



Support Programs

Silver Threads Service provides a variety of support programs for Seniors and is providing information and booking appointments for the programs listed below.

Please call **250 388-4268** or **250 382-3151** for more information.

All appointments will adhere to COVID - 19 safety protocols and are 15 to 45 minutes long.

Computer Assistance - One-on-one help with your laptop, smart phone, tablet, or iPad at the Victoria Centre. \$5.25 members, \$7.35 non-members.

Legal Advice - Do you have a question that would be best answered with legal advice to provide you direction? Appointments are 15 minutes with a lawyer (Wills are not included in this service).

LIFE Program - The Leisure Involvement for Everyone Program (LIFE) allows eligible low income residents in Victoria to have access to City of Victoria recreation facilities, and eligible Saanich residents have access to Saanich Recreation facilities, and access free Membership at Silver Threads. Please call for more information and to apply.



Senior Mentoring - We can arrange one on one appointments with skilled volunteers who will provide assistance with online applications, searching for information, and applying for programs such as Shelter Aid for Elderly Renters (SAFER), the BC Bus Pass Program, and Federal programs such as Fair Pharmacare.

Telephone Reassurance Program - This is a no charge community service offered by Silver Threads Service providing daily phone contact to seniors living alone in the Victoria area. Trained and screened volunteers offer a friendly check-in phone call on weekdays to ensure the participating client is safe and well.

Food Share - Days and times to pick-up bread, produce and dry goods at both of our Centres are listed in the *Program Schedule*.

Living Life to the Full - in partnership with the Canadian Mental Health Association, this 8 week program will give you strategies to deal with feelings when you feel fed up, worried or hopeless. Registration on now for the January session. Mondays, 10:00am to 11:30am beginning January 17th at the Victoria Centre. Cost is \$30. Call 250 388-4268 for more information.