

FOOD BANKS

- **Mustard Seed:** 625 Queens Ave. **P:** 250-953-1575: **Hours:** Mon- Fri. 9:00am-1:30pm (appointment or walk-in). **ID:** yourself and all family members. **Availability:** once a month.
- **St. Vincent de Paul Social Concern**
Office: 828 View St, **P:** 250-382-0712:
Hours: Mon-Fri. 8:30am-12:00pm, 1:00pm-4:00pm: **ID:** yourself and all family members.
Availability: once a month.
- **St. John the Divine Emergency Food Service:** 1611 Quadra St. **P:** 250-383-7169:
Hours: Tues and Fri. 10:00am-12:00pm. Closed Fri & Tues after Income Assistance cheques issued; open Friday the following week. **ID:** No.
Availability: Once per month.
- **Goldstream Food Bank:** 761 Station Ave. **P:** 250-474-4443: **Hours:** Tues and Wed. 10:00am-2:30pm. Open first 3 weeks of the calendar month; **ID:** yourself and all family members and mail, utility bill.
Availability: Once per month.
- **Sidney Lions Food Bank:** 9586 Fifth St. **P:** 250-655-0679: **Hours:** Mon, Wed, Fri. 9:00am-12:00pm. Closed the last week of the month. **ID:** yourself and all family members and mail, utility bill.
Availability: Once per month.
- **Shelbourne Community Kitchen: (Pantry Program)** 3541 Shelbourne St. **P:** 250-590-0980: **Hours:** Tuesday to Friday 10:00am to 2:00pm. **Availability:** 1st one free & have to sign for programs.
- **Living Edge:**
Quadra Village Community Centre: 901 Kings Rd. **P:** 250-360-6928 (Doug): **Hours:** Tuesday and Thursday 10:30am to 11:30am. (Various Location) **ID:** No.
Availability: Unlimited.

CLOTH BAGS PLEASE



OUR VISION

The Family Service Team believe having our First Nation Families unify in a healthy way. By keeping our First Nation Children out of Child Welfare System. Or advocate for our First Nation Children to return to their families and communities.

And create a strong First Nation Person with respect and dignity. By bring back the traditional way of life. By created a stronger balance in a physical, emotional, mental and spiritual way of life.

**VICTORIA NATIVE
FRIENDSHIP CENTRE**
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Logo Created and Donated by Leslie McGarry, Culture Community Relations
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FAMILY SERVICES



**VICTORIA NATIVE
FRIENDSHIP CENTRE**

*Celebrating 40 years
of dedicated service
to Greater Victoria
Communities*

FAMILY SERVICES AT A GLANCE



"You guys at VNFC have helped us huge in our transition back. We want you guys to know how much we appreciate the Family Service Team"

The Family Services Team (FST) believes in assisting families through a balanced approach by empowering them on their physical, emotional, mental and spiritual healing journey.

MANDATE

To provide support and services to facilitate healthy, strong and connected families.
Priority is given to families experiencing Ministry of Children and Family Development (MCFD) involvement.

Keep families together by helping them develop adequate skills and abilities to cope with daily family living.

We strive to improve the well being of Urban First Nation people by providing services to strengthen individuals, families and communities.

FAMILY SERVICES TEAM

Can Assist With:

- Attending case conferences and MCFD meetings as a support, and/or advocate.
- Providing information of all available community resources that may be of assistance.
- Provide information on how to deal with government systems.
- Regular checking in to support you in working towards your goals.
- Developing and implementing a goal plan and a family wellness plan.
- Transportation to and from appointments.
- Providing parents and with support and educational programs that are culturally sensitive.
- Developing new parenting tools to cope with parenting challenges.
- Provide families and individuals with emotional support on their healing journey.
- Information regarding available housing resources.
- Creating a network of community support.
- Developing self-advocacy skills.

"The FST can assist with making connections with culturally relevant resources, such as Elders and/or First Nation programs."

CLIENT RIGHTS/RESPONSIBILITIES

- You have the right to be treated with respect.
- You have the right to tell your story and be listened to without judgement.
- You have the right to be accepted and respected for where you are on your healing journey.
- You have the right to speak with your workers supervisor to state a complaint and or a compliment.
- You have the right to discontinue our service at anytime.
- Your confidentiality is a high priority to the Family Services Team.
- It is your responsibility to choose to create change within your life.
- It is your responsibility to attend scheduled appointments and to phone if you are unable to attend a session.
- All participation with the Family Services Team is on a voluntary basis.
- For your convenience the FST is able to come to your place of residence for appointments.

"The FST takes a holistic balanced approach that is culturally relevant in providing support to individuals and families."