

Annual Report 2014/15



Celebrating 40 years of Building Healthy Community Together

Please help us plan for the future.

Every few years the James Bay Community Project (the "Project") analyzes its strategic plan, and charts the course of the Project for the next few years. We want to hear from you about what we're doing right, and what we could do better.

Please take a few minutes to share some information with us. You can be as detailed as you like.
Please return this form to 547 Michigan St. reception by JUNE 30th. Thank you for your help.

What program or programs do you participate in at the Project? (Please Specify)
(A list of programs can be found on page 14)

1. What is your connection to the Project?:
 - a. Participant
 - b. Volunteer
 - c. Community Member
 - d. Other (Please Specify) _____

2. How did you learn about the Project?
 - a. Friend or Family
 - b. Professional Referral (from a doctor, counsellor, professional caregiver)
 - c. Other (Please Specify) _____

3. What are the most important programs and services that the Project offers to the community?

4. What programs or services does the Project not offer, that you think we should offer in the future?

5. What do you think are the Project's strengths? What programs or services are designed and delivered well?

6. What do you consider to be the Project's weaknesses or areas to be improved upon?

7. What other comments would you like to share about the Project and its future?

Chairperson's Report

George Jamieson, **Board Chair**



This is a special year for the James Bay Community Project. 2015 is our 40th anniversary – a time to reflect on the challenges and accomplishments of our first four decades. It is also a time to think of how our project has grown in that time, and how we will continue to grow and evolve to meet new challenges and opportunities.

We experienced one significant change this year. The Victoria Youth Clinic established itself as a separate non-profit organization, after being part of the James Bay Community Project since 1998. The new agency is operated by the same staff, and will continue to provide the same valued services to young people in Victoria. We are proud to be the first home of the Youth Clinic, and to have played a part in its growth and development. We wish the staff, volunteers, and directors continued success in the years to come.

While many things have changed, our

core values and most valuable assets are the same as they were on the first day.

We succeed because of people. People who come here and work together to make our community a better, healthier place.

Our volunteers contribute thousands of hours to the community each year. They bring every kind of skill, to every corner of the project, inside our building and beyond. They are generous with their time and their knowledge. They are essential to everything we do.

Our staff and our executive director, Kaye Kennish, work side by side with the volunteers, providing guidance, vision, and continuity. Together, they are an impressive team, delivering services to the largest possible number of community members.

Most of our services are based in this neighbourhood, as they have been since 1975. Still, the past year has seen growing demand from other areas. For example, in partnership with Capital City Volunteers, we have increased the reach of the Better at Home program, to include seniors in other parts of the City of Victoria and in Oak Bay. For some of the things we do, James Bay is our address, and greater Victoria is our community.

We are grateful for supporting partners who make this work possible. We receive

funding from government agencies, organizations like the Vancouver Foundation and the Victoria Foundation, charities like the United Way, and many private donors. In addition to financial support, local businesses provide goods and services, help and sponsorship. You will see the names of these people and agencies in this report. We want to recognize them and express our thanks.

We also appreciate what our participants contribute. We learn from everyone who signs up for a program or joins us for an activity. They give us as much as we give them, and that's another reason for gratitude.

We want to learn more from all our partners, to help plan the future. We are reviewing our Strategic Plan, which will set our course for the next few years. You'll find information about the plan elsewhere in this report. Please join in the process by completing the enclosed survey. Add your thoughts about your community and what we can do to serve it better.

On behalf of the Board of Directors, I want to express our thanks to all those who have contributed so much already, and who will contribute in the future. These are the people who enable the James Bay Community Project to achieve our mission: building healthy community together.

Executive Director's Report

Kaye Kennish, **Executive Director**



The past year has of course been another very busy one, involving much hard work and commitment on the part of volunteers, staff and board. Not only have we continued to provide relevant and helpful service to participants, but we have done so in a way that demonstrates the agency's long-standing values.

As we enter a period of strategic planning, it seems appropriate to remind ourselves of these values and what they look like in the day-to-day expression given to them by our various stakeholders. Here they are:

We treat all people with respect, dignity, and fairness.

We purposefully create a welcoming, caring, and inclusive atmosphere.

We are responsive to individual and community needs, and strive to look at the environment through the eyes of our participants.

We strive to create equitable access and outcomes for participants of diverse ages, needs, capabilities and interests.

We actively promote volunteering and citizen participation, and encourage

collaboration, partnerships and shared leadership in our community.

We foster a workplace culture that embraces innovation, teamwork, and knowledge sharing.

We demonstrate reliability, integrity, and accountability in our actions.

We strive for excellence, sustainability, and good stewardship over our resources.

We assess our outcomes, and learn from our experiences and the input of others.

We acknowledge and celebrate the contributions of our employees, volunteers, donors, and community partners.

I see respect and caring demonstrated in so many ways at JBCP on a daily basis. Everyone who stops at our Reception desk is fortunate to be helped graciously and respectfully by our Receptionist Marianne or our lunch time volunteers, no matter what their request. Staff go out of their way to respond quickly and efficiently to the many needs directed their way, and always with empathy and kindness. Colleagues are sensitive to each other's needs and quick to offer a listening ear or practical help, something I experienced firsthand when I suffered a personal loss recently. Our Chair makes soup for seniors in our Connections program, buys cold medicine for me when I'm sick and brings in our recycling bins on stat holidays while carrying out his more formal duties

efficiently and showing respect for all with whom he deals.

Our 300 volunteers provide daily testimony to our promotion of citizen participation, as does our provision of space, when possible, for community-based events. We are constantly seeking to improve our systems and have done a lot of work this year on policies and procedures in order to help us achieve equitable access and outcomes for participants. We have greatly benefitted from the work of MSW student Jen Tessier on this project.

I want to thank our funders and donors for enabling JBCP to continue to exist and to provide the services it does. I hope that it is obvious to you that we do our best to honour your generosity not only with the services provided and the number of people served, but also through the way in which those services are provided and the values of the culture and environment in which they occur.

Finally I would like to acknowledge and thank the staff of the Victoria Youth Clinic Society (VYCS), now that the Youth Clinic that was previously a part of JBCP has separated and become an independent entity. Over the years JBCP has "birthed" a few agencies, and as the latest addition to this list VYCS is indeed an invaluable part of services to youth in Victoria. JBCP wishes VYCS the very best for the future.

Family Resource Programs

Staff 2014/15

Administration

Marianne Boulton, Receptionist

Bob Broughton, Bookkeeper

Paula Greene, Fundraising &

Communications Manager

Kaye Kennish, Executive Director

David Lucas, Building Operations

Coordinator

Helen Tuele, Board Support Services

Brian Vining, Finance Manager

Family & Community Services

Barb Anderson, Family Development Worker

Deb Dosil, Family Centre Facilitator

Lisa Gleinzer, Coordinator of Volunteers & Community Programs

Susan Henderson, Community Closet Thrift Store Manager

Kirsten Mueller, Capital City Volunteers (CCV) Outreach Worker

Noriko Oka, Outreach Worker

Janice Sacks, Better at Home Coordinator

Janessa Serediuk, Youth and Family Outreach Worker

Nancy Smith, Family Centre Coordinator

Jennifer Tessier, Group Facilitator - Older Adults

Board of Directors 2014/15

George Jamieson, Chair

John Vickers, Vice Chair

Lauren Clavara, Secretary/Treasurer

Ron Duffell, Member-at-Large

Lynn Larsen, Fundraising & Communications Chair

Kelly Gesner

Bruce Goldsmith

Rozlynn Mitchell

Yasmin Rampuri

Mike Shannon

Family Centre

Our Family Resource Centre has welcomed families from the community for over 30 years. We are a member of the BC Association of Family Resource Programs, an organization which has over 200 members in the province. Family Resource Programs are based on the belief that consistent positive parenting skills and healthy child-parent relationships are essential to healthy child development. Research strongly demonstrates the impact of the early years on life-long health and social outcomes, and suggests that investing in supportive programs for young families significantly reduces future costs to health care, education, social programs and the criminal justice system. Family Resource staff provide family

support, play based learning activities, parent education, as well as information and referrals to other community resources.

One of the unique features of JBCP's Family Resource Centre is the opportunity to enrich our programming with the talents and assistance of a diverse group of volunteers who help in many ways in the programs, adding their experience, interests and nurturing touch. We are fortunate to have a dedicated team of volunteers who have given over three thousand hours of their time to support our many family programs over the past year.

Baby Group

This program, for new parents with babies from birth to about 7 months, incorporates education topics and discussion time. New parents receive information and support on a wide variety of issues such as infant development, nutrition and breastfeeding, sleep, infant CPR, health and safety and community resources. During the past year, we ran three 10-week groups with 29 women and babies attending.

Parent Child Mother Goose

The popular program is based on strengthening attachment and building nurturing parent-child relationships through songs,

Family Resource Programs

stories and discussion. Thanks to funding provided by the United Way, we were able to offer four 10-week sessions of Mother Goose, serving a total of 78 families with babies up to age one, during the past year.

Creative Play and Toddler Time

The 2014/15 year was a very busy one in the Family Centre. We currently have over 400 families registered in the Family Centre and during the past year, there were over 3500 adult's visits and 4000 children's visits across our four morning programs (Toddler Time and Creative Play Drop-In). Funding for these programs is provided by the Ministry of Children and Families and Public Health Canada (CAP-C).

Welcome Playgroup

Thanks to funding provided by the Vancouver Foundation, JBCP has been offering a weekly playgroup for families who are immigrants, refugees, or new to Victoria. During the past year, we served 63 different families from 21 different countries. Families are welcome to drop in on Fridays. This group also accepts referrals from the Intercultural Association of Victoria, the Victoria Immigrant and Refugee Centre and Island Health. Families have the opportunity to talk with a public health nurse and a dental hygienist from

Island Health once per month. Families can find out about available services, make new friends, share supportive connections, and participate in their community.

Child and Family Development & Youth and Family Outreach

The Outreach programs offer counselling, information and support to families and their children from birth to nineteen years. These programs can occur in home, office & community settings.

The Youth Outreach Worker provides information, support, education, mediation



& referrals for youth (ages thirteen – nineteen years) and their families, on an individual basis and group format.

Groups include:

The Connect Parent Program
Cool Cues social skills program
Family Dinner.

The Children and Family Development Worker provides one to one counselling support and outreach, along with individual and group parent education, to families of children up to twelve years.

The Triple P Positive Parenting program is facilitated by the JBCP Child & Family Outreach Counsellor and emphasizes a positive approach to parenting & family life.

The intentions of Triple P are to encourage a strong parent-child relationship, enhance child development and support parents to manage their children's behavior in a constructive, positive manner.

Triple P is offered to parents, both one on one, through Individual Triple P, and in a group format with other parents.

During 2014, Individual Triple P was offered to eleven individual families, usually for five or more sessions. Group Triple P was

Community & Volunteer Services

families, children, & youth living in James Bay, Fairfield, Oak Bay & Central Victoria.

Outreach for Seniors and Adults with a Disability

In 2014, our Outreach Worker continued to provide assistance to low income seniors and adults with a disability who are living independently in the James Bay area and are at risk of isolation.

The Outreach Worker facilitated matches between participants and our dedicated pool of volunteers, linked participants with programs and services at the Project as well as providing information and referral services to other community providers. She also provided individual support to participants who were at particular risk and would benefit from one on one intervention. She continued to work closely in collaboration with Capital City Volunteers



presented in two seven week groups for parents: once in the spring and fall.

The Triple P program is funded by the Ministry of Children and Family Development (MCFD). Families in Greater Victoria may be referred through MCFD, community agencies or self-referral.

Both the Outreach and Family Development programs can meet with families for short term consultation regarding specific concerns or in response to an immediate crisis. Other families and individuals may require longer term support and interventions.

These services are confidential and provided free of cost. The programs are open to

and the Better at Home program in streamlining services and continuing to find ways to enhance best practices.

Seniors Advisory Committee

The James Bay Community Project is committed to provide programming which addresses service gaps and needs in our community. Over the past year, two committee members resigned from the Seniors Advisory Committee. Currently there remain six members from the local community that continue to meet each month.

The committee has begun to liaise with the Better at Home advisory committee as well. The committee has become more action-based and organized informative workshops that are related to seniors. In 2014, they held a public workshop on "the Aging Process" from a physical and mental/emotional perspective.

"Just a big THANK YOU ...when I suddenly came down with severe depression my call for help was answered quickly..... the great empathy shown and personal support were a 'life-saver'. I don't know what would have happened without it."

Outreach Participant

Community & Volunteer Services

Direct Services

James Bay Community Project is part of a network of 6 agencies in Greater Victoria that provide one to one direct volunteer services. Dedicated volunteers provide support to seniors and adults with a disability in order to assist them to live independently. These services include: Transportation, Visiting, Walking, Gardening, Shopping and light errands, Dog walking, Downsizing and decluttering, Income tax preparation, Computer support and lessons, Reading and playing games.

Seniors Health Programs and Services

Seniors Connections Lunch

65 seniors are registered for this program, with an average weekly attendance of 25. The group includes a nutritious lunch prepared and served by a dedicated team of volunteers, followed by an activity or speaker.

Presentations include health education topics, information about community resources for seniors, as well as general interest topics.

Transportation to and from the group is provided by volunteer drivers if needed and for those participants who request it. If there are individual needs that arise through the year, the outreach workers are available to follow up with the participant.

Research strongly supports the value of social connections in maintaining and improving health and quality of life; this program has encouraged the development of friendships and support outside the group as well as within the program itself. Individual celebrations and losses are supported in an inclusive atmosphere.

This past year Seniors' Connections received Better at Home funding to further enhance the benefits to participants while encouraging them to stay connected to their community. In 2015 we will celebrate 15 years of Seniors Social Connections, and Better at Home is proud to be a part of this active, long standing group.



Other senior's health programs and services include: Blood Pressure Clinic and workshops organized by the Seniors Advisory Committee

Victoria Better at Home

The James Bay Community Project and Capital City Volunteers are pleased to have been chosen to deliver the Victoria Better at Home program to the City of Victoria.

The Province of British Columbia provides funding to Better at Home Programs as part of "Improving Care for BC Seniors: an Action Plan" that looked at the needs of seniors and an aging population in our province. The money is managed by the United Way of the Lower Mainland.

Victoria Better at Home helps seniors with simple chores so they can continue to live in their home and remain connected to their community. The program offers light housekeeping, minor home repairs, non-medical transportation, and Seniors' Connections Group. The Victoria Better at Home services are available to those who are 65 years old or older, residents of the City of Victoria and who are living independently.

Community & Volunteer Services



Seniors inquiring about receiving Victoria Better at Home services go through an intake and registration process with an Outreach Worker who will visit the senior and assess their needs to determine if they would benefit from Victoria Better at Home services and / or other community services that support seniors. Fees may be assessed for the light housekeeping service on a sliding scale based on the senior's household income.

2014 /15 Victoria Better at Home

107 active Better at Home Clients received services

56 are currently receiving light house keeping services

1142 "moments of service": housekeeping, group visits (Connections), errand drives, and minor home repair

Client subsidy breakdown:

- 40 at 100% - 44 at 70%
- 14 at 50% - 4 at 30%
- 5 at 0%



Volunteer Programs and Services

James Bay Community Project is founded on a belief that volunteerism and participation in community life benefits the health and wellness of both the individual and the whole community. Last year, almost 400 volunteers contributed to the Project, and in so doing built a network of friendship, goodwill and commitment reaching far beyond our organization. Each day volunteers contribute expertise and energy to JBCP. The reality is that without the support and assistance of the volunteers many of our programs and services simply could not run. We are proud to offer over 25 low cost and free Community Programs with the help and skills of volunteers.

Health and Wellness for Seniors and Adults living with Disabilities

Macular and Low Vision Support Group

Originally founded by a community member, this monthly group meets to gain valuable information and learn coping strategies related to all types of vision loss. Guest speakers lend their time and expertise to the group. Participants share strategies as they learn and support each

other. We are fortunate to have a retired CNIB professional to facilitate this program.

Community Services

Foot Care

Currently two programs are offered: basic and complex foot care. These programs are designed for low income seniors and people living with disabilities in order to provide free access to necessary foot care. Basic foot care for those with simple foot care issues is provided through the help of a qualified volunteer. Complex foot care for those with chronic health or foot care issues is provided by a contracted Registered Nurse (RN) through a two year Community Grant from the Victoria Foundation. The RN provides in-home care for those with mobility and/or transportation challenges as well as appointments at the Project.

Community Library

Our library operates under a partnership agreement with the City of Victoria and the Greater Victoria Public Library (GVPL). The City of Victoria provides funding while GVPL loans the Project a selection of about 450 books. Loaned materials are rotated three to four times annually to ensure a continuous flow of new Library books. The library also houses about 2000

Community & Volunteer Services

donated materials. Hard cover books, paperbacks, VHS, DVD's, audio materials, youth and children's books are all part of the collection. One of the unique features of our library is that patrons only need provide contact information to take out a donated book. For GVPL books a Library Card is needed. Over 40 dedicated volunteers operate the library Monday to Friday 10 am – 4 pm as well as assisting with extra duties such as the book exchanges, processing donations, tracking down overdue materials and record keeping. On average 450 patrons visit the library monthly. Once a book is no longer circulated in the library it is sold to raise money for community programs.

Community Access Programs

We have 2 public access computer stations that are available Monday – Friday 8 am – 4 pm. Computers can be used for up to an hour a day on a first come, first served basis and there is no cost to use the computers. Printing can be done for a cost of 10 cents per sheet.

A public telephone, Times Colonist newspaper and information and brochure area are also available.

Community Living Volunteers

We collaborate with a number of Community Living Agencies including Community Living Victoria, Garth



Homer Society, Frederic Ozanam Centre, Abilities, Futures Club, InclusionWorks! and Satellite Day Program to provide volunteer placements for clients with disabilities. 18 teams of approximately 50 volunteers assist weekly with things like sorting clothing for the Community Closet, bagging bread for our food cupboard, bottle returns, shopping, cleaning, making soup, baking and assisting with office tasks.

Community Food Initiatives

We rely on donations of food for use in our programs and to give away to those in need. Local businesses such as Level Ground Trading Company, Six Mile Bakery, Starbucks Fairfield, Fairfield Grocery and Niagara Grocery as well as other non-profit societies like Mustard Seed Food Bank and James Bay United Church all contribute to our food supply. We also participate in the Community



Community & Volunteer Services

Food Program coordinated by Cold Star Freight Systems Inc. These donations save thousands of dollars and help to feed many people in our community. Using food donations, volunteers prepare soup and dessert for our weekly seniors programs, meals for family dinners, baking for many of our programs and healthy snacks for our Family Resource Centre. We also belong to the Community Kitchen Network and from time to time have supported Community Kitchens with funding from Island Health, Canadian Diabetes Society and Food Skills for Families.

Community members in need can stop by the reception desk to ask for a can of soup daily, receive bread on Tuesdays courtesy of Thrifty Foods James Bay and garden greens in the summer months courtesy of the Michigan Street Allotment Garden.



Community Health and Wellness Programs

Volunteers with specialized skills and talents lead many of our Community Programs. Due to their generosity we are able to offer ongoing weekly programs such as: Blood Pressure Clinic, Hatha Yoga, Qi Gong, Reiki, Nourishing Life Acupressure Self-Massage, Meditation & Self-Knowledge and Collective Kitchens. A small donation to access these programs goes directly back into supporting Community Services.

host groups at the Project such as: African Aids Angels, Breast Friends, Centre on Aging – Pain Management Series, LifeRingSupport Group, BCALM and Toastmasters.

Other Support

Volunteers provide an immeasurable amount of support across the Project, helping with tasks such as food sorting and preparation, room set up and clean up, reception and office assistance, gardening, lawn mowing, toy washing, grocery shopping, reminder phone calls, cleaning, shopping, painting, running errands, yard clean up and building maintenance.

Community & Volunteer Services



Community Closet Thrift Store

The Community Closet enjoyed the benefits of a warmer than normal winter and the early arrival of spring weather. A relatively early Easter was a boon to sales too: Easter is the unofficial kick-off to spring. When spring arrives it's time to put away the heavy fabrics and dark colours of winter and go shopping for "brights and whites".

Sales in March were strong and they capped off a good year for The Community Closet Thrift Store. Year over year sales were up

\$11,000 or 11%.

Everything The Closet sells is donated and we are fortunate to have the generous donors we do. Donations come from the community as well as a couple of well known consignment stores: Twice as Nice and My Sisters Closet. Without them and our almost 40 committed volunteers The Closet would be a very different place. Our customers, many of them regulars, are savvy shoppers who know their labels, our prices, and the fact that coming in often yields the best buys. We welcome them!

In 2015/16 we will continue to work hard to live up to the expectations of our customers. In addition we are increasing our presence in social media with our Facebook page as a way to showcase the quality of the donations we get. And as we unpack the latest Armani blazer or Gautier jacket we'll be tweeting their arrival.



Overheard in The Closet:

"I'm addicted to this place!"

"This is the best thrift store. I love this place. It's clean and it doesn't smell!"

"I only thrift shop at this place and My Sister's Closet." (MSC is our single biggest donor.)

"I spent the last four months in the U.S. and could not find a thrift store that compares to The Closet. This is the best!"

"Thank you for having your Bag Sale. It is such a good deal and it means a lot to us."

Finance Report 2014/15

A general description of the year ended March 31, 2015 is one of a further evolution of our major programs, one program leaving to operate under an independent society and one commencing operations with the prospect of expansion in 2015.

2015 total revenue increased by 1.5% over 2014.

2015 total expenditure increased by 3.2% over 2014.

Sales at the Community Closet rose again, from \$100,000 to \$111,000, contributing to the increased revenue.

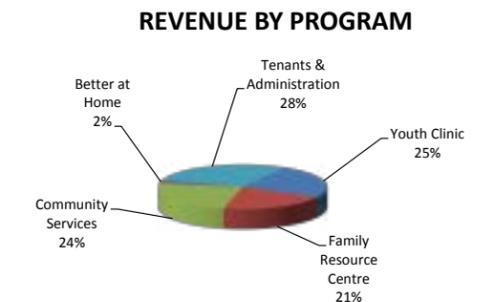
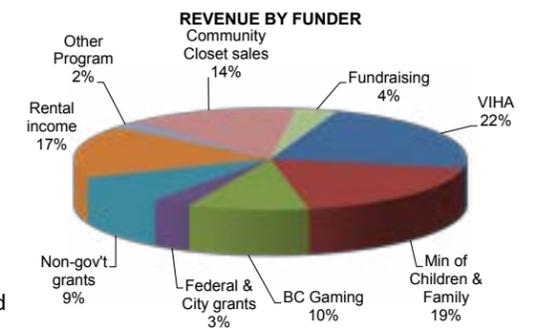
Program delivery under the Better at Home program commenced in April 2014 and grew steadily throughout the year. In March 2015, further funding from the United Way of the Lower Mainland was approved to expand the geographical area serviced by the program.

In late 2013, the physicians and staff of the Victoria Youth Clinic stated their intention of moving their services into an independent society at a mutually agreed time in the future. Following extensive consultations with stakeholders and funders, and completion of charity registration formalities, it has been determined that operations will be fully transferred on April 1, 2015. 2015 will be the final year in which the financial operations of the Victoria Youth Clinic will be shown in the financial statements of the James Bay Community Project.

During the year ended March 31, 2014, we reduced our mortgage by \$24,583 to \$208,017. No payments in addition to the regular mortgage payments were made.

Primary funding for the Project comes from the Ministry of Children and Family Development, Vancouver Island Health Authority, City of Victoria, the Province of BC (Gaming Policy Branch), United Way of Lower Mainland, United Way of Greater Victoria, Vancouver Foundation, Victoria Foundation, Thrifty Foods Smile Card Program, and our many other funding partners and the community at large.

Brian Vining, **Finance Manager**



Thank You to our Supporters!

January 1, 2014 - December 31, 2014

We are very grateful to the following funding agencies, organizations, businesses, and individuals for their generous gifts.

Funders and Grants 2014

BC Gaming
BC Ministry for Children & Family Development
The Province of British Columbia
BC Housing
CAP-C
City of Victoria
Greater Victoria Harbour Authority
Island Health
Island Savings
Thrifty Foods Smile Card Program
United Way of Greater Victoria
United Way of Lower Mainland
Vancouver Foundation
Victoria Foundation

Donations \$1,000 to \$4,999

Marie Louise Logan
Mel MacDonald
The Fabiola Foundation

Donations \$500 to \$999

Coast Capital Savings Credit Union
Michael & Dot Carson
My Sisters Closet
Robert Toublanc

Donations \$200 to \$499

Margaret Baldwin
Empire Donuts
David and Pauline Edwards
Roberta Little
Winifred Sewell
Maria van Sloun
Jillian Youds
Dr. Jennifer Serink Inc.
Royal Canadian Legion Branch 127
Victoria Marathon Society

Donations \$100 to \$199

Alice Adams
John Ammerlaan
Sylvia & Ken Austin
Berthold Blattmann
Marcel Carisse
Marsha Carters
Lauren Clavora
Gertrude Coutts
Mavis Degirolamo

David English
Malcolm Foy
Reg Gillis
Bob & Jennifer Hastie
Maya Iwata
Karen MacKinnon
Pamela Madoff
Dorothy Martin
Garth Mayhew
Kathleen Moeller
Mary J. Norton
Allan Rasi
Joseph Reilly
Florence Reiter
Elizabeth T. Rowe

Donations \$99 and under

Solly & Marilyn Bayer
Richard Bevan
Olive Boorman
Barton Bourassa
Lillian Bowker
Coral Carter
Beni Chatwin
Jill Dol
Joyce Elliott
Marie Feakins
Trudy Fitch

Thank You to our Supporters!

January 1, 2014 - December 31, 2014

Peggy Fok
Mary Ann Gallant
Maeva Gillespie
Linda Gokey
Deirdre Hitchcox
George Jamieson
Roy Jorgensen
Barbara Marshall
Ernest Marza
Doreen McConachie
Don McKimmie
Oxford Foods
Norma Pelikan
Jean Robinson
Chris & Robin Rohmoser
Lucille Singleton
J.A. Trousdell
Isobel Vanderwal
Brian Vining
Kathleen West

Sponsors & Gifts in Kind

6 Mile Bakery
Amica at Somerset
Act Together Moving Services
BC Tranist
Barb's Floating Fish & Chips & Seafood Restaurant
Bard & Banker Public House

Bent Mast Restaurant
Black Olive Restaurant
Breakwater Cafe & Bistro
Sam Broadbent
Chateau Victoria
Chorizo & Co.
Cineplex Odeon
Coldstar
Essential Health Centre
Fairfield Grocery
Fairmont Empress
Famoso Neapolitan Pizzeria
Fairfield Market
Fine Floral Designs
Fol Epi
Fry's Red Wheat Bread
Harbour Air Group
Harbour Towers Hotel & Suites Success Committee
Heron Rock Bistro
Hotel Grand Pacific
Jane Hutchinson
Il Terrazzo Ristorante
Irish Times Pub
Laurel Point Inn
Meridian Shiatsu
Metropol Studios
Emmie Mulley
Niagara Grocery

National Geographic Imax Theatre
Nomi Salon
North Forty-Eight Restaurant
Oak Bay Beach Hotel
Old Spaghetti Factory
Pacific Baroque Festival
Parkside Resort and Spa
Pescatores Restaurant
Pharmasave James Bay
Physio Plus
Picnic Cafe
Plume Jewellery
Royal British Columbia Museum
Ruffell & Brown Interiors Ltd.
Sandman Hotel Victoria
Spinnakers James Bay
Starbucks Fairfield
Steamship Grill & Taphouse
Super Chance Consignment Store
Sushi Matsuri
The Victoria Symphony
Thrifty Foods
Times Colonist
Victoria Harbour Ferry
Paula Weismiller
Ted West
Women In Need
YMCA-YWCA

James Bay Community Project

Programs & Services

Family & Youth Services

Family Resource Centre
Creative Play & Toddler Time Drop In
Parent Education and Support Groups
Baby Group, Parent/Child Mother Goose
Welcome Playgroup, Triple P Parenting Program, Family Dinners
Cool Cues, Outreach Counselling Program

Community & Volunteer Services

Community Programs

Foot Care, Reiki, Hatha Yoga
Blood Pressure Clinic, Meditation and Self-Knowledge, Qi Gong
Nourishing Life Acupressure Self Massage

Direct Services

Transportation, Visiting, Walking, Reading, Games, Computer Lessons, Dog Walking, Gardening, Light Errands, Organizing and Decluttering

Community Library

Hard Cover and Paper Back Books
DVD/CD/VHS, Audio & Low Vision Materials
Magazines

Community Closet Thrift Store

Clothing, Accessories, Books

Seniors Health Programs & Services

Outreach Worker, Seniors Social Connections Group, Foot Care, Macular Degeneration and Low Vision Support Group, Blood Pressure Clinic, Victoria Better at Home Program

Community Living Volunteer Programs

Partner Agencies: Garth Homer, InclusionWorks!, Ozanam, Futures Club, Community Living Victoria Satellite Day Program.
Activities: Soup Making, Baking, Gardeners, Grocery Shopping, Odd Jobs, Administrative Tasks, Thrift Store Helpers.

Community Programs - Host Space

Centre on Aging UVIC – Pain Management Series, African Aids Angels, Breast Friends LifeRing Support Group, Community Kitchens (VIHA, Canadian Diabetes Association, Community Kitchen Network)

Food Skills for Families, Canada Revenue Agency - Community Volunteer Income Tax Program

Rented Community Spaces

Toastmasters, BCALM, Various Community Groups (non-profits, charities, festivals,

support groups)

Community Food Programs

ColdStar, Canned Soup, Community Soup Lunch, Michigan Street Allotment Garden (25% of yield). Donated Bread (Thrifty's, Six Mile Bakery, Starbucks Fairfield, Fairfield Grocery, Niagara Grocery)

Community Access Programs

Computer access, Times Colonist paper Phone, Information & Brochures

Tenant Services

Co-op Community Health Centre

An integrative model of health care, complementary and alternative practitioners working in collaboration with MSP funded practitioners.

Essential Health Centre

Acupuncture and Massage Therapy.

HerWay Home

Health care and social supports for pregnant women and new mothers (with babies under six months old) who are affected by drug and alcohol use and/or mental health issues, violence or trauma.

LifeLabs

Laboratory testing services.

James Bay Community Project

Celebrating 40 years of Building Healthy Community Together

1975-2015

Thank you to the Board of Directors, Staff, Volunteers and Donors, past and present, for building healthy communities together in the James Bay area and beyond for the past 40 years



2014/15 Board of Directors

Our Mission

To build healthy, inclusive community in James Bay and beyond by operating and facilitating programs and services that support families, youth, seniors, and other community members.

How to Contact Us

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