

# Annual Report 2011 / 2012



*Building Healthy Community Together*

# Chairperson's Report



2011/12 was a positive year for the James Bay Community Project where we've built on our past hard work and moved forward with new opportunities. Even while celebrating our successes, we continue to be faced with the challenge of achieving sustained funding to meet the demand for our programs and services, now and into the future. We thank all our partners who have helped us continue to deliver the quality programs and services for which we are known, and look forward to a continued strong working relationship.

In June 2011, we welcomed a new executive director, Kaye Kennish, whose energy, passion and leadership has been a wonderful addition to our organization. In addition, several new members have joined our board of directors, complementing the skills and experience of our existing group.

In May 2012, we adopted a strategic plan to guide the Project going forward. The plan was built with input from staff, management and the board of directors, with a special thank you owing to board member-at-large, Elliot Freedman who spearheaded the development of the strategic plan document. Our vision at the Project is for a healthy and inclusive community in James Bay and beyond where families, youth, seniors and community members find the supports they need.

We are proud to report that over the past year we've established a partnership with Capital City Volunteers, ensuring the continued delivery of quality services for seniors throughout the Capital Region. In addition, the Victoria Community Health Cooperative continues to build upon its foundations of community ownership, accessibility and integrated health and is one of our key partners in the delivery of health services. This past year we have also worked hard to promote sales at our Community Closet Thrift Store and are excited to see our efforts bearing fruit, thanks in large part to the skilled assistance of board vice-chair, John Vickers.

On behalf of the board I would like to thank our management and staff for their dedication and enthusiasm. We look forward to working together towards another year of growth and

positive momentum. A special thank you is extended to our volunteers who give so generously of their time and energy. Their loyalty to the Project is part of what allows us to continue providing high quality services to the James Bay community and beyond.

I would like to thank the board for their support and commitment. On a final note, I would like to acknowledge three of our departing long-time directors, Faye Zinck, Jim McDavid and Minnie Clark. Without their guidance, the Project would not be the wonderful place it is today. They will be missed and we wish them well with their future endeavours.

Sincerely,

**Sam Broadbent, Chair**

Board of Directors  
James Bay Community Project

## Board of Directors 2011/12

Richard Almond  
Sam Broadbent, Chair  
Minnie Clark  
Elliot Freedman, Member-at-Large  
Jim McDavid  
Yasmin Rampuri  
John Vickers, Vice-Chair  
Faye Zinck, Secretary/Treasurer

# Executive Director Report

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It will soon be the first anniversary of my start date as executive director. It has been a busy and interesting year for me and for this organization.

My first impressions of the JBCP were no doubt much the same as those of the approximately three hundred people who walk through our doors on a daily basis. Some adjectives that come to mind include: happy, friendly, helpful, compassionate, fun, active, hopeful. There is a “buzz” at JBCP that speaks to celebration of life while recognizing that life is often tough, and to the fact that as human beings we are all finding our own paths and it is always the right time to offer a hand to fellow travelers.

The need for the services JBCP offers is obvious. Our Drop-In Programs for toddlers are always full to bursting, registration for our Baby Groups and Mother Goose programs is always at capacity, our family development worker meets with a constant flow of parents and children, the number of youth accessing our Youth Clinic grows every year, and we struggle to meet the demand from low-income seniors for services from our volunteers. High usage of our

services motivates everyone at JBCP to find additional ways in which we might meet the needs of people in James Bay and beyond.

I would like to pay tribute to the most committed staff with whom I have ever had the pleasure of working. Their efficiency and effective use of limited resources is second to none, and their determination to provide the best possible service to the greatest number of people never waivers. Of course the organization could not function as it does without the more than three hundred volunteers who contribute every day. I am also grateful to the board for their support over the past year. It is particularly gratifying to work with chair, Sam Broadbent, as he is the epitome of the values of JBCP.

This year JBCP signed a management agreement with Capital City Volunteers (CCV) and we welcomed their staff person into our building. The synergies between the two organizations in the drive to help seniors maintain their health and independence are benefitting all.

We have also developed a new website which better represents the nature and scope of JBCP’s contributions to the community, and I encourage everyone reading this to visit it at [www.jbcp.bc.ca](http://www.jbcp.bc.ca). We realize the importance of not “hiding our light under a bushel”, and so are also looking at other ways in which to raise our profile and bring JBCP to the attention of more community members, donors and funders, through the development of a communications plan.

The board has put a lot of time and effort into creation of a new strategic plan, which has just been formally adopted. I would like to acknowledge the hard work and skills of JBCP director Elliot Freedman, the driving force behind this plan. Board and staff are excited about implementing

the different aspects of this roadmap for the future, a summary of which can be found on our new website.

There is a clear sense at JBCP that difficult transitions have been weathered, and that we have begun a period of calm focus on the main purpose at hand, and of excitement about future possibilities. I consider myself fortunate to be a small part it.

**Kaye Kennish**, Executive Director

## Staff 2011/12

### **Administration**

Bob Broughton, Accounts Payable  
Kaye Kennish, Executive Director  
Helen Tuele, Executive Assistant  
Brian Yellin, Finance Manager

### **Family & Community Services**

Barb Anderson, Outreach Counsellor  
Nansi Blenkiron, Seniors Connections Coordinator  
Catriona Campbell, Coordinator of Volunteers  
Nancy Smith, Family Centre Facilitator  
Janessa Bate, Youth and Family Outreach Worker  
Lisa Gleinzer, Seniors Outreach Worker  
Dinah Green, Baby Group Facilitator  
Barrie Taylor McDonnell, Community Closet Coordinator  
Joi Saunders, Receptionist

### **Victoria Youth Clinic**

Kim Daly, Registered Nurse & Registered Clinical Counsellor  
Naomi Hwang, Physician  
Alanna Jackson, Registered Nurse  
Kristin Korol, Physician  
Jenn Lee, Physician  
Pam Nicholls, Physician  
Marion Selfridge, Youth Outreach Worker  
Barbara Thompson, Manager

# Victoria Youth Clinic



The Victoria Youth Clinic is a confidential, free health clinic for youth aged 12-24. We provide comprehensive primary health care services in a safe, welcoming and accessible youth-friendly environment. We have a special commitment to youth who may be at risk for poor health outcomes.

The priority for the clinic is to be responsive to patients about their health needs and preferences for accessing health care. The focus is to work to understand what is unique about youth health needs and to tailor the service to overcome the barriers one might experience in accessing care through

the traditional health system. This past year we had over 5,000 visits to the clinics.

The Youth Clinic team provides health care on a part-time basis at two clinic sites. We are located at the James Bay Community Project and downtown in Bastion Square below the Youth Empowerment Society.

Our services include assessment and treatment of health problems, provision of medication and contraceptives, psychiatric assessments, counselling, outreach, health teaching and referrals to other health and community services. Many health challenges that youth face

such as addictions, mental health issues, pregnancy and blood-borne illnesses are services that we specialize in.

Over the last few years we have noticed greater numbers of youth accessing our services for mental health and addiction concerns. Our clinic team has been enhanced by the addition of a psychiatrist who provides timely consultations and three specialized counsellors who are now available at each site weekly to provide support.

We were able to do some renovations to our downtown clinic this year, thanks to funding from VIHA. It now looks more welcoming and is more functional in the kitchen area where we provide food for our youth while they are awaiting their appointments.

We also went electronic in the spring of 2012 with an electronic medical record system. This has made continuity of patient care much better as we have youth that access both clinics.

The Youth Clinic is funded by grants from VIHA, MCFD, the United Way, Thrifty Foods and Astra Zeneca. We have also received funds from private donors which have helped tremendously in financing some of our medication and outreach costs. All of these funders are essential for us to continue to provide these greatly needed health care services for the youth of Victoria.

# Family Resource Programs



invaluable family support, play-based learning activities, early literacy experiences, parent education, as well as information and referrals to other community resources.

One of the unique features of JBCP's Family Resource Centre is the opportunity to enrich our programming with the talents and assistance of a diverse

group of volunteers and students who help in many ways in the programs, adding their experience, interests and nurturing touch. This year over 650 hours of volunteer time and 25 student practicum hours were recorded in our Family Resource Centre programs

## Family Resource Centre

Our Family Resource Centre is the hub of our programs and services for families and children. We are a member of the BC Association of Family Resource Programs, an organization which has over 200 members in the province. Family Resource Programs are based on the belief that consistent positive parenting skills and healthy child-parent relationships are essential to healthy child development. Research strongly demonstrates the impact of the early years on life-long health and social outcomes, and suggests that investing in supportive programs for young families significantly reduces future costs to health care, education, social programs and the criminal justice system. Family Resource staff provide

## Creative Play and Toddler Time Drop-In

The 2011/12 year saw some significant changes in the Family Centre beginning with a new funding contract from the Ministry of Children and Families. This new contract allowed us to offer additional support services through our Youth Outreach worker but meant less funding for drop-in programs. Our popular Friday morning drop-in came to a close in May 2011. However, all other drop-in programs

continued to be offered and were well-attended throughout the year. We currently have over 450 active families registered in the Family Centre and counted over 3200 adults' and 3700 children's visits this year during our Toddler Time and Monday and Thursday Creative Play drop-ins.

## Baby Group

This program for new parents with babies from birth to about 7 months incorporates education topics and discussion time. New parents receive information and support on a variety of issues such as breastfeeding, sleep, infant CPR, health and safety, and community resources. During the past year, we ran three 10 week groups with 35 mothers and 35 babies attending.



# Family Resource Programs



## Parent Child Mother Goose

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This popular program is based on strengthening attachment and building nurturing parent-child relationships through songs, stories and discussion. Last spring, we ran one 10 week registered program with 28 parents and 28 children attending. Over the summer and fall, we offered a more informal Baby Songs and Rhymes



on a drop-in basis and had 270 parents and 270 babies' visits. Renewed funding from Success by 6 has ensured that we can continue to offer this wonderful program through 2012. Our spring session 2012 had a total of 109 adults' and 109 children's visits.

## Triple P Parenting Program

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Triple P (Positive Parenting Program) is a facilitated seven or eight session group program that is offered twice a year to parents of children two and a half to ten or eleven years old. Triple P's focus is on the development of children, enhancing the relationship between parents, children and youth, as well as managing children's behavior in a constructive and non-harmful way. The first parenting group ran from February to April 2011

in the early evening and included eight families. The second parenting group ran from October to November 2011 and included seven families. The groups comprised a total of seven fathers and thirteen mothers. Parents responded positively to the program.

## Outreach Counselling

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Our outreach counselling program provides flexible counselling services to children, youth and families. Clients may be referred to the program through the Ministry of Children and Family Development, other community professionals, and by self-referral.

Counsellors can meet with parents and children at their homes, schools, in the community or in our offices.

Some families may need information about community resources or consultation about a specific parenting strategy. Other families may require either short or longer term counselling support through a family crisis or an on-going mental health issue.

## Cool Cues

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Cool Cues is a 6 session social skills program for 8-10 year olds. Topics include: introductions, making friends, boundaries, trust, self-esteem, identity, group roles, and bullying. We use a variety of learning tools in order for children to acquire new skills. The program has run four times and we have received positive feedback from children and parents. The program is free but children must be registered in advance.

## Family Dinner

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This is a free afternoon group involving crafts, games, free play, circle time and a light dinner. The target recipients of this service are young, single parents, or families who are new to Victoria. We provide an opportunity for families to build their support network. This may result in an exchange of assistance, including child care respite. Any families with children up to 12 years old can attend, and we ask that they register ahead of time.

# Community & Volunteer Services

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James Bay Community Project is founded on a belief that volunteerism and participation in community life benefits the health and wellness of both the individual and the whole community. Our 320 volunteers contributed approximately 30,000 hours of service to the community, and in so doing built a network of friendship, goodwill and commitment that reached far beyond the walls of our organization. Every day our fabulous volunteers brought their expertise, gifts and caring spirit to JBCP. The reality is that in these days of funding challenges, many of our programs and services simply could not run without volunteer assistance.

# Community & Volunteer Services



## Health Promotion Programs for Seniors

### Seniors' Connections

55 seniors are registered for this program, with an average weekly attendance of 25. The group includes a nutritious lunch prepared and served by a team of volunteers, followed by an activity or speaker. Presentations include health education topics, information about community resources for seniors, as well as general interest topics. Transportation to and from the group is provided by volunteer drivers if needed, and participants are contacted during the week by the program facilitator or volunteers. If there are individual needs that arise through the year, the seniors outreach worker, or community services coordinator is available to follow up with the senior. Research strongly supports the value of social connections in maintaining and improving health and quality of life; this program has encouraged the development of friendships and support outside the group as well as within the program itself. We have continued with the Memoirs Project started in 2010 that, with the support of volunteers, documents key events in a senior's life, and have expanded this project to include other senior clients of JBCP.

### Macular and Low Vision Support Group

Originally founded by a community member, this monthly group meets to provide information, support and coping strategies related to vision loss. Participants share strategies with each other as they learn and support each other. We are fortunate to have a retired CNIB professional to facilitate this program. From this group we also established a Reading Group, with a volunteer reading aloud various types of print media.

### Seniors Outreach Worker

In 2011 our seniors outreach worker continued to provide assistance to frail and isolated seniors in the James Bay area. The outreach worker oversees our one-to-one matches of volunteers supporting seniors to live independently, provides support and outreach services, and offers information and/or referrals to a variety of public, community, and government resources such as housing, transportation, home care, and other support services.

### Foot Care Clinic

In August 2011, JBCP initiated foot care clinics serving low income seniors in response to a need in our community. Two qualified volunteers (an RN and an LPN) provide basic foot care, with clinics now running four times per month.

### Seniors Advisory Committee

JBCP is committed to providing programming which addresses service gaps and needs in our community. We have established a Seniors Advisory Committee group that meets bi-monthly to advise us on new program ideas, services and opportunities for seniors. The committee has recently moved into assisting with planning and execution of some seniors events at JBCP.

# Community & Volunteer Services

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## Volunteer Programs and Services

### Direct Services

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James Bay Community Project is part of a network of 6 agencies in Greater Victoria that provide one-to-one volunteer services. The most frequently provided volunteer services are drives to medical appointments, friendly visitors, walking companions, and income tax preparation. 358 clients received Direct Services this year, including 535 medical

drives and 219 income tax returns. Supporting seniors so they can safely stay at home as long as possible is vital, but it has been very challenging to find sufficient ongoing funding to support the volunteers and programs.

### Community Library and Computer Access

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Our community library operates under a partnership agreement with the City of Victoria and the Greater Victoria Public Library. The City of Victoria provides a grant, and the GVPL provides a selection

of books which are rotated twice annually to ensure a good selection of materials. The library also contains many donated books and health and community resource information. 43 volunteers work weekly shifts to provide service to about 690 patrons a month, as well as assisting with extra duties such as the book exchanges and book sales. We have two public access computer stations, and volunteer tutors generously provide one on one instruction in basic computer and internet use.



# Community & Volunteer Services



keep our kitchen clean, assist with gardening, make soup, and assist with office tasks.

## Food Initiatives

We receive food donations for our programs and for our Food Cupboard from Thrifty Foods, Cobs Bakery, Mustard Seed Food Bank, Salvation Army, James Bay United Church, Level Ground Trading Company, Ogden Point Café, Starbucks and the Michigan Street Garden Society. We are also fortunate recipients of the Community Food Program coordinated by

Cold Star Freight Systems Inc. All these donations literally save thousands of dollars and help to feed many people in our community. Our volunteers prepare soups for our weekly seniors programs and for the downtown Youth Clinic, feeding about 120 youth weekly. JBCP also participates in the distribution of Good Food Boxes twice a month. With the help of the Canadian Diabetes Association and VIHA, we were able to offer Family Skills, a series of cooking classes focusing on nutritious and economical foods for seniors, low income families and new immigrants. Harbourside Rotary provided funding for a food skills program for young parents.

## Community Closet Thrift Store

Located in James Bay Square, our dynamic, eco-friendly Community Closet Thrift Store sells trendy, excellent quality men's and women's clothing at budget prices. Customers are always impressed to know the monies generated from sales help support our community programs. Over 45 volunteers sort, press and display hundreds of donations as well as providing friendly customer service, contributing approximately 450 hours per month of their time. The Community Closet is open Monday-Saturday from 10-4.

We are very grateful to our donor stores and members of the community who ensure our shelves are abundantly stocked each season.

## Community Living Volunteers

We collaborate with a number of Community Living Agencies including Community Living Victoria, Garth Homer Society, Ozanam, Abilities, and Futures Club to provide volunteer placements for clients with disabilities. 20 different teams of 54 volunteers come weekly to help sort clothing for the Thrift Store, make felted crafts, bag bread for our Food Cupboard, wash toys,

# Community & Volunteer Services

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## Volunteer Led Programs

Volunteers with special interests and talents sometimes wish to offer classes or groups for patients and clients of JBCP. In this manner we are able to offer Art Classes, a midlife support group Choices and Changes, a Singing Group for Community Living participants, Yoga, Qi Gong, Chronic Pain Management, Baby Massage, Acupressure, NIA, Meditation, and a Low Vision Book Club to about 3,500 community participants.

## Program Support

Volunteers provide all the support for our programs, helping staff with tasks such as food preparation, set up and clean up, child care, reception and office assistance, gardening, painting and maintenance tasks.

## Special Events

Special events are also greatly enhanced by the efforts of volunteers. This year volunteers assisted with our successful

Spring Silent Auction fundraiser, which raised funds for community programs. Library volunteers sponsored a successful book sale. Many hands were also on deck to help with James Bay Day, and for our Christmas Open House. We held a garage sale to provide funding for the Mother Goose program. As a thank you to all our volunteers, staff put on a very successful Volunteer Appreciation Lunch and Tea with a slide show.



# Finance Report

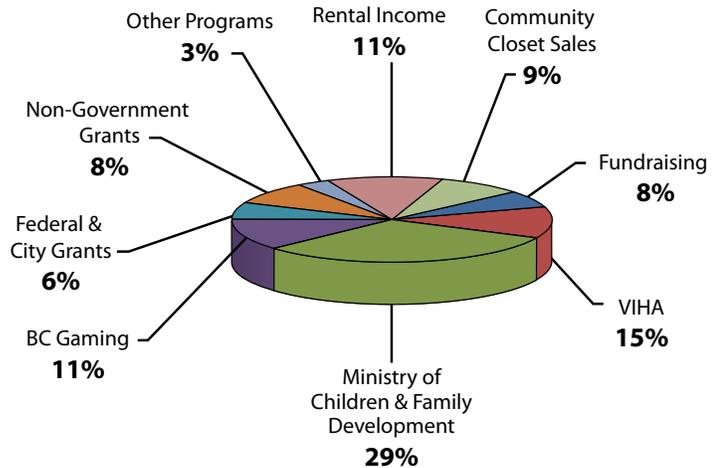


## Brian Yellin, C.A., Finance Manager

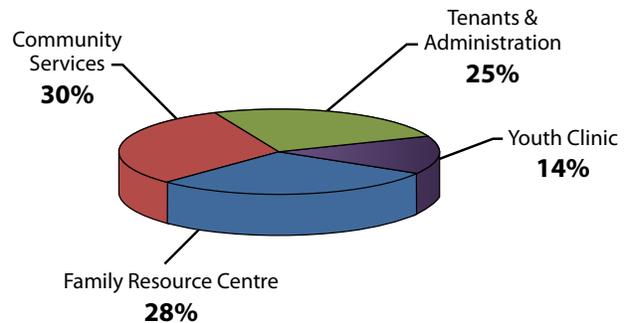
The James Bay Community Project continued to evolve in 2011/12. We signed a new three year funding agreement with the Ministry of Children and Family Development and signed an agreement to provide management services to Capital City Volunteers. While primary health care is now delivered by the Victoria Community Health Co-Operative, we continue to operate two medical clinics under the banner of the Victoria Youth Clinic providing comprehensive primary healthcare to youth 12 – 24 who may be at risk for poor health outcomes. Revenues have stabilized and exceeded expenditures by \$47,638 for the year. Funding from various government contracts and grants was reduced to 61% of total revenue from 65% last year. The Project owns its own building and has a mortgage with Vancity. During the year we reduced this mortgage by over \$19,000 to \$318,542.

Primary funding for the Project comes from the Ministry of Children and Family Development, Vancouver Island Health Authority, City of Victoria, Ministry of Public Safety and Solicitor General (Gaming Policy Branch), Public Health Agency of Canada, United Way of Greater Victoria, Provincial Employees Community Services Fund, Thrifty Foods Smile Card Program, Astra Zeneca, our many other funding partners and the community at large.

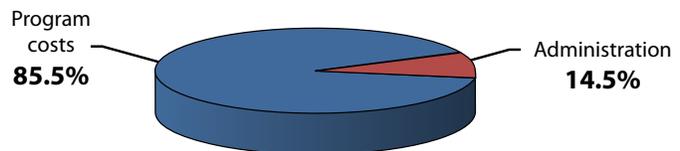
## REVENUE by Funder



## REVENUE by Program



## EXPENSES



# Thank You to our Supporters!

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## January 1, 2011 to December 31, 2011

***We are very grateful to the following funding agencies, organizations, businesses, and individuals for their generous gifts.***

### Funders and Grants 2011

Astra Zeneca Canada Inc.  
BC Ministry for Children & Family Development  
BC Ministry of Housing & Social Development – Gaming Branch  
City of Victoria  
Government of Canada New Horizons for Seniors  
Industry Canada-Computer Access Program  
Provincial Employees Community Services Fund  
Public Health Agency of Canada  
Sara Spencer Foundation  
Shell Canada Ltd.  
Success By Six  
Thrifty Foods Smile Card Program  
United Way of Greater Victoria  
Vancouver Island Health Authority

### Gifts in Kind 2011

Amica at Somerset House  
Anne Geddes  
Art of Art Consulting, Nick Tuele

Barb's Floating Fish & Chips & Seafood Restaurant  
BCAA Traffic Safety Foundation  
Birdcage Confectionary  
Black Olive Restaurant  
Blue Note Café  
Bon Rouge Restaurant  
Café Mulatta  
Church of Truth  
Cobs Bread  
Cold Star Freight Systems Inc.  
Congregation Emanu-EL  
Congregation of Kolot Mayim Reform Temple  
Elliot Freedman  
Embassy Inn  
Emmie Mulley, Twice as Nice  
Fine Floral Designs by Jane  
Fingers & Toes  
Garth Homer Society  
Gatsby Mansion & Hotel  
Glenshiel Housing Society  
Good Things Consignment  
Greater Victoria Housing Society  
Greater Victoria Public Library  
Halloween Events, John Vickers  
Harbourside Condominiums  
Harbour Towers Hotel & Suites  
Hazel Ross  
Heather Keenan  
Heron Rock Bistro  
Hester Family

Hotel Grand Pacific  
Ian Back  
James Bay Coffee & Books  
James Bay Community Garden  
James Bay Inn - Pub & Restaurant  
James Bay Newspaper Society  
James Bay Tea Room & Restaurant  
James Bay United Church  
James O'Brien  
Janice Beiles  
J.M. Schneider Foods  
Karen Severson  
Kirsten Brand  
Lance Olsen  
Laurel Point Inn  
Level Ground Trading Co.  
Lilydale  
Lynn Ruddy  
Medex Fitness Centre  
Moka House Shoal Point  
Mustard Seed Food Bank  
My Sister's Closet  
National Geographic IMAX Theatre  
Ogden Point Cafe  
Pharmasave, James Bay  
Pescatore's Seafood & Grill  
ProOrganics  
Province of BC, Ministry of Labour & Citizens Services  
Royal British Columbia Museum  
Roberta Pyx-Sutherland  
Ruffel & Brown

# Thank You to our Supporters!



Rx eyewear  
Salvation Army  
Santiago's Restaurant  
Shoal Point Condominium  
Silver Cross Health Care Equipment  
SIPS Artisan Bistro  
Six Mile Bakery & Deli  
Spinnakers, James Bay  
Starbucks Coffee, Fairfield and James Bay  
Super Chance Consignment  
The Oyster  
Thrifty Foods, James Bay  
Thrifty Foods, Food for Families Program  
Thrifty Foods Employees  
Times Colonist  
Tom Putnam  
Tooth Fairy-Focus on Dental Hygiene  
Waine Ryzak  
W.I.N.

## Donations \$5,000 and over

Harbourside Rotary Victoria  
Toskan Casale Foundation

## Donations \$1,000 to \$4,999

Anonymous x 1  
International Buskers Festival  
Mel McDonald  
Leslie & Carlo Moccilin  
Belsonia Paul  
IODE - Royal Bride Chapter  
Pharmasave #130

## Donations \$500 to \$999

Anonymous x 1  
Michael Carson  
Robert Toublanc  
Devereau Wood  
Coast Capital Savings Credit Union  
Sara Spencer Foundation  
Times Colonist - Raise a Reader

## Donations \$200 to \$499

Anonymous x 2  
Stephen & Dionne Baker  
Ann Bover  
Barry Byers  
Marsha Carters  
Margaret Cloake  
Penny Coates  
Mavis Degirolamo  
Lilian Edey  
David and Pauline Edwards  
PJ Goggin  
Sharron Higgins  
Phyllis Langley  
Mary Leask  
Anne Logie  
Karen MacKinnon  
Dorothy Martin  
Doreen Mitchell  
John & Pauline Mustard  
Felix Reuben  
Beverly Unger

Marjorie Welch  
Elizabeth Willekes

## Donations \$100 to \$199

Anonymous x 1  
Alice Adams  
Kenneth & Sylvia Austin  
Jeanette Young & Robert Baker  
Deborah Barr  
Leanne Bilous  
Grenville Coldicutt  
Joan Cook  
Mabel Cressey  
John Di Stefano  
Patricia Dusk  
David English  
Alexandra Flynn  
Ann Geddes  
Reg Gillis  
Linda Gokey  
Phyllis Graham  
Renie Grosser  
Konnae Harresson  
Nansi Ives Blenkiron  
Kaye Kennish  
Pamela Madoff  
Irene Magill  
Jessie McEachern  
Patricia McGuire  
Aileen Miller  
Beatrice Morley

# Thank You to our Supporters!

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## Donations \$100 to \$199 *continued*

Irene Nepstad  
Norman Preston  
Florence Reiter  
Marjorie Roger  
Hazel Ross  
Mary Schaufele  
Winifred Sewell  
Anita Stenders  
John Thompson  
Dennis & Jean Woodfield  
Capital Unitarian Universalist  
Congregation  
Victoria Community Health Co-operative

Mary Cowper  
James Coxon  
Earl Curry  
Shirley Cuthbertson  
I. E Dew-Jones  
Shirley Egles  
Marie Feakins  
Trudy Fitch  
Jean & Kevin Forrest  
Ellen Gabelmann  
John & Shelagh Graham  
June Graham  
Ellen Grose  
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Lily Miljour  
Thora Morrison  
Edith Naysmith  
Falcon O'Hara  
Allison Osler  
Mona Parry  
Carrie Peter  
Kathie Putt  
Jane Renaud  
Jean Robinson  
Chris & Robin Rohrmoser

Bob & Jennifer Hastie  
Prudence Hemelrijk  
Deirdre Hitchcox  
E G Holmes  
Caroline Houston  
Joyce and Harry Howlett  
Fiona Karlstedt  
Gladys Kennedy  
Earl Kimmerly  
Glenna Lapointe  
Frederick Lavallee  
Donna & Jose Lindenberg  
Janet Lundman  
Avaleen MacIntosh  
Lucia Mandap  
Petronella Marcus  
Barbara Marshall  
Nita McCann

Cristina Rose  
Janet Russell  
Sharon Russell  
Judy Southwell  
Josephina Stemkens  
Olga Stratholt  
Shirley Taylor  
Fran Thoburn  
Doris Tuele  
Helen Tuele  
Barbara Vander Kley  
Wendy Waaga  
Barrie Webster  
Horst Westerlage  
Jean Whipp  
Mary Wiles  
Julius Wroblewski

## Donations \$99 and under

Anonymous x 10  
Ruth Anderson  
Ruby Archer  
Robina Attwood  
Cathie Ballard  
Solly & Marilyn Bayer  
Vera Benedetti  
Una Blades  
Anne Boldt  
Olive Boorman  
Marion Brown  
Coral Carter  
Patricia Caygill  
Sheila Coldicutt  
Eleanor Connors

# James Bay Community Project



## *Building Healthy Community Together*

### Our Mission

To build healthy, inclusive community in James Bay and beyond by operating and facilitating programs and services that support families, youth, seniors, and other community members.

### How to Contact Us

James Bay Community Project  
547 Michigan Street  
Victoria BC V8V 1S5  
Telephone: 250- 388-7844  
Fax: 250- 388-7856  
Email: AskUs@jbcpc.bc.ca  
Website: www.jbcpc.bc.ca

Check out our website!  
**www.jbcpc.bc.ca**

Like us on **Facebook!** 

### Programs & Services

#### Victoria Youth Clinic Services

Medical Care  
PAPS & STIs  
Mental Health  
Outreach Services  
Addiction Issues  
Contraception  
Blood Tests  
Counselling

#### Family & Youth Services

Family Resource Centre  
Creative Play & Toddler Time Drop In  
Parent Education and Support Groups  
Baby Group  
Triple P Parenting Program  
Parent/Child Mother Goose  
Family Dinners  
Cool Cues  
Outreach Counselling Program

#### Community & Volunteer Services

Information and Referral  
Direct Services  
(drives, visits, walks, income tax prep)  
Community Library  
Computer Access and Tutoring  
Community Food Cupboard  
Community Closet Thrift Store

#### Seniors Health Programs & Services

Seniors Outreach Worker  
Seniors Connections  
Macular and Low Vision Group

#### Community Living Volunteer & Work Programs

Soup Makers, Bakers, Toy Washers,  
Gardeners, Thrift Store Sorters

#### Community Closet Thrift Store

Gently used clothing and accessories  
for men and women

#### Volunteer Led Groups

Yoga, Meditation, Qi Gong, Nia,  
Singing Group

### Tenant Services

#### Victoria Community Health Cooperative at James Bay

Mark Sherman, MD CM CCFP  
(Family Medicine)  
Gary Wolfson, MD CCFP  
(Family Medicine)  
Rick Hudson, MD, CCFP  
(Family Medicine)  
Derek Carroll, MD CCFP  
(Family Medicine)

#### Essential Health Centre

Corinne Warburton,  
Registered Acupuncturist  
Nicole Scovill,  
Registered Massage Therapist  
Amy Singh,  
Registered Massage Therapist

#### Michigan Street Counselling Group

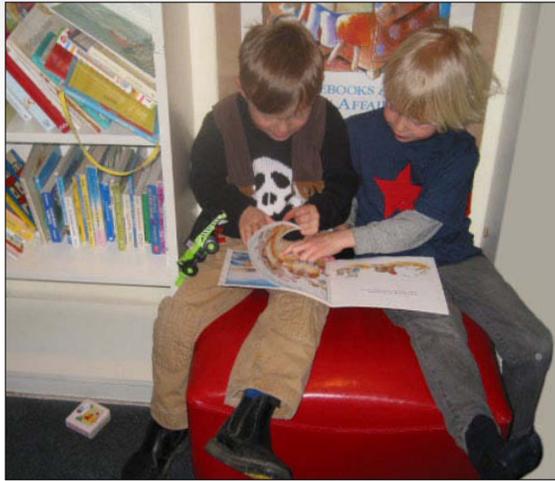
Lindsay Barber,  
Registered Clinical Counsellor  
Colleen Wolf,  
Registered Clinical Counsellor

#### LifeLabs

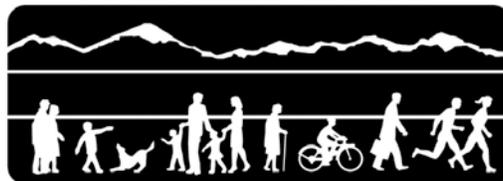
Donna Hansen, Technician  
Shea Nacci, Technician

#### Ardmore Animation

Don Woodman  
Don Enright



JAMES BAY



COMMUNITY  
PROJECT

*Building Healthy Community Together*