



## **Society For Kids at Tennis      Tennis Lessons Program**

The Society for Kids at Tennis aims to improve the physical, emotional, and social well-being of children and youth from families dealing with low income, or cognitive or physical disabilities. They provide free tennis equipment and instruction to promote physical activity and engage kids in learning and support connectedness.



## **Vancouver Island Men's Therapy Centre Society      No One Left Behind**

The centre provides accessible and affordable trauma therapy for masculine-identifying, gender non-conforming and Two-Spirit community members who identify as survivors of physical, emotional, or sexualized violence. Providing psychological and practical support to facilitate healing. The goal of No One Left Behind is to ensure that all community members have access to the mental health supports needed to heal intergenerational-trauma and address the root causes of gender-based violence.



## **Child Abuse Prevention Counselling Centre      Helping Children Heal**

The Helping Children Heal project provides 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.



## **Mustard Seed Street Church      Neighborhood Hamper Delivery Program**

The 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.

# Capital Region Fund Supported Pool



## **Autism Society of British Columbia**

## **Learning, Connection and Support Programs**

AutismBC programs seek to empower, support, and connect people on the autism spectrum and their families through education, training, resources, and support groups that promote health and inclusion for individuals with autism, and related conditions, in the Capital region.



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

## **Food Security Project**

The Food Security Project provides healthy and nutritious food to women and children impacted by violence and abuse and helps to advance gender equality by ensuring they are better able to fully participate, socially and economically, in our community.



## **March of Dimes**

## **After Stroke BC: Empowering Survivors in Their Communities**

After Stroke aims to help anyone impacted by stroke to feel accepted and supported, wherever they are on their journey. The program significantly increases the health and well-being of participants by offering timely education and information that empowers participants to take control of their lives. The vision for BC is a province where stroke survivors, and their families, can recover, live life with renewed purpose and optimism, and inspire others to do the same.



## **Big Brothers Big Sisters of Victoria Capital Region**

## **In-School Mentoring**

The In-School Mentoring Program matches at-risk students who struggle socially and/or academically with a positive role model to guide them. Spending time with their mentor during the school day, children become excited to go to school, are more engaged, want to have healthy peer relationships. With someone to talk with about their problems, they often worry less and learn more, achieving greater personal and academic success.

Fund Supported (FS) Pool 2023-2025

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

# Capital Region Fund Supported Pool



## 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.



## Canadian Paraplegic Association BC Spinal Cord Injury BC

## Peer Support Program

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



## Victoria Cool Aid Society

## Downtown Community Centre

The Downtown Community Centre hosts a wide variety of daily, free, and inclusive healthy recreation and life skill programs for thousands of people in Victoria and the CRD. With equipment and travel costs included, financial barriers are removed. 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.



## Saanich Volunteer Services Society

## 1:1 Volunteer Services

SVSS volunteers help their neighbours in many ways, from supportive transportation to 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.

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# Capital Region Fund Supported Pool



## Island Sexual Health Society

### Breaking Down Barriers

Breaking Down Barriers aims to educate and empower community members with limited access to services to support them to meet 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.



## Alzheimer Society of B.C.

### Support and Education Programs

The Alzheimer Society looks to provide trusted information and much-needed support to help people with dementia and their caregivers to live their best lives possible at every stage of the dementia journey. Support, information, and education programs connect Capital region participants to a local community of care and foster confidence, security and belonging.



## Shelbourne Community Kitchen

### Pantry Program

The Pantry Program is centered on dignity and choice. Through a self-select process, registered participants have monthly access to high quality food and hygiene products. Cultural preferences, dietary restrictions, food allergies, and limited access to cooking facilities are accommodated, free of cost.



## Victoria Brain Injury Society

### Student Head Injury Neuro Education (SHINE)

SHINE is an educational outreach program that teaches high school students and community youth sports teams about the cause and effects of acquired brain injury (ABI). SHINE fosters discussions surrounding prevention and treatment of concussions, as well as dispelling myths and reducing the stigma of brain injury.



## Victoria Rainbow Kitchen

### Food Program

Rainbow Kitchen seeks to address food security gaps, 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.

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**Burnside Gorge  
Community Association**

**Family Self Sufficiency**

The Family Self Sufficiency Program is an innovative literacy and asset development program for low-income families receiving a housing subsidy in Greater Victoria. Participants identify personal and financial goals and develop action plans to meet them that are regularly assessed and adjusted as participants grow through the program.

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

**Sound of Change**

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, hearing assessments, and personalized communication and aural rehabilitation supports to vulnerable and at-risk populations, especially low-income seniors and adults.

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**Inter-Cultural Association  
of Greater Victoria**

**Sponsorship of Refugees  
Program**

The Sponsorship of Refugees Program supports the full integration of refugees and displaced people into the social, economic and civic life of the Capital region of British Columbia.

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