

# Food Resources

please send updates to [streetnewz@islandnet.com](mailto:streetnewz@islandnet.com)

## 9-10 CLUB (ST. ANDREW'S SOUP KITCHEN)

740 View St. Victoria, B.C. V8W 1J8 ph: 250-884-4459 Church-run club providing meals on a drop-in basis Mon-Fri, 8 - 10 am. Not serving lunch, or on Christmas Day.

## ANAWIM COMPANION SOCIETY

973 Caledonia Street Victoria B.C. V8T 1E7 250-382-0283. Laundry, showers, meals, clothing, limited housing spaces. Be there by 11 am for lunch, 2 pm for dinner. Mon, Tues, Thurs 10am-5pm, Weds, Fri 10am-8pm, Sat 10am-4pm

## COMMUNITY FOOD BANK

4-697 Goldstream Ave, 250-474-4443  
Tues, Weds: 10am-3pm, closed last week of the month

## ESQUIMALT COMMUNITY LUNCH

Esquimalt United Church Hall, Lyall St., just past Admirals Rd. Tues & Thurs noon-1:15

## GOLDSTREAM FOOD BANK

761 Station Rd (Legion Basement), Langford, B.C. phone: 250-474-4443  
3rd Tuesday, monthly at the basement of the Royal Canadian Legion.  
Serving the Western Communities from View Royal to Metchosin

## FOOD NOT BOMBS

A collectively run food kitchen. Ph: 250-383-5144, ext 1940  
<http://users.resist.ca/~fmb-victoria>. A collectively run food kitchen.  
Free vegetarian serving Sundays, 3 pm - Harris Green (Pandora & Vancouver)  
Bring plastic containers for bowls, bags 4 produce.

## FRUIT AND VEGGIE BOX

901 Kings Road, Victoria, B.C., V8T 1W5 Phone: 250-388-7696  
Good Food Box Program - order \$5, \$10, or \$15 box of fresh fruit and vegetables at the beginning of the month and receive it in the middle of the month. Purchased in bulk. Order and pick up boxes @ BCC

## JAMES BAY COMMUNITY SCHOOL

140 Oswego Street, Victoria, B.C. V8V 2B1 phone: 250-389-1470  
Seniors Dinners on Tuesdays and Thursdays at 5 PM - \$5.75  
Community Dinners Weds, approx. every other month., usually \$4 & \$2 -12 & under.  
Tickets must be purchased at the centre in advance  
Community school cafe open Mon - Fri 11:45 am -12:30 pm. \$3.25 & child 2.75.

## JAMES BAY COMMUNITY PROJECT

547 Michigan Street, Victoria BC. V8V 1S5 (250) 388-7844, email: askus@jbcp.bc.ca  
Hours Monday to Friday 8:00am-4:00pm

## MUSTARD SEED STREET CHURCH

www.mustardseed.ca  
625 Queens Avenue, Victoria, B.C., V8T 1L9 Phone: 250-953-1575  
Service for families: Monday, Wednesday, & Friday 9 AM - 2 PM  
Service for couples and singles: Thursday 9 AM - 2 PM  
Service for everyone: Mon, Weds, Thurs, Friday 9 AM - 2 PM

## OUR PLACE

919 Pandora Ave. V8V 3P4, 250-388-7112. Victoria's "Living Room" - a drop in centre w/ computer room, printers, special projects, tea & coffee, singing Wednesdays with Louise Rose. Open Mon to Fri 7 AM - 5 PM, closed weekends. Showers & laundry 9 AM-3:30 PM. Breakfast @ 7 AM; Lunch 11:30 AM -12:30 PM; Dinner 4-5 PM

## ST. VINCENT DE PAUL SOCIETY

101-831 Yates Street, Victoria, BC V8W 1M1 Phone: 250-382-2767  
9 am-12:30 pm, 1:30 pm-4:30 pm Mon-Friday, Tues aft for Women  
Must be 19 yrs, unless referred by parents, ASK, or Soc Services. Food, clothing, household items. Home visits, food vouchers for parents w/children.

## SAINT SAVIOUR'S KITCHEN

310 Henry Street, Church Hall (VicWest) phone: 250-384-8773  
Rainbow Kitchen for everyone, Weds, Thurs, Fris, 12 noon 1:30 pm  
Shelter Weds-Sat nights, arrive 9-10 pm: mats, blankets, often food. Space for 25-35.

## SALVATION ARMY

Family Services and Counselling (singles, too) 2695 Quadra St 250-386-8521  
Mon- Fri 9 AM-11:45 AM, 1 PM-4:15 PM Emergency food hampers, clothing & small housewares vouchers. Extra shelter space only available in subzero temperatures.

## STREETLINK EMERGENCY SHELTER

1634 Store St., Victoria, B.C. V8W 1S2 Phone: 383-1951, office 383-1951  
Free dinner 7 days a week, 3 pm for meal ticket, serving at 3:30

## ST. JOHN THE DIVINE

1611 Quadra St., Victoria, B.C., V8W 2L5 phone: 250-383 7169  
Food bank open Tues & Fridays, 10 am-noon, in church basement. (Closed Fri and Tuesday after Welfare Wednesday, and Tuesdays after Monday stat.)

## VICTORIA NATIVE FRIENDSHIP CENTRE

231 Regina Avenue, Victoria, BC V8Z 1J6, 250-384-3211  
Wholesale prices, various size boxes. Pay first, pick up following wk.

**GOOD FOOD BOX PROGRAM** - Duncan area - 250-746-4204,  
[www.providence.bc.ca](http://www.providence.bc.ca).

## Breakfast Club

**First Saturday:** St. Andrew's Presbyterian Hall, 680 Courtney St, 8-10 am

**Second Saturday:** St. Andrew's Presbyterian Hall, 680 Courtney St, 8-10 am

**Third Saturday:** Glad Tidings Pentecostal Church Hall, 1800 Quadra St. 8-10

**Fourth Saturday:** Central Baptist Church, 833 Pandora, 8-10 am; 385-7786

**Fifth Saturday:** BC Ferry Workers' Union at St. Andrew's Hall, 8-10 am

# Housing Resources

## No Cost for Service, Time Limited Stay

Salvation Army (Emerg men only) 525 Johnson Street, 250-384-3396  
Streetlink 1634 Store Street, 250-383-1951  
Sandy Merriman House (for women) 809 Burdett Avenue, 250-480-1408  
Sobering & Assessment Ctr (24 hr) 1125 Pembroke (@ Cook) 250-213-4444  
Out of the Rain (Youth 15-25) 250-812-0490 winter only, various locations  
Kiwaniis Youth Shelter (13-18) 2117 Vancouver St., 250-386-8282  
Hill House - Women with children 250-479-3963  
Sooke Transition House 250-642-2591 Women with or without children  
Vic. Women's Transition House 250-385-6611 Women with or w/out kids  
Cridge Centre for the Family 1190 Kings Rd 250-386-7291 Women & kids  
Kiwaniis House for single women 16-29 w/ one child 250-382-1004  
Margaret Laurence House 250-995-0058 Women & kids escaping abuse

## Low Cost Monthly Rentals

Ritz Hotel - 710 Fort Street, 250-381-1868  
Fairfield Hotel - 710 Cormorant St., 250-386-1621  
York Hotel - 711 Johnson Street, 250-385-2544  
Douglas Hotel - 1450 Douglas Street, 250-383-4157  
Ocean Island Backpackers - 791 Pandora Avenue 250-385-1788  
Turtle Refuge Backpackers - 1608 Quadra Street 250-386-4471  
Vic. Human Exchange Soc. 361- 2762, 1-800-691-9366, [www.humanx.org](http://www.humanx.org)  
Extreme Outreach - men only, \$350 + dep. No alcohol or drugs. 250-708-2064

## Subsidized and/or Supported Housing Services

BC Housing (subsidized - low income families, 55+, or w/disabilities)  
301- 3440 Douglas Street, 250-475-7550 [www.bchousing.org](http://www.bchousing.org)  
Burnside Gorge Community Assoc. 250-388-5251 [members.shaw.ca/bgca](http://members.shaw.ca/bgca)  
Capital. Region Housing (subsidized, low income families, 55+, disabilities)  
623 Fisgard, 250-388-6422 [www.crd.bc.ca/housing](http://www.crd.bc.ca/housing)  
Capital Mental Health Association Satellite Housing Program 250-389-1211  
Coordinated Housing Registry (subsidized & supported housing)  
[www.coolaid.org](http://www.coolaid.org) 826 Cormorant St. 250-356-2548  
M'Akola Housing Society 250-384-1423  
Pacifica Housing Advisory Assoc. (families) 827 Fisgard 250-385-2131  
Pacifica Housing Serv/Downtown Outreach Serv (connects low-income folk w/ housing in private sector) 826 Cormorant 250-356-2555  
Pandora Youth Apts 753 Pandora, For 15-19 yrs, Andrea - 250-380-2663  
St. Vincent de Paul Soc. 250-382-2767  
Victoria Senior Citizen Housing Society - Please register with the Housing Registry at the BC Housing Management Commission: 301-3440 Douglas 250.475.7550

## Helpful Housing Hints

1. Add your name to the BC Housing list.
2. Add your name to the Coordinated Housing Registry.
3. Get the addresses & phone numbers of subsidized or supported housing units from the Cool Aid Society, the BGCA, M' Akola, etc. If you find one you like, make friends, impress them, ask them to pull your name off the list. They can let you in, but you have to be listed with BC Housing first.

## Some places to call for help

Action Committee of People with Disabilites - 948 View St., 250-383-4105  
Adult Addiction Comm. Treatment Serv: 2nd floor, 1250 Quadra, 250-727-3544  
AIDS Van Island: 713 Johnson St, 3rd Flr, 250-384-2366 ext 2268; AVI Nx 250-896-2849  
Alano Club: 1402 Broad St, 250-383-9151  
Alcoholics Anon: #8, 2020 Douglas, 250-383-7744 (help), 250-383-0415 (office)  
Cool-Aid Medical Clinic: 250-385-1466  
Cool-Aid Phone Message Service (\$5/mth plus HST): 250-383-1977  
Credit Counselling - 250-477-9998  
Foundation of Support of Recovery for Men: 250-480-1342  
HomelessNation.org - online community  
Grief/Bereavement Counsel: Lorraine Jasmin, R.P.C., 1198 Goldstream, sliding scale  
Lalli Care Clinic - Drug Info, Med. Review, Alt Health - 250-386-5100, [lallicareclinic.ca](http://lallicareclinic.ca)  
Men's Trauma Centre: 250-381-6367, #203-1420 Quadra St. [www.menstrauma.ca](http://www.menstrauma.ca)  
Outreach Services Methadone Clinic: 2004 Fernwood Rd., 250-480-1232  
Problem Gambling Help Line - 1-888-795-6111  
Prostitute Empowerment & Education (PEERS): 744 Fairview Rd., 250-388-5325  
Research, Education, Evaluation, & Support Prog. (REES): 250-595-8619  
Salvation Army Addictions & Rehab Centre: 525 Johnson, 250-384-3396  
Seniors' Advocacy Group - 388-7696 for advice; 250-360-1068 to be an advocate  
Society of Living Intravenous Drugusers (SOLID): 7-9 pm Weds, 1947 Cook  
Together Against Poverty Society (TAPS): #302-895 Fort St 361-3521  
Victoria Native Friendship Centre: 384-3211 -- 231 Regina Ave V8Z 1J6  
Victoria Sobering & Assessment Centre: 1125 Pembroke, 250-213-4444  
Vancouver Island Addiction Recovery Soc.: 536 Cecelia, 250-480-1342  
Youth-to-Youth Support Line - 24 hours. 250-386-TALK, [www.youthlines.ca](http://www.youthlines.ca)