



Emergency Contact

Police, Ambulance, Fire: 911
Helpline for Children (BC only): 310-1234 (no area code needed)
(<http://www.safekidsbc.ca/helpline.htm>)
Kids Help Phone: 1-800-668-6868 (24/7 Canada-wide)
(<http://www.kidshelpphone.ca/>)
Vancouver Island Crisis Line: 1-888-494-3888 (24/7 – all ages)
(<http://www.vicrisis.ca/>)
Women's Sexual Assault Centre Crisis Line: 250-383-3232
(<http://www.vwsac.com/>)

Housing – Family or Individual

Balmoral Housing Society: 250-388-7667
(<http://coolaid.org/resource/balmoral-housing-society/>)
BC Housing: 250-475-7550
(www.bchousing.org)
Capital Region Housing Corporation: 250-388-6422
(<http://www.crd.bc.ca/housing/>)
Criddle Centre for Family - Supportive Transitional Housing: 250-995-6418
(www.cridge.org)
M' Akola Housing: 250-384-1423
(<http://www.makola.bc.ca/>)
Pacifica Housing: 250-385-2131
(<http://www.pacificahousing.ca/>)

Housing - Women

Casa Maria Emergency Housing Society: 250-386-7291
(<http://directory.bridgesworks.ca/record.cgi/135>)
Criddle Transition House: 250-479-3963 (also with 24 Hours crisis line)
(<http://cridge.org/>)
Margaret Laurence House: 250-995-0058
(<http://www.margaretlaurencehouse.org/about-mlh/gvwss/>)
Sandy Merriman Emergency Housing for Women: 250-480-1408
(<http://www.coolaid.org/>)
Sooke Transition House (Annie's Place): 250-642-2591
(<http://sooketransitionhousesociety.com/Welcome.html>)
Victoria Women's Transition House: 250-385-6611 (24hours crisis line)
(<http://www.transitionhouse.net/>)

Housing - Temporary

Ocean Island Hostel: 250-385-1788 or 250-385-1789 or call Toll-Free 1-888-888-4180
(www.oceanisland.com)
Rock Bay Landing: 250-383-1951
(www.coolaid.org) (under shelters)
University of Victoria- On Campus Housing: 250-721-8431
(<http://www.coun.uvic.ca/outside-links/Temporary-Housing-2005Webfilter.htm>)

Housing - Men

Our Place Society (Transitional Housing for Men): 250-388-7112
(www.ourplacesociety.com)
Salvation Army Hostel for Men: 250-384-3396
(www.salvationarmycfs.com)

Housing - Youth

HI-Victoria (Victoria Youth Hostel): 250-385-4511 or 1-888-883-0099
(www.hihostels.ca/westerncanada/166/Hi-Victoria.hostel)
Kiwanis Emergency Youth Shelter: 250-386-8282
(<http://www.vyes.ca/programs/>)
Threshold Housing Society: 250-383-8830
(<http://www.thresholdhousing.ca/>)

Community Contacts

BC Families in Transition: 250-386-4331
(<http://bcfit.org/>)

Boys and Girls Club Services of Greater Victoria: 250-384-9133
(www.bgcvic.org)

Burnside/Gorge Community Association: 250-388-5251
(<http://www.burnsidegorge.ca/>)

Cool Aid Society: 250-383-1977
(<http://www.coolaid.org/>)

Cridge Centre for the Family: 250-384-8058
(<http://cridge.org/>)

Esquimalt Neighbourhood House: 250-385-2635
(<http://www.enh.bc.ca/>)

ICA / Immigrant and Refugee Services: 250-388-4728
(<http://www.icavictoria.org/>)

James Bay Community Project-Youth Outreach: 250-388-7844
(<http://www.jbcp.bc.ca/>)

Military Family Resource Centre: 250-363-2640
(<http://www.esquimaltmfrc.com/>)

Pacific Centre Family Services Association : 250-391-4320 ext. 343
(<http://www.pacificcentrefamilyservices.org/>)

Parenting Programs @ Boys & Girls Club: 250-217-4929
(<http://www.bgcvic.org/youth-family-and-parenting-programs/parenting-programs/>)

Quadra Village Community Centre: 250-388-7696
(<http://www.quadravillagecc.com/>)

Saanich Neighbourhood Place: 250-360-1148
(<http://www.saanichneighbourhoodplace.com/>)

Salt Spring Island Community Services: 250-537-9971
(<http://www.saltspringcommunityservices.ca>)

Sooke Family Resource Centre: 250-642-5152
(<http://www.sfrs.ca/>)

Victoria Immigrant & Refugee Centre Society: 250-361-9433
(<http://www.vircs.bc.ca/>)

Victoria Native Friendship Centre: 250-384-3211
(<http://www.vnfc.ca/>)

Youth Empowerment Society: 250-383-3514
(<http://www.vyes.ca/>)

Health and Safety

Adult Addictions Community Treatment Services: 250-727-3544

British Columbia Eating Disorders Association: 250-383-2755
(<http://webhome.idirect.com/~bceda/index.html>)

BC Health Guide: 250-215-8110
(<http://www.healthlinkbc.ca/>)

Central Saanich Police Department (non-emergency): 250-652-4441
(<http://www.cspolice.ca/Home.htm>)

NEED2 Suicide Prevention Education & Support:
(<http://need2.ca/our-services/youthspace-ca/>)

Oak Bay Police Department (non-emergency): 250-592-2424
(<http://oakbay.ca/public-safety/police-department>)

Royal Jubilee Hospital: 250-370-8000
(http://www.viha.ca/finding_care/facilities/royal_jubilee_hospital.htm)

Saanich Peninsula Hospital: 250-652-3911
(http://www.viha.ca/finding_care/facilities/saanich_peninsula_hospital.htm)

Saanich Police Department (non-emergency): 250-475-4321
(<http://www.saanichpolice.ca/>)

Sidney RCMP (non-emergency): 250-656-3931
(www.sidney.rcmp.ca)

Victoria Cool Aid Society Community Health Centre and Dental Clinic: 250-383-5957
(www.coolaid.org)

Victoria General Hospital: 250-727-4212
(http://www.viha.ca/finding_care/facilities/victoria_general_hospital.htm)

Victoria Police Department (non-emergency): 250-995-7654
(<https://vicpd.ca/>)

Western Communities RCMP (non-emergency): 250-474-2264

Children Mental Health Support

The FORCE Society for Kids Mental Health: 1-855-887-8004

(http://fgta.ca/parent_support_groups.php?region=2&sgid=170)

Jack Ledger House: 250-519-6977

(http://www.viha.ca/cyf_mental_health/ledger.htm)

Queen Alexandra Centre for Children's Health: 250-519-5390

(http://www.viha.ca/locations/queen_alexandra_centre_childrens_health.htm)

Counselling Services

Beacon Community Services: 250-658-6407

(www.beaconcs.ca)

BC Families in Transition: 250-386-433

(<http://bcfit.org/>)

Cascadia Consultation Services: 250-590-7050

(<http://www.cascadiaconsultation.com/index.php>)

Citizen's Counselling: 250- 384-9934

(<http://www.citizenscounselling.com/>)

Healing through Play: 250-885-4622

(<http://www.playtherapyvictoria.com/>)

Pacific Centre Family Services Association: 250-478-8357

(<http://www.pacificcentrefamilyservices.org/>)

Victoria Single Parent Resource Centre-1UP: 250-385-1114

(<http://www.singleparentvictoria.ca/>)

Victoria Downtown Youth Clinic: 250-383-3552

(<http://www.victoriayouthclinic.ca/>)

VIHA Discovery Youth and Family Addiction Services: 250-519-5313

Food

Goldstream Food Bank Society: 250-474-4443

(<http://www.islandnet.com/~foodbank/>)

Life Cycles Project: 250-383-5800

(<http://lifecyclesproject.ca/>)

Meals on Wheels: 250-479-6900

(<http://www.mealcall.org/canada/british-columbia/victoria.htm>)

Mustard Seed Church/Food Bank: 250-953-1575

(<http://mustardseed.ca/ministries/food-bank/>)

Our Place Soup Kitchen: 250-300-7112

(<http://ourplacesociety.com/services/meals/>)

Silver Threads: Esquimalt Centre 250-386-6108 Saanich 250-382-3151 Sidney 250-656-5537 Victoria 250-388-4268

(<http://silverthreads.ca/>)

Sooke Food Bank: 250-642-7666

(<http://www.sookeregionresources.com/sooke-food-bank-society>)

St. John the Divine Anglican Church Emergency Food Service: 250-383-7169

(<http://www.stjohnthedivine.bc.ca/page/emergency-food-service-efs>)

Clothing

Beacon Community Services: 250-656-0134

(<http://www.beaconcs.ca/>)

Coats for Kids: 250-381-3000

(<http://www.qvhba.org/coatsforkids/>)

Community Closet Thrift Store: 250-388-7810

(<http://jbcpc.bc.ca/community-closet/>)

James Bay United Church Thrift Store: 250-384-5820

(<http://www.jamesbayunited.com/thrift-shop/>)

Mustard Seed Street Church: 250-953-1575

(<http://mustardseed.ca/ministries/street-church/>)

My Sisters Closet: 250-598-2421

Salvation Army Thrift Store: Cedar Hill 250-382-3741 Saanich 250-727-3853 Sidney 250-656-1732

(<http://www.thriftstore.ca/british-columbia/>)

St. Aidan's United Church: 250-477-2089

(<http://staidansunited.com/>)

St. Vincent de Paul: Victoria 250-382-3213 Sidney 250-655-3188

(<http://svdpvictoria.com/>)

Community Living Services Contacts

Advocate for Service Quality: 250-387-6121

(http://www.mcf.gov.bc.ca/contact_us.htm)

BC Aboriginal Network on Disability Society: 250-381-7303

(<http://www.bcands.bc.ca/>)

BC Human Rights Commission: 250-387-3710

BC Ministry of Human Resources: 250-952-4573

Community Living British Columbia (CLBC): Facilitators 250-952-4203 Analysts 250-387-6099

(<http://www.communitylivingbc.ca/>)

Community Options for Children and Families Society: 250-380-6363

(<http://communityoptions.bc.ca/>)

BC Transit: 250-385-2551

(<http://www.transitbc.com/regions/vic/>)

Community Living Victoria: 250-477-7231

(<http://communitylivingvictoria.ca/>)

Blended and Single Parent Families

BC Families in Transition: 250-386-4331

(<http://www.bcfrit.org>)

Parenting Programs @ Boys & Girls Club: 250-217-4929

(<http://www.bgcvic.org/youth-family-and-parenting-programs/parenting-programs/>)

Single Parent Resource Centre – 1UP: 250-385-1114

(<http://www.singleparentvictoria.ca/>)

Legal/Mediation

BC Families in Transition: 250-386-4331

(<http://www.bcfrit.org>)

Communica: Dialogue & Resolution Services Society: 250-383-4412

(<http://communicabc.org/>)

Community Corrections Adult Program: Saanich 250-952-4183 Victoria 250-387-6321

(<http://www.pssg.gov.bc.ca/corrections/contact/cco.htm>)

Lawyer Referral Service (Toll Free): 1-800-663-1919

(http://www.cba.org/bc/initiatives/main/lawyer_referral.aspx)

Legal Aid BC: 250-388-4516

(<http://www.lss.bc.ca/>)

Native Court Worker & Counseling Association BC: 1-877-811-1190

(<http://www.nccabc.ca/>)

South Island Dispute Resolution Centre: 250-383-4412

(<http://www.disputeresolution.bc.ca/>)

Tenants Resource & Advisory Centre (TRAC): 1-800-665-1185

(<http://www.tenants.bc.ca/main/>)

Together Against Poverty Society (TAPS): 250-361-3521

(<http://www.tapsbc.ca/>)

Family Justice in B.C.:

(<http://www.justicebc.ca/en/fam/>)

Victoria – Swan Lake Community Office – Free Legal Clinic, Wed, 5-8pm:

(Personal Injury, Litigation, Family, Labour & Employment – 1020 Hillside Avenue – Appts are first come, first served, drop-in only)

Services for Disabilities

Action Committee of People with Disabilities: 250-383-4105

(<http://www.actioncommittee.ca/>)

BC Coalition of People with Disabilities: 1-604-872-1278

(<http://www.bccpd.bc.ca/>)

Community Living Services: 1-604-664-0101/ 1-877-660-2522

(<http://www.communitylivingbc.ca/>)

Community Living Victoria: 250-477-7231

(<http://communitylivingvictoria.ca/>)

Community Options for Children & Families: 250-380-6363

(<http://communityoptions.bc.ca/>)

Cool Aid Community Casual Labour Pool: 250-383-1977

(http://www.coolaid.org/index.php?option=com_content&task=view&id=21&Itemid=37)

Disability Resource Centre: 250-595-0044

(<http://www.drcvictoria.com/>)

Frederic Ozanam Centre: 250-727-2247

(<https://www.svdpvictoria.com/contactus.php?type=2&query=2>)

Independent Living Centre of Greater Victoria: 250-383-2524

(<http://ilhs.ca/>)

Learning Disabilities Association: 250-370-9513

(<http://www.lidasvi.bc.ca/>)

Phoenix Human Service Association: 250-383-4821

(<http://phoenixhumanservices.org/>)

Triumph/WCG International: 250-389-0699

(<http://www.wcgservices.com/programs/workbc-employment-services-centre>)

Anti/Stop Bullying Website Resources

- <http://www.erasebullying.ca/> (BC Ministry of Health)
- <http://www.redcross.ca/> (Stand Up 2 Bullying)
- <http://youthinbc.com/youth-issues-2/bullying/>
- Youthspace.ca
- Youthcore.ca
- Nonamecallingweek.org
- <http://www.antibullying.net/>
- <http://www.pinkshirtday.ca/>
- <http://www.youthprivacy.ca/en/index.html>
- www.Stopabully.ca
- www.Bullying.org
- Dig4kids.org/bully-prevention
- NeedHelpNow.ca (contact when involved in self/peer exploitation, picture or video of you on internet or smart phone that you don't want out there)
- <http://www.safeonlineoutreach.com/> (Safe Online Outreach Society)