



Burnside Gorge Community News

July 2021
www.burnsidegorge.ca

VTAG (Victoria Together Against Graffiti) Returns

Submitted by City of Victoria

The City of Victoria is pleased to announce that this volunteer coordinated effort to remove unsightly graffiti tags on BC Hydro equipment in your neighbourhood has resumed operation. The City and BC Hydro have recently signed off on an annual agreement to allow volunteers to “Own the Block” and remove tags on both power poles and utility boxes owned by BC Hydro. The agreement means that citizens can once again use a graffiti removal carrying kit, replete with two colour matched paint cans for pressure treated and non-pressure treated poles, a brush, opener, stir stick and set of gloves to remediate tags in their neighbourhood.

The City is currently looking for volunteer coordinators in every neighbourhood to help conquer the massive accumulation of graffiti in the past year and a half. If you are interested in giving back to your community, getting some exercise and meeting your neighbours, the VTAG Coordinator duties include:

- Coordinating other volunteers to “own the block” and paint out tags on BC Hydro poles and/or utility boxes
- Liaising with City Neighbourhood Advisor regarding supply needs
- Possible distribution of materials and supplies for graffiti removal
- Promoting volunteer recruitment for the program via email and social media
- Connecting volunteers with the Community Centre for paint kit pick up

For more info on this position or how to get connected with VTAG and access your kit, contact gpemberton@victoria.ca.



Join the BGCA Team

CURRENT OPENINGS:

- Camp Leader (full-time, temporary)
- Family Service Worker (full-time, permanent)
- Out of School Care Manager (full-time, permanent)
- Camp Leader (full-time, temporary)

Full job descriptions and application details, including deadlines, to apply can be found at:

<http://www.burnsidegorge.ca/opportunities/employment>

ABOUT US:

We are a group of (com)passionate, enthusiastic, hardworking people who also know how to have fun. Our teams are deeply committed to serving the children, youth, families and seniors in our community as best as they can and helping and caring for each other as well.

Community Advisory Committee Update

Submitted by Elizabeth Cull, BGCA Chair

The Burnside Gorge Community Advisory Committee met on June 22, 2021. Anna Trowbridge, a VIHA nurse working at the Travelodge facility, gave a presentation on the work she is doing and the positive results she is seeing: people connecting to services, seeking treatment and participating in the community. In the same vein, the report from Coolaid indicated the number of residents at the Travelodge has dropped to 72 (from 83 last month) and many are leaving because they are going into treatment, been placed in long term housing or have otherwise moved on in their lives.

Other matters discussed included:

- Fencing at the Howard Johnson. The BGCA, the City and BC Housing are working to address fencing and security at this site.
- BC Housing reported that the moratorium on new permanent supportive housing in Burnside Gorge would remain based on the current neighbourhood boundaries. The BGCA representatives expressed their disappointment with this decision and resolved to oppose the boundary changes.
- An update on the strengthening communities’ program was presented. The City is waiting to hear if their funding application has been accepted, which BGCA collaborated on, so this project can move forward.
- Our Place reported that vaccine clinics in their facilities were operating and well-attended.
- Councilor Alto reported that the number of tenters throughout the city is down significantly and that bylaw officers continue to connect those remaining with housing providers.
- MLA Flemming reported that the BC Government had recently announced \$500 million additional funding for mental health services province wide.

The Burnside Gorge Community Advisory Committee (CAC) is composed of residents, service providers, Island Health, City of Victoria, BC Housing, VicPD, and our MLA. The CAC meets monthly.

2021 Census – It’s Not Too Late!

Census collection started on May 3, 2021, and is now well underway! It’s still not too late to complete your census and by doing this you help your community. Census information is important to all communities and is vital for planning schools, daycare centres, family services, public transportation and skills training for employment. Information from the 2021 Census will be even more crucial, because it will help all levels of government evaluate the impact of the COVID-19 pandemic and better plan for the future.



In response to the pandemic, the 2021 Census has been redesigned to ensure that Canadians and census employees are safe by limiting the amount of contact needed to participate in this important exercise. Census enumerators are following up with households that have not completed their census questionnaire online, on paper or by phone. Enumerators will do as much follow-up over the phone as possible.

Completing the census questionnaire online is the best way to stay home and stay safe while fulfilling the census obligation. Respondents without reliable internet access can call the Census Help Line at **1-855-340-2021** to complete their questionnaire over the phone or to request a paper questionnaire by mail.

To learn more about the 2021 Census or how census data is used to strengthen communities please visit <https://census.gc.ca/index-eng.htm>.



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July 2021

Published by

The Burnside Gorge Community Association
471 Cecelia Road, Victoria, BC V8T 4T4
Phone: 250-388-5251
Website: www.burnsidegorge.ca

Note: Written contributions do not necessarily reflect the opinions of the BGCA or its staff.

BGCA Board of Directors

Greg Arnold, Treasurer
Elizabeth Cull, Chair
Kirsten Mah, Director
Michelle Peterson, Secretary
Avery Stetski, Vice-Chair
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To Advertise

Establish yourself as a community supporter with an ad in your community newsletter.

The deadline to purchase ad space is the 15th of each month prior to the month of publication. Please contact us for current rates.

Contributions

The BGCN welcomes submissions. Submissions are subject to editing as required for clarity and brevity. Please note that submission does not guarantee publication. Contact us for submission guidelines and deadlines.

Editor: Rachel O'Neill

Email: rachel@burnsidegorge.ca

Phone: 250-388-5251



About us

Founded in 1991 in response to community need, the Burnside Gorge Community Association provides a continuum of programs and services that strengthen the lives of children, youth and families in Greater Victoria.

Programming includes: a range of childcare programs for ages 3.5 to 11; community and school based youth and family services; housing and asset development supports for youth and families; community recreation and special events for all ages; and a variety of community development initiatives.

As a non-profit organization, we rely on the support of individuals, businesses and partner organizations to continue providing a high level of service to our communities. If you're passionate about the work that we're doing there are a number of ways that you can get involved.

Join our team!

Want to join a fun and dynamic team? BGCA is a great place to work. To see current opportunities please see our website at:

<http://www.burnsidegorge.ca/opportunities/employment>

Volunteer!

Do you have some time to spare and a passion for community? We're always looking for volunteers to help out. Current opportunities are listed at:

<http://www.burnsidegorge.ca/opportunities/volunteer>

Become a member!

Are you interested in being a part of our mission? Become a member and take an active role in shaping our community. For more information contact the BGCA directly at:

info@burnsidegorge.ca

What Makes Family Self-Sufficiency Work?

Submitted by Colleen Wolfe, M.Ed., Family Advisor with BGCA's Family Self Sufficiency Program

The Family Self Sufficiency Program (FSS) works with low-income families with dependent children. FSS provides financial literacy training, goal setting in areas of employment and education, as well as ongoing coaching and support. There are also opportunities for asset development for Participants as a further incentive to money management. The elements of FSS are unique and powerful:

- Time - FSS has the privilege of working with participants for up to three years.
- Relationships – FSS focuses on a collaborative approach and building trust between family advisors and participants.
- Skill building – Participants are able to learn and apply the principles of budgeting and money management with the ongoing support of a family advisor.
- Community – In addition to one-on-one support, FSS offers group education sessions. Participants are able share their experiences and learning with each other over the course of the program.
- Asset development – FSS offers a matched savings program to help embed regular saving practices and allow participants to jumpstart their savings.

It takes time to change lifetime habits and ways of handling finances. So many experiences contribute to the way in which each person handles their money. Changes that stick require patience, courage, and the tools to make those lasting changes that support a person's sense of financial security and wellbeing.

In participant surveys, participants have cited their relationship with the family advisor as vital to achieving their goals. Working together for up to three years allows for solid grounding to be built between participants and family advisors. Family advisors are there to challenge and to champion the goals of each participant, helping to apply the principles and tools of budgeting and create spending plans suited to each participant's differing needs and challenges. Over time these financial tools and practices become an embedded part of managing money for most participants. Participants have shared that the confidence that comes from building skills and managing finances competently transfers to other areas of their lives as well.

Another key to the success of the FSS is that the program does not operate in isolation. In addition to the educational components and the one-on-one support the program offers, FSS also has many strong connections and community partners. FSS regularly provides community referrals to help ensure FSS Participants are able to meet their needs. Participants are also able to benefit from all of the other programs and services available at BGCA. Having strong networks of support and the ability to access resources makes a huge difference for families when they are faced with unexpected challenges or hurdles.

Last but not least FSS also offers incentives to help participants build assets and develop good saving habits. Individual Savings Accounts are a matched savings program where Participants contribute a set amount to a savings account each month for up to two years and at the end of the two years the savings are matched. This supports the habit of savings and provides funds at the end of the program which can be used to help meet participants identified goals.

These are the elements that make the Family Self Sufficiency Program Work!!

Family Self-Sufficiency offers on-going and continued support in tackling your financial worries and concerns. The program is currently accepting applications. Program information and applications can be found at <http://www.burnsidegorge.ca/family-self-sufficiency-program> or call the Burnside Gorge Community Association for more details 250-388-5251.

Bridging the Digital Divide—Community Technology Help Desk

To bring the concept of a virtual community help desk program to life, United Way of Greater Victoria partnered with The Coalition of Neighbourhood Houses Capital Region to help guide work to bridge the digital divide in the region and identify potential opportunities for coordination of resources and services.



Community Technology Help Desk

This community help desk program supports vulnerable individuals, families, seniors and non-profit service providers with computer and internet challenges.

The Community Technology Help Desk hours:

Monday to Friday
9am to 7pm

To access the Help Desk, or for more information about the program, please call:
778-402-9244
Or Email:
communityhelpdesk@sfrs.ca

CENTENNIAL UNITED CHURCH
621 David St.

Now offering live services at 10:55 am!
Registration required,
please call 250-384-6424.

Pre-recorded services remain
available at www.cucvictoria.com



BURNSIDE GORGE COMMUNITY CENTRE RECREATION PROGRAMS

PROGRAM REGISTRATION

We have an exciting line-up of programs for all ages, from toddlers to seniors. To register for a program call 250-388-5251 or drop by the Centre in person. Pre-registration is required for all programs. The Front Desk hours are 8:30am-5pm, Monday to Friday. We are closed on statutory holidays and weekends, unless noted otherwise.

Payment is required at the time of registration and can be made by cash, cheque, credit card (VISA & MC), Debit or City of Victoria LIFE credits.

REGISTER EARLY TO AVOID DISAPPOINTMENT!

Programs may be cancelled or postponed if there are not enough registered participants. Decisions to run or cancel a program are usually made two days prior to the first class.

REFUND POLICY:

- For a full refund, request for withdrawal must be received at least 1 day prior to the first class.
- A full refund will be issued if BGCA cancels a program.
- If a participant withdraws after the first class, they will be refunded the pro-rated cost of the program.
- Withdrawing after the second or third class, the participant will be refunded the pro-rated cost of the program minus a \$5 administrative fee.
- No refunds for withdrawals after the lesser of the 4th class or 50% of the course has been completed.

GET IN TOUCH

Do you have an IDEA for a program that you would like to see offered at Burnside Gorge Community Centre? Are you an instructor interested in running a program with us? Contact Travis Chater, Community Recreation Coordinator, at 250-388-5251 ext 225 or email travis@burnsidegorge.ca.

FACILITIES

The Burnside Gorge Community Centre is located just outside downtown Victoria at 471 Cecelia Road, between Burnside Road East and Gorge Road East. Outdoor public facilities include the Cecelia Ravine Park, Sport Court and Bike Skills Park, adjacent to the Centre.

The Community Centre is readily accessible by public transit: buses #8, 11, 21 and 22 routes on Gorge Rd East, Jutland Rd and Burnside Rd East, run parallel or border Cecelia Road. It is also easily accessible by the Galloping Goose Trail, which is adjacent to the Centre.



Burnside Gorge Activity Guide

JULY PROGRAMS

Schedule is subject to change without notice – please call 250-388-5251 for the most current info.

FAMILY PROGRAMS

All Family Centre programs have limited spaces available and pre-registration is required. To sign up please call 250-388-5251 or email theresa@burnsidegorge.ca.

Please note: The Family Centre is closed July 1st - 5th.

READY SET GROW

Learn about gardening, from germinating seeds to transferring into our community garden. Families will help maintain the garden throughout the season and also enjoy the fresh vegetables that they have grown. Spaces are limited to ensure safe distances and registration is required.

Mondays 9:30-11am

LOVE 2 LEARN (AGES 0-5)

Centred on fun, engaging, play-based learning Love 2 Learn focuses on making early learning activities transferable to the home environment. Weekly sessions will involve a story and share time as well as an activity kit to make and take home. At the end of each session families will set a goal to achieve during the week and explore it during the following group. Sessions will be held in the Family centre.

Tuesdays 9:30-11:30am

PARK / BEACH DAYS

Come and join us for fun in the sun. Enjoy a new park or beach each week and meet other families. Spaces are limited to ensure safe distances and registration is required.

Wednesdays 10am - 12pm

MOTHERS PEER SUPPORT GROUP

This group provides weekly peer support, you can share experiences, build networks and learn about community resources and support. Enjoy a cup of coffee while your children play. Option to take part in our community dinner program. Space is limited, registration required.

Thursdays 4 - 6pm

FAMILY DINNER

Family Dinner will be dine-in as of July 8th. Space is limited and registration is required. Families need to register for dinner by Tuesday at 4pm by calling the front desk at: 250-388-5251.

Thursdays 5-6pm

55+

ZUMBA GOLD AND YOGA

Always wanted to Zumba but thought it might be too much for you? This class combines gentle Zumba Gold dance and fitness moves with yoga stretches, breathing exercises and deep relaxation. It is ideal for beginners, active older adults and other participants who may need program modifications.

Tuesdays July 6 - July 27 10:30am - 11:30am 4/\$32

STRENGTH, CONDITIONING & BALANCE FOR 55+

The first step is the most important! This well rounded program will focus on activities to improve strength, balance, mobility and cardiovascular fitness. A certified BCRPA instructor will use light weights, resistance bands, fitness props and a fun selection of agility games to improve overall fitness. Have fun, make new friends and feel good about yourself. All levels of ability welcome. Instructor: Janice Arnot.

Tuesdays June 8 – July 13 9:00 am - 10:00 am 6/\$48
10:15 am - 11:15 am 6/\$48

SENIORS LUNCH AND LEARN

Socialize with other seniors in the community while enjoying a delicious and nutritious homemade meal. This program features a mix of guest speakers, social activities and theme activities during the holiday seasons. For the month of July, we will be hosting this program outside on our beautiful rooftop garden. To register or to inquire about the week's scheduled presenter, please call the community Centre 250-388-5251.

Thursdays July 8 - July 29 12pm - 2pm \$5/Lunch

HEALTH & WELLNESS

ZUMBA

Join us for one of the fastest growing Latin dance-inspired fitness crazes across the world! People of all ages are falling in love with its infectious music, easy-to-follow dance moves and body-sculpting benefits. Come dance to the rhythms of Salsa, Merengue, Mambo and other Latin beats. This is a fitness class you will not want to miss!

Wednesdays June 30 - July 28 6:00pm - 7:00pm 5/\$40

YOUTH

KATS (KIDS AT TENNIS)

The Society for Kids at Tennis (KATS, www.kidsatennis.ca) provides free tennis lessons and equipment to families experiencing financial barriers (application required). Using the “progressive tennis” approach recommended by Tennis Canada, the KATS program uses smaller racquets, smaller courts, lower nets and low compression balls. This approach helps kids to develop confidence in their ability to hit the ball, learn quickly, and most of all, have fun playing the sport! Kids will be introduced to the fundamental skills which form the foundation for future development.

Please contact Burnside Gorge Community Centre for application information and forms, 250-388-5251. Programs do not run on stat holidays. Location: Banfield Park Tennis Courts

5-8 Years

Mondays	July 12 - July 26	4:00pm - 5:00pm	FREE
Mondays	Aug 9 - Sept 27	5:00pm - 6:00 pm	FREE

9-13 Years

Mondays	July 12 - July 26	5:00pm - 6:00pm	FREE
Mondays	Aug 9 - Sept 27	5:00pm - 6:00pm	FREE



Thank you Burnside Gorge neighbours!

Submitted by Umbrella Society

July 1st marks two years of Umbrella’s move to our office on Dunedin in the Burnside Gorge neighbourhood. Prior to the move, we had already begun connecting with this community by operating and then buying Foundation House, a supportive recovery house for men on Cecelia Road. Earlier this year, we opened another recovery house less than a block away on Sumas.

Through all these years, we have been blown away by the support and connection with our neighbors and fellow community members. We are grateful to be surrounded by people who are as invested in this incredible area as we are, and we look forward to getting to know even more of you as restrictions lift and social gatherings expand.



Burnside Gorge Community Centre will be closed on Thursday, July 1st.

How would you spend \$50,000 to create neighbourhood spaces in Victoria?

The 2021 Participatory Budgeting theme is **neighbourhood spaces**, which the City of Victoria defines as *physical, social or virtual spaces that encourage connection to self, nature, or others*. The goal of the Participatory Budgeting process is to encourage public participation and democratic leadership in the development of our neighbourhood spaces, with citizens deciding how to invest \$50,000 from the annual municipal budget.

If you have an idea for a project, initiative or event relating to a neighbourhood space the Participatory Budgeting team would love to hear from you! Proposals can be submitted by groups, individuals or community organizations. The deadline to submit proposals is July 25, 2021. Sign up for a Virtual Information Session on Saturday, July 10 (10:00-11:30 am) to learn more. Register for the session at <https://engage.victoria.ca/pb>.

If attending the Information Session presents challenges due to balancing childcare, meals, accessibility needs, etc, some resources are available to help community members attend. Translation services may also be available. If you feel you would benefit from this support, please request this in an email to the Outreach Team, pbvictoria.outreach@gmail.com, and they will be happy to help.

For more information, including instructions on how to apply, and other core documents, please visit <https://engage.victoria.ca/pb>.

Your Dollars • Your City • Your Decision

Want to create an amazing neighbourhood space in Victoria? #pbvic

\$50,000 is available for community projects

Proposal Deadline: July 25, 2021
Submit your ideas at: engage.victoria.ca/pb



BGCA Taking Wait-list for New Childcare Spaces!

BGCA is looking forward to opening a new licensed full day childcare centre on the grounds of Tillicum Elementary School for 30-month to school-age children.

Although we do not have a firm opening date as of yet we are taking contact information for parents and caregivers who are interested. We will have 16 spots available.

For more information please call 250-388-5251. If you would like to be placed on a contact list for this project, please take a few moments to fill out this form. <https://forms.gle/28p666ihyxbbBdWw8>



HOME COMING
Presented by **KNAPPETT**
PROJECTS INC.

\$173,000 Raised!



Thank You!



Your gift will support Cool Aid's work to help those in our community affected by poverty, homelessness, disability, and mental health challenges.

Thank you to our generous matching sponsors:

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5 Ways to Save Water this Summer

Submitted by CRD Environmental Services

Live Green in Your Yard and Garden

The summer heat is around the corner. Keep your yard and garden thriving while protecting our valuable resource by using water wisely this summer! Though at times it may feel like we live in a rainforest with endless amounts of rain, the capital region lies in a Northern Mediterranean climate with warm, wet winters but hot, dry summers. The winter months bring the rain, filling up the Sooke Lake Reservoir for use over the entire year.

In summer months, water demand almost doubles, primarily from non-essential uses like outdoor watering. With a changing climate, longer dry spells in the summer are expected, meaning our winter water will need to last for longer. By conserving water outdoors, we can help make sure there is enough available to meet drinking water demand, for fire protection and to support fish and ecosystems, through the dry, hot months.

For the most water savings, limit your lawn area by using [native plants](#) which don't need watering once established and let your lawn [go golden](#). Lawns naturally go dormant in the summer months and will return to green with the fall rains. If you choose to water, use these easy water wise tips:

Check your watering system for leaks and breaks. Repair leaks quickly yourself with the help of the CRD's [Irrigation Maintenance Video Series](#) or hire an Irrigation Industry Association of BC certified contractor.

Add mulch around your plants as it reduces evaporation, keeps soil cool, reduces weeds and adds nutrients back into the soil. For lawns, leave grass clippings to act as a mini-mulch.

Use micro/drip irrigation systems for watering trees, shrubs, and flower or vegetable beds. These systems deliver water at a low pressure and volume directly to the roots where plants take water in.

Adjust your watering for the current weather conditions and the designated days and times as laid out in the Capital Regional District's [Stage 1 Watering Schedule](#). Green lawns need a maximum of [one inch](#) (2.5 cm) of water per week in the driest conditions. If it rains, skip watering until the following week.

Practice the [cycle and soak](#) method, water in short cycles with time in-between to allow water to soak in, and reduce water waste. This mimics rainfall and helps keep plants happy.

Thank you to all residents in the capital region for using water wisely! For more tips, visit www.crd.bc.ca/water.



How You Can Support BGCA

The valuable work we do for children, youth, families and seniors would not be possible without the ongoing support of our community. If you would like to help us in our efforts the list below includes a number of really simple ways you can lend your support!

Financial Donations

Your donation can help change a family's life or improve the community you live in. The Burnside Gorge Community Association relies on the support of individuals, businesses and government to provide services to our community. Your donation helps us continue providing a high level of service to families in need in our communities. The Burnside Gorge Community Association is a registered charity in good standing with the Canadian Revenue Agency. We will issue a charitable tax receipt for eligible donations. We can accept cash, cheque, debit, & credit. To make a secure online donation please see our Canada Helps page.

Bottle returns

Did you know BGCA is an approved charity of the Bottle Depot? It's never been easier to support your local Community Centre. Returnable containers can be brought into to any Bottle Depot location. Let the cashier know at the beginning of the transaction that you would like to donate your returns to Burnside Gorge Community Association and the value of your bottle returns will be put into our account. Bottle Depot has three convenient locations:

- Downtown – 655 Queens Ave
- Glanford – 4261 Glanford Ave
- Quadra – 3961 Quadra St

Canadian Tire Money

We collect Canadian Tire Money which we redeem to purchase materials and supplies.

However you choose to support us, we are grateful for your contributions and no offer of help is too small!

Resources for Gardeners

Growing Together aims to support local gardeners in growing their own food. They have a wealth of resources on their website, including:

- Lists of places to find supplies
- Planting and care guidelines for all the plant varieties distributed through the City of Victoria's Get Growing program
- 20+ how-to videos created by local gardening experts
- Resources for kids
- A hotline for people's burning gardening questions
- A mentorship matching program that matches new and experienced gardeners

The mentorship matching is a 1-to-1 matching program and self-directed by those who participate. In 2020 more than 120 new gardeners were matched with mentors! With COVID restrictions opening up a bit, people might have more opportunities to meet outside in each other's gardens for support! If you're looking to increase your garden knowledge and build community connection, sign up today.

To learn more about Growing Together or to sign up for the mentorship matching program please visit <https://www.growingfood-together.com/>.



June 2021 Calendar Listings

Capital Bike Family Cycling Workshop

Capital Bike is hosting FREE family cycling workshops. All family structures are welcome! These workshops are designed for families to come and learn the tips and tricks of riding bikes as a group. Whether your kids are riding on their own, or you or your partner are pulling them along, you can bring the whole family! July 2nd & 5th 4:30pm to 7:30pm at Ogden Point in the Breakwater District Registration is now open!

Go to <https://capitalbike.ca/all-aboard/>

BC Summer Reading Club

Calling all kids ages 12 and under! Join the Club and CRACK THE CASE! Starting June 29, children ages 12 and under (or their parent or caregiver) are invited to visit any Greater Victoria Public Library branch to collect a 2021 BC Summer Reading Club package.

Participants read every day for at least 20 minutes and record their reading activity in the reading record. After one full week of reading, participants choose a sticker and match it to their record. Then, do it all over again. The goal is to complete seven weeks. At the end of seven weeks, visit any GVPL library branch and collect a final prize. Visit your local branch for details.

Umbrella Society - Support Groups

Virtual and in-person groups to support people struggling with addiction and/or mental health. For more info please visit <https://www.umbrellasociety.ca/program/groups/>

Umbrella Air - Mondays 12pm to 1pm

Facilitated by two Umbrella peers, Anxiety in Recovery (AIR) is a group for individuals struggling with anxiety. No registration is required. This group is offered via ZOOM.

Connections - Tuesdays 1pm to 2pm

Facilitated by Island Health and Umbrella, this group is for anyone looking for substance use related support for themselves or a loved one. This group is offered via ZOOM.

All Things Gratitude - Tuesdays 7pm to 8pm

Facilitated by an Umbrella team member, this group is open to anyone wishing to discover the benefits of living their life with gratitude. No registration is required. This group is offered via ZOOM.

Rainbow Group - Tuesdays 7pm to 8pm

Facilitated by two Umbrella peers, this recovery group is open to those who identify as LGBTQ2S+. This group is offered in person and by ZOOM. In person limits are in effect and per-registration is required.

Parents Support Group - Wednesdays 7pm to 8pm

Umbrella's family counsellor facilitates this group created to support parents impacted by their children's substance use. This is a closed group, please contact Umbrella for more information.

SMART Recovery - Wednesdays 12pm to 1:30pm (Zoom) and Thursdays 6pm to 7:30pm (In person)

Two Umbrella trained SMART Facilitators will guide the group through the tools of this program. The Wednesday group is offered via zoom and the Thursday group is offered in person. Registration is required for in person, please contact the office for further information.

Behavioural Addiction Group - Thursdays 7pm to 8pm

The Behavioural Addiction Group is a recovery group for individuals struggling with various addictions beyond substance use. No registration is required. This group is offered via ZOOM.

Hammer Time - Thursdays 7-8pm

Beginning June 10th, two Umbrella peers will facilitate this meeting to support trades people struggling with issues related to substance use and recovery. This group is presented in partnership with Vancouver Island Construction Association. Offered via zoom.

Weekly Check in Group - Fridays 1pm to 2pm

Facilitated by an Umbrella team member, this group offers support, connection, and guidance. No registration is required. Offered via ZOOM.

• • • • •
 • **Do you have an event coming up** •
 • **that you'd like to share?** •
 • **Send it to info@burnsidegorge.ca** •
 • **for inclusion!** •
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