



JAMES BAY



COMMUNITY PROJECT

Family, Child and Youth Outreach & Counselling

We offer counselling, information and support to families and their children from birth to 19 years old. Our family development worker provides one-to-one counselling and outreach to families with children up to 12 years

old. Some families require short term consultations, while others receive more intensive support regarding a family crisis, mental health issue or the need for a coordinated early intervention strategy. Our youth

outreach worker provides support, information, education, mediation and referrals to youth 13–19 years old and their families.

Your Donations Make a Difference

Many of our community programs do not receive direct funding, and could not be offered without your financial contributions. Your support helps us to provide coordination of the many volunteer programs and to purchase food and other program supplies.

We thank you.

What your donations will do!

\$23

will pay for a family to network and support one another at the Family Dinner

\$43

will pay for a family to attend counselling with the Family Development Worker

\$85

will allow one youth to learn valuable social skills in a group program offered by JBCP

\$98

will cover the cost for a parent to gain skills and confidence which can enable them to create positive family patterns during their children's crucial early years in the Mother Goose program



Outreach Supports for Seniors

Outreach services are available to low income seniors and adults living with a disability, who are living independently in the James Bay area and are at risk of isolation. After an initial home visit for assessment, clients may be eligible for various volunteer supports including medical drives, friendly visiting, walking, shopping and errands by foot, reading & writing, decluttering, dog walking and gardening. The outreach worker is also available to provide information and encourage client participation in existing programs and services at the Project as well as other community agencies, depending on the needs of the client. She makes appropriate links and referrals to other resources as needed. The outreach worker may also provide individualized one on one support depending on the situation.



Many of our seniors and community programs do not receive direct funding, and could not be offered without your financial contributions.

Other seniors related activities offered at the James Bay Community Project include the weekly Seniors Connections lunch, the macular degeneration and low vision group, the blood pressure clinic and the foot care clinic. At different times of the year, the Project also offers six week Chronic Pain Management workshops as well as Seniors Community Kitchens.

Along with our volunteers, we continue our dedication in supporting vulnerable and valuable seniors in our community. Your donations are essential. Many of our seniors and community programs do not receive direct funding and could not be offered without your financial contributions.

Better at Home

The Victoria Better at Home program is one of 64 sites throughout the province that is funded by the Province of British Columbia and managed by the United Way of the Lower Mainland. Better at Home is part of “Improving Care for BC Seniors: an Action Plan” that looks at the needs of seniors and an aging population in our province.

The Victoria Better at Home Program offers specific non-medical services to seniors who are 65 years old or older, residents of the City of Victoria, and living independently. This program helps seniors continue to live in their home independently and remain connected to their community by offering light housekeeping, minor home repairs and non-medical transportation. Our outreach worker visits the senior and assesses their needs to determine if they would benefit from Victoria Better at Home services and/or other community services that support seniors.



Community Closet Thrift Store

The Community Closet, located on the lower level of James Bay Square, provides fashionable good quality, clean and gently used clothing at bargain prices. Our team of over 30

dedicated and enthusiastic volunteers takes great pride in serving customers who come from all over the city to shop at the “Closet”. Our store provides warm clothing to several other

non-profit agencies, and our pricing structure allows all individuals to purchase appropriate clothing for any activity. Profits from sales help to fund our Community Services programs.

Family Resource Centre

At JBCP, we support families in many different ways: by offering counselling and parent outreach, youth outreach, a children’s social skills group, parent and child drop-in playgroups, the Parent-Child Mother Goose program and a family dinner in our Family Resource Centre.

We serve hundreds of families throughout Victoria by providing a welcoming family-friendly community gathering place.

“It is truly the highlight of our week. So great for learning new ways to play and get out of the house!”

“It’s a great welcoming place for a stay-at-home Dad to come and connect with other parents in a mom’s world!”

Also Available at the Family Centre

- Preschool clothing exchange
- Early literacy book bags for families to borrow
- Information and referral to other community agencies
- Volunteer opportunities



Volunteer Services and Community Programs

We believe that volunteering enhances individual health and sense of purpose, while building a strong, vibrant and caring community. Each year over 300 dedicated volunteers, ranging in age from 15-100, devote their time and talents to a wide range of activities at the Project, allowing us to provide many programs and services that could not otherwise be offered. Some of the many things that volunteers help with at JBCP are: the operation of our Community Library and Community Closet Thrift Store;

food preparation for family, youth and community programs; processing and sorting donations of clothing and food; offering their skills to the public by leading courses and health and wellness programs; providing one to one support for isolated individuals in their homes, and assisting in our family and seniors drop-in programs. In the past year over 35,000 hours of time were donated by volunteers, which enables JBCP to enhance and expand services to the community.

What your donations will do!

\$70

Will cover the mileage cost for 14 volunteers to drive mobility challenged seniors to medical appointments.

\$160

Will provide 70 seniors weekly lunches for one month.

\$200

Will provide 10 foot care treatments for low income seniors.