#### **GREATER VICTORIA**

# STREET SURVIVAL GUIDE

**WINTER 2015/16** 

**Edition VII** 



## IN CASE OF AN EMERGENCY CALL 911

#### **EMERGENCY SHELTERS**

## Rock Bay Landing 250-383-1951

## Salvation Army ARC 250-384-3396

## Sandy Merriman House 250-480-1408

#### Victoria Women's Transition House Crisis Line: 250-385-6611

### O11010 E1110. 200 000 0011

## **Cridge Transition House** 24hr Line: 250-479-3963

## Youth Emergency Shelter Information on page 13

#### WHERE TO CALL FOR HELP

#### **Victoria Sexual Assault Centre**

#### Crisis Line: 250-383-3232

## **TAPS:** Income Assistance, Disability, Tenancy and Employment Advocacy. 250-361-3521

#### Burnside Gorge Community Association

## Family Services. 250-388-5251

#### Victoria Youth Empowerment Society 250-383-3514

#### Nurse Line 811

#### **GOVERNMENT PHONE NUMBERS**

#### Ministry of Social Development/Innovation & Income Assistance (including Gateway)

1-866-866-0800

## Residential Tenancy Branch 250-387-1602

## BC Ombudsperson

250-387-5855

**Service BC:** Services for social development. Mon-Fri 8:30-4:30pm. 250-387-6121

#### **Service Canada**

Revenue Canada, Canada Pension Plan, Records of Employment, HST/GST etc. 1-800-622-6232

IF YOU ARE IN A **CRISIS** CALL THE CRISIS LINE: **1-888-494-3888** 

## **QUICK FINDER**



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### **FOOD**



#### Rainbow Kitchen 500 Admirals Rd

250-384-2069

**Lunch:** Mon-Fri 12pm, first come, first serve.Open Thanksgiving and Christmas. Bread and produce based on availability.

#### Our Place

919 Pandora Ave

250-388-7112 **Breakfast:** 7-8am.

Lunch: 12-1pm. Dinner: 5-6pm.

Lunch and dinner only Sat, Sun and stat

holidays.

#### Mustard Seed 625 Queens Ave

250-953-1575

**Dinner:** Fri 7pm. Reservation required. Call or sign up at Mustard Seed.

#### Anawim House 973 Caledonia Ave

250-382-0283

Breakfast: Mon-Sat 10am

**Lunch:** Sign-up from Mon-Fri 10-11am. **Dinner:** Thur & Fri, sign up by 2pm. For people abstinent from substances. Max 20 people for lunch and dinner.

#### Living Edge 950 Kings Rd

(CDI College building) 250-383-8915

Dinner: Sun 4:30pm.

## Rock Bay Landing 535 Ellice St

250-383-1951

Sat & Mon 3:30pm for tickets for non-residents. 50 tickets only.

#### Salvation Army 525 Johnson St

250-384-3396

**Lunch:** Mon, Wed, Fri, Sun 11:45-12:30pm.

#### Coffee and Donuts:

Tues 10:30am.

#### The Soup Kitchen St Andrew's, 740 View St

778-440-7687

Breakfast: Mon-Fri 8:30-10am. Open all

stats except Christmas Day.

#### Sandy Merriman 809 Burdett Ave

250-480-1408

Lunch: For self-identified women,

7 Days, 11:30-2pm.

## Food Not Bombs Pandora Ave at Vancouver St

Meal: Sun 3:30pm.

#### **PEERS**

#### 1-744 Fairview Rd, Esquimalt

250-382-3213

Lunch: For sex workers only,

Mon-Thur, 12:30pm.

Up to date food information: www.victoriahomelessness.ca/food

### **SHELTERS**



#### Sandy Merriman 809 Burdett Ave

250-480-1408 Bed sign up starts at 7:30am. Beds assigned at 11:00am. Self-identified women, 19+.

## Salvation Army ARC

**525 Johnson St** 250-384-3396 Men Only. 19 and older. Free dorm beds for 10 day stay.

#### Rock Bay Landing 535 Ellice St 250-383-1951

250-383-1951 Bed sign-up until 2:45pm. 19+, pets ok.

#### Cool Aid Seasonal Shelter

Downtown Community Centre 755 Pandora Ave 250-383-1951

250-383-1951 Nov - Mar 31. 10pm-6:30am. Open nightly. Pets ok.

## Youth Shelter Info on pg 13

#### Our Place Seasonal Shelter First Met Church

**932 Balmoral Ave** 250-388-7112 Oct 15 - Mar 31. 7:30pm-7am. Pets ok.

#### Extreme Weather Protocol (EWP) 250-896-4012 Nov - Mar 31

www.vewp.net

Extreme weather response shelters. Notice of activation at service providers, social media, website or by phone.

## 24 HR WASHROOMS



#### Centennial Square Between Pandora, Fisgard

behind the security desk at the bottom of the parkade Bastion Square On Langley St, between Yates St & Fort St

#### Rock Bay Landing 353 Ellice St 250-383-1951

Open 24hrs. Buzzed in from 10pm-6am.

### **STORAGE**



#### Our Place 919 Pandora Ave 250-388-7112 Day Lockers, 8-3pm.

Closed stat holidays.

Rock Bay Landing 535 Ellice St 250-383-1951 Day Lockers, 6am-10pm.

#### City Centre Storage 203 - 824 Johnson St 250-384-4233 Mon-Sat 9-4pm. Rates vary. No deposit necessary.

## **FOOT CARE**



Our Place Hygiene Area 919 Pandora Ave 250-388-7112 Phone for availability. Glad Tidings 1800 Quadra St 250-384-7633 3rd Sat of each month. 8:30am. First come first served.

### **EMPLOYMENT**



Work BC Employment Services Centres -GT Hiring 201-1483 Douglas St 250-388-0858 102-415 Gorge Rd East 250-388-5627 Mon-Wed 8:30-5pm. Closes at 3pm Thur and 4:30pm Fri.

#### REES – Community Casual Labour Pool 465 Swift St

250-388-9296 Mon-Fri 9-3:30pm. Closed Tues 12-1pm.

#### John Howard Society 2675 Bridge St

250-386-3428 Employment services for federally released inmates.

#### Labour Unlimited 1732 Douglas St 250-386-8100

250-386-8100 Show up at or before 6am for work.

## Trades Labour Corporation 2028 Douglas St

250-386-0024 Show up from 5:30-6:30am for work.

Fill out application same day, bring ID.

#### Rhino Labour 110 - 2950 Douglas St

250-381-0202 Show up at or before 6am for work. Need photo ID, proof of SIN

number.
Fill out application day before

#### Bridges for Women 1809 Douglas St

250-385-7410 For women leaving abusive relationships.

#### Volunteer Victoria 306-620 View St

250-386-2269 Mon-Fri 8:30-4:30pm. For volunteer work.

#### Victoria Native Friendship Centre, CEER Program

(Career, employment and education resources) **231 Regina Ave**250-384-3211

#### Victoria Disability Resource Centre 817A Fort St 250-595-0044

Mon-Fri 9-4pm.

Salvation Army

#### Salvation Army Stan Hagen Centre 2695 Quadra St 250-386-8521

Mon-Fri 9-11:45am 1-4:15pm. Skills and computer training.

#### Literacy Victoria 817A Fort St

250-382-6315 Tue-Fri 10-3pm, or by appointment. Adult learning.

### LAUNDRY



#### **Rock Bay Landing** 535 Ellice St

250-383-1951 7 days, 6:30am-11pm. Call to sign up.

#### **Anawim House** 973 Caledonia Ave

250-382-0283 Mon-Fri 10am-3pm. Sat 10-2pm. For people abstinent from substances.

#### Sandy Merriman 809 Burdett Ave

250-480-1408 7 days, 11:30-4pm. Self-identified women

## HAIR CUTS



**Our Place** 919 Pandora Ave 250-388-7112 Tues 1-3pm. Sun 12:30-2:30pm **Mustard Seed** 625 Queens Ave 250-953-1575 Mon, Wed, Thur 10-2pm.

### FREE PHONE



#### Rock Bay Landing 535 Ellice St

250-383-1951 6am-10pm front desk.

#### Pacifica DOS Office 826 Cormorant St

250-356-2555 Tues. Thur. Fri 8:30-4:30pm. closed noon-1pm. Wed 1-4:30pm (Open all day on cheque issue day).

#### **Bay Centre** Lower floor

25 cents

#### Sandy Merriman 809 Burdett Ave

250-480-1408 11:30-4pm. Self-identified women

#### Downtown **Community Centre** 755 Pandora Ave

250-383-0076 Mon-Fri 8:30-2:30pm. Hours subject to change, posted weekly. \$6 monthly voicemail service.

#### Quadra Village **Community Centre** 901 Kings Rd

250-388-7696 Mon-Fri 9-3:30pm. closed Tue 1-3:30pm. Local calls only (10min max).

#### REES 465 Swift St

250-595-8619 Mon-Fri 9-3:30pm. Closed Tues 12-1pm.

## **GROCERIES**



#### St Vincent De Paul 828 View St

250-382-0712 Mon-Fri 8:30-4pm, closed from noon-1pm.

#### St John the Divine 1611 Quadra St

250-383-7169 Tues & Fri 10-noon. Closed the week after cheque issue.

#### Mustard Seed 625 Queens Ave

250-953-1575 ext 116 Mon-Fri 9-2pm. For appointments call before 2pm, ID required.

#### Living Edge 901 Kings Rd

250-383-8915 Tues, Thur 10:30am until gone. Out of Quadra Village Community Centre.

#### Salvation Army Stan Hagen Centre 2695 Quadra St

259-386-8521 Mon-Fri 9-11:45am, 1-4:15pm. Emergency hamper 3x per year.

## FREE INTERNET



#### Our Place Computer Room

**919 Pandora Ave** 250-388-7112 7am-8pm. Stat holidays 7-4pm.

#### Work BC Employment Service Centres -GT Hiring

Registration required. Intended for job search activities.

201-1483 Douglas St 250-388-0858

**102-415 Gorge Rd East** 250-388-5627 Mon-Wed 8:30-5pm. Closes at 3pm Thur and 4:30pm Fri.

## Greater Victoria Public Library

735 Broughton St 250-940-GVPL (4875) Mon, Fri, Sat 9-6pm. Tues-Thur 9-9pm. Sun 1-5pm. Additional locations: www.qvol.ca

#### Victoria Disability Resource Centre

**817A Fort St** 250-595-0044 Mon-Fri 9-4pm.

#### Rock Bay Computer Room 535 Ellice St

250-383-1951 Daily, variable hours.

## Downtown Community Centre

**755 Pandora Ave** 250-383-0076 Mon-Fri 8:30-2:30pm. Hours subject to change, posted weekly.

#### Quadra Village Community Centre

901 Kings Rd 250-388-7696 Mon-Fri 9-3:30pm, closed Tues 1-3:30pm. Internet, wifi, fax and photo copy.

#### REES 465 Swift St

250-595-8619 Mon-Fri 9-3:30pm. Closed Tues 12-1pm.

### **SHOWERS**



#### **Our Place**

#### 919 Pandora Ave

250-388-7112

8-3pm.

Closed stat holidays.

#### Rock Bay Hygiene Area

#### 535 Ellice St

250-383-1951

Daily, variable hours.

#### **Anawim House**

#### 973 Caledonia Ave

250-382-0283

Mon-Fri 10-3pm. Sat 10-2pm.

For people abstinent from substances.

#### Sandy Merriman

#### 809 Burdett Ave

250-480-1408

7 Days, 11:30-4:30pm.

Self-identified women.

## HARM REDUCTION RESOURCES



#### AVI

3rd Floor,

#### 713 Johnson St

250-889-0268

Daily 3-10pm.

#### Mobile

250-896-AVIX (2849)

Wed-Fri 12-4pm.

For Overdose Prevention/Response Training call Harm Reduction Services Coordinator 250-384-2366 ext 3104

#### Sobering and Assessment Centre

#### 1125 Pembroke St

250-213-4444

Open 24/7.

#### PACIFICA DOS

#### 826 Cormorant St

250-356-2555

Tues, Thur, Fri 8:30-noon, 1-4:30pm. Wed 1-4:30pm (Open all day on cheque issue day).

#### SOLID

#### 857 Caledonia Ave

250-298-9497

Mon-Fri 1-3pm for peer support and safer

substance use information.

#### **Outreach Downtown**

On foot: Every morning 7:30-9:30am. Tue-Thur, and Sat 5:30-7:30pm.

## Cool Aid Pharmacy 713 Johnson St

250-385-1466

Mon-Tues 9-6pm. Wed-Thur 9-8pm.

Fri 9-3pm. Sat 10-2pm.

#### **PEERS**

#### Night Outreach:

Government and Discovery, and

on Rock Bay Ave

250-744-0171

Nightly 6:30-11pm.

#### **Drop-In Centre/Wellness Clinic:**

1-744 Fairview Rd

250-388-5325 ext 100

Mon-Thur 11-2:30pm

## **HEALTH & DENTAL**

Please call to confirm hours.



#### Cool Aid Community **Health Clinic**

713 Johnson St

250-385-1466 Mon & Tues 9-6pm. Wed & Thur 9-8pm. Fri 9-3pm. Sat 10-2pm. Same day booking.

#### Cool Aid Dental Clinic

713 Johnson St

250-383-5957 Mon-Fri 9-4pm, Closed 1-2pm.

Call to make appointment.

#### **Our Place**

919 Pandora Ave 250-388-7112

St. John Ambulance Tues 10-12pm. Minor injuries

to seriously infected wounds. Community

Acupencture Clinic Thur 3:15-5:15pm

#### Pandora Dental Group 1035 Pandora Ave

250-385-0311 Call to make appointment. **PEERS** 

#### 1-744 Fairview Rd **Drop-In Wellness** Clinic

250-388-5325 ext 100 Bi-weekly Mon-Thur 11-2:30pm.

#### **Health Support and** Outreach

250-744-7690 Help getting tested for, and manage, STIs For former and current sex workers

#### Island Health Street Nurse

Mon-Tues 8-8pm. Wed-Thur 8-4:30pm. Fri 12:30-7:30pm. Call 250-361-7056 (Mon-Thur) or 250-818-3373 (Tues, Thurs, Fri) for details.

#### Yates St Walk-In Clinic

105-911 Yates St

250-388-3080 Mon-Thur 8:30-8pm, Fri 8:30-7pm. Sat 9-5pm. Sun 10-4pm. **Rock Bay Landing** 535 Ellice St

250-383-1951 Nurses: Fri 9:30-11:30am Dr. Price: Thur 9am-noon

#### Burnside Walk-In Clinic

101 Burnside Rd 250-381-4353

Mon-Thur 7:30am-9pm. Fri 7:30-6pm. Sat & Sun 9-6pm.

#### STI Clinic

1947 Cook St

250-388-2225 Free STI testing. Mon 10-2pm. Tues & Thur 1-4pm. By appointment.

## PET CARE



**Our Place** 919 Pandora Ave 250-388-7112 2<sup>nd</sup> Thursday of the month 8-3pm. Dog and cat food occassionally available at food banks and emergency shelters, ask the staff.

### THRIFT STORES



Value Village 1810 Store St 250-380-9422

Beacon Community Services 2676 Quadra S

2676 Quadra St 250-479-8849 715 Pandora Ave 250-388-3500 **WIN Store 795 Pandora Ave** 250-480-4006

**Salvation Army 525 Johnson St** 250-384-3755 **2-990 Hillside Ave** 250-380-7717 St Vincent De Paul 833 Yates St 250-382-3213

Bibles for Missions 2520 Government St 250-361-9398

## CLOTHING & HOUSEHOLD ITEMS



**Mustard Seed 625 Queens Ave** 250-953-1575 Mon-Fri 9-11:30am.

Our Place 919 Pandora Ave 250-388-7112 8-3pm.

Quadra Village Community Centre 901 Kings Rd 250-388-7696 Clothing Room: Mon, Wed-Fri 9am-noon, 1:30-3pm. Tues 9am-noon Rock Bay Landing Clothing Room 535 Ellice St 250-383-1951 Daily, variable hours.

St Vincent de Paul 828 View St 250-382-0712 Mon-Fri 8:30-4pm, closed from noon-1pm. Voucher twice per year.

Salvation Army Stan Hagen Centre 2695 Quadra St 250-386-8521 Mon-Fri 9-11:45am, 1-4:15pm. Emergency voucher once per year.

Free books available at:

Mustard Seed, Our Place Computer Room, Rock Bay Landing & Salvation Army.

#### **DOWNTOWN VICTORIA**

- 1 The Soup Kitchen 740 View St
- 2 Action Committee for People with Disabilities 948 View St
- 3 Anawim House 973 Caledonia Ave
- 4 Bridges for Women Society 1809 Douglas St
- 5 Cool Aid Clinic, Dental, AVI Office, 713 Outreach 713 Johnson St
- 6 Downtown Community Centre 755 Pandora Ave
- 7 Work BC GT Hiring 201-1483 Douglas St
- 8 Labour Unlimited 1732 Douglas St
- 9 The Law Centre, Justice Access Centre 225-850 Burdett
- 10 Legal Aid BC 218-852 Fort St
- 11 Library Main Branch 735 Broughton St
- 12 Literacy Victoria 817A Fort St
- 13 Men's Trauma Centre 102-1022 Pandora Ave
- 14 Our Place 919 Pandora Ave
- 15 Pacifica DOS
  Office
  826 Cormorant St

- 16 Pandora Dental Group 1035 Pandora Ave
- **17 REES** 465 Swift St
- 18 Salvation Army 525 Johnson St
- 19 Sandy Merriman
- 809 Burdett Ave

  20 Service Canada
  1401 Douglas St
- 21 SOLID 857 Caledonia Ave
- 22 STI Clinic 1947 Cook St
- 23 St John the Divine 1611 Quadra St
- 24 St Vincent De Paul Social Concerns Office 828 View St
- **25 TAPS** 302-895 Fort St
- 26 Trades Labour Corp 2028 Douglas St
- 27 Victoria Disability Resource Centre 817A Fort St
- 28 Victoria Youth Empowerment Society, Youth Clinic 533 Yates St
- 29 Volunteer Victoria 306-620 View St
- 30 Yates St Integrated Health Clinic 105-911 Yates St
- 31 YMCA 851 Broughton St

PEMBROKE ST 26 **DISCOVERY ST CHATHAM ST** HERALD ST 17 FISGARD ST 28 HUMBOLDT ST





#### THE GORGE

- 32 Burnside Gorge Community Assoc. 471 Cecelia Rd
- 33 Work BC GT Hiring 102-415 Gorge Rd East
- **34 John Howard** 2675 Bridge St
- 35 Mustard Seed 625 Queens Ave
- **36 Rhino Labour** 110-2950 Douglas St
- 37 Rock Bay Landing 535 Ellice St
- 38 Single Parent Resource Centre 602 Gorge Rd East

## WHERE CAN I CALL FOR HELP? (SENIORS)



#### **James Bay New Horizons**

#### 234 Menzies St

250-386-3035 Mon-Sat 9-4pm.

#### Quadra Village Community Centre

#### 901 Kings Rd

250-388-7696

#### **Senior Entitlement Service**

Mon & Thur 9-noon, 1-3pm.

#### **Seniors Serving Seniors**

250-382-4331

Information & referral service. Seniors Services Directory available.

#### Silver Threads Saanich

#### 286 Hampton Rd

250-382-3151

Mon-Fri 8:30-4pm. Lunch 11:30-1:30pm.
Seniors activities, counseling and advocacy.

#### Victoria

#### 2340 Richmond Rd

250-388-4268

Mon-Fri 8:30-4pm.

Seniors activities, counseling and advocacy.

**CRISIS LINE** 1-888-494-3888

## WHERE CAN I CALL FOR HELP? (YOUTH)



#### Out of the Rain Youth Shelter

Changing locations.

250-415-3856

Youth 15-25.

Oct 15 to Apr 15.

Pets allowed some days.

www.outoftherainvictoria.ca

#### **Kiwanis Emergency** Youth Shelter

2117 Vancouver St

250-386-8282

Youth 13-18

#### Victoria Youth **Empowerment Society**

533 Yates St

250-383-3514

Youth 13-19

Daytime Drop-in: 9-5pm. Showers, laundry. clothing and internet.

Access to youth detox, outreach team, mental health liaison counselor, life skills program

Alliance Club: drop-in Mon-Thur 3-9:30pm. Dinner served at 5pm. snack at 8pm.

#### Burnside Gorge Community Association

471 Cecelia Rd

250-388-5251

Youth Outreach: Mon-Fri 9-4:30pm. Youth Drop In: Wed-Fri 5-8pm.

#### Sanctuary Youth Drop-In

767 Humboldt St (church basement)

250-385-6255

For youth 19 or under.

Fri-Sun 3-6pm.

Warm meals, showers, laundry and more. www.sanctuarvvouth.ca

Warming station for youth open 5-10pm during EWP activations (see pg.3).

Transportation to the Out Of The Rain shelter is available between 9-10pm from this

location

#### Victoria Youth Clinic

#### 533 Yates St (back entrance) Outreach 250-818-0897

250-383-3552

Mon-Thur 11-5pm. Primary health care, mental health and substance use, counseling support/care, lab and outreach services. Youth 12-24. No CareCard needed.

www.victoriavouthclinic.ca

#### Threshold Youth Housing 250-383-8830

Youth 16-21

#### **Boys and Girls Club** 301-1195 Esquimalt Rd

250-384-9133

Mon-Thur 8:30-4:30pm. Fri 8:30-1pm.

#### Victoria Native Friendship Centre

231 Regina Ave

250-384-3211 Youth Drop-In.

Mon-Thur 4-8pm. Fri 2-8pm.

Youth support workers, youth addictions and youth and family counselors available

#### **Beacon of Hope House**

525 Johnson St

250-381-9474 for referrals. Operated by Salvation Army ARC. Male youth aged 13-18.

90 day addiction recovery program.

#### **Umbrella Society**

901 Kings Rd

250-380-0595

Mon-Fri 8:30-4:30pm. Addiction and mental health

**CRISIS LINE** 1-888-494-3888

### WHERE CAN I CALL FOR HELP?

#### **COUNSELLING AND SUPPORT**

## Victoria Sexual Assault Centre

#### 201-3060 Cedar Hill Rd

250-383-5545

Mon-Fri 9-5pm. Closed all stat holidays. Crisis Line: 250-383-3232 Crisis Line for people of all genders, 24hrs.

#### **PEERS**

#### 1-744 Fairview Rd

250-388-5325 x100

Drop In Centre: Mon-Thur 11-2:30pm.
Access health and housing support workers, consultations with lawyers and street nurses.
For former and current sex workers.

#### Men's Trauma Centre 102-1022 Pandora Ave

250-381-6367 Mon-Fri 9-4pm.

For men suffering from the effects of trauma.

## Society of Living Illicit Drug Users (SOLID)

#### 857 Caledonia Ave

250-298-9497

Mon-Fri 1-3pm.

Peer support, educational programming, support groups, referrals and information. Peer Support Meeting: 2nd & 4th Saturday of the month, 1-2:30 PM. Open to all past and current substance users

## Island Community Mental Health

#### 125 Skinner St

250-389-1211 Mon-Fri 8:30-4:30pm. Support & Employment Services.

#### Umbrella Society 901 Kings Rd

250-380-0595 Mon-Fri 8:30-4:30pm.

## BC Schizophrenia Society, Victoria

#### 941 Kings Rd

250-384-4225

Mon-Fri 9-4pm.

Client and Family Services. Peer support services, support for individuals with any mental health diagnosis and those with no diagnosis.

#### Citizens Counseling

941 Kings Rd

250-384-9934 Mon-Fri 9:30-4:30pm, no phones answered 10-2pm.

Sliding scale fee.

#### **Victim's Services**

250-995-7351 for referral. Mon-Fri 9-5pm.

## Victoria Disability Resource Centre

#### 817A Fort St

250-595-0044

Mon-Fri 9-4pm.

Support for people living with disabilities.

#### Vancouver Island Persons Living with HIV/AIDS

101-1139 Yates St

250-382-7927

Mon-Thur 11-4pm. Fri 11-3pm. Peer support and treatment information by and for persons living with HIV/AIDS.

#### La Société francophone 200-535 rue Yates

250-388-7350

Lun-Jeud 8:30 à 17, Ven 8:30 à 16

#### Our Place 919 Pandora Ave

250-388-7112

First Nations Residential School Survivor Counsellor Fri 9-12pm.



## LEGAL SUPPORT AND ADVOCACY

#### Law Centre 225-850 Burdett Ave

250-385-1221

Mon-Fri 9-noon, and 1-3:30pm.

Free legal advice. Small cases, criminal, civil, and family law.

#### Legal Aid 218-852 Fort St

250-388-4516

Family, criminal and immigration cases only. Intake also at courthouse

#### TAPS

302-895 Fort St 250-361-3521

250-361-352

Mon 1-4:30pm.

Tues-Thur 9:30-noon, 1-4:30pm.

Fri 1-4pm.

Income Assistance, Disability, Tenancy

& Employment Advocacy.

#### Justice Access Centre 225-850 Burdett Ave

Mon. Tues. Wed. Fri 8-5:30pm.

Thur 8-6:30pm.

Family law issues. Family justice counselors, information, mediation, children and spousal support.

#### **FREE LEGAL CLINICS**

## Rock Bay Landing

250-383-1951

Ask CSWs for support in booking. Mon-Fri 8-7pm. Sat 7-5pm.

#### Office of Carole James

MLA Victoria, Beacon Hill 1084 Fort St

250-952-4211

Wed 5-6pm

#### Quadra Village Community Centre 901 Kings Rd

250-388-7696

Wed 2-3pm. Call for appointment.

CRISIS LINE 1-888-494-3888

## WHERE CAN I CALL FOR HELP? (FAMILIES)



#### Victoria Native Friendship Centre

231 Regina Ave 250-384-3211 Family Programs. Intakes Mon-Fri 9-10:45am and 2:30-3:45pm. Family lunch on Fri 12-1pm.

#### Burnside Gorge Community Association

471 Cecelia Rd 250-388-5251 Mon-Fri 9-4:30pm. Family Dinners on Thur 5pm.

#### Single Parent Resource Centre 602 Gorge Rd East

250-385-1114 Mon, Tues, Thur, Fri 9-4pm. Wed 12-7pm.

## Family Services of Greater Victoria

250-386-4331 Hours vary, please call ahead. Families dealing with

divorce or separation.

899 Fort St

#### Cridge Centre for the Family 24hr Line: 250-479-3963

#### 1307 Hillside Ave

Transition House, emergency shelter, counseling for women and children fleeing abuse.

## Surrounded by Cedar

211-1497 Admirals Rd

250-383-2990 Toll-free 1-855-383-2990 Aboriginal Youth and Family Services.

#### Young Parent Support Network Saanich

Neighbourhood Place, 3100 Tillicum Rd

250-384-0552 For pregnant and parenting young parents ages 13-29. Call first to see if they are on site.

#### Salvation Army Stan Hagan Centre for the Family 2695 Quadra St

250-386-8521 Mon-Fri 9-11:45am, 1-4:15pm. Counseling, emergency assistance, Christmas assistance

#### Quadra Village Community Centre

**901 Kings Rd** 250-388-7696 Mon, Wed, Thur 9-4pm. Tues 9-1:30pm, 3-4pm.

#### Victoria Women's Transition House

24/7 Crisis Line: 250-385-6611 General: 250-592-2927 For women fleeing abuse.

#### Greater Victoria Housing Society 2326 Government St

250-384-3434 Mon-Fri 8:30-4:30pm. Housing for low income working families.

## Esquimalt Teen Centre

537 Fraser St 250-412-8530 (no voicemail) Free After-School Drop-In (Grades 6-8): Tues & Thur 3-5pm. 13-18 year olds: Thur-Sat 7pm-10pm.

#### Her Way Home 211-547 Michigan St

250-519-3681
For pregnant and early parent women impacted by substance use issues.

#### Umbrella Society 901 Kings Rd 250-380-0595

250-380-0595 Mon-Fri 8:30-4:30pm.

CRISIS LINE 1-888-494-3888

## SUBSTANCE USE SERVICES & SUPPORT



#### Island Health

#### Withdrawal Management Services

1125 Pembroke St 250-213-4441 24hr walk-in.

#### Sobering & Assessment Centre

Shelter and assessment of inebriated clients, less than 24 hours.

#### Detox

Short-term for acute medical withdrawal, 10 days. 250-213-4444 or by community referral

#### Stabilization

Longer term 7-30 days. 250-213-4444, or by community referral

#### Recovery Addictions Support (RAS)

7 day a week program for clients new to recovery. psychoeducational groups

Narcotics Anonymous 24 Hr Helpline: 250-383-3553 www.svina.ca

Alcoholics Anonymous Central Office 24 Hr Hotline: 250-383-7744 www.aavictoria.ca

#### Drug & Alcohol Counselor at Cool Aid Clinic

**713 Johnson St**Call 250-385-1466 to make appointment.

#### Addictions Outpatient Treatment

2nd floor-1250 Quadra St 250-519-3544 Intake for newcomers Mon-Fri 9-4pm. Walk-in. self referral.

#### Salvation Army Addictions Rehabilitation Centre

**525 Johnson St** 250-384-3396 Mon-Fri 8:30-4:30pm. See case workers for in house support and referrals.

**LifeRing** 250-920-2095 www.liferingcanada.org

#### Umbrella Society 901 Kings Rd 250-380-0595

250-380-0595 Mon-Fri 8:30-4:30pm.

Referrals to Detox, Stabilization and Treatment available at Our Place, Cool Aid Clinic, Mustard Seed, AVI, Sandy Merriman, PEERS and Rock Bay Landing and Addiction Outpatient Treatment Clinic

## **HOW TO:**



#### ID REPLACEMENT

#### Rock Bay Landing CSWs 535 Ellice St

Mon-Fri 8am-7pm. Sat 7am-5pm. Drop-in service, sign up and wait.

#### Service Canada 1401 Douglas St

Mon-Fri 8:30-4pm. For replacement SIN card or proof of SIN while waiting for ID.

#### Salvation Army Case Workers 525 Johnson St Mon-Fri 8:30-4:30pm.

## **HOW TO: (CONTINUED)**



## APPLY FOR INCOME ASSISTANCE

Rock Bay Landing CSWs 535 Ellice St 250-383-1951 Mon-Fri 8-7pm. Sat 7-5pm. For online application.

Our Place Outreach Staff 919 Pandora Ave 250-388-7112 9:30-6pm.

APPLY FOR DISABILITY OR PPMB DESIGNATION

TAPS 302 – 895 Fort St 250-361-3521 Mon 1-4:30pm. Tues-Thur 9:30-noon, 1-4:30pm. Fri 1-4pm.

**REES 465 Swift St**250-388-9296
Mon-Fri 9-3:30pm.
Closed Tues 12-1pm.

Action Committee for People with Disabilities

**948 View St** 250-383-4105 Mon to Fri 9-4pm.

Victoria Disability Resource Centre 817A Fort St 250-595-0044 Mon-Fri 9-4pm.

## PWD/DISABILITY ENTITLEMENTS

Province-wide bus pass, dental, camping in provincial parks, fishing licenses, Ferry 50% off. (More info at TAPS). Bus Pass Program: 1-866-866-0800, press 4, then press 3. An annual transportation allowance in lieu of a bus pass is available.

#### DO MY TAXES

**TAPS 302 – 895 Fort St**250-361-3521
First come, first serve.
Thur 9-11am, 1-4pm.

St Vincent de Paul, Social Concern Office 828 View St 250-382-0712 Mon-Fri 8:30-4, closed from noon-1pm.

## GET A LIBRARY CARD

Central Library
735 Broughton St
250-940-4875
www.gvpl.ca
Mon, Fri, Sat 9-6pm.
Tues-Thur 9-9pm.
Sun 1-5pm.
Bring ID, proof of address or
letter stating you do not have
ID and are staying at shelter.

#### GET A LIFE PASS APPLICATION (FOR ANY REGIONAL REC CENTRE)

Rock Bay Landing front desk 535 Ellice St 250-383-1951

Our Place Outreach 919 Pandora Ave 250-388-7112 9:30-6pm.

#### **GET A YMCA PASS**

YMCA-YWCA of Greater Victoria 851 Broughton St 250-386-7511 Membership Assistance: Requires ID, proof of income and fill out a form.

#### JOIN A RUN CLUB

Every Step Counts Running & Walking Group 755 Pandora Ave

Tues & Thur 3-4:30pm. Wed & Fri 3:30-5pm.

## HOW TO: **ACCESS HOUSING**



#### Pacifica Housing **DOS Office**

826 Cormorant St

250-356-2555 Tues, Thur, Fri 8:30-noon, 1-4:30pm. Wed 1-4:30pm (Open all day on cheque issue day).

#### **Our Place** Outreach Staff 919 Pandora Ave

250-388-7112 9:30-6pm.

#### **BC Housing** Registry 201-3440 Douglas St

Mon-Fri 8:30-4:30pm.

#### Threshold Youth Housing

250-383-8830 Housing office: 778-406-0558 Transitional housing for youth age 16-22.

#### Island Community Mental Health 125 Skinner St

250-389-1211

#### SAFER Shelter Aid for **Elderly Renters**

1-800-257-7756 BC Housing seniors rental subsidy for private market housing.

#### RAP Rental Assistance Program

1-800-257-7756 BC Housing Subsidy for working poor families.

#### **Greater Victoria** Housing Society 2326 Government St

250-384-3434 Mon-Fri 8:30-4:30pm. Housing for low income seniors, families, and individuals with disabilities.

#### M'akola Housing Societies 3016 Cedar Hill Rd

250-384-1423 Aboriginal Family Housing. Application available online: www makola bc ca Fill out application prior to accessing services.

#### Rock Bay Landing 535 Ellice St

250-383-1951 Client Service Workers. Market housing search help. Mon-Fri 8-7pm. Sat 7-5pm.

#### Victoria Native Friendship Centre 231 Regina Ave 250-384-3211

Housing Outreach for Aboriginal youth, singles and families, housing referrals

#### Salvation Army ARC

525 Johnson St 250-384-3396 Transitional housing, men 19 years and older only.

#### **Burnside Gorge** Community Association

471 Cecelia Rd 250-388-5251 Housing Outreach for Families. Mon-Fri 9-4:30pm.

Centralized Access to Supportive Housing (CASH) Referrals: Pacifica DOS, Rock Bay, Friendship Centre, Salvation Army, AVI, REES, PEERS, Sandy Merriman and some Island Health facilities

#### If you are facing eviction find out about the Homelessness Prevention Fund at:

www.victoriahomelessness.ca>Get Informed>Homelessness Prevention Fund

If you have a tenancy issue go to TAPS for Tenant Advocacy: 302 - 895 Fort St

Mon 1-4:30pm. Tues-Thur 9:30-12pm,

1-4:30pm, Fri 1-4pm,

Or call the **Residential Tenancy** Branch, at 250-387-1602

## BYLAWS THAT AFFECT YOU



#### Streets and Traffic Bylaw

- No camping or erecting structures on boulevards or medians at any time.
- Cannot sit, kneel, squat, panhandle, or lie on a sidewalk in a manner that obstructs pedestrians, at any time.
- Cannot obstruct a sidewalk at any time with your personal property (chattels).
- Cannot obstruct sidewalks between 8am and 9pm in the downtown area for any reason (if panhandling downtown, you must be standing, or seated on an existing bench etc. on the sidewalk).
- If panhandling, you cannot ask passersby more than once for money.
- Cannot panhandle in groups of more than 2 persons.
- Cannot solicit within 6 metres of a bank entrance, bank machine or parking ticket dispensing machine.
- Cannot solicit from persons in passing motor vehicles.

#### Parks Regulation Bylaw

- If you are homeless you can camp and erect a structure in a park from 8pm-7am during daylight savings, from 7pm-7am during the winter.
- You cannot camp in environmentally sensitive areas, and no fires in parks unless in officially designated fire pits.
   Campers must use washroom facilities in parks.
- Park offices for the City are in Beacon Hill Park, off Cook St in Park's Yard
- Cannot bring excess belongings into a park, only basic personal effects.
- The city will remove any unattended belongings, at any time of day or night, which will be impounded and held for a limited duration (around 30 days).

Please call 250-361-0215 to inquire about belongings that have been removed or to ask other bylaw questions.

## **MY RIGHTS**

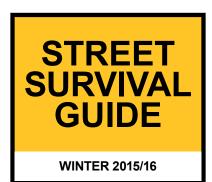
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equality lifts everyone

- 1. I can refuse to talk to police or answer their questions, unless I am in a bar or a cinema, driving a car, or they say I broke the law. In those cases I must give my name, birthdate and address, or show my ID, but I do not have to say anymore.
- 2. I can say "NO" if the police ask to search me or my things. Saying "NO" does not mean I have something to hide.
- 3. I can leave unless I am being detained or arrested

- 4. If I am being detained or arrested, I have a right to know why, and a right to speak privately to a lawyer – without delay – even if I can't afford to pay.
- **5.** I can only be strip-searched in private and by officers of the same sex.
- I have a right to know a police officer's name and badge number.
- 7. I can report a police officer who abuses me, swears at me, or violates my rights.



For more information go to:

www.victoriahomelessness.ca

#### FUNDED BY:





# IF YOU FOUND THIS GUIDE USEFUL AND NO LONGER NEED IT, PLEASE PASS ALONG TO A FRIEND.

Created by a group of volunteers with street-life experience, this guide is to help those experiencing homelessness and extreme poverty access resources to meet their needs.

#### PUBLISHED BY:



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