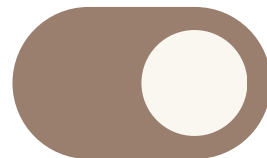


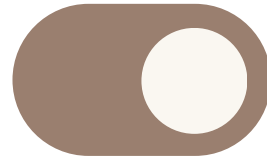


HOLIDAY GUIDE

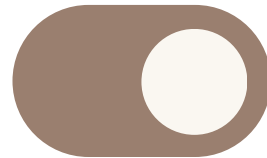
Resources



Supports



Harm



Reduction

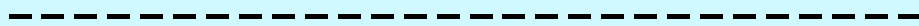


RESOURCES

KUU-US CRISIS LINE
24/7 PHONE
1-800-588-8717
CRISIS SUPPORT LINE

TSOW-TUN LE LUM
1-888-203-3123
CULTURAL HEALING + SUPPORT LINE

MONDAY - FRIDAY 8:00 AM - 8:00PM
WEEKENDS & HOLIDAYS: 10:00 AM - 2:00 PM



VANCOUVER ISLAND CRISIS LINE
24/7 PHONE
1-888-494-3888
CRISIS SUPPORT LINE

OR REQUEST >>>

INTEGRATED MOBILE CRISIS TEAM (IMCRT)
*RAPID, MOBILE AND COMMUNITY-BASED RESPONSE TO
CHILDREN YOUTH AND FAMILIES IN CRISIS*

RESOURCES

SEA TO TREE
FNHA Counselling
MENTAL HEALTH SUPPORT

SCAN
→



(778) 352-3115

K^wƏNÉ NƏTƏL I? I?SAƏT
Victoria Sexual Assault Centre
RESOURCES + SERVICES

SCAN
→



(250) 383-3232

VNFC
Victoria Native Friendship Centre
DROP-IN PROGRAMS

SCAN
→



(250) 384-3211

AA MEETINGS

DECEMBER
IN-PERSON

MONDAY:

12 NOON
BASIC PRINCIPLES
935 GOLDSTREAM AVE GORDON
UNITED CHURCH
UPSTAIRS LOUNGE

TUESDAY:

6:00 PM
LANGFORD LEAP OF FAITH
935 GOLDSTREAM AVE (GORDON
UNITED CHURCH)

7:30 PM
SOBER A.F. YOUNG PEOPLE/LGBTQ2+
612 DAVID ST CENTENNIAL UNITED
CHURCH
(LOUNGE)

WEDNESDAY:

7:30 PM THE MISFITS
104-731 STATION AVE HULITAN BLDG

THURSDAY:

12 NOON
EASY DOES IT - DISCUSSION SOOKE
2191 TOWNSEND RD ST. ROSE OF LIMA
CHURCH

7:30 PM
SOBER RIDERS GROUP
231 REGINA AVE (NATIVE FRIENDSHIP
CENTRE)

FRIDAY:

12 NOON
LIVE & LET LIVE BIG BOOK DISC
935 GOLDSTREAM AVE (GORDON UNITED
CHURCH)

8:00 PM
WESTSHORE BASICS - 12 & 12
935 GOLDSTREAM AVE (GORDON UNITED
CHURCH)

SATURDAY:

6:30 AM
DAYBREAK (ON ZOOM AS WELL NOT HYBRID)
935 GOLDSTREAM AVE (GORDON UNITED
CHURCH)

8:00 PM
SATURDAY NIGHT LIVE LANGFORD
935 GOLDSTREAM AVE (GORDON UNITED
CHURCH)

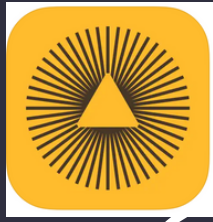
SUNDAY:

6:30 AM
DAYBREAK (ON ZOOM AS WELL NOT HYBRID)
935 GOLDSTREAM AVE (GORDON UNITED
CHURCH)

4:00 PM WESTSHORE WOMAN'S SOLUTIONS
O 3024 JACKLIN RD, REDEEMER LUTHERAN
CHURCH

<https://aavictoria.ca>

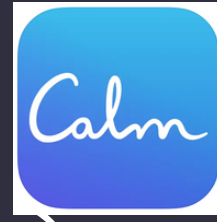
<https://bcrna.ca>



5-Minute Journal APP
guided reflection, goal
setting, and journal
prompts



White Noise Lite APP
trouble sleeping? relaxing
white noise, to help you
sleep / soothes headaches

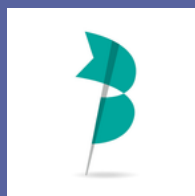


Calm APP
*meditations,
Sleep Stories,
music, and more*

COURAGE COMES IN MANY SHAPES
AND STRENGTH LOOKS DIFFERENT
DAY-BY-DAY



The Brave APP
(download)



Connect by Lifeguard APP
(download)



Naloxone Kit
(carry)

RESOURCES

**SIGN UP FOR TOXIC DRUG ALERTS:
TEXT JOIN TO 253787**

**SIGN UP FOR CRITICAL EVENT ALERTS:
APP DOWNLOAD**



Stay informed with Alertable notifications

Use Alertable to stay aware and plan ahead. Check in advance for events, closures, restrictions, hazards and more. Know before you go. Keep yourself and others informed and up to date with Alertable.

Notifications are fast, reliable and easy to see and hear. Personalize notifications by type and severity. Choose notifications for many locations including home, work, school, cottage, family and friends locations and more. Change your locations and other personalized options in Settings, after the fact. Please **SHARE!**

RESOURCES

INDIGENOUS OUTREACH TEAM
MENTAL HEALTH &
ADDICTIONS SUPPORT
SELF-REFERRAL >> 250-519-3485

SERVICES PROVIDED:

>> PEER SUPPORT & COUNSELLING
>> MENTAL HEALTH & SUBSTANCE USE
EDUCATION

WESTERN COMMUNITIES
MENTAL HEALTH
& SUBSTANCE USE
"THE HUB"
PHONE >> 250-370-5799

SERVICES PROVIDED:

>> SAME DAY COUNSELLING
>> SCREENING AND ASSESSMENT
>> COMMUNITY RESOURCE CONNECTION
TO SERVICES [E.G., COUNSELLING,
PSYCHIATRY, SUBSTANCE USE
SUPPORTS & WITHDRAWAL
MANAGEMENT (DETOX)]

DROP-IN APPOINTMENTS:

MONDAY TO FRIDAY
9:00AM - 11:15 AM, 1:00PM - 2:15PM
WEDNESDAYS, 9:00AM - 11:15 AM