

**Sidney Lions Food Bank**

250-655-0679 9586 Fifth Street

*Required:* Picture ID for person collecting, ID for all family members being collected for. Proof of residence (any mail with Peninsula address). Cloth bags to carry food, if possible. *Hours:* Mon, Weds, Fri 9am-12pm. Closed the last week of every month. Availability: once a month.

**Sooke Food Bank**

250-642-7666 2037 Shields Road

*Required:* ID for person collecting, ID for all family members being collected for. Care Cards required for children. Proof of residence in Sooke. *Hours:* First 3 Thursdays of every month, 9:30am-3pm. Availability: once a month.

**Salt Spring Island Food Bank**

250-537-9971 268 Fulford-Ganges

*Required:* No ID necessary, everyone welcome. *Hours:* Tues 10:30am-4pm. Availability: once per week and on an emergency basis. Quantity relative to need, preference, and family size.

**Food Resources by Meal***Breakfast***Glad Tidings Pentecostal Church**, 1800 Quadra St.Pancake breakfast at 8:30am every 3<sup>rd</sup> Saturday of the month. Family-friendly (F-F)**Central Baptist Church** (at Our Place), 919 Pandora Ave.Pancake breakfast every 4<sup>th</sup> Saturday of the month. F-F.**Our Place**, 919 Pandora Ave. Breakfast 7-8am, Mon-Fri.**The Soup Kitchen**, St. Andrews Cathedral, 740 View St. Breakfast 8-10am, Mon- Fri.**St. Andrews Presbyterian Kirk Hall**, 680 Courtney St.Pancake breakfast at 8am on the 1<sup>st</sup>, 2<sup>nd</sup>, and 5<sup>th</sup> Saturday of every month. Family-friendly.**Winners Chapel**, 810 Cormorant St. Breakfast 11am-12pm, 2<sup>nd</sup> Saturday of every month. Phone to confirm: 250-507-8271.*Lunch***Anawim House**, 973 Caledonia St. 11am sign-up, lunch at 12pm, Mon-Fri. Aged 19+ only. Showers and laundry.**Campus Community Cabbage**, UVic campus (in front of McPherson library). Lunch at 12:15pm, every Friday from Sept- Apr. Bring your own food containers and utensils.

For entire community.

**Peers**, #1 744 Fairview Rd. Lunch at 12:30pm, Mon-Thurs. Self-identifying sex workers only.**Our Place**, 919 Pandora Ave. Lunch 12-1pm, Mon-Sun.**Quadra Village Community Centre**, 901 Kings Road.

Lunch 12-1pm, Thursdays. Adults \$3, children \$1. Family-friendly. Program closed July and August.

**Rainbow Kitchen**, 500 Admirals Rd. Lunch at 12pm, Mon-Fri. When RK is closed on stat holidays, St. Peter/St. Paul Hall, 1379 Esquimalt Rd, has community meal at 12pm.**Salvation Army ARC**, 525 Johnson St. Lunch 11:45-12:30pm, Mon, Tues, Weds, Fri, Sun.**Sandy Merriman House**, 809 Burdett Ave. Lunch at 11:30am, Mon-Sun. Women-identifying folks only, aged 19+. (*Closed for renovations until September 2016, call 250-480-1408 in the meantime for support*).**St. Peter's Church**, 3939 St. Peter Rd. Lunch at 11am, 3<sup>rd</sup> Saturday of every month.*Dinner***Alliance Club** (VYES) 533 Yates St. Dinner at 5pm, snacks at 7:30pm, Mon-Thurs. Youth (13-19) only.**Anawim House**, 973 Caledonia St. 2pm sign-up,**CARTS**, Downtown Community Centre Courtyard, 755 Pandora Ave. Dinner 4-6pm, Sundays.**Burnside Gorge Community Centre**, 471 Cecilia Rd. Dinner at 5pm, Thursdays. Families only.**Fernwood Community Centre**, 1240 Gladstone Ave.

Dinner 5-7pm, Mondays. Suggested \$5 donation.

dinner at 5pm, Thurs and Fri. 19+ only.

**Gordon United**, 935 Goldstream Rd. Every 2<sup>nd</sup> Mon. at 6pm.**Living Edge Dinner Service**, 950 Kings Road (CDI gym). Dinner at 4:30pm.**Mustard Seed**, 625 Queens Ave. Dinner at 7pm, Fridays. By reservation only: 250-953-1575.**Our Place**, 919 Pandora Ave. Dinner 5-6pm, Mon-Sun.**Rock Bay Landing**, 535 Ellice St. 50 meals for non-residents. Tickets at 3:30, dinner at 4pm, Mon. & Sat.**Saanich Neighbourhood Place**, 3100 Tillicum Rd. 5-7pm, Wednesdays. Family- friendly. Suggested donation of \$2-5. By reservation only: 250-360-1148.**Sanctuary Youth Centre** (Church of Our Lord), 767 Humboldt St. Dinner and drop-in 3-6pm, Thurs, Fri, & Sat.**Victoria Housing Resources and Referrals:***Transition housing for women and children*

Victoria Women's Transition House 250-385-6611

The Cridge Transition House 250-386-7291

The Sooke Transition House 250-382-1004

Margaret Laurence House 250-995-0058

*Subsidized and/or supported housing services. Many places also provide counselling, medical advice, showers, laundry, and more. Call them to ask about their specific resources.*

**BC Housing** www.bchousing.org

301-3440 Douglas St. 250-475-7550

**Burnside-Gorge Community Association**

471 Cecelia Rd. 250-388-5251

**Casa Maria Emerg Housing Society**

12-1241 Balmoral Rd. 250-386-7291

**Community Living Victoria**

3861 Cedar Hill Cross Rd. 250-477-7231

**Cool Aid** 102-749 Pandora Ave 250-383-1977**Co-Operative Housing Federation of BC**

330-1105 Pandora Ave 250-384-9444

**CRD Housing** 623 Fisgard St. 250-388-6422**Cridge Centre for The Family**

1307 Hillside Ave 250-384-8058

**Fernwood Neighborhood Resource Group**

1240 Gladstone Ave 250-381-1552

**Independent Living Housing Society of Victoria**

101-367 Burnside Road East 250-383-2524

**Inter-Cultural Association of Greater Victoria**

930 Balmoral Rd. 250-388-4728

**Kiwanis Emerg Youth Centre**

2117 Vancouver St. 250-386-8282

**M'Akola Housing Society**

3016 Cedar Hill Rd. 250-384-1423

**Pacifica Housing Advisory Association**

827 Fisgard St. 250-385-2131

**PEERS Victoria Resource Society**

1-744 Fairview Rd. 250-388-5325

**Quadra Village Community Centre**

901 Kings Rd. 250-388-7696

**Salvation Army**

2695 Quadra St. (250-386-8521)- Community office

595 Johnson St. (250-384-3396)- Downtown office

**Threshold Housing Society**

900 Vancouver St. 250-383-8830

**Victoria Human Exchange-** 250-382-2762 (pager)

**Victoria Immigrant and Refugee Centre Society**

3<sup>rd</sup> floor, 637 Bay St. 250-361-9433

**Victoria Native Friendship Centre**

231 Regina Ave 250-384-3211

**Victoria Single Parent Resource Centre**

602 Gorge Rd East 250-385-1114

**Victoria Youth Empowerment Society**

533 Yates St. 250-383-3514

**YMCA/YWCA** 851 Broughton St. 250-386-7511

**Other Community Resources**

*Each place offers a different combination of resources, including drug and/or addiction management, crisis help, counselling, employment help, family services, etc. Call them to ask about their specific resources.*

**Adult Addiction Community Treatment Services**

2<sup>nd</sup> floor, 1250 Quadra St. 250-727-3544

**AIDS Vancouver Island**

715 Johnson St. 250-384-2366

**Alcohol and Drug Info Referral Line-** 1-800-663-1441

**Beacon Community Services**

2717 Quadra St. 250-656-0134

**Bridges for Women**

320-1175 Cook St. 250-383-7410

**Citizen's Counselling Centre**

941 Kings Rd. 250-384-9934

**Esquimalt Military Family Resource Centre**

250-363-2640

**Fairfield-Gonzales Community Association**

1330 Fairfield Rd. 250-382-4604

**Foundation House** (men only)

536 Cecelia Rd. 250-480-1342

**Greater Victoria Coalition to End Homelessness**

941 Pandora Ave. 250-370-1512

**Hulitan Social Service Society**

902A Caledonia Ave. 250-384-9466

**Island Sexual Health**

101-3960 Quadra St. 250-592-3479

**James Bay Community Project**

547 Michigan St. 250-388-7844

**Job Options BC**

2<sup>nd</sup> floor, 2621 Douglas St. 250-384-8121

**John Howard Society of Victoria**

2675 Bridge St. 250-386-3428

**Lawyer Referral Service-** 1-888-687-3404

**Legal Services Society**

200-747 Fort St. 250-388-4516

**Men's Trauma Centre** (men only)

102-1022 Pandora Ave 250-381-6367

**Metis Community Services**

345 Wales Rd. 250-391-9924

**Pacific Centre Family Services Association**

250-478-8357

**Phoenix Community Services-** 250-383-4821

**Society of Living Intravenous Drug Users**

857 Caledonia Ave. 250-298-9497

**Tenants Resource & Advisory Centre-** 1-800-665-1185

**The Family Law Line-** 1-866-577-2525

**Together Against Poverty Society**

302-895 Fort St. 250-361-3521

**Vancouver Island Crisis Line**

1-888-494-3888- 24 hr crisis info and resources line

**VictimLINK-** 24 hr phone line for crime 1-800-563-0808

**Victoria Childcare Resource & Referral**

2001A Douglas St. 250-382-7000

**Victoria Disability Resource Centre**

817A Fort St. 250-595-0044

**Victoria Sexual Assault Centre**

511-620 View St. 250-383-3232

**Victoria Withdrawal Management Services**

1125 Pembroke St. 250-213-4441

**Women's Enterprise Centre**

777 Fort St. 778-746-7500

**OFF-CAMPUS RESOURCES LISTS**

*Compiled July 2016 by UVSS Food Bank & Free Store  
Source: Greater Victoria Coalition to End Homelessness*

**Food Banks**

**The Mustard Seed**

250-953-1575 625 Queens Ave

*Required:* ID for person collecting, and ID for all family members being collected for.

*Hours:* Mon-Fri 9am-2pm for appointment or walk-in.

Hampers available for clients without cooking facilities.

Availability: once a month.

**St. Vincent de Paul Social Concern Office**

250-382-0712 828 View Street

*Required:* ID for person collecting, and ID for all family members being collected for. Care Cards required for children.

*Hours:* Mon-Fri 8:30am-12pm, 1pm-4pm. Hampers also available for clients without cooking facilities. Availability: once a month.

**St. John the Divine Emerg Food Service**

250-383-7169 1611 Quadra Street

*Required:* No ID necessary, everyone welcome.

*Hours:* Tues and Fri, 10am-2pm. Closed Fri and Tues after IA cheques issued, open Fri the following week. Single or family quantities. Availability: once a month.

**Living Edge Food Distribution**

250-216-0781 901 Kings Road

*Required:* No ID necessary, everyone welcome.

*Hours:* Tues and Thurs 10:30am-11:30am. Availability: twice a week.

**Goldstream Food Bank**

250-474-4443 761 Station Ave

*Required:* Picture ID for person collecting, ID for all family members being collected for. Care Cards required for children. Proof of residence in Western Communities (mail, utility bill, etc). *Hours:* Tues and Weds 9:30am 2:30pm, open first 3 weeks of the month. Availability: once a month.

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*UVSS Food Bank & Free Store*

*SUB Room B007 foodbank@uvss.ca*

*Open 9:30-5pm Mon-Fri*