical Assistance in Death, and to increase in-home support for patients and caregivers who are not able to reach services.

FS0369



Victoria Literacy Connection

Literacy Programs

The Victoria Literacy Connection helps children, youth and adults improve their literacy skills, including reading, writing, and math, by providing tutoring and a variety of programs and workshops. Expanded future programming is anticipated to focus on media and financial literacy, as well as online service provision.

FS0370



Victoria Rainbow Kitchen Society

Food Programs

Rainbow Kitchen seeks to address food security gaps, to reduce stigma and to be open to anyone. Its main program provides nutritious, tasty hot lunches each weekday - no money charged, and no questions asked. Guests are invited to request a second portion of lunch to go, helping supplement their dinner or as a meal for a friend or family member. VRK has and is looking to expand their programs to meet other needs in the community.

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