

GREATER VICTORIA

CAREGIVER SUPPORT PROGRAM



Family Caregivers
of British Columbia

Let us help

30 YEARS

Caregiver Support

- 1-1 ongoing emotional and practical support M-F
- action planning appointments

Peer Support Networks

- support groups and personal network-building
- support group facilitator Community of Practice

Education

- access to FCBC Provincial Program learning tools and resources webinars
- webinars, online learning modules, interactive flip books

Information & Library

- Books, articles, resources on site
- FCBC online Caregiver Resource Center

Navigation

- how the health system works
- referrals to community services

Community Collaboration

- presentations, exhibits, fairs
- joint projects: *Mindful Self Care for Caregivers* pilot; Volunteer Ambassador
- Health Care Provider, Primary Care Network (PCN) collaboration



Victoria Program: 250-384-0408

www.familycaregiversbc.ca

