



Victoria Youth Empowerment Society

Alliance Club

The Alliance Club is an evening drop-in centre for youth 13 to 19 years old. It provides a safe, healthy alternative for youth to 'hanging out' in the downtown core and a connecting point for street entrenched youth who may wish to explore a more positive lifestyle. Services include an evening meal program, shower and laundry facilities, hygiene products and some recreational activities. Counsellors are available to assess youths needs, provide short term counselling and make referrals to connect youth with appropriate resources.

Kiwanis Emergency Youth Shelter (KEYS)

KEYS is a 10 bed facility that provides services to youth between the ages of 13 and 18. KEYS counsellors are able to respond to a wide range of crises, including parent/teen conflict, issues of abuse and youth homelessness. Counsellors are available on a 24 hour basis to provide support. Admission is voluntary and consent of the legal guardian is obtained whenever possible. Youth are able to stay up to 7 nights (with the possibility of an extension) and are encouraged to work on a stabilization plan while they access services.

Specialized Youth Detox

Specialized Youth Detox (SYD) is a 5 bed voluntary non-medical withdrawal management program for all youth who want support with detoxification from alcohol and other drugs. The program offers short term residential service for youth ages 13-18. Referrals are accepted from anyone in the community, including youth themselves. The program offers youth the ability to stay up to 10 days (with the possibility of an extension) to detox and stabilize both physically and emotionally.

Life Skills Day Program

Through individual and group work, Counsellors work to improve a youth's life skills in areas such as: self-esteem, healthy relationships, stress management, healthy relationships, family dynamics, anger management (among others). Counsellors work in collaboration with the youth's support system to ensure the youth's time in the Life Skills program benefits their long term service plan. The program emphasizes creating a positive attitude towards learning, growth and personal development.

Supported Independent Living Program (SIL)

SIL provides the supports necessary to ensure the successful transition of youth to independence and supports youth aged 16-24. The program integrates accommodation support, personal management skill building and individual support services as components in making a smooth transition to living independently, self-reliance and adulthood.

Daytime Youth Drop-In

YES' daytime drop-in connects youth to healthier opportunities by providing support and referrals. Youth receive assistance in obtaining legal, medical, and employment information, as well as some basic need items. A phone and message system, computers and access to drop-in counselling support is also available Monday-Friday from 9am-5pm.

Summer Opportunities Program (SOP)

SOP is a summer daytime drop-in activity program for youth aged 13 to 19 years. SOP focuses on providing free recreational activities in the downtown Victoria area. Lunches are included and the program runs Mon-Fri during the summer months.

Youth & Family Support Services (YFSS)

The YFSS program provides support, short and longer term counselling and outreach services to youth (12-19) and parents/caregivers. The objective is to provide the necessary interventions required to support the safety, well-being and reunification of youth and their families by increasing the family's capacity to deal with the issues that have caused family challenges.

Youth Services Outreach Program (YSOT)

YSOT provides initial and immediate contact with youth, ages 12-19 and their families in order to provide support, facilitate prevention/diversion, early identification and crisis intervention to reduce risks to youth and their families. The Youth Outreach team is a direct access point for community professionals, youth and families to be connected to outreach counsellors. After Hours support is available 24 hours a day, 7 days a week.

You(th) Can Garden

A community garden situated at the Kiwanis Emergency Youth Shelter that provides youth with the opportunity to learn how to grow their own produce and take home healthy fruits and vegetables at no charge.

Shift

SHIFT is a group for transgender, Two-Spirit, non-binary, and gender diverse youth 13-19 years of age. This group is designed to be an inclusive and safe space where youth can access support related to their gender identity and come together for peer connections. Topics and activities include self-esteem building, coping strategies, navigating medical services, and much more. SHIFT meets twice a month for a total of six meetings per session.

You(th) Can Cook

You(th) Can Cook is a free community kitchen for at-risk youth. The program runs in consecutive 8 week cycles to help youth build nutrition, budgeting, and cooking skills. You(th) Can Cook is interactive and engaging, involving guest speakers, local chefs, games and prizes. Youth are also given the opportunity to obtain their Food Safe certification. Youth are also welcome to bring a support worker to attend classes with them if requested.

Down to Earth

Down to Earth is a free outdoor program geared towards engaging youth with outdoor oriented activities. Its goal is expose youth to healthy recreations and teach them the skills necessary to do so. Outings take place bi-weekly and include hiking, paddle boarding, and fishing.

Anxiety Group

The Anxiety Group provides safe and welcoming activities for youth ages 13-24. It provides a learning experience for youth to make meaningful connections not only to other youth experiencing anxiety but also connections within themselves when it comes to their own. The program incorporates activities that are beneficial to support youth when coping with their anxiety.