



Community News

January 2022
www.burnsidegorge.ca

Thank You from all of us at BGCA!

We are celebrating another successful holiday season at BGCA. Despite the many challenges that 2021 brought this year our teams have done outstanding work to bring the meaning of the season to life for so many over the holidays. Thank you, as always, to the many supporters and donors who make it possible!

Santa's Pancake Breakfast

We want to thank all the families that came out and attended our Pancake Breakfast Event on Saturday December 4, 2021. Thank you to all the volunteers that helped make it a success. We also want to thank CFX Santas Anonymous and Country Grocer for their generous donations.

Over 160 people enjoyed some pancakes, sausages, and fruits. There were also lots of toys given out by Santa to all the children, naughty or nice. Families also spent time working on some Christmas crafts and sat together for some photos at our photo booth.

From everyone here at Burnside Gorge Community Association, Thank you all and we'll see you next year!

Christmas Hampers

Our Christmas Hamper program focuses primarily on families who may not be able to provide a special Christmas experience for their children without assistance. The families we support are currently involved with one of the many programs here at the BGCA. This year we were able to provide 124 hampers supporting 113 families as well as 11 youth living independently. We would like to extend a huge thanks to all of the donors and sponsors who helped make the holidays brighter.



How Can We Help?

In addition to our own programs and services we also have the privilege of being able to offer external services and supports here at the Centre.

INCOME ASSISTANCE SUPPORT

Do you have questions about Income Assistance (IA) or Persons with Disability Assistance (PWD) or how to go about opening a file? The Burnside Gorge Community Centre has an Employment & Assistance Worker from the Ministry of Social Development & Poverty Reduction who works on site at the Centre on Thursday afternoons. To book an appointment please call the Community Centre at 250-388-5251.

FREE LEGAL CLINIC

Legal advice is provided free of charge during 15-minute phone appointments on Tuesday afternoons. All legal questions welcome. Please call us to book an appointment, 250-388-5251.

COMMUNITY VOLUNTEER INCOME TAX PROGRAM

As part of the Canadian Revenue Agency's Community Volunteer Income Tax Program we have volunteers that can assist those with simple tax filing for current and back dated tax years. We can help students, newcomers, persons with low income or older adults. For more info call 250-388-5251.

Want to make a difference in our community? Join the BGCA Board of Directors!

If you live, work, or own property or businesses in the Burnside Gorge neighbourhood and are deeply committed to creating a healthy, vibrant, enjoyable and diverse community, we want you to consider joining our Board of Directors.

The BGCA Board provides strategic oversight to the activities and operations of the Burnside Gorge Community Centre, a busy, successful community organization with over 50 employees, a budget of \$2 million and more than 20 years delivering services and creating opportunities for neighbours and families to thrive. Additionally, board members lead community-focused committees such as land use and neighbourhood engagement, and we work with other community associations in Victoria on issues that affect our city.

We value all skill sets and our organization particularly welcomes experience in the areas of private business/entrepreneurship, financial services, law, and community development. Some previous exposure to non-profit governance and boards is an asset but not essential.

The time commitment is approximately 5-15 hours per month, including one in-person Board meeting. To learn more, contact Elizabeth Cull, Board Chair, at boardchair@burnsidegorge.ca. We'd love to talk to you about volunteering!

VTAG Needs You!

Do you want to help beautify Burnside Gorge? The City of Victoria's Victoria Together Against Graffiti program is back and they are currently looking for volunteer coordinators in every neighbourhood! VTAG allows volunteers to "Own the Block" and remove tags on both power poles and utility boxes owned by BC Hydro. Graffiti removal kits come in a convenient carrier and include two cans of colour-matched paint for pressure treated and non-pressure treated poles, a brush, opener, stir stick and set of gloves.

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 kits

For more info on this position or how to get connected with VTAG, contact gperberton@victoria.ca.



Join the BGCA Team

CURRENT OPENINGS:

- Out of School Care Managers (full-time)
- Childcare Leaders (part-time)
- Supported Childcare Workers (part-time)

Full job descriptions and application details can be found at:

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



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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

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

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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

Green New Year's Resolutions

Submitted by CRD Environmental Services

Big changes are made up of little actions and achieving our regional targets around reducing waste and carbon pollution are only possible if everybody does their part. So, if you're still in need of a resolution for 2022 we've got a few ideas that won't just be good for you — they're good for the environment too! Here are 8 New Year's resolution ideas to help make 2022 a green one:

- 1. Save water at home:** By striving for 5 minute showers, checking your toilets for leaks once per year and only running full loads in the dishwasher and washing machine, you can help save water at home. Reducing water waste not only helps conserve our region's water supply, it'll also save you money. <https://www.crd.bc.ca/education/water-conservation/at-home/indoor-water-use>
- 2. Manage rainwater and runoff:** Help reduce pollution and impacts from flooding by reducing the amount of rainwater flowing from your property into storm drains. Consider installing a properly designed rain barrel or rain garden or replacing impervious surfaces on your property with more pervious ones (e.g. grass, gravel).
- 3. Take out a Climate Action To-Go Kit from your local library:** These free kits contain tools and activities to help you take action on climate change at home, like discovering air leaks or measuring how much electricity your appliances use. Peek inside the kit with this unboxing video from the Greater Victoria Public Library. <https://my.nicheacademy.com/gvpl/course/35714>
- 4. Ditch the car one day a week:** Driving gas vehicles is our region's greatest source of carbon pollution. Choosing to walk, bike or take transit to your destination is beneficial for your health, and helps fight climate change.
- 5. Reduce, reuse, then recycle:** Reduce the use of single-use items — carry a reusable mug or water bottle, reusable bags, pack a lunch in reusable containers, etc. If you have an item you no longer want, see if it can be donated or reused. If it's broken, see if it can be repaired before recycling it or throwing it out.
- 6. Test your recycling knowledge:** Find out if you're recycling all that you can with our waste sorting game Ready, Set, Sort! <https://crd.recycle.game/>, also available on the free RecycleCRD app. <https://www.crd.bc.ca/service/waste-recycling/schedules-app>. Once you know what goes where, it'll be much easier to keep your house clutter-free! Common household items like batteries, lightbulbs, paint, plastic bags and other flexible plastic packaging (e.g. chip bags and crinkly wrappers) can be dropped off free of charge at many locations, including the Hartland Depot. Find a drop-off near you at www.myrecyclopedia.ca.
- 7. Support biodiversity in your backyard:** Supporting biodiversity benefits us all and you can help by planting native plants in your yard, or on your balcony, keeping a fresh source of water outside (e.g. dish, bird bath) and leaving brush piles, sticks, and leaves in your garden to create wildlife shelter. <https://www.crd.bc.ca/education/protection-stewardship/biodiversity>
- 8. Join a stewardship group:** Help clean, protect and enhance local natural areas by volunteering with a stewardship group in your community to remove invasive species, plant native plants or do a beach cleanup.

Making a difference is just that easy — pick a resolution or two and let's get started! For more green resolution ideas, see www.crd.bc.ca/memories.



3080 & 3082 Washington - a farewell

Submitted by Danielle Buchanan

Although they don't sit glaring their once original beauty, the homes at 3080 and 3082 Washington Avenue rested their weary bones on this street for over 100 years. These homes were a part of the original homesteading, made up mostly of working class folks planting their roots in the area in the early 19th century. Times have changed, as they do, and these properties have made way for a 34-unit town home complex.

Over the past 10 years these three homes have been lived in and loved by many, a rotating door of friends moving in and out of these homes and their large stately properties, making them a perfect place for creativity. The residents of these dwellings have been just that, creative with their existence for the time they each laid their heads and called these places home. As their neighbour we have seen a multitude of artistic exhibitions, large urban farming projects, axe throwing competitions, musical collages of harmonies, different festive celebrations where large props were built to accentuate the festivities, live DJ jams amongst the back drop of the extensive 1/2 acre lots that makes one feel like they are somewhere in the country, not in the heart of the city.

It's an end of an era, one of many that these properties have seen since their birth. With every ending comes an opportunity for new beginnings, but before their final good bye, the final residents of these properties took on one last and final artistic venture. A statement perhaps, creating a canvas from the large extensive walls of these beautiful old buildings and blessing them with one's need to express and create. 3080 and 3082 Washington Avenue became one large art exhibit, dawned with elaborate paintings curated by spray paint. We watched over several weeks as these old historic structures took on a new face, one that we would have never suspected. It gave these buildings a chance to shine again, maybe not in the same way they once did when they were freshly built and standing strong, but in a way that mirrors the lives of those that lived in their walls over the past ten years, that have expressed their creative sides so fearlessly right until the bitter end.



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? We would love to hear from you. Call 250-388-5251 or email comrec@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

JANUARY PROGRAMS

Programs do not run on Statutory Holidays and the schedule is subject to change without notice. All programs require registration. Please call 250-388-5251 for the most current info or to register.

FAMILY PROGRAMS

WIGGLES & GIGGLES (AGES 0-5) *VACCINE VERIFICATION REQUIRED

Join us for active play in the Activity Center. Get the wiggles out with this interactive program that includes ride on toys, kids' hockey and basketball, balance beams and lots of fun! The program provides opportunity for movement and free play. Parent participation required. Followed by snack and cool down in the Family Centre.

Mondays Jan 10 - 31 9:30am - 12pm Free

LOVE 2 LEARN (AGES 0-5) *VACCINE VERIFICATION REQUIRED

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 Jan 11 - 25 9:30am - 12pm Free

TODDLER ARTS & CRAFTS (AGES 0-5) *VACCINE VERIFICATION REQUIRED

Explore your creative side! Each week features a different craft designed with the toddler/ preschool in mind. Creative activities can be messy, so please dress children appropriately. Parent participation is required.

Wednesdays Jan 12 - 25 10am - 12pm Free

COMMUNITY DINNER @ BURNSIDE GRILL

Enjoy a nutritious meal with your family and meet other members of your community. Families need to register for dinner before Wednesday 4pm by calling the front desk at: 250-388-5251. Advise if you are Vegetarian when registering.

Thursdays Jan 13 - 27 5 - 6 pm by donation

PARENT & TOT PLAY TIME

This is an opportunity for young children and their parents to meet and play in an informal atmosphere with other children, toys, and books. Please note that no food is allowed in the Family Centre.

Thursdays Jan 13 - 27 5:30 - 7pm Free

NOBODY'S PERFECT (0-5)

Nobody's Perfect is a place where parents can meet with other parents of young children (ages 0-5) and share questions or concerns and ideas about being a parent. With the support of a trained facilitator, parents will learn about child development, safety, health and behavior, and talk about real-life parenting experiences.

Within a group setting, parents participate in facilitated sessions that:

- promote positive parenting
- increase parents' understanding of children's health, safety, and behavior
- help parents build on the skills they have and learn new ones
- improve parents' self-esteem and coping skills
- increase self-help and mutual support
- bring them in contact with community services and resources
- help prevent family violence

Please note this is a registered program and free childminding included. Call today to book your spot.

Fridays Jan 21 - Mar 11 9:30 - 11:30am Free

DADS GROUP

Dads Group offers a friendly atmosphere for fathers and their children aged 0-6. Learn together about your role in your developing child's life and share parenting successes and challenges. Follow your child's lead in play and enjoy free time, play, coffee, and snacks with your little one.

Registration is required. Call today to book your spot, 250-388-5251. All dads with children aged 0-6 are welcome!

Saturdays Jan 15 - 29 1-3pm Free



YOUTH PROGRAMS

STEM PROGRAM 2D VIDEO GAME DESIGN LEVEL 1 (7-9 YRS)

NO prior coding/programming experience necessary. In this program participants will get the opportunity to design their own 2D video games. Develop creativity and turn imagination into reality. Over nine weeks participants will get to do everything including programming characters to walk, shoot, climb, open doors and locks, interact, and more. Games will include a main and pause menu plus sound and music. Participants get to take home their game after the program.

Open to ages 7-9 years. Headed by LittlUniverse. No class Feb 18.
 Fridays Jan 21 - Mar 25 3:30 - 5 PM 9/\$160

ADULT PROGRAMS

T'AI CHI

Focus on your health, your well being, and reduce your stress with the Yang- Style T'ai Chi. Using relaxation as the key principle, T'ai Chi involves gentle, low impact movements that develops grounding, flexibility, and balance. Headed by instructor Lee McLeod, his 25 years of teaching the Cheng Man-Ch'ing short form, will lead the class through 37 movements and follow through gentle corrections and encouragements. Beginners welcome.

Thursday Jan 20 3 - 4:15PM FREE TRIAL
 Thursday Jan 27 - Mar 17 3 - 4:15PM 8/\$64

XL YOGA

Yoga for large women taught by a large woman. The benefits of yoga – increased balance, flexibility, stamina, and relaxation are wonderful for everybody. We'll make the poses work for our bodacious bods using modifications and props (bolsters, blankets, and straps)

Thursdays Jan 20 - Mar 10 7-8pm 8/\$96

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 Jan 19 - Mar 16 6 - 7pm 9/\$72

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.

Thursdays Jan 20 - Mar 17 9 - 10am 9/\$72

55+ PROGRAMS

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 Jan 25 - Mar 15 9am - 10am 8/\$64



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. To register or for more information please call the Community Centre, 250-388-5251.

Thursdays Jan 20 - June 30 12pm - 2pm \$5 / Lunch

Burnside Gorge - Land Use Updates

The BGCA's Land Use Committee (LUC) plays a critical role in all applications for rezoning in the Burnside Gorge neighbourhood.



**February 7th
 5:30pm, via Zoom**

On the Agenda: 710 Calendonia & 1961 Douglas

The proponent for a rezoning and development at 710 Caledonia Avenue and 1961 Douglas Street will be joining us on December 20th at 5:30pm on Zoom to provide us with plans for their development. The proponent will give a short presentation followed by an opportunity to ask questions.

This meeting will be held on Zoom, link below:
<https://us06web.zoom.us/j/85741528594>

Developments to Watch

Most pending applications can be found on the City's Development Tracker which can be filtered by neighbourhood for Burnside Gorge, see <https://tender.victoria.ca/WebApps/OurCity/Prospero/Search.aspx>. The following developments are in process. Keep an eye out for public hearing notices or other opportunities to share feedback soon.

496 Cecelia Road - ATL Housing Solutions and Pacifica Housing have proposed a complex at 496 Cecelia Road (*shown below*) consisting of one five-storey and one five-storey building with underground parking and an extensively landscaped community gathering area. This unique partnership with the City of Victoria and School District No. 61 proposes 88 units of affordable rental housing. The ground floor will also house a child care centre with 60 new child care spaces.



11 Chown Place - The community comment period has closed. There will be further information on this proposal as it progresses through the application process.



1824-2010 Store Street & 530 Chatham Street - A community meeting was held on Oct 12th to hear a preliminary proposal by Reliance Properties for a rezoning of the Capital Iron property. This is a large development including a proposed relocation of the Greater Victoria Art Gallery to the site. Additional information about this development should be posted on the Development Tracker soon.

Mayfair Mall - A planned redevelopment of the Mayfair Mall is expected to be presented to community in the coming months. Updates on presentation open houses will be posted to the neighbourhood.

Interested in joining BGCA's Land Use Committee?

Everyone is welcome! BGCA's Land Use Committee meets once a month to discuss land use and related topics, or as needed when there are development proposals in the neighbourhood. LUC members may also attend and support monthly community meetings as needed and available. Please email lucchair@burnsidegorge.ca if you are interested in attending these meetings and/or joining the CALUC.

Calendar Listings January 2022

Swan Lake Guided Bird Walks

Every Wednesday and Sunday at 9:00 a.m. Jointly sponsored by Swan Lake Nature Sanctuary and Victoria Natural History Society. Bring your binoculars and walking shoes and meet in the parking lot for this informal and informative walk around the lake area.

Walks are generally led by Victoria Natural History Society members. Swan Lake Christmas Hill Nature Sanctuary is at 3873 Swan Lake Road, off Ralph Street. Note that the Wild Birds Unlimited Nature Store in Shelbourne Plaza posts the bird reports from the Sunday walk. Participants must be fully vaccinated and observe covid safety guidelines. For more info and dates see https://www.vicnhs.bc.ca/?page_id=1518

Lego Exhibition

The Lego Exhibition is back at the Sidney Museum, Jan 2 through March 31. Timed admission only, book with your bubble today!
<https://sidneymuseum.ca/visitor-booking/>

Admission by Donation at Royal BC Museum

From January 2 to 9 you can visit the museum and pay only what you can (by donation)! There is so much to do at the Royal BC Museum, from visiting the iconic woolly mammoth to checking out the IMAX, to exploring Christmas in Old Town, there is something to entertain everyone.

675 Belleville Street - By donation until January 9
<https://royalbcmuseum.bc.ca/visit/events/calendar/event/109685/community-days>

Winds of Heaven Film – Free Streaming

To celebrate Emily Carr's 150th birthday, Winds of Heaven will be streamed on-line for free. The free streaming will begin on Carr's birthdate - Dec 13th – and will be available until January 16th. Winds of Heaven is a journey into the deep brooding mystery and inner beauty of Emily Carr's paintings, "It's possibly one of the best films ever made about our province, these forests, and our history as newcomers...". The documentary addresses a number of myths about Carr's life, and her contradictory relationship with and attitude towards the Indigenous peoples of the Northwest Coast of British Columbia. December 13th-January 16th

<https://viff.org/Online/default.asp?BOParam::WScontent::loadArticle::permalink=fc10951-winds-of-heaven>

Natural History Night: Canada's forgotten rainforest

Victoria Natural History Society invites to you to learn about B.C.'s inland temperate rainforest - a place of immense beauty, biodiversity, and one of the most endangered temperate rainforests on the planet. A rainforest in which scientists are still discovering new species. A place where caribou still blaze trails through low elevation ancient cedar and hemlock in the same way they have for thousands of years. But these forests and this ecosystem is being lost at an alarming rate.

Join Wildsight's Eddie Petryshen as he takes you deep into the remote reaches of this ecosystem and the people, places, and species that make the Inland Temperate Rainforest so incredible. Get inspired to help protect this rugged mountain ecosystem into the future. Registration is required.

Tuesday, January 11th – 7:30PM-9:30PM – Free
<https://creativelyunited.org/event/natural-history-night-canadas-forgotten-rainforest/>

Art Thrive

Art Thrive is back! FREE professional art lessons for youth ages 12+ and adults with all materials provided. Try a new medium or deepen your artistic practice. All experience levels welcome! Register for 3 weeks at a time. 15 person limit per session. First Session: January 15th - January 29th – Saturdays 2PM-4PM – Free
Quadra Village Community Centre - 901 Kings Rd
<https://www.qvcc.ca/artthrive>

Free Workshop: Masters of Disguise – The Tree Frog

Animals can be masters of disguise, often hiding in plain sight. Join us for this free workshop offered by the Bateman Foundation where we discover some animals who camouflage themselves in their environment. In this workshop we will take a look at and draw a portrait of a tree frog.

January 16th – 1PM-2:30PM – Free Online Workshop
<https://register.naturesketch.org/product/fw-masters-of-disguise-the-tree-frog/>

Wonder Sunday is back at the Royal Museum

Join us in the Natural History gallery for a range of different activities to help bring the gallery displays alive. For this session, we'll be exploring the forest floor. What animals are lurking above and below the fallen leaves (and sometimes snow) of the forest during the winter months. This drop-in event is for kids of all ages (including adults). Stay for a short time, or the whole time. If you can't make it in person, join us online for our companion RBCM@Home (Kids) program on the same day.

January 23rd, 2022 – 1PM-3PM – Royal BC Museum – Free with admission

<https://royalbcmuseum.bc.ca/visit/events/calendar/event/110513/wonder-sunday-forest-floor>

Therapeutic Art Sessions (online only)

As part of the Well-being Project, we are proud to introduce therapeutic art sessions. Sessions are free of charge and open to the community. Non-directive creation is beneficial for strengthening emotional wellness. These sessions offer the opportunity for you to express your unique creativity with the support of an art therapist, and if you choose, Kaitlin can act as a personal guide to assist you in uncovering and perceiving meaning and personal discoveries found in your artwork and while creating. All ages are welcome, and no art experience is necessary! See the link below to book a session

Tuesdays 4PM-6PM - <https://batemanfoundation.org/therapeutic-art/>

Umbrella Society - Support Groups

Umbrella Society offers a number of virtual and in-person groups to support people struggling with addiction and/or mental health. Please see their website for more information.

<https://www.umbrellasociety.ca/program/groups/>

Umbrella Air - Mondays 12pm to 1pm (via Zoom)

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

Connections - Tuesdays 1pm to 2pm (via Zoom)

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

All Things Gratitude - Tuesdays 7pm to 8pm (via Zoom)

Open to anyone wishing to discover the benefits of living their life with gratitude. No registration is required.

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 pre-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 (via Zoom)

A recovery group for individuals struggling with various addictions beyond substance use. No registration is required.

Weekly Check in Group - Fridays 1pm to 2pm (via Zoom)

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

Hammer Time - Thursdays 7-8pm (via Zoom)

Run in partnership with Vancouver Island Construction Association, this group is available to provide support for people in construction who are struggling with substance use issues and may need access to recovery and/or harm reduction services.

Do you have an upcoming event or activity?

We would love to hear about it.

Please send Calendar Listing submissions to info@burnsidegorge.ca or call us at 250-388-5251!