

GREATER VICTORIA SENIORS' DIRECTORY

SENIORS101.ca
Vancouver Island
Resources

2026/2027

6th Annual Edition

*Products, Services & Resources
for Seniors and Their Families in Greater Victoria*

At Cherish, you don't just plan for today—
you choose a home that can support tomorrow too.



INDEPENDENT LIVING

- ✗ As soon as you require medical care, you must move
- ✗ Families may carry more of the burden
- ✗ Uncertainty about the future

ASSISTED LIVING

- ✗ As soon as you require more medical services, you must move
- ✗ Couples are separated
- ✗ More uncertainty about the future

LONG-TERM CARE

- ✗ Government garnishes a large portion of income
- ✗ Long waitlists cause added stress and uncertainty
- ✗ Loss of independence and personal choice
- ✗ Shared room settings mean a loss of privacy

Cherish's "Age-in-Place" Model

- ✓ In most cases, never move again
- ✓ Support comes to you
- ✓ Freedom to choose your care provider
- ✓ Couples stay together
- ✓ Homemade food made from scratch
- ✓ Retain your choice and dignity
- ✓ Lifestyle First Approach
- ✓ Wellness Coach

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- ✓ Services to stay independent at home
- ✓ Support after illness, surgery, or a hospital stay
- ✓ Help with bathing, dressing, & medications
- ✓ Support with strength, balance, & mobility



Nursing & Coordinated Clinical Care

- ✓ Chronic disease education & support
- ✓ Help navigating services & next steps
- ✓ Assisted living & long-term care assessments
- ✓ End-of-life care at home



Caregiver Support

- ✓ Emotional support, skill building, & respite

START HERE

WE'LL CONNECT YOU TO THE RIGHT SUPPORT



Scan to visit islandhealth.ca/chs

Call Us Toll Free: 1-888-533-2273



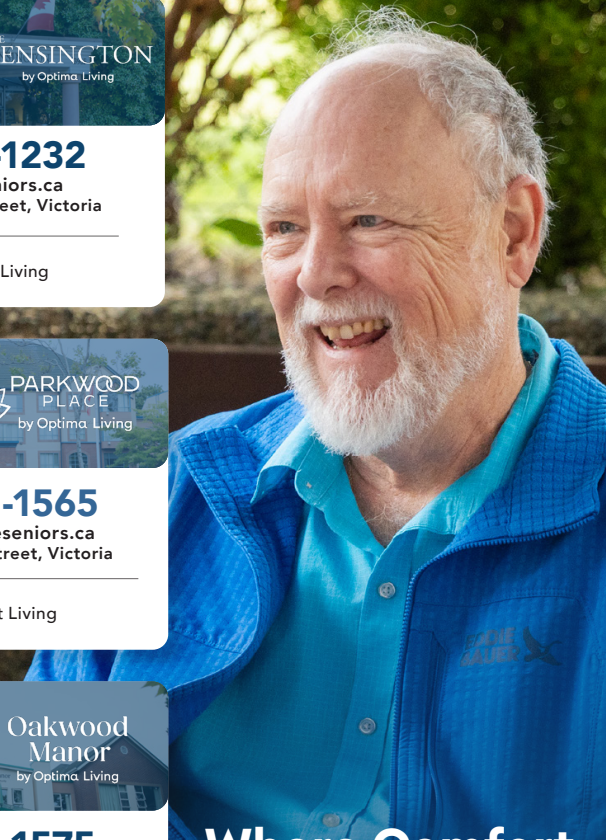
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kensingtonseniors.ca
 3965 Shelbourne Street, Victoria

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250-598-1565
parkwoodplaceseniors.ca
 3051 Shelbourne Street, Victoria

Independent Living





250-598-1575
oakwoodmanorseniors.ca
 3000 Shelbourne Street, Victoria

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GREATER VICTORIA
SENIORS' DIRECTORY

CONTACT US
[Seniors101.ca](https://seniors101.ca)

PUBLISHER
Mathieu Powell
 250-516-6287 | mpowell@seniors101.ca

ADVERTISING SALES
Roy Summerhayes
 250-246-1227 | seniors101@shaw.ca

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thewilliston.ca

THE CITY OF VICTORIA



OFFICE OF THE MAYOR

A Message from Mayor Marianne Alto

On behalf of the City of Victoria, I am delighted to share greetings with everyone using the Seniors 101 directory.

Victoria is proud to be a city that values community well-being, sustainability, arts and culture and welcoming parks, recreation and gathering spaces. These priorities are also reflected in our Senior's Action Plan which helps make Victoria a healthier, more inclusive and more livable place for older adults.

Whether you live here or are visiting, I hope you will take time to appreciate the beauty of our city and to recognize the historic and ongoing stewardship of these lands and waters by the Songhees and Xwsepsum Nations. I also encourage you to explore all that Victoria has to offer – from the Inner Harbour and Fisherman's Wharf to our waterfront walkways, vibrant downtown, nearby neighbourhoods and outstanding local food, coffee and craft beverages. Be sure to visit Canada's oldest Chinatown and the charm of our Old Town District as well.

I hope you enjoy the many experiences and connections that make Victoria such a special place.

Sincerely,

Marianne Alto
Victoria Mayor

The City of Victoria recognizes the Songhees and Xwsepsum Nations in whose traditional territories we live and work "Hay swx qa"

No.1 Centennial Square Victoria British Columbia Canada V8W 1P6
Telephone (250) 361-0200 Fax (250) 361-0348 Email mayor@victoria.ca

Table of Contents

Emergency & Crisis Numbers	1
Information & Community Resources	
Activity Centres	2
Art & Culture	7
Care Communities -	8
Coaches & Counsellors.....	18
Delivery Services	19
Dentists, Denturists & Hygienists	19
Education & Lifelong Learning.....	22
End of Life Services	22
Financial	24
Fashion	26
Foot Care	26
Health Care Products & Services	27
HearingServices.....	29
Home Care & Companion Services	30
Legal Services	32
Lifestyle	33
Markets	33
Medical Alarms & Equipment	36
Moving & Relocation	37
Optical Services	38
Pet Services	38
Pharmacies	39
Planned Giving	40
Real Estate Services	42
Renovation & Repairs	43
Service & Volunteer Organizations	44
Technology	45
Transportation	45
Travel & Vacations	46

Emergency & Crisis Numbers



Emergency:
Police, Fire, Ambulance
9-1-1

HealthLink BC
Advice from a registered
nurse; dietitian & pharmacist
8-1-1
healthlinkbc.ca

Suicide Crisis Helpline
Call or text 9-8-8
24 hours a day
988.ca

Vancouver Island Crisis Line
1-888-494-3888
Text: 250-800-3806
vicrisis.ca

BC Poison Control Centre
1-800-567-8911
dpic.org

VictimLinkBC
Call or text: 1-800-563-0808
24 hours a day, 7 days a week.
E: 211-VictimLinkBC@uwbc.ca.
victimslinkbc.ca

**Seniors Abuse
& Information Line (SAIL)**
Information, advocacy
and support
1-866-437-1940
seniorsfirstbc.ca

**First Link®
Dementia Helpline**
1-800-936-6033
Monday–Friday, 9 a.m.–8 p.m.
alzheimer.ca/bc

**Alcohol & Drug Information
& Referral Service**
1-800-663-1441
helpstartshere.gov.bc.ca

Hope for Wellness Helpline
Indigenous mental-health and
wellness support
1-855-242-3310
hopeforwellness.ca

Your Guide to the Products & Services for Seniors & their Families on Vancouver Island.



Telephone: 250-246-1227
E-mail: seniors101@shaw.ca

SENIORS101.ca



Information & Community Resources

Alzheimer Society of BC and Yukon

First Link Dementia Helpline
1-800-936-6033
alzheimer.ca/bc

BC Association of Community Response Networks (BC CRN)

Adult abuse, neglect and self-neglect prevention
bccrns.ca

BC Cancer

bccancer.bc.ca

BC Schizophrenia Society

1-888-888-0029
bcss.org

Canadian Anti-Fraud Centre

1-888-495-8501
antifraudcentre-centreanti-fraude.ca

BC Medical Services Plan (MSP)

Health Insurance BC
1-800-663-7100
gov.bc.ca/msp

Fair PharmaCare

1-800-663-7100
gov.bc.ca/pharmacare

BC Ombudsperson

1-800-567-3247
bcombudsperson.ca

BC Ministry of Social Development & Poverty Reduction

1-866-866-0800
gov.bc.ca/sdpr

Disability Parking Permits Victoria Disability Resource Centre

250-595-0044
drcvictoria.com

Emergency Preparedness Capital Regional District

crd.ca/prepare-yourself

Family Caregivers of BC

250-384-0408
 BC Caregiver Support Line:
 1-877-520-3267
familycaregiversbc.ca

Government of Canada General Information

1-800-622-6232
canada.ca

Greater Victoria Public Library

250-940-4875
gvpl.ca

Here to Help

Mental health and substance use information
heretohelp.bc.ca

Inter-Cultural Association of Greater Victoria

#101 – 808 Douglas Street
icavictoria.org

Island Health Greater Victoria:

250-370-8699
Toll-free: 1-877-370-8699
islandhealth.ca

Legal Aid BC

1-866-577-2525
legalaidsbc.ca

MS Canada

1-800-268-7582
mscanada.ca

Office of the Seniors Advocate BC

1-877-952-3181
seniorsadvocatebc.ca

Parkinson Society B.C.

1-800-668-3330
parkinson.bc.ca

Problem Gambling Help Line

1-888-795-6111
gambling.supportbc.ca

Service Canada - CPP/OAS

1-800-277-9914
canada.ca

Seniors 101 Help Line

250-246-1227
seniors101.ca

UofV Institute on Aging & Lifelong Health

250-721-6369
uvic.ca/research/centres/aging

Veterans Affairs Canada

1-866-522-2122
veterans.gc.ca

Victoria Brain Injury Society

250-598-9339
vbis.ca

Victoria Disability Resource Centre

817A Fort Street
250-595-0044
drcvictoria.com

Victoria Hospice

250-370-8715
victoriahospice.org

Victoria Memory Cafe

A social gathering where care partners relax with their loved ones.
memoryconnections.org



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Hospitals & Health Authority

Emergency Ambulance
9-1-1

Victoria General Hospital
1 Hospital Way, Victoria
250-727-4212
islandhealth.ca

Royal Jubilee Hospital
1952 Bay Street, Victoria
250-370-8000
islandhealth.ca

Island Health
Greater Victoria:
250-370-8699
Toll-free: 1-877-370-8699
islandhealth.ca

HealthLink BC
8-1-1
healthlinkbc.ca

Community & Social Services

Beacon Community Services
Saanich & Peninsula
250-656-5537
beaconcs.ca

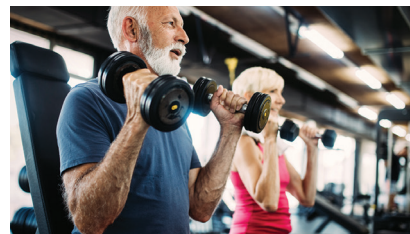
Esquimalt Neighbourhood
House Society
250-385-2635
enh.bc.ca

Pacific Centre Family
Services Association
250-478-8357
pacificcentrefamilyservices.org

Victoria Women in Need Com-
munity Cooperative (WIN)
250-480-4006
womeninneed.ca

Victoria Women's Transition
House Society
250-592-2927
transitionhouse.net

Activity Centres



Burnside Gorge
471 Cecelia Road
250-388-5251
www.burnsidegorge.com

Cedar Hill Rec. Centre
3220 Cedar Hill Road
250-475-7121
www.saanich.ca

Cook Street Village
380 Cook Street
250-384-6542
www.cookstreetvillageactivitycentre.com

The Cridge Centre
1307 Hillside Avenue
250-384-8058
www.cridge.org

Crystal Pool & Fitness Centre
CLOSED SEPTEMBER 25th
2275 Quadra Street
250-361-0732
www.victoria.ca

Downtown Community
755 Pandora Avenue
250-383-0076
www.coolaid.org

James Bay New Horizons
234 Menzies Street
250-386-3035
www.jamesbaynewhorizons.ca

Juan De Fuca 55 Plus
1767 Island Highway
250-474-8618

Monterey Recreation Centre
1442 Monterey Avenue
250-370-7300
www.oakbay.ca/parks-recreation

Oakland Community Centre
#1-2827 Belmont Avenue
250-370-9101
www.oaklands.life

Panorama Recreation
1885 Forest Park Drive
North Saanich
250-656-7271
panoramarecreation.ca

Quadra Village Community
901 Kings Road
250-388-7696
www.qvcc.ca

Silver Threads Service
Saanich Centre
286 Hampton Road
250-382-3151

Victoria Centre
1911 Quadra Street
250-388-4268
www.silverthreads.ca

Victoria West
521 Craigflower Road
250-590-8922
www.victoriawest.ca

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Victoria
250.920.4002 ext 2

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2305 Beacon Ave
Sidney
250.655.8922

Ice / Alkaline Water
RO Water

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250.597.7873

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Alix Goolden Performance Hall
250-386-5311
vcm.bc.ca/explore/venue-rentals/alix-goolden-performance-hall

Art Gallery of Greater Victoria
250-384-4171
aggv.ca

Arts Victoria
1-888-618-6498
artsvictoria.ca

Ballet Victoria
250-380-6063
balletvictoria.ca

Belfry Theatre
250-385-6815
belfry.bc.ca

Emily Carr House
250-383-5843
carrhouse.ca

Langham Court Theatre
250-384-2142
langhamtheatre.ca

Pacific Opera
Victoria & Baumann Centre
Box Office: 250-385-0222
pacificopera.ca

Royal BC Museum
250-356-7226
royalbcmuseum.bc.ca

Royal & McPherson Theatres
Tickets: 250-386-6121
Inquiries: 250-361-0800
rmts.bc.ca

Victoria Chinatown Museum
10 Fan Tan Alley
250-382-9883
victoriachinatownmuseum.com

Victoria Conservatory of Music
250-386-5311
vcm.bc.ca

Victoria Film Festival
250-389-0444
victoriafilmfestival.com

Victoria Symphony
Box Office: 250-385-6515
victoriasymphony.ca

Your Guide to the Products & Services for Seniors & their Families on Vancouver Island.



Telephone: 250-246-1227
E-mail: seniors101@shaw.ca

SENIORS101.ca



CARE COMMUNITIES



55+ & Independent Senior Housing

Nigel House Independent Living

851 Nigel Avenue, Saanich
broadmeadcare.com

Ophir Place

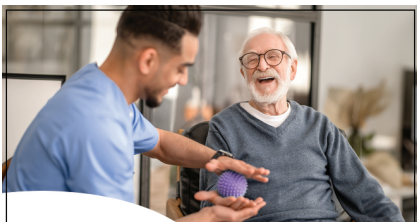
1521 Church Avenue, Saanich
250-477-2145

Rose Bank Gardens

1485 Garnet Road, Saanich
250-472-0677
rosebankgardens.ca

SHOAL Centre Independent Living

10030 Resthaven Drive,
250-654-0536
shoalcentreindependentliving.ca



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Affordable & Subsidized Seniors Housing

Abbeyfield St. Andrew's House

10017 Fifth Street, Sidney

250-652-5410

abbeyfieldsidney.ca

65+ Affordable Seniors Housing

Abbeyfield House St. Peter's

1133 Reynolds Road, Saanich

250-479-6140

abbeyfieldstpeters.org

65+ Affordable Seniors Housing

Balmoral Garden Court

921 North Park Street, Victoria

250-384-3434

greatervichousing.org

Subsidized designated seniors units

Campbell Lodge

918 Collinson Street, Victoria

250-384-3434

greatervichousing.org

Subsidized Seniors Housing

Carey Place

3812 Carey Road, Saanich

250-414-7280

baptisthousing.org

Affordable & Subsidized — 55+

Chown Place

11 Chown Place

250-360-1977

gorgeviewsociety.ca

Colwood Lodge

85 Belmont Road, Colwood

250-384-3434

greatervichousing.org

Affordable — 55+

Constance Court

1325 Esquimalt Road, Esquimalt

250-384-3434

greatervichousing.org

Subsidized — 55+

Dawson Heights The Woodlands

3710 Cedar Hill Road, Saanich

250-477-4850

dawsonheights.ca

Affordable Seniors Housing

Diamond Jubilee Seniors Housing

6724 Eustace Road, Sooke

bchousing.org

Subsidized Seniors Housing

Dowler Lodge

2105 Dowler Place, Victoria

250-384-3434

greatervichousing.org

Affordable — 55+

Elgin Gardens

1787 Elgin Road, Oak Bay

250-592-2231

baptisthousing.org

Affordable Seniors Rental Housing

Grafton Lodge

506 Grafton Street, Esquimalt

250-384-3434

greatervichousing.org

Affordable & Subsidized — 55+

Legion Manor Victoria Independent Housing

7601 East Saanich Road,
Saanichton

250-652-3261

legionmanorvictoria.com

Linwood Court

3200 Linwood Avenue, Saanich

250-380-5496

baptisthousing.org

Affordable Seniors Rental Housing

Luther Court Apartments

1525 Cedar Hill Cross Road,
Saanich

250-477-7241

luthercourt.org

Marrion Village

1950–1980 Bee Street, Victoria

250-592-2231

baptisthousing.org

Subsidized Seniors Housing

Also offers Assisted Living

Millennium Manor

4353 West Saanich Road, Saanich

250-727-0007

ssvpvancouverisland.ca

Affordable & Subsidized — 55+

Memorial Manor

4353 West Saanich Road, Saanich

250-727-0007

ssvpvancouverisland.ca

Subsidized — 55+

Mount Douglas Seniors Housing

1550–1552 Arrow Road, Saanich

250-721-1818

mountdouglasshousing.ca

Affordable — 55+

Prince Edward Lodge

741 Station Avenue, Langford

bchousing.org

Subsidized Independent Housing 55+

INDEPENDENT LIVING

Sutcliffe Court

981 Sutcliffe Road, Cordova Bay
250-384-3434
greatervichousing.org
Affordable — 55+

Tillicum Terrace

2993 Tillicum Road, Saanich
250-384-3434
greatervichousing.org
Subsidized designated 55+ seniors units

Townley Place

1780 Townley Street, Saanich
250-384-3434
greatervichousing.org
Affordable- designated 55+ seniors units

Victoria West Place

222 Esquimalt Road, Victoria
250-384-3434
greatervichousing.org
Subsidized-designated 55+ seniors units

Viewmont Gardens

4450 Viewmont Avenue, Saanich
250-475-7550
capitalregionhousing.ca
Subsidized — 55+

Wakefield Manor

9924 Third Street, Sidney
250-658-7213
beaconcs.ca
Subsidized Seniors Housing — 55+

Windward Village

10585 McDonald Park Road,
North Saanich
250-595-0331
kvsv.org
Affordable Seniors Housing — 55+

Alexander Mackie Lodge

753 Station Avenue, Langford
250-478-4888
alexandermackielodge.ca

Amica at Beechwood Village

2315 Mills Road, Sidney
250-655-0849
amica.ca

Amica at Douglas House

50 Douglas Street
250-383-6258
amica.ca/douglas

Amica on the Gorge

994 Gorge Road West
250-220-8000
amica.ca/on-the-gorge

Amica at Somerset House

540 Dallas Road
250-380-9121
amica.ca/somerset

Berwick House

4062 Shelbourne Avenue
250-721-4062
berwickretirement.com/bh

Berwick Royal Oak

4680 Elk Lake Drive
250-386-4680
berwickretirement.com/bro

The Camelot

455 Kingston Street, Victoria
250-384-3336
novapacific.ca

Carlton House of Oak Bay

2080 Oak Bay Avenue
250-595-1914
carltonhouse.ca

Chartwell Vista

Retirement Community
622 Admirals Road
778-247-0780
chartwell.com

Cherish at Central Park

917 Avrill Road, Langford
250-478-4431
cherishvictoria.ca

The Cridge Village

Seniors' Centre
1307 Hillside Avenue, Victoria
250-384-8058
cridge.org

Douglas Care Community

657 Niagara Street
250-383-9011
douglascare.ca

Glenshiel Retirement Residence

606 Douglas Street
250-383-4164
theglenshiel.bc.ca

The Kensington by Optima

3965 Shelbourne Street
250-477-1232
kensingtonseniors.ca

Parkwood Place by Optima

3051 Shelbourne Street
250-598-1565
parkwoodplaceseniors.ca

The Renaissance

Retirement Residence
1188 Esquimalt Road, Esquimalt
250-386-1188
renaissancevictoria.com

Rose Manor

857 Rupert Terrace, Victoria
250-383-0414
rosemanor.ca

Ross Place

2638 Ross Place
250-381-8666
rossplace.ca

Saint Francis Manor

1128 Dallas Road
250-382-7999
saintfrancismanor.com

Shannon Oaks Oak Bay

2000 Goldsmith Street
250-595-6257
shannonoaks.com

Trillium Communities

Highgate Lodge
1538 Cedar Hill Cross Road
250-472-0077
trilliumcommunities.com

Trillium Norgarden

2300 Henry Avenue, Sidney
250-656-8822

trilliumcommunities.com

Trillium The Peninsula

2290 Henry Avenue
250-656-8827

trilliumcommunities.com

Trillium West Shore Village

333 Wale Road
250-478-7527

trilliumcommunities.com

The Victorian

1773 Feltham Road, Saanich
778-400-2850

atriaretirement.ca

The Victorian at McKenzie

4000 Douglas Street, Saanich
250-381-9496

atriaretirement.ca

Victoria Harbour by Chartwell (formerly Tapestry)

777 Belleville Street, Victoria
778-486-1359

chartwell.com

The Wellesley

2800 Blanshard Street, Victoria
250-383-9099

retirementconcepts.com

ASSISTED LIVING

Private Pay **PP** | Publically
Subsidized **S** | Both **B**

Amica Beechwood Village **PP**

2315 Mills Road, Sidney
250-655-0849

amica.ca/beechwood-village

Amica Douglas House **PP**

50 Douglas Street, Victoria
250-383-6258

amica.ca/douglas-house

Amica On The Gorge **PP**

994 Gorge Road West, Victoria
250-220-8000

amica.ca/on-the-gorge

Amica Somerset House **PP**

540 Dallas Road, Victoria
250-380-9121

amica.ca/somerset-house

Ayre Manor Assisted Living **B**

6754 Ayre Road, Sooke
250-642-1750

ayremanor.ca

Berwick House **PP**

4062 Shelbourne Street
250-721-4062

berwickretirement.com

Berwick Royal Oak **PP**

4680 Elk Lake Drive, Victoria
250-386-4680

berwickretirement.com

The Cedars at Dawson Heights **B**

3710 Cedar Hill Road, Victoria
250-477-4850

dawsonheights.ca

The Cridge Village Seniors' Centre **S**

1307 Hillside Avenue, Victoria
250-384-8058

cridge.org

Hillside Terrace **S**

1460 Hillside Avenue, Victoria
250-812-3358

coolaid.org

Jesken Aerie **S**

817 Goldstream Avenue
250-474-1524

makola.bc.ca

Legion Manor Victoria **B**

7601 East Saanich Road
250-652-3261

legionmanorvictoria.com

Luther Court **S**

1525 Cedar Hill Cross Road,
250-477-7241

luthercourt.org

Marrion Village **S**

1950 & 1980 Bee Street
250-592-2231

baptisthousing.org

Parry Place **S**

408 Parry Street, Victoria
250-382-4443

beaconcs.ca

Ross Place Seniors Community **B**

2638 Ross Lane, Victoria
250-381-8666

rossplace.ca

Selkirk Seniors Village **S**

385 Waterfront Crescent
250-940-1028

retirementconcepts.com

SHOAL Centre Assisted Living **S**

10030 Resthaven Drive
778-351-0896

beaconcs.ca

The Peninsula (Trillium) **PP**

2290 Henry Avenue, Sidney
250-656-8827

trilliumcommunities.com

The Wellesley **B**

2800 Blanshard Street
250-383-9099

retirementconcepts.com

West Shore Lodge **B**

1828 Island Highway, Colwood
250-478-7527

islandhealth.ca

West Shore Village (Trillium) **S**

333 Wale Road
250-478-7527

trilliumcommunities.com

LONG TERM CARE

Private Pay **PP**
Publically Subsidized **S** | Both **B**
Respite/Short Term Stay **R**
| Memory Care **MC** | Veterans **V**

Aberdeen Hospital S, R
1450 Hillside Avenue, Victoria
250-370-5626
islandhealth.ca

AgeCare Glenwarren B
230 Balmoral Road, Victoria
250-383-2323
islandhealth.ca

AgeCare James Bay S
336 Simcoe Street, Victoria
250-388-6457
islandhealth.ca

Amica Douglas House PP, R
50 Douglas Street, Victoria
250-383-6258
amica.ca/douglas-house

Amica Jubilee House PP, MC, R
1900 Richmond Road, Victoria
250-592-1200
amica.ca/jubilee-house

Amica On The Gorge PP, MC, R
994 Gorge Road West, Victoria
250-220-8000
amica.ca/on-the-gorge

Ayre Manor Long-Term Care S
6679 Sooke Road, Sooke
250-642-1750
ayremanor.ca

Beacon Hill Villa S
635 Superior Street
250-383-5447
retirementconcepts.com

Beckley Farm Lodge S
530 Simcoe Street
250-381-4421
broadmeadcare.com

Brentwood House S
1167 Stelly's Cross Road
250-652-0635
islandhealth.ca

Chartwell Vista PP, MC
622 Admirals Road, Esquimalt
778-557-1510
chartwell.com

Clover Point Care (Trillium) PP
90 Linden Avenue, Victoria
250-590-7885
trilliumcommunities.com

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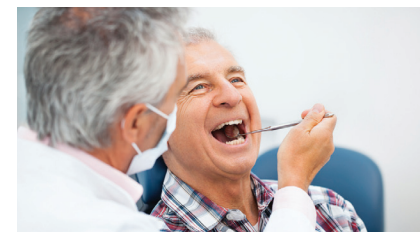
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North Saanich
250-472-6443
thornsecurity.ca

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differentpathservices.com

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hendramoving.com

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hourmovers.net

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www.hudsonoptical.ca

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250-953-8000

2423 Beacon Avenue, Sidney
250-656-1413

693 Hoffman Avenue, Langford
250-478-0213
iris.ca/en/find-a-store

Oak Bay Optometry

2075 Cadboro Bay Road
250-595-8500
www.oakbayoptometry.com

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250-383-2821
www.victoriavisioneyecare.ca

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cridgefamilypharmacy.com

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250-478-1735
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bccancerfoundation.com

BC Conservation Foundation

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250-390-2525

bccf.com/welcome

BC Dementia Care Society

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778-888-7445

bcdementiacare.org

BC SPCA

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spca.bc.ca

Broadmead Care Society

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250-658-0311

broadmeadcare.com

Children's Health Foundation of Vancouver Island

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250- 940-4950 ext 129

islandkidsfirst.com

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hat.bc.ca

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habitatvictoria.com/legacy

Help Fill A Dream Foundation

4085 D Quadra Street

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helpfilladream.com

The Land Conservancy of BC

5150 Cordova Bay Road

250-479-8053

conservancy.bc.ca

The Mustard Seed Street Church

625 Queens Avenue

250-953-1581

donors@mustardseed.ca

Parkinson Society B.C.

1021 West Hastings Street,

9th Floor, Vancouver, BC

1-800-668-3330

parkinson.bc.ca

Saanich Peninsula Hospital & Healthcare Foundation

250-656-2948

E: info@sphf.ca | sphf.ca



Victoria Cool Aid Society

#101 749 Pandora Avenue

250-383-1977

coolaid.org

Victoria Foundation

#200-703 Broughton Street

250-381-5532

victoriafoundation.bc.ca

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250-385-6708

uwsvi.ca

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capitalcityvolunteers.org

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250-381-5532
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Kiwanis Club of Victoria

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kiwanisvictoria.ca

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icavictoria.org

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John Howard Society of Victoria

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250-386-3428
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probus.org

Rotary Club of Victoria - Harbourside

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250-893-0373
harboursiderotary.org

Saanich Volunteer Services Society

1445 Ocean View Road
250-595-8008
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Seniors Serving Seniors

1911 Quadra Street
250-413-3211
seniorsservingseniors.bc.ca

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ability411.ca

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