



COMMUNITY IMPACT DIRECTORY 2020/2021



United Way
Greater Victoria

Show your local love 

Local Love in Action

When the COVID-19 pandemic hit, we were all thrown into a crisis that didn't just take us by surprise, but by storm. We have seen many changes in our community. More individuals are living in or on the edge of poverty. Stress is high. The need for support is greater than ever before.

There are, however, many things in our community that have not changed. Our care and compassion for one another. Our love for everything local including our diversity. Our sense of community - neighbours helping neighbours.

Because we love #YYJ – we will rally. We will rally our energy, time and talents. And where we can, our dollars to serve our community.

For this year's annual campaign season, United Way has narrowed its focus in direct response to COVID-19 to help our community recover and rebuild.

United Way's new areas of action: ISOLATED SENIORS, FAMILIES IN NEED and MENTAL HEALTH & ADDICTIONS include signature initiatives where you can direct your gift to in order to assist those most vulnerable. All donations stay local.



United Way
Greater Victoria

Show your local love 



You can help connect isolated seniors to healthy meals and companionship through United Way's More than Meals program.

Many seniors in the CRD experience extreme loneliness and isolation, malnutrition or food insecurity, mobility issues and limited income that greatly impacts their physical, mental and emotional well-being. From this already worrying baseline, COVID-19 has compounded these issues.

United Way funds programs such as More than Meals which delivers healthy meals to seniors' homes as well services that support healthy aging and the well-being of our seniors to help them remain active, build meaningful relationships, and develop connections to their neighbourhood.



ISOLATED SENIORS

Island Deaf and Hard of Hearing Centre Association

Sound of Change

Refurbished hearing aids are supplied to isolated, vulnerable, and at-risk seniors and adults. The program also delivers free hearing assessments and treatment services, personalized communication plans, aural rehab, and speech reading.

James Bay New Horizons

Lunchbox Program

A nutritious, bagged lunch is provided to isolated seniors along with a friendly volunteer check-in visit.

Sunday Dinner Program

This is one of several supports offered to isolated seniors in need of a break from cooking meals and in need of new opportunities to meet friends. A three course meal is served at an affordable cost by volunteers.

Oak Bay Volunteer Services Society

Oak Bay Direct Volunteer Services Program

This volunteer program provides one-to-one services like driving visits, phone calls, minor repairs and help to individuals of all ages including seniors, persons with disabilities, low-income persons and others in need. The support helps people maintain independence and improve their quality of life.

Saanich Volunteer Services Society

One on One Direct Volunteer Services Program

Trained volunteers provide a wide array of support to isolated seniors in Saanich including access to community activities and services with supported transportation, companionship, form completion, help with minor home repair and gardening.

Seniors Serving Seniors Association of BC Return to Health

This partnership program with Island Health supports frail and isolated seniors living in the CRD through the transitions before, during, and after hospital stay. Volunteers provide social support, encouragement, and help with system navigation and connection to existing community services. The client is visited in their home by the volunteers and phoned regularly until they are able to return to their normal activities.

The Galiano Club

Community is the Message, Food is the Medium

This community-based program works to increase food security and a sense of belonging and connection on Galiano Island. The Food Program works in a collaborative way with many Island organizations to provide low cost soup and meals and inter-generational social events, skill building workshops.

We Rage We Weep Alzheimer Foundation Creative Caring Workshops

Workshops assist family members and friends, professional care partners, home support workers, residential care providers, and artists build the skills and expertise to provide arts-based activities for people living with dementia and Alzheimer's. Dementia can affect a person's ability to communicate leaving them feeling lonely and isolated.



You can help create a safe daycare space for children dealing with trauma through United Way's strategic partnership with Little Phoenix Daycare.

As a result of COVID-19, domestic violence and family breakdown is on the rise. Relationships are strained because of a lack of certainty about the future and potential job loss. Children are often caught in the middle underscoring the need for a daycare like this. The first five years lay the foundation for a child's life.

United Way funds programs that help families facing poverty raise their children so that they can have the tools to better transition through all of life's stages including early year's programing, after-school care and homework clubs, parent training, counselling and single parent supports and respite.



FAMILIES IN NEED

1Up Victoria Single Parent Resource Centre Society

MOMentum - Moms and Mentors Program

Isolated single moms are matched with volunteer mentors (mostly moms themselves) for a year of friendship, support and positive parental role modelling. The program develops the capacity of single moms to form community connections and develop additional parenting and life skills that enable them to be more resilient and empowered parents.

Big Brothers Big Sisters of Victoria Capital Region

Community Based Mentoring Programs

Children are matched with screened adult mentors. Each mentor and mentee meet weekly and participate in a variety of activities geared towards increasing resiliency in the youth through fostering strong adult relationships.

In School Mentoring Program

This in-school mentoring program matches children at designated elementary schools with screened and trained adult mentors. The focus of this program is the promotion of supportive adult role models, resiliency, social development and success in school.

Boys and Girls Club Services of Greater Victoria

Boys and Girls Club Central Saanich

After-School Program: A Good Place To Be

This community club provides activities, opportunities and social supports that children and youth need for healthy development and preparation for successful adulthood. Club members regularly participate in physical activity, receive healthy snacks or meals, enjoy positive relationships with caring adult role models and get homework help during the critical after-school hours when young people are most vulnerable to negative influences.

Boys and Girls Club Outdoor Centre After-School Program

This innovative after-school program builds character, promotes engaged citizenship, and develops the social, emotional, and vocational abilities of Club members, all while encouraging physical activity and healthy lifestyle choices, connection with nature, and active participation in their communities. Children and youth are provided with healthy physical and emotional development and preparation for successful adulthood.

Burnside Gorge Community Association Family Self Sufficiency (FSS)

This financial literacy skill development program is for families with low incomes. This program strives to increase employability and financial capacity, build financial literacy skills, improve self-reliance and facilitate less dependence on government supports while providing links to community resources.

Youth Self Sufficiency (YSS)

This program provides supports for youth who are in foster care and/or youth who have no other available supports as they transition to adulthood. Youth receive up to three years of assistance in housing, employment, education, relationship and trust building, life skills, and identity and emotional healing.

Coalition of Neighborhood Houses c/o Fernwood NRG

Neighborhood Family Food Security

This program supports collaborative food recovery and bulk purchasing programs for the neighbourhood houses across the Capital Regional District to enhance food security. Nutritious meals and snacks, a community kitchen, food preparation and gardening programs are offered to low-or no-income individuals, families, children and youth, and seniors each month.

Cridge Centre for the Family

The Cridge Respite Service

Parents who have special needs children are provided with caregiver respite at local hotels. The program builds family resiliency and enables them to better deal with the chronic stress associated with raising a child with special needs.

The Cridge Young Parent Outreach Program

This parenting program focuses on providing support to young parents age 16 to 24. The program offers tools to create stable, safe, healthy lives for themselves and their children.

Family Caregivers Society of British Columbia

Family Caregiver Education and Support Program

Family caregivers are given tools to deal with the many challenges of caring. The development of strong personal networks with an emphasis on self-care is encouraged. As well, community education is offered to health care professionals, organizations and volunteers to increase understanding of the incredible role that family caregivers play in our society.

Family Services of Greater Victoria Society

Child, Youth, and Family Support Services

This program supports all members of the family with a range of specialized support to deal with contemporary family challenges and all forms of family transitions including separation, divorce, bereavement, adoption, and blended family households. The services offered under the umbrella of this program are child and youth counselling, parenting support education and counselling, post-adoption support counselling, mediation between parents and teenagers, the Caught in the Middle group, and the Parenting with a New Partner group.

Farmland's Trust

Agriculture Land Protection Program

Small farms in the Saanich Peninsula are supported so that they can continue producing local food. Protecting and preserving farmlands and agricultural, natural, and cultural features of our region benefits present and future generations. These efforts promote awareness in the importance of maintaining local sustainable agriculture and food security.

Friends of Living and Learning Through Loss

Good Grief Workshop - Classroom Education

The Good Grief Workshop, delivered to students in grades 6-12, address what grief is, different ways grief may be expressed, types of losses and situations that may lead to grief, how to express one's feelings, how to understand one's unique grief journey, strategies for healing and support resources. The workshop is led by qualified professionals.

Learning Loss Group Program - 8 week support group

This is an 8 week grief support group for youth ages 13-18 years who are struggling through difficult times, such as death, family breakup, substance use, illness, cultural loss etc. The program is delivered by registered clinical counselors experienced in youth engagement, grief support and trauma-informed facilitation. Youth find strength and hope in their own resilience and capacity to survive, adapt, and grow through loss.

Garth Homer Society

LifeStreams Learning

Young adults with developmental disabilities receive highly individualized learning, literacy and numeracy training, vocational skills development, and life skills cultivation. By building competency in these areas, participants have improved opportunities for inclusion, independence, and employment.

Inter-Cultural Association of Greater Victoria
Building Accessible and Inclusive
Communities for Refugees and
Vulnerable Newcomers

This program builds upon ICA's Community Partnership Network (CPN) and the We Speak Translate (WST) project which build and foster greater awareness of newcomer issues while enhancing the capacity of communities, workplaces, businesses, organizations and institutions to warmly welcome and effectively integrate and serve new immigrants and resettled refugees. There are two key priority areas for the successful integration of newcomers: employment and healthcare.

Island Sexual Health Society
Clinical Care for the Barrired Population

Support and outreach services are provided to youth and Indigenous community members through the Royal Bay Secondary School Clinic and Tsawout Reserve "Qom Quem Slani" Clinic. These specialized clinics reach community members who are reluctant to access health care services due to stigma, shame, and other barriers.

Breaking Down Barriers: Educating and
Empowering Youth

This program aims to educate and empower vulnerable community members, while providing educational opportunities for people with limited access to services that are related to their specific health care needs. Centered around the four C's framework (communication, comfort, care, and consent) participants are able to engage in sexual health in a way that is self-affirming, sex positive, and inclusive.

LDABC the Learning Curve
Family, Community Support &
Education Program

Children with learning disabilities and their families are provided with a continuum of services including referrals, support and educational resources and counselling services. The program also provides community members, organizations and education professionals with resources to better support children with learning disabilities.

Pacifica Housing Advisory Association
Housing Crisis Prevention (HCP)

This innovative community based program aims to mitigate evictions and prevent homelessness for vulnerable families living on Southern Vancouver Island. The program fills a crucial gap in services and is voluntary, trauma informed, and client centered.

Parent Support Services Society of BC
Supporting Parents to Raise Resilient Kids

Families develop healthy parenting strategies through cost effective, safe, community based peer-support circles for parents and caregivers. Participants learn from one another, share challenges, parenting strategies, information and resources and build social support networks. The program creates resilient, healthy and caring children, youth and families.

Ready to Rent BC
RentSmart: A Proven Approach to
Housing Stability

This program increases housing stability and prevents homelessness through education, certification and support. R2R and a network of community partners and educators deliver RentSmart courses to build the knowledge, skills and confidence of renters who are vulnerable to housing instability.

Saanich Neighbourhood Place

Anxiety Connections for Children

Children are provided with information and life skills to cope with anxiety through a continuum of services ranging from early intervention to therapeutic management. Programs are delivered in a group setting which promote socialization, problem solving and peer support.

Directions for Dads

Fathers of young children are given the opportunity to build connections and networks through social programs designed just for them. Strategies, information and resources on child development, co-parenting, family violence, anger awareness, financial literacy, and community kitchens are provided.

Society of Saint Vincent de Paul of Vancouver Island

Equipping Community Toward Housing Stability & Food Security

Taking advantage of the growing availability of fresh, perishable food in the system, tenants are encouraged to co-create a food security program that will extend the life of the product and turn it into healthy meals and snacks, increasing access to healthy food and reducing monthly food expenses. The program assists in relationship building, increased food literacy and food skills, and ultimately, a more positive community.

Sooke Family Resource Society

SFRS Prenatal Program

Both group and individual prenatal and postnatal education, support and outreach are offered to pregnant women and their families in Sooke and the surrounding areas at low to no-cost.

Sooke Transition House Society

PEACE program

Children, youth, and families impacted by crisis and family violence are supported by this program. Weekly counselling sessions offer a safe place where children can share and safely express their emotions while building resilience and coping strategies to help them deal with their challenging situations. The peace counsellors incorporate play, art, storytelling, narrative approaches and relationship building into the sessions.

Stopping the Violence: Restoring Hope

Established in 2005 with the BC Ministry of Justice's Victim Services and Crime Prevention Division, this women's counselling program provides both assessment and referrals for women who have experienced sexual assault, violence or abuse. With a vision of helping women return to a place of self-empowerment, supports include housing, financial advocacy, education and counselling in the company of their peers.

Children Who Witness Abuse: From Roots to Wings

The objective of this program is to stop the inter-generational cycle of abuse by teaching children non-violent ways of resolving conflict while promoting the process of healing. This program supports children who have been adversely affected by witnessing abuse, threats or violence in the home and also offers support to parental survivors of abuse.

Victoria Brain Injury Society

Community Connections

Brain injury survivors are provided with support, training and volunteering opportunities to help them build the skills required to be emotionally, economically and socially self-supporting. The program provides a safe environment for survivors to rebuild positive living skills and regain work experience.

Victoria Child Abuse Prevention & Counselling Centre

Kids Hearts & Minds Matter

No cost individual counselling services are provided to vulnerable children and youth who have been experiencing the effects of trauma due to abuse or violence. Services include support to the family addressing the cycle of violence and increasing protective factors for children.

Victoria Immigrant and Refugee Centre Society

Enable Program for Newcomer Children and Youth

Social, academic and emotional support are provided to newcomer children, youth and their families. Through group social activities, one-on-one academic help, art therapy groups, and individualized action-planning, Enable helps newcomers feel empowered and included.

Victoria Native Friendship Centre (VNFC)

VNFC Community Kitchen

The VNFC Community Kitchen relieves the stress of poverty and food insecurity for distressed and disadvantaged families, youth, homeless, Elders, and other individuals living in the Greater Victoria area. The kitchen provides free hot lunches every Friday to more than 100 community members. The kitchen also offers educational programs to those interested in life and kitchen skills. These programs are designed

to assist and teach the cultural preparation of food while focusing on traditional knowledge transfer between Elders and youth.

Victoria Rainbow Kitchen Society

Rainbow Kitchen

Rainbow Kitchen, with the assistance of over 200 volunteers, prepares and serves a nutritious, tasty hot lunch to about 140 people a day, five days a week at the Esquimalt United Church. The majority of food is donated by corporate partners who share the program's goal of establishing food security independence for those in need.

Victoria Sexual Assault Centre

Youth Gender-Based Violence Prevention Education and Social Action Program

This award-winning sexualized violence prevention program strives to engage all genders of youth (ages 12-21). Through explorations of gender expectations and intersecting identities, social inequity, privilege, and responsibility, youth are encouraged to address how these social contexts shape their experiences of dating, relationships, and sex.

Victoria Women's Transition House Society

Spousal Assault Victim Support Program

This community-based program focuses on violence against women in intimate relationships. The program supports women through the criminal justice system and provides emotional, financial, and social supports needed to recover from trauma.



You can help provide outreach workers and counselling services to those facing mental health challenges and addictions.

Mental health and addictions challenges can be hard to talk about and even harder to face when you or someone you love is affected. COVID-19 has compounded existing conditions for some and triggered new challenges for others especially considering family disruption, domestic violence, loss of income and isolation are on the rise.

United Way funds programs that provide outreach services, peer support, counselling, recovery and interventions for persons and their families living with mental illness and/or addictions.



MENTAL HEALTH & ADDICTIONS

Aboriginal Coalition to End Homelessness Society

Indigenous Women's Circle: pathways to wellness

This project seeks to provide Aboriginal women experiencing homelessness the supports they need to become stably housed. The project combines empowerment (cultural workshops and life skills), research (talking circles, surveys, and focus groups centered on housing solutions), and life planning (connecting with housing providers to find suitable, stable housing).

Anawim Companions Society

Drop-in and Residential Program

This life skills program provides a residential setting for people who have addiction issues. The program works to assist people living in physical, emotional or social poverty who seek a better way of life free from dependency and addiction.

AVI Health & Community Services Society

Access Possibilities

This program provides coordinated individual and group support options for people living with, or at risk for, HIV and/or hepatitis C. Participants build a network of support through drop-in services, nutritional support, counselling, case management and group learning opportunities.

Beacon Community Association

Out of the Rain Youth Shelter

This shelter program provides homeless youth age 15 to 25 with accommodation and food during the coldest months of the year, October to April. The program offers shelter seven nights a week and two hot meals each day.

Retail Training Certificate Program

Based on a collaboration between business and community, this program provides employment training for hard to employ people. The program provides an 8 week employment skills training session that supports individuals' mental health and wellness.

Bridges for Women Society

Indigenous Bridging Program

This program aims to inspire Indigenous women impacted by violence, abuse and inter-generational trauma of Residential Schools to reclaim their life and build financial security. Through outreach, crisis intervention, healing and employment, the goal is to break the cycles of poverty and violence and to support Indigenous women in moving beyond the barriers of trauma.

The Circle Salt Spring Education Society (Formerly SWOVA Community Development and Research Society)

Pass It On: Health and Safety for Youth

This mentorship and leadership development program trains School District 64 high school youth to mentor at-risk grade 8 students in order to help prepare them for their transition to high school. The program incorporates two separate mentoring circles - one for cis-young men and one for cis-young women, each with their own gender-specific facilitators.

Respectful Relationships

This program empowers youth age 12 to 18 within School District 64 of the Southern Gulf Islands to gain skills to build positive relationships based on equality, respect and mutual support. Each youth participates in 12 workshops exploring ways to resolve conflict peacefully and build social and emotional intelligence for media literacy, social justice and empathy. Bullying, cyber-bullying, racism, sexism, homophobia and violence prevention are also addressed in the program.

Esquimalt Neighbourhood House Society
"Are you okay?" – Prevention, Support and Advocacy through Volunteer Counselling

This community-based, volunteer-based program helps people with a complex range of mental health and addiction issues, gain control of their lives and improve their well-being.

Mental Health Recovery Partners
Building hope, building lives

This program provides people living with schizophrenia recovery and re-lapse prevention support. The program works with mental health experts as well as peer leaders to support and build the skills of participants while empowering them to live successfully with schizophrenia.

NEED2 Suicide Prevention Education and Support

Youth Suicide Prevention Program

This program connects youth and young adults to suicide awareness education, emotional support and crisis intervention. The Youth Suicide Prevention program mitigates risk by getting thousands of youth help in a timely manner and provides positive information and tools to enhance overall resilience and coping skills.

Oasis Society for the Spiritual Health of Victoria

Integrated Recovery and Holistic Wellness

This program addresses isolation of Indigenous people experiencing homelessness. Based on the understanding of spirituality, relationships, inter-connectedness and the sacred circle, this unique cultural approach resonates with those considered the most barriered and hard to serve.

Pacific Centre Family Services Association Intake

Persons served through the Intake Program are able to move seamlessly between PCFSA programs with the support of the intake worker. Assessment of client needs by the counsellor provides and maintains a smooth transition between integrated services.

PEERS Victoria Resources Society
Drop-in: A community engagement and wellness program

This weekday program runs Monday to Thursday. Participants enjoy breakfast/snacks, a group hot lunch, a wellness education workshop, as well as access to the computers, donation room, nurse services and harm reduction supplies. The drop-in program serves as a pivotal access point through which people working in the sex industry gain access to other programs at Peers such as housing support and health care access support.

Salt Spring and Southern Gulf Islands Community Services Society

Community Youth Programming

This program benefits vulnerable and at risk children and youth age 9 to 19 on the Southern Gulf Islands. A drop-in centre provides a home base for the Community Services youth counsellors while providing advocacy and referral to counsellors and other resources for youth. The space hosts games, computers, video games, internet access and has a big screen TV. Affordable and healthy food is available for after school snacks.

New Beginnings Vocational Development

This is a vocational development program for adults with employment barriers. Individual and group-based training, work experience placements, and supported employment searches are provided. The program is tailored to those with disabilities, mental health issues, social isolation, poverty, and limited life skills.

Sooke Family Resource Society**Youth Outreach and Navigator Program**

This program provides assessment, referral, outreach and counselling for youth experiencing significant life challenges, especially with mental health and/or addiction issues. Navigators assist youth to link with appropriate treatment services, improve family and community connections and increase life coping skills.

Together Against Poverty Society (TAPS)**Established Legal Advocacy Programs**

This program provides legal advocacy for people of no or low-income on Southern Vancouver Island and the Gulf Islands in the areas of income assistance, provincial persons with disabilities benefits and tenancy issues.

Umbrella Society for Addictions and Mental Health**Supportive Recovery Program**

This program, operated out of Umbrella's Foundation House, provides a caring home to men who have completed a minimum of 30 days in a stabilization or residential treatment facility. Foundation House is staffed to ensure that residents remain safe, and focused on their individual recovery journeys. All residents are asked to participate in the day-to-day operation of the house. By sharing in cooking, cleaning and other chores, the men gain useful life skills and learn the value of collaboration. Each resident is supported with professional one-on-one counselling at the house.

Peer Outreach Program

This program works with anyone for whom substance use has become a problem, assisting clients and members of their families as they identify their own need. Emotional and tangible supports include counselling and connections to related community resources.

Victoria Cool Aid Society**Downtown Service Providers (DSP)**

This group is made up of representatives from several agencies serving the homeless. Formed in 2003, representatives from the Greater Victoria Chamber of Commerce and Street Issues Liaison Committee later joined the group. The purpose is to identify services being provided by the social agencies, agency mandates, gaps, solutions and resources required to address emerging social issues in the downtown core.

REES Employment and Support Program

This program provides accessible, responsive and barrier-free supports and services to adults facing mental health and/or substance use challenges, poverty, unemployment, homelessness, unstable housing, chronic health and disability conditions, isolation, and other personal and societal challenges. Through outreach services, peer support and employment opportunities participants are assisted to improve their health and social well-being.

Victoria Sexual Assault Centre**Victoria Sexual Assault Clinic**

The Victoria Sexual Assault Clinic shifts key services and supports for recent survivors of sexual assault from the hospital and police stations to one location: the Victoria Sexual Assault Clinic. The Clinic provides survivors of sexual assault with access to medical and forensic exams; crisis support; police interviews; crown interviews; counseling services and other community supports.

Victoria Women's Transition House Society
S.A.F.E.: Self-Sufficiency and Assets through
Financial Education

This financial literacy and asset-building project works with participants who are single women, age 45-65 who are abuse survivors and also live with multiple health problems, chronic disease, and are at high risk of homelessness. The project aims to achieve residential stability, sense of security, financial knowledge, and psychological orientation toward future civic and community involvement.

Victoria Youth Empowerment Society
The Alliance Club ("The Club")

This youth drop-in in downtown Victoria acts as a safe connecting point for at-risk and street involved youth to explore a more positive lifestyle. Services include meals, shower and laundry facilities and focused educational sessions. Youth are assisted with housing, alcohol/drug misuse, mental health, employment, school, family issues and life skills.

NEW HORIZONS FOR SENIORS GRANT

Greater Victoria has one of the country's highest proportions of seniors over the age of 65, approximating 18 percent of the population. Many seniors experience extreme loneliness, isolation and malnutrition. With many on limited incomes, their physical, mental and emotional well-being is impacted. This has been compounded by COVID-19.

Thanks to funding by the Government of Canada's New Horizons for Seniors Program, vulnerable seniors in the CRD will get some extra assistance. The United Way has granted funding to the below eight senior serving agencies throughout the region.

Alzheimer Society of BC

Adapted Programs and Services for Greater Victoria Families Affected by Dementia

This initiative supports seniors with dementia and their caregivers who are struggling with anxiety, loneliness, and isolation during this time of social distancing as their personal support systems, such as family, friends and in-home care, have been scaled back dramatically or stopped altogether. The operating hours of the provincial Dementia Helpline have been extended. Check-in calls have been made to more than 1,600 clients, and dementia education webinars provided to caregivers.

Beacon Community Association

Beacon Community Association COVID-19 Response

Three nutritious meals, one phone wellness check, and one in-person wellness check per week to isolated seniors, and information about additional supports for those struggling with mental health during this pandemic is provided. Partner agencies from across the CRD refer clients who are at risk and would benefit from this extra support. All services and meals are provided at no charge to ensure those with low incomes can access what they need without barriers.

Coordinated Meal Delivery

United Way has partnered with Beacon Community Services to fund necessary infrastructure that will provide sourcing and distribution services including prepared meals and food hampers in the CRD. This coordinated approach will increase efficiencies. This grant to Beacon Community Services will bolster food service to 1,000 meals per week. During the COVID-19 response, the meals will be deeply subsidized and provided on a sliding scale basis for those with the ability to pay.

CNIB – Victoria

CNIB Foundation COVID-19 Response

This initiative supports blind and partially sighted residents of Greater Victoria combat isolation, and barriers to essentials and services during the COVID-19 pandemic. CNIB teleconferences inform seniors and their caregivers about available care options while assessing further needs for assistive technology and ensuring that they are receiving groceries and life essentials. Through a check-in phone call, CNIB can recommend virtual Peer Mentorship programs. The Phone Mate program matches clients with a volunteer who will provide social chats as well as assist them in getting essential items such as meals or medications.

Eldercare Foundation

Stay Connected: Helping long-term care residents avoid social isolation during the global pandemic

This initiative supports seniors living in long-term care who have had family visitations, group therapy programs, and entertainment halted due to COVID-19, leaving them at high risk for social isolation, and mental and physical decline during the pandemic. Through the provision of smart phones and tablet computers to residents of five long-term care facilities in Greater Victoria, this project is helping residents stay connected to online entertainment, exercise classes, and virtual music therapy programs, as well as keeping them in virtual contact with their families.

James Bay New Horizons

Community Services: Keeping Seniors Healthy

This initiative supports more than 500 seniors who are members of James Bay New Horizons (JBNH) as well as a broader community of vulnerable seniors during the COVID-19 pandemic. Through reassurance calls, the pick-up and delivery of fresh fruit, veggies, and meals to isolated seniors, and shopping and prescription pick-ups for bc211 clients, JBNH is working to keep seniors supported and connected.

March of Dimes

Life After Stroke - Virtual Programming

This initiative has digitalized March of Dimes' traditional stroke program that provides physical activity, cognitive games/info, open discussion, and community navigation support. Due to COVID-19 restrictions, virtual sessions mirroring the traditional in-person therapy are now being offered. Because some program participants have less tech abilities than others or lack the necessary digital equipment, this project will offer on-on-one guidance to navigate, learn,

and master their existing technology or provide the appropriate electronics such as tablets as needed. A volunteer program will be implemented so that tech-savvy high school volunteers can provide technological support to stroke survivors.

Seniors Serving Seniors

Bringing Community to Seniors During COVID-19

This initiative will help support frail and vulnerable seniors needing extra support during the COVID-19 crisis. Seniors are referred to Seniors Serving Seniors from Island Health or other local organizations. Many have no family or friends close by to assist them with grocery shopping and medication deliveries. Through this project, 10-15 volunteers will assist with errands and purchase essentials for clients using pre-loaded VISA cards. For seniors who are unable to pay due to a fixed or low-income, the grocery purchases will be offered to them free of charge.

The Galiano Club

Together, Galiano Eats

The Galiano Club Food Program has currently halted event based programs due to COVID-19, but are continuing to produce frozen meals and distribute them to seniors, many of whom rely on the meals to remain in the community. Additionally, this initiative supports the Galiano Food Bank with weekly food hampers being distributed to seniors in isolation or quarantine. Hamper distribution is being provided through neighbourhood volunteers, who also take requests and pass the requests to Food Program staff.

LOCAL LOVE IN A GLOBAL CRISIS COVID-19 GRANTS

Big Brothers Big Sisters Victoria - Local Love in a Global Crisis - Not-for-Profit Sector Support **Mentoring while Social Distancing**

Funding allows Big Brothers Big Sisters (BBBS) adapt to the challenges of COVID-19 health protocols by increasing staff training in online platforms, providing reliable digital equipment, helping plan virtual visits, and providing coaching to staff on how to talk to children about the pandemic.

Bridges for Women - Local Love in a Global Crisis - Mental Health & Addictions **Remote Support Programs for Women Affected By Trauma**

Bridges for Women has been able to transition to remote services, including the delivery of online programs and counselling services. Incidences of domestic violence often spike during periods of forced isolation and prevailing anxiety, and economic insecurity can keep women stuck in the cycles of abuse and poverty. This project will keep Bridge's clients stay connected and safe.

Fairfield Community Association - Local Love in a Global Crisis - Mental Health & Addictions **Healthy Connection: Mental Wellness in Pandemic Times**

This initiative supports the Coalition of Neighbourhood Houses to expand counselling services providing clients with cell phone data, internet access, or hardware to allow them to better access mental health services while equipping front line staff with the tools needed to provide mental health services remotely.

Leukemia & Lymphoma Society - Local Love in a Global Crisis - Not-for-Profit Sector Support **COVID-19 and blood cancer: Breaking isolation and responding to the most urgent needs**

A highly trained field team will proactively call seniors in the CRD affected by a blood cancer in order to conduct a reassurance check-in and evaluate the individual's needs. The caller will ask whether a person is isolated, needing direct support such as money or food, or is struggling with mental or emotional challenges or stress. It is essential that these seniors receive support and evaluation in order to receive the resources that they require.

Pacific Training Centre for the Blind - Local Love in a Global Crisis - Help for Seniors **PTCB COVID-19 Response Program**

This initiative supports Pacific Training Centre for the Blind (PTCB) to provide training to students via telephone and teleconferencing during the COVID-19 pandemic. Instructors are teaching students individually via telephone calls for core subjects and are focusing on life skills and tasks that people can do at home. An adaptive technology specialist is also working on developing a screen-reader accessible virtual classroom, which will be another way to connect with participants. Resources include virtual educational entertainment activities like Zoom exercise classes for blind people, and described online plays/workshops.

Power to Be - Local Love in a Global Crisis - Not-for-Profit Sector Support

Power To Be: #ItMatters

This initiative supports Power To Be to connect with their participants and community partners in the absence of their traditional nature based recreation activities due to COVID-19. Power To Be facilitators are checking in with each of their participants to learn exactly what they need, whether it be access to fresh produce, suggestions of family backyard activities, or simply the comfort of a friendly voice on the telephone. Each participant is also receiving weekly self-guided activity lists including mindfulness, forest meditation, and nature-based instructional videos.

Victoria Brain Injury Society - Local Love in a Global Crisis - Not-for-Profit Sector Support

BRAIN – Boosting Resources for Access, Interaction, and Networking

Victoria Brain Injury Society's Advanced Brain Injury 101, Coping Skills, Family Support Group, Music Therapy and Music Drop-In, and drop-in Peer Support have been able to be moved online to a virtual platform. Many brain injury survivors who are living in isolation look forward to the weekly social interaction, either with an individual case manager or with group sessions.

Victoria Sexual Assault Centre - Local Love in a Global Crisis - Mental Health & Addictions

Healing Journeys Continue: Connecting Survivors to Support During COVID

The Sexual Assault Centre is reducing their client waitlist as well as navigating barriers created by the COVID-19 pandemic through the implementation of video communications platform and the necessary equipment to carry out services. Closed captioning, translation services for clients that are newcomers, refugees and/or whose first language is not English, and offering a toll-free calling option are being offered.

Victoria Youth Empowerment Society - Local Love in a Global Crisis - Not-for-Profit Sector Support

YES Virtual Support System

Online counselling sessions are being offered for clients through a telehealth portal (doxy.me) that allows them to access their YES counsellor in a confidential manner that does not require them to download any apps. Youth and families will have access to electronic devices for sessions which will be distributed in a safe manner and sanitized between users. These devices allow youth, who are isolated in YES residential programs to communicate with families/supports while maintaining physical distancing.

RBC YOUTH MENTAL HEALTH GRANTS

NEED2 Suicide Prevention Education & Support

Youthspace Follow Up: chat and text connecting youth at risk

This initiative re-instates NEED2's Youthspace Follow Up which enables youth under 30 at risk of self-injury or suicide to have a follow up conversation which volunteers and staff initiate between 6 - 9 p.m. Youthspace Follow UP enables young people to consent to have the service reach out to them if they are experiencing self-injury or suicidal thinking but are not at imminent risk. It increases feelings of social connection and inclusion and approximately 83% of youth who have been offered this support (after risk assessment) agree to participate.

Pacific Centre Family Services

PCFS COVID-19 Response

This funding allows Pacific Centre Family Services (PCFSA) to continue to offer all of their essential programs, including substance use counselling, support and education for victims and perpetrators of family violence, youth and family counselling, parenting support, and services for socially isolated seniors via Telehealth. Counselling provided through Telehealth is being delivered with the same level of confidentiality, ethics, professionalism, and quality of care that individuals would receive through in-person sessions. There has been an increase in referrals from those who are experiencing severe depression and anxiety, as well as substance use and domestic violence, making the continuation of the outreach programs essential.

EMERGENCY COMMUNITY SUPPORT FUND

Canada



Vulnerable populations across Canada continue to be disproportionately affected by the COVID-19 pandemic. Marginalized groups, youth, children and the elderly, essential workers, and newcomers are just some of the communities that are facing increased challenges right now.

Launched on May 19, 2020, the Government of Canada's new Emergency Community Support Fund (ECSF) aims to provide additional and much-needed assistance to charities and non-profit organizations serving vulnerable populations. The Government of Canada is flowing funds through the national networks United Way Centraide Canada, Community Foundations of Canada, and the Canadian Red Cross.

United Way Funded Programs

Backpack Buddies

To deliver its weekend meal program to vulnerable children in Victoria and Sooke, working with the school and community partners to ensure their food security.

Bridges for Women Society

To relocate to a new office that allows for socially-distant counseling, more remote work, and increased flexibility for service delivery.

Child Abuse Prevention and Counselling Society of Greater Victoria

To expand access to advocacy and resources for child and youth victims navigating the Justice system located in Greater Victoria's Western Communities.

Connections Place Society

To support outreach and peer support, awareness building, inclusion, and community partnerships while targeting diverse populations experiencing heightened vulnerability.

Cornerstone Youth Society

To support the food take-out and hamper delivery service to ensure vulnerable youth have access to adequate nutrition.

Extreme Outreach Society

To turn the Annual Christmas Dinner for low income families into a Drive-thru, COVID-19 friendly event.

Galiano Health Care Society

To purchase a proper body refrigeration unit for morgue that allows for safe, clean, temperature-regulated and secure storage of the deceased, easily accessible for paramedics and funeral home staff.

Greater Victoria Eldercare Foundation

To use new interactive sensory technology - OMI projectors - to improve care for residents living with dementia in Victoria's long-term care facilities, and to complement in-person therapies that cannot currently be delivered during the COVID-19 pandemic.

Living Edge Community

To distribute recovered food market-style in ten areas of the CRD every week to persons and families who are food-deprived.

Mental Health Recovery Partners Society, South Vancouver Island

To support connecting with those with mental illness to ensure early intervention, relapse prevention and providing connection through low barrier easy access through trained peer support and outreach.

NEED2 Suicide Prevention

To support a classroom workshop that delivers mental health literacy and suicide prevention tools to Grade 8 & 10 students and staff in Greater Victoria.

Our Place Society

To provide evening and weekend showers, seven days a week at Our Place Drop-in Centre to include an additional 12-16 people per day for struggling adults who don't otherwise have access to the physical, mental and health benefits of daily hygiene, with safe storage of their belongings.

Society of Saint Vincent de Paul of Vancouver Island

To renovate an existing kitchen for community access and to make it accessible to be able to be used by people with physical and mental disabilities.

Sooke Family Resource Society

To reduce the lengthy waitlist and meet increased demand for high-risk youth struggling with mental health issues, homelessness, violence and substance use.

The Anawim Companions Society

To support operational costs.

The British Columbia Lions Society for Children with Disabilities (Easter Seals BC Yukon)

To expand ESBCY's successful virtual summer camps into the winter and spring to help address the mental health needs of PWD in the greater Victoria area isolated by COVID-19.

Victoria Conservatory of Music

To support implementation of COVID-19 safety measures.

Victoria Rainbow Kitchen

To continue serving the community by "filling the belly, while feeding the soul."

Victoria Women's Transition House

To provide emergency shelter services and outreach support from a second, additional, VVTH shelter location for women and their children fleeing intimate partner violence and abuse.

United Way And Victoria Foundation Co-Funded Programs**Indigenous Perspectives Society**

To help IPS continue to provide services and support staff and clients to interface with electronic communications and systems that are essential.

Pauquachin First Nation

To provide 120 families with weekly meal bags for 4 months (perishable and non-perishable food).

Nesting Doula Collective

To provide culturally affirming, anti-oppressive, and accessible postpartum support for Black, Indigenous, and people of colour in Greater Victoria and central island communities.

Peers Victoria Resources Society

To increase capacity to provide basic necessities support (camping gear), Coast Indigenous arts and medicine (drumming, dancing and cultural foods), and peer based social support to unsheltered persons in Lekwungen territory.

Community Options for Children and Families

To support program adaptation necessary to continue providing services in line with COVID-19 safety measures.

SURVIVE AND THRIVE

Survive and Thrive supported 10 organizations to navigate the day-to-day realities through these changing times and provided support to begin preparing for a COVID-19 recovery phase.

Program delivery is conducted by the experts at Scale Collaborative in partnership with UWGV and Vancity.

Organizations supported through Survive & Thrive:

Family Services of Greater Victoria, Leadership Victoria, Shelbourne Community Kitchen Society, South Island Centre for Counselling & Training, Fernwood NRG, The Farmland's Trust, Victoria Disability Resource Centre, Victoria Native Friendship Centre, PEERS Victoria Resource Society, Seniors Serving Seniors

Neighbourhood Response Team - Tents & Tarps – A collaboration of HeroWork Society, Big Brothers and Big Sisters of Greater Victoria and UWGV safely collected 600 tents, tarps and sleeping bags from the public for people experiencing homelessness.

Neighbourhood Response Team - Keep it Clean – Soap for Hope joined the Neighbourhood Response Team partners. Greater Victorians donated over 28,000 items (soap, shampoo, body wash, menstrual products) for local people in need.

bc211

211 British Columbia Services Society

bc211.ca connects people in the community to the services and supports that they need. bc211.ca's online information service provides an up-to-date, reliable gateway to community, social, non-clinical health and government services. The service directory database includes over 14,000 current entries that document and describe services and organizations available to help people. The website is optimized for mobile devices and online chat is available seven days a week from 8 am to 11 pm.

The Shelter and Street Help Line (Text & Phone)

The Shelter and Street Help Line is designed to assist people who are affected by homelessness in Greater Victoria. The Shelter and Street Help Line calls Victoria shelters twice per day, and publishes the Shelter List, which details available shelter beds and mats for women, men, youth and families.

UNITED WAY HI NEIGHBOUR PROGRAM

In June of this year, United Way Greater Victoria (UWGV) launched a community builder program called Hi Neighbour in Esquimalt, BC, to provide support and critical services to seniors, people living with a disability, people living in poverty, single parents, and people with mental health concerns during the COVID-19 pandemic.

Funding for this program came from a \$600,000 donation to the United Way from Seaspun and Southern Railway of British Columbia, with The Dennis and Phyllis Washington Foundation.

HI NEIGHBOUR Local Love Micro Grants

Mini Libraries - Esquimalt Little Free Library Project

Mini Libraries encourage community gathering spaces, give Esquimalt places to form community bonds, and help Esquimalt re-imagine itself as a strong and connected community.

Food Vouchers - Esquimalt Farmers Market

This initiative provides market vouchers for the Esquimalt Farmers Market to be distributed to Esquimalt families, individuals and seniors who might need a helping hand.

COVID masks - Esquimalt Neighbourhood House

This grant supports Esquimalt Neighbourhood House in purchasing or sewing reusable adult and children's masks for distribution to families who cannot afford to purchase these products.

New exercise equipment - Play beyond Expectations

This grant provides funding for the staff at the Esquimalt Recreation Centre to purchase new exercise equipment for Esquimalt residents with disabilities.

Water colour virtual painting lessons for youth

This grant offers 15 youth from the Esquimalt area, virtual water colour painting lessons with Richard Wong, a local professional wildlife artist who teaches watercolour painting on Japanese Art Paper.

Garden upgrades - Esquimalt Community Garden Society

This initiative helps the Esquimalt Community Garden members to upgrade and enhance local community plots, with cold frames for extending growing; building and installing a potting bench for ease of transferring seedlings; creating a children's potato garden area for learning; planning a free community Spring Open House event where, under the knowledge of current gardeners, community families and individuals can gather seeds, soil and seedlings for the development of home gardens.

Tablet purchases for Sacred group members – PEERS Victoria Resource Society

This initiative supports the purchase of tablets for members of Sacred, a group that is based at Peers and is made up of Indigenous women/femme folks who have current or former experience in the sex trade. The goal of this program is to provide a safe space for Indigenous femme sex workers to come together and heal from gender-based violence they may have faced. Providing tablets has helped the group stay connected via online meetings through the pandemic.

Organizational shelving and kitchen equipment – Rainbow Kitchen Society

This grant supports Rainbow Kitchen in purchasing organizational shelving and meal prep kitchen equipment. Rainbow Kitchen has become an expert at Food Rescue and Food Share, determined to make the most out of what they have available to them and always ensuring there is enough to share with anyone in need in the community.

Incidentals community cupboard – Esquimalt Neighbourhood House

This initiative supports Esquimalt Neighbourhood House (ENHS) in purchasing gift cards at varying Esquimalt businesses and beyond, that will address individual and emerging needs of the target population. The project is intended to enable ENHS staff with the ability to respond to

specific needs that come up—something nutrition-based, safety-based, comfort-based, or hope-inspiring.

Purchase of Lunch boxes, water bottles and rain boots - Harbourview Church

This project addresses emerging needs of families and single parents in Esquimalt by providing free shoes, socks, backpacks and school supplies for up to 200 kids. Harbourview Church has been in Esquimalt since 2006 and has been actively supporting the community throughout the COVID-19 pandemic.

Esquimalt Nation - Affordable Housing Planning Project

These funds will support planning and community engagement with an aim to help solve overcrowding issues through the development of 7 new affordable townhouses and a daycare for families in need as part of the Esquimalt Nation's COVID-19 Resilience and Recovery Plan.

Songhees Nation**Ləkʷəŋən Awareness Posters Project**

Songhees youth circle members will be introduced to the basics of photography and poster making/graphic design to create and produce 6 different design ideas and awareness posters on subjects that matter to them and their community and demonstrate how Indigenous communities care for one another and work in unity along their cultural teachings.

United Way was here for #YYJ before COVID-19 and will continue to be here long into the future as we rebuild and recover: uniting local people for local good. Our work is made possible by the long-term partnerships we have built to make our community a better place for all. Together, we are improve the lives of our neighbours who need it most in Greater Victoria.