

Free Community Resources for Grief and Traumatic Events

<u>Learning Through Loss</u>	250-413-3114 info@learningthroughloss.org	A free program designed to help young adults through experiences of significant loss. By creating an open and supportive environment, program participants are encouraged to share and learn in a positive, fun environment
<u>Crime Victim Assistance Program (CVAP) - Province of British Columbia</u>	1-866-660-3888 cvap@gov.bc.ca	The Crime Victim Assistance Program (CVAP) provides a range of benefits to assist victims, immediate family members of victims and certain witnesses in coping with the effects of violent crime, where same or similar benefits are not available from another source
<u>VictimLinkBC - Province of British Columbia</u>	Call or Text 1-800-563-0808 Or email 211- VictimLinkBC@uwbc.ca	A toll-free, confidential, multilingual service available across B.C. and the Yukon 24/7 providing information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence, including victims of human trafficking exploited for labour or sexual services
<u>Sexual Assault Intervention Prevention Program – Pacific Centre Family Services Association</u>	250-940-4373 pacificcentre@pcfsa.org	A program for children and youth ages 5-19 who have been sexually abused, where sexual abuse is suspected or children under 12 with sexually intrusive behaviors. Supports available for both children

		and families to recover from the trauma of sexual abuse
Victoria Child Abuse Prevention and Counselling Centre	(250) 385-6111 admin@vcapcc.com	Accessible, collaborative, inclusive and timely prevention, advocacy and counselling service for children, youth and caregivers affected by abuse
Victoria Sexual Assault Centre	250-383-3232 access@vsac.ca	Support for women and all [trans] survivors of sexual assault and childhood sexual abuse. Ability to liaise between individuals affected by sexual violence, the justice and medical systems and community services
Vancouver Island Crisis Line	Call: 1-888-494-3888 Text: 250-800-3806 Online Chat: iCarol Messaging	24/7 Crisis Line, as well as Crisis Chat and Crisis Text services offering short-term nonjudgemental support, crisis intervention, information, and resources
KUU-US Crisis Line	Adults: 250-723-4050 Youth: 250-723-4050 Toll free: 1-800-588-8717	Support to Indigenous people throughout the province of British Columbia, with the goal of establishing a non-judgmental approach to listening and problem solving. Supports put into place where the caller is brought back to a pre-crisis state through mediating, de-escalating and interventions, as well as debriefing to any front-line worker who works within the field. KUU-US maintains an in-depth referral database.

Erase Website	A website supported through the BC Ministry of Education, offering resources for students, caregivers, and school staff, pertaining to safety and wellness
Report it Tool	Anonymous reporting tool, providing a secure confidential platform through which students can send concerns to school and district Safe School Coordinator. Messages are only monitored during school hours
Kids Help Phone	24/7 e-mental health service offering free, multilingual and confidential support to help all young people Feel Out Loud, including mental health tips and info, crisis support, and professional counselling
988	24/7 mental health and suicide prevention support. Trained crisis responders able to listen, provide support with compassion, and a safe space to talk, while connecting to other resources as appropriate

[Guidelines for parents/guardians to support children through times of grief during and after a traumatic event](#)