



Information Services

Providers of information and assistance in finding the correct agency or service.

Community Services

CAPITAL REGION

Seniors Serving Seniors 250-413-3211

1911 Quadra Street
Victoria, BC V8T 4C1

SSS is the “go to” organization for seniors information. SSS publishes the Seniors Services Directory and operates Senior Link - an Information Telephone Line for seniors. Assists individuals to connect with community services, such as recreation, housing options, home help, legal resources, transportation and more. Operates volunteer programs including: Return to Health – social support for live-alone seniors following hospitalization, and Seniors in Stitches – a seniors knitting group.

www.seniorsservingseniors.bc.ca

TIP!

If you are looking for services not listed in this Directory, such as, computer support, individual housecleaners, or in-home services for eye care, bathing, hair care, massage and physio-therapy phone **Seniors Serving Seniors at 250-413-3211** for information and phone numbers.

GREATER VICTORIA

Senior Community Outreach

Outreach Workers are available to assist in connecting seniors to services to help them remain independent.

James Bay New Horizons250-386-3035

www.jamesbaynewhorizons.ca

Silver Threads Service..... 250-382-3151

www.silverthreads.ca

SAANICH PENINSULA

Beacon Community Services

250-656-5537

SHOAL Community Centre
10030 Resthaven Drive
Sidney, BC V8L 3G4

Information and referral services for seniors. Volunteer programs include: medical drives, visiting, reassurance phone calls, income tax preparation, senior peer counselling, Senior Advocacy Program and computer support.

www.beaconcs.ca

SALT SPRING ISLAND

Salt Spring Community Services

Seniors Wellness 250-537-4607

129 Hereford Avenue
Salt Spring Island, BC V8K 2T3

Provides Better at Home services, Senior Peer Counsellors, friendly visitors, phone visits, and friendly readers. The Senior Wellness program offers workshops, wellness events, information, resources, and referrals.

www.saltspringcommunityservices.ca

Information Services

Family Caregivers of BC 250-384-0408 Caregiver Support Line 1-877-520-3267

6-3318 Oak Street

Victoria, BC V8X 1R1

Our mission is to improve the quality of life for individuals in BC who are caregivers of adult family members or friends through support, education, and engagement. Services include: Caregiver Support Line, help navigating the health care system, caregiver support groups, education for family caregivers and health professionals through our newsletter, website, webinars, workshops, virtual support, blog, and community outreach.

www.familycaregiversbc.ca

Multicultural Services

Inter-Cultural Association of Greater Victoria 250-388-4728

930 Balmoral Road

Victoria, BC V8T 1A8

Offers services for newcomers such as English classes, support groups, information and referral, and many types of workshops. Also offers outreach and education in the community.

www.icavictoria.org

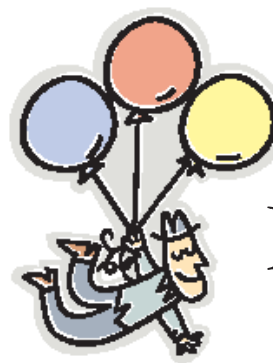
Victoria Immigrant and Refugee Centre Society 250-361-9433

1004 North Park Street

Victoria, BC V8T 1C6

Provides orientation for newcomers including: a resettlement and adaptation program, English as a Second Language classes, and support with housing, employment, legal issues, and daycare.

www.vircs.bc.ca



Activity & Recreation Centres

The following is a listing by geographical area of centres that provide indoor and outdoor programs and services for adults 50 years and better.

Activity and Recreation Centres

MOVE Adapted Fitness and Rehabilitation

Society of BC

778-433-6559

100-775 Topaz Avenue

Victoria, BC V8T 4Z7

A not-for profit organization serving those with chronic conditions and mobility issues. We have volunteers to assist members with their exercises and rehabilitation programs. First-time clients must book an intake assessment prior to starting with MOVE, once that is completed, they are able to come as much and as often as they would like.

www.moveadaptedfitness.ca

CITY OF VICTORIA

Burnside Gorge

Community Association 250-388-5251

471 Cecelia Road, Victoria, BC V8T 4T4

www.burnsidegorge.ca

Cook Street Village

Activity Centre

250-384-6542

1 - 380 Cook Street, Victoria, BC V8V 3X7

cookstreetvillageactivitycentre.com