

Adult Day Programs & Bathing Programs

GULF ISLANDS

**Galiano Island
Community Hall** 250-539-2175
141 Sturdies Bay Rd., Galiano Island, BC V0N 1P0

**Pender Island Community
Support Program** 250-629-3346
5715 Canal Road, Pender Island, BC V0N 2M1
www.penderislandhealth.ca

**Salt Spring Seniors
Services Society** 250-537-4604
379 Lower Ganges Rd., Salt Spring, BC V8K 2V4
www.saltspringseiorscentre.ca

**Saturna Recreation &
Cultural Centre** 250-539-2452
104 Harris Road, Saturna Island, BC V0N 2Y0
www.saturnarec.org



Adult Day Programs & Bathing Programs

Programs for seniors who require assistance due to health-related matters.

Adult Day Programs

Adult Day Programs meet the social and health needs of seniors who require assistance due to health-related disabilities. The programs consist of gentle activities, socialization, education, and assistance with bathing. Snacks and nutritious, hot mid-day meal are provided. Transportation may be available through the facility. For more information on how to access these programs and how to determine your eligibility please contact:

www.islandhealth.ca

Island Health (South) 250-388-2273
Community AccessLine 1-888-533-2273

TIP!

Volunteers provide a **REASSURANCE PHONE CALL** each day at a specified time to ensure that you are fine and free from medical problems.

Westshore residents contact:

RCMP at **250-474-8791**.

Greater Victoria area residents contact:

James Bay New Horizons at **250-386-4432**.

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Bathing Programs

Anyone who cannot safely bathe at home, even with home support assistance, should contact the bathing programs listed below. Costs range from \$5 to \$15 per bath.

Beckley Farm Lodge **250-381-4421**
530 Simcoe Street **ext. 234**
Victoria, BC V8V 4W4
Operates Monday through Friday.

Braehaven Community **250-537-5520**
Adult Program **Press 7**
133 Blain Road
Salt Spring Island, BC V8K 1Z9
Should be referred by the doctor or case manager.
Island Health funding requires an assessment.
Operates Tuesday through Friday.

Hillside Seniors **250-370-5641**
Health Centre **Press 1**
1454 Hillside Avenue
Victoria, BC V8T 2B7
Operates Monday to Sunday.

Mount Newton Centre **250-652-3432**
2158 Mt. Newton X Road
Saanichton, BC V8M 2B2
Serves those who live on the Saanich Peninsula
and in Saanich. Operates Monday through Friday.

Mount St. Mary **250-480-3100**
Hospital **ext. 3214**
861 Fairfield Road
Victoria, BC V8V 5A9
Operates Monday through Thursday. Self referral
with no geographical boundaries.

The Priory **250-370-5787**
587 Goldstream Avenue
Victoria, BC V9B 2W4
Operates Monday through Friday.



Counselling

Agencies and organizations which help people with emotional difficulties. Listed by subject heading. For Counsellors in private practice please contact the BC Association of Clinical Counsellors at the number below.

Information and Referrals

BC Association of **250-595-4448**
Clinical Counsellors **1-800-909-6303**
204 - 780 Tolmie Avenue
Victoria, BC V8X 3W4
Regulates the practice of clinical counsellors
working at a Master's level. Provides referrals to
counsellors.
www.bc-counsellors.org

Abuse

Battered Women Support Services
(BWSS) Crisis Line **1-855-687-1868**
Provides emotional support and information
on resources to assess women in their coping
strategies, to highlight their strengths and to help
create a safety plan for women who are dealing
with violence and/or the effects of abuse.
www.bwss.org

Men's Therapy Centre **250-381-6367**
847 Fisgard Street
Victoria, BC V8W 1R9
Provides support, counselling (individual and
group) and education for all men who have
experienced childhood abuse, adult assault, or
any other trauma. Initial intake session is free.
www.menstrauma.com