

Building a Support Network in a New Country

The Allies in Action Project educates newcomers to Canada about domestic abuse/family violence and how to maintain healthy family relationships.

SOCIAL EVENTS, CONNECTIONS, AND MAKING FRIENDS

- Facebook groups: women groups, community groups, special interest groups
- [Meetups in Victoria](#)
- [Downtown Victoria Events Calendar](#)
- [Tourism Victoria – Calendar of Events](#)
- [Greater Victoria Chamber of Commerce – Chamber Events](#)

WHERE TO CALL FOR HELP

- THE CRISIS LINE: 1-888-494-3888 – 24 HRS / 7 DAYS
- CALL OR TEXT BC211 – for help and services around Victoria
- NURSE LINE 811 – for basic health and medical questions
- CALL 911 FOR EMERGENCIES

COMPUTER & INTERNET ACCESS

VIRCS

Greater Victoria Public Library

- [735 Broughton St.](#), Victoria
Phone: 250-940-GVPL (4875)
Mon, Fri, Sat 9am-6pm. / Tues-Thurs 9am-9pm

Victoria Disability Resource Centre

- [817A Fort St.](#), Victoria
Phone: 250-595-0044
Mon-Fri 9-4pm.

Downtown Community Centre

- 755 Pandora Ave., Victoria
250-383-0076
Mon to Fri 8:30-11:30am; 1-3:30 pm, / Sat 9-11:45am / Closed Sunday and statutory holidays

HEALTH & DENTAL

Victoria Cool Aid Society – [Access Health Centre](#)

- Health Clinic

Serving over 4,000 patients per year, Cool Aid provides holistic primary health care for people who live in need in the downtown core, many of whom are homeless, suffer from mental health and addiction illnesses and/or other chronic health problems.

Location and Hours:

Access Health Centre, [713 Johnson Street](#), 1st Floor, 250-385-1466

Mon & Tue 9am – 6 pm / Wed & Thurs 9am – 8 pm / Fri 9am – 3 pm / Sat 10am– 2 pm

Closed Sundays and statutory holidays

- Dental Clinic

The Dental Clinic, which opened at the Health Centre in the spring of 2002, recognizes the difficulty in accessing dental treatment for the at-risk population in the community, and strives to remove the barriers to care by providing affordable and subsidized dental treatment.

Location and Hours:

Access Health Centre, [713 Johnson Street](#), 2nd Floor, 250-383-5957

Mon to Thurs – 9am to 4pm (closed from 1 to 2 for lunch)

Friday – 8:30am to 3pm (closed from 12:30 to 1 for lunch)

Closed weekends and statutory holidays

Pandora Dental Group

- 1035 Pandora Ave, 250-385-0311 / Call to make appointment

COUNSELLING & SUPPORT

VIRCS

- [1004 North Park Street](#), Victoria
Phone: 250-361-9433 / info@vircs.bc.ca

Bridges for Women Society

- [1809 Douglas St](#), Victoria
Phone: 250-385-7410 / careers@bridgesforwomen.ca
Toll free 1 866 896-3356

Victoria Sexual Assault Centre

- [201-3060 Cedar Hill Rd.](#), Victoria
Phone: 250-383-5545
Mon-Fri 9am-5pm / Closed all stat holidays.
Crisis Line: 250-383-3232 (for people of all genders)

Island Community Mental Health

- [125 Skinner St.](#), Victoria
Phone: 250-389-1211
Mon-Fri 9am-4pm

LEGAL SUPPORT

VIRCS

- [1004 North Park Street](#), Victoria
Phone: 250-361-9433 / info@vircs.bc.ca

University of Victoria – The Law Centre

- [225-850 Burdett Ave](#), Victoria
Phone: 250-385-1221
Mon-Fri 9am-noon, 1-3:30pm

Victoria Justice Access Centre

- [225-850 Burdett Ave](#), Victoria
Phone: 250 356-7012
Mon, Tues, Wed & Fri 8am-5:30pm. / Thurs 8am-6:30pm
From Outside Victoria: Call Enquiry BC toll-free at 1-800-663-7867 and ask to be connected to 250 356-7012