

SAV Peer Support Resource List

Bullying

[Royal Roads Counselling Services](#)

Stress/Overwhelmed

[Royal Roads Counselling Services](#)

[Beacon Community Services](#)

Struggling with Academics/Career Choices

[Writing Centre](#)

[On-Campus English Language Support](#)

[Work Integrated Learning](#)

Financial Stress

[Royal Roads University Student Association](#)

[Financial Aid and Awards](#)

[Royal Roads Food Bank](#)

New to Canada/Stress over Cultural Differences

[On-Campus English Language Support](#)

[Royal Roads University Student Association](#)

[Royal Roads Counselling Services](#)

[Intercultural Association of Greater Victoria](#)

[Victoria Immigrant and Refugee Centre Society](#)

Aboriginal Support and Connections

[On-campus Indigenous Relations](#)

[Antidote: Multiracial & Indigenous Girls and Women's Network](#)

[Victoria Native Friendship Centre](#)

[Métis Nation of Greater Victoria](#)

Eating Disorders

[Royal Roads Counselling Services](#)

[Beacon Community Services](#)

Students with Disabilities (having problems/looking for resources/connections)

[Accessibility Services](#)

[Recreation Integration Victoria \(RIV\)](#)

[Victoria Disability Resource Centre](#)

[Community Living Victoria](#)

[Royal Roads Counselling Services](#)

[Beacon Community Services](#)

[Problems with School \(Problems with group work/program/cohort\)](#)

[Royal Roads Counselling Services](#)

[Depression](#)

[Royal Roads Counselling Services](#)

[Beacon Community Services](#)

[Questions about sexual health \(pregnancy, exams, contraception, STI's\)](#)

[Island Sexual Health](#)

[Aids Vancouver Island \(AVI\)](#)

[Sexual Identity \(Resources/Questions/Support\)](#)

[On-Campus RRU Proud](#)

[Island Sexual Health](#)

[Trans Vancouver Island](#)

[Suicidal thoughts](#)

[Police](#)

[NEED 2](#)

[Royal Roads Counselling Services](#)

[Beacon Community Services](#)

[Alcohol/Drug Abuse](#)

[Royal Roads Counselling Services](#)

[Beacon Community Services](#)

[Alcoholics Anonymous](#)

[Sexual Assault/Rape](#)

[Police](#)

[Victoria Sexual Assault Centre](#)

[Bridges for Women](#)

[Abuse](#)

[Bridges for Women](#)

[Victoria Sexual Assault Centre](#)

[Sooke Transition House](#)

[Mary Manning Centre](#)

[Men's Trauma Centre](#)

[The Cridge Centre for the Family](#)

[Royal Roads Counselling Services](#)

[Feeling Unsafe on Campus](#)

[Campus Security](#)

[Royal Roads Counselling Services](#)

[Feeling Unsafe at home](#)

[Bridges for Women](#)

[Royal Roads Counselling Services](#)

[Police](#)

[The Cridge Centre for the Family](#)

[Sooke Transition House](#)

[Legal Services](#)

[The Law Centre \(UVIC Faculty of Law\)](#)

[Legal Services Society \(Victoria Branch\)](#)

[Other](#)

[Royal Roads Running Club](#)

[Royal Roads Singing Club](#)

[Royal Roads Real Estate Club](#)

[ENACTUS](#)

[Ombuds-Services](#)

Bullying

[Royal Roads Counselling Services](#)

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Stress/Overwhelmed

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Beacon Community Services

-Offers adult and couples counselling for adults in the Saanich Peninsula. Some referrals and/or fees required for counselling.

What they do:

-Provide counselling for adults concerned with their health and well-being. There is a suggested fee for this service.

How to Refer: Phone: 250-656-0134 or <http://www.beaconcs.ca/pages/mentalhealth.html>

Struggling with Academics/Career Choices

Writing Centre

-Supports students with their writing throughout all stages of their programs.

What they do:

- Online Tutorials
- Email Support
- Face to Face support

How to Refer: Phone: (250) 391-2600, ext. 4353 or visit the Library or visit <http://library.royalroads.ca/writing-centre>

On-Campus English Language Support

-Online and face-to-face English Language Support and international services.

What they do:

- Academic Learning Strategies Workshop
- Individual Tutoring
- Editing Assistance (please note **University guidelines** with respect to editing services)
- Resources on academic reading, writing, vocabulary, critical thinking, and more
- Involvement in campus student activities
- Resource referral and support
- Intercultural communication workshops

How to Refer: (250) 391-2600, Ext 4259 or visit Student Service in Grant 130

Work Integrated Learning

- Many RRU programs offer work integrated learning opportunities as academic components of curriculum. Work integrated learning is a mode of learning that allows students to gain applied experience while enrolled in an academic program, providing learners the opportunity to apply classroom skills in the workplace and bring workplace skills back to the classroom.

What they do:

- Internships
- Practicum's
- Consulting/Industry Projects

How to Refer: Sarah-Joy Kallós Work Integrated Learning Advisor Grant 130,
Tel: 250-391-2600 ext. 4539

<https://student.myrru.royalroads.ca/student-services/work-integrated-learning>

Financial Stress

Royal Roads University Student Association

-Aims to enhance the student experience by providing opportunities for involvement and personal growth by reducing barriers.

What they do:

- Student Activities
- Connections to other services

How to Refer:(250)-391-2511

Financial Aid and Awards

-We have a large number of funding sources, including student loans, for you to discover, so you might be able to get a break on your tuition.

What they do:

- Financial Aid
- Awards and Scholarships

How to Refer: Financial Aid & Awards team: 250-391-2600 Ext.4222 or rrufinancialaid@royalroads.ca

Royal Roads Food Bank

-The Royal Roads University Food Bank supports RRU students who are on a very tight budget...no questions asked..

What they do:

-Students can access the Food Bank by visiting Student Services in Grant 130 Monday – Friday, between 8:30 a.m. – 4:30 p.m.

How to refer: Students can access the Food Bank during the above mentioned hours. For Questions contact Financial Aid & Awards team: 250-391-2600 Ext.4222 or rrufinancialaid@royalroads.ca

New to Canada/Stress over Cultural Differences

On-Campus English Language Support

-Online and face-to-face English Language Support and international services.

What they do:

- Academic Learning Strategies Workshop
- Individual Tutoring
- Editing Assistance (please note **University guidelines** with respect to editing services)
- Resources on academic reading, writing, vocabulary, critical thinking, and more
- Involvement in campus student activities
- Resource referral and support
- Intercultural communication workshops

How to Refer: (250) 391-2600, Ext 4259 or visit Student Service in Grant 130

Royal Roads University Student Association

-Aims to enhance the student experience by providing opportunities for involvement and personal growth by reducing barriers.

What they do:

- Student Activities
- Connections to other services

How to Refer: (250)-391-2511

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Intercultural Association of Greater Victoria

-A non-profit organization in Greater Victoria whose aim is to help newcomers from different cultures in various aspects of their lives

What they do:

- Settlement and integration counselling
- Translation and interpretation
- English classes
- Help with job search
- Peer mentoring and support
- Community development workshops on anti-racism, multiculturalism, diversity awareness and human rights.

How to refer: 250-388-4728, located at 930 Balmoral Road or visit" <http://www.icavictoria.org/>

Victoria Immigrant and Refugee Centre Society

- Assist in the settlement and adjustment of immigrants and refugees in Canada, and to provide services designed to increase the newcomer's participation in Canadian society, by assisting the newcomer to overcome barriers.

What They Do:

-Provide newcomers orientation with: Housing, Education, English Language Training, Health Care, Immigration & Citizenship, Legal Issues, Financial Issues, Translation & Interpretation, Community Participation, Understanding Canadian Culture.

How to Refer: 250-361-9433 or 637 Bay St. 3rd Floor or info@vircs.bc.ca

Aboriginal Support and Connections

On-campus Indigenous Relations

A program that provides on campus and on-line learning support and assistance for Indigenous and Metis students interested in our undergraduate and graduate programs or a non-credit training courses offered through the different schools and programs at Royal Roads University

What they do:

- Connect Indigenous Alumni to current students to talk about their experiences. -
Provide students with opportunities and experiences that feed their learning

How to Refer: (250)-391-2600, Ext 4529

Antidote: Multiracial & Indigenous Girls and Women's Network

-Work with youth and multiracial families, school, community groups, service providers, policy makers and researchers to promote the visibility and needs of racialized minority and Indigenous girls and women.

What they do:

- Workshops and social events
- Offer social environment to reduce isolation
- Connects girls and women to health, education and social services

How to Refer: info@antidotenetwork.org or <http://www.antidotenetwork.org/>

Victoria Native Friendship Centre

-Encourages and promotes the well-being of Urban Aboriginal People, by strengthening individuals, family and community.

What they do:

- Counselling
- Family Support Services
- Children and Youth Programming
- Acupuncture
- Outreach
- Aboriginal counsellors available upon request.

How to Refer: 250-384-3211 or 231 Regina Ave or <http://www.vnfc.ca/>

Métis Nation of Greater Victoria

-The purpose of Métis Nation of Greater Victoria is to do all things necessary to represent the interests of the Métis people in the territory of Métis Nation of Greater Victoria,

What they do:

- Monthly potlucks
- Youth Groups
- Volunteer Opportunities
- Resources and Cultural and Community Programming

How to Refer: 250-380-6070 or 231 Regina Ave or www.mngv.ca

Eating Disorders

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Beacon Community Services

-Offers adult and couples counselling for adults in the Saanich Peninsula. Some referrals and/or fees required for counselling.

What they do:

-Provide counselling for adults concerned with their health and well-being. There is a suggested fee for this service.

How to Refer: Phone: 250-656-0134 or <http://www.beaconcs.ca/pages/mentalhealth.html>

Students with Disabilities (having problems/looking for resources/connections)

Accessibility Services

- Students with a disability are encouraged to contact Accessibility Services early, but may self-identify at any time. Based on the documentation of the disability, we can make arrangements for physical and/or academic accommodations.

What they do:

- Focused on creating barrier-free learning
- Work with students to adapt services and instruction where appropriate

How to Refer: (250) 391-2600 Ext. 4849 or Toll-free 1-800-788-8028

Recreation Integration Victoria (RIV)

-An organization that facilitates active lifestyles for people with disabilities.

What they do:

- Act as recreation advisors and liaise between people with disabilities and community recreation professionals, agencies and all levels of government.
- Facilitate recreation through leisure planning, referrals, info and assistance in overcoming barriers to participation
- Leisure Assistance Program: matching a person with a disability with a one-on-one volunteer.

-Disabled Sailing Association: Sailing instruction for people with disabilities.

How to Refer: 250-477-6314 TTY or rivonline.org

Victoria Disability Resource Centre

-Work closely with people who have a disability and with other community organizations to find and remove barriers that prevent full participation in life.

What they do:

- Provide information and referrals
- Access to Employment Services
- Peer Support
- Disabled Parking Pass information

How to Refer: 250-595-0044 or 817A Fort Street or www.drcvictoria.com

Community Living Victoria

-Provides a range of support services to children and adults with developmental disabilities and their families.

What they do:

- Employment Support
- Parent Support
- Family Support
- Individualized Funding
- Create Volunteer Opportunities
- Supported independent living.

How to Refer: 250-477-7231 or <http://www.communitylivingvictoria.ca/> or 3861 Cedar Hill Cross Rd.

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services)

or visit Sarah in her office in Grant 130

[Beacon Community Services](#)

-Offers adult and couples counselling for adults in the Saanich Peninsula. Some referrals and/or fees required for counselling.

What they do:

-Provide counselling for adults concerned with their health and well-being. There is a suggested fee for this service.

How to Refer: Phone: 250-656-0134 or <http://www.beaconcs.ca/pages/mentalhealth.html>

Problems with School (Problems with group work/program/cohort)

[Royal Roads Counselling Services](#)

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Depression

[Royal Roads Counselling Services](#)

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support

- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Beacon Community Services

-Offers adult and couples counselling for adults in the Saanich Peninsula. Some referrals and/or fees required for counselling.

What they do:

-Provide counselling for adults concerned with their health and well-being. There is a suggested fee for this service.

How to Refer: Phone: 250-656-0134 or <http://www.beaconcs.ca/pages/mentalhealth.html>

Questions about sexual health (pregnancy, exams, contraception, STI's)

Island Sexual Health

-A go-to sexual health organization with multiple locations, offering private, non-judgemental, and supportive health services for all genders, orientations, identities, abilities, and age.

What they do:

- Appointment and drop-in sexual health exams run by Doctors and Nurses
- STI testing and treatment
- Contraception and pregnancy tests
- Abortion
- Assistance for paid services (like birth control)
- Answer sexual health/sexuality questions.

How to refer: 250-592-3479 or 3960 Quadra Street or islandsexualhealth.org

Aids Vancouver Island (AVI)

-Serves the needs of people infected and affected by HIV and Hepatitis C. We take evidence-based action to prevent infection, provide support and reduce stigma.

What they do:

- Presentations

- Education
- Toll-Free Info Line: **1-800-665-2437**

How to Refer: 250-384-2366 or 3rd Floor-Access Health Centre- 713 Johnson St. or <http://avi.org/victoria>

Sexual Identity (Resources/Questions/Support)

[On-Campus RRU Proud](#)

- A visible network of students, faculty, and staff who are working to make Royal Roads University a safer and more inclusive space for people of all genders and sexualities.

What they do:

- Organizes events
- Holds Positive Space Network Workshops
- Provides resources and referrals
- Collaborates with diversity initiatives through the University

How to Refer: RRUproud@royalroads.ca

[Island Sexual Health](#)

-A go-to sexual health organization with multiple locations, offering private, non-judgemental, and supportive health services for all genders, orientations, identities, abilities, and age.

What they do:

- Appointment and drop-in sexual health exams run by Doctors and Nurses
- STI testing and treatment
- Contraception and pregnancy tests
- Abortion
- Assistance for paid services (like birth control)
- Answer sexual health/sexuality questions.

How to refer: 250-592-3479 or 3960 Quadra Street or islandsexualhealth.org

[Trans Vancouver Island](#)

-A resources and information site for transgender people and their allies on Vancouver Island.

What they do:

- Peer Support
- General Advice
- Education
- Resources.

How to refer: <http://www.transvancouverisland.ca/>

Suicidal thoughts

Police

- Preventing and investigating crimes, maintaining peace and order etc...

What they do:

- Respond to Emergencies
- Deal with Conflicts.
- Report Crimes to

How to Refer: 9-1-1 for Emergencies, Non Emergencies/reporting past crimes 250-474-2264 for the West Shore detachment.

NEED 2

-A suicide prevention organization that provides anonymous chat/text services for youth.

What they do:

- Offer 24/7 Chat/Text support for those in crisis or friends of those in crisis
- Create awareness/break the silence around suicide through school presentations
- Volunteer program that has community workshops and support groups.

How to Refer: 24/7 Crisis Line: 1-888-494-3888 Province Wide BC Line 1-800-SUICIDE
Non-crisis info on NEED2 250-386-6328 or admin@need2.ca

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support

- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

[Beacon Community Services](#)

-Offers adult and couples counselling for adults in the Saanich Peninsula. Some referrals and/or fees required for counselling.

What they do:

-Provide counselling for adults concerned with their health and well-being. There is a suggested fee for this service.

How to Refer: Phone: 250-656-0134 or <http://www.beaconcs.ca/pages/mentalhealth.html>

Alcohol/Drug Abuse

[Royal Roads Counselling Services](#)

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

[Beacon Community Services](#)

-Offers adult and couples counselling for adults in the Saanich Peninsula. Some referrals and/or fees required for counselling.

What they do:

-Provide counselling for adults concerned with their health and well-being. There is a suggested fee for this service.

How to Refer: Phone: 250-656-0134 or <http://www.beaconcs.ca/pages/mentalhealth.html>

Alcoholics Anonymous

- A fellowship of men and women who share their experiences, strength and hope with each other that they may solve their common problem and help each other recover from alcoholism

What they do:

- Support Groups
- 24 hour help line
- Resources

How to Refer: <http://aavictoria.ca/> or 24 hour help line 250-383-7744 or office line 250-383-0417

Sexual Assault/Rape

Police

-Preventing and investigating crimes, maintaining peace and order etc...

What they do:

- Respond to Emergencies
- Deal with Conflicts.
- Report Crimes to

How to Refer: 9-1-1 for Emergencies, Non Emergencies/reporting past crimes 250-474-2264 for the West Shore detachment.

Victoria Sexual Assault Centre

-A feminist organization that supports women and all transgender survivors of sexual assault and childhood sexual abuse survivors through advocacy, counselling and empowerment.

What they do:

- Sexual Assault Response Team (SART)-accompanies survivors to hospital/police
- Crisis Line
- Crisis support and trauma counselling (individual and group)
- Offer information and support to assault survivors in dealing with the Criminal Justice System
- Project Respect-Supports and educates youth around relationships, consent and social action to end violence

How to Refer: For SART or to talk -Crisis Line: 250-383-3232 or vsac.ca or crisisline@vsac.ca or office line 250-383-5545

Bridges for Women

-A non-profit community agency run by women to help other women who have been impacted by violence or abuse reclaim their lives.

What they do:

- Employment training
- Support programs
- Free of charge.

How to Refer: 250-385-7410 or 1-866-896-3356 or <http://www.bridgesforwomen.ca/>

Abuse

Bridges for Women

-A non-profit community agency run by women to help other women who have been impacted by violence or abuse reclaim their lives.

What they do:

- Employment training
- Support programs
- Free of charge.

How to Refer: 250-385-7410 or 1-866-896-3356 or <http://www.bridgesforwomen.ca/>

Victoria Sexual Assault Centre

-A feminist organization that supports women and all transgender survivors of sexual assault and childhood sexual abuse survivors through advocacy, counselling and empowerment.

What they do:

- Sexual Assault Response Team (SART)-accompanies survivors to hospital/police
- Crisis Line
- Crisis support and trauma counselling (individual and group)
- Offer information and support to assault survivors in dealing with the Criminal Justice System
- Project Respect-Supports and educates youth around relationships, consent and social action to end violence

How to Refer: For SART or to talk -Crisis Line: 250-383-3232 or vsac.ca or crisisline@vsac.ca or office line 250-383-5545

Sooke Transition House

-Provides emergency shelter for women and their children who are in crisis resulting from family violence.

What they do:

- Emergency Shelter for women and their children
- Counselling
- Advocacy
- Education

How to refer: Emergency Pager: 250-642-2589 or Office 250-642-2591 or <http://www.sooke.org/wth/>

Mary Manning Centre

-Provides therapy and victim services for children and youth in Greater Victoria

What they do:

- Referrals
- Victim Services
- Counselling
- Resources
- Prevention

How to refer: 250-385-6111 or admin@marymanning.com or 210-1175 Cook Street.

Men's Trauma Centre

-To provide psychological and practical support to males sixteen years and older who suffer from the effects of trauma, in order to facilitate their emotional healing

What they do:

- Crime victim support (police, legal and court)
- Counselling services for men with regards to physical, sexual, emotional abuse; trauma from violence, war accidents etc.
- Serving self-identified men and people of all genders.

How to refer: 1-866-793-6367 or <http://www.menstrauma.com/>

The Cridge Centre for the Family

-A place where people can find respite and hope in their time of need.

What they do:

- Childcare
- Supportive housing for families in economic or relationship crisis
- respite care for children with disabilities
- support for parents of children with disabilities.

How to Refer: 250-479-3963 or 3575 Douglas Street or <http://cridge.org/>

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Feeling Unsafe on Campus

Campus Security

-Campus Security personnel patrol the campus 24 hours a day and can be called to escort students, visitors or staff to and from the parking areas. Campus Security can be recognized by their bright yellow jackets or vests.

What they do:

- Escort students to and from parking areas
- First aid assistance
- Building assistance and lockup
- Information
- Emergency Preparedness

How to refer: Security can be contacted at **250-391-2525** or through call boxes located at the entrance to Parking Lot #3, outside the Grant Building East, the Kiosk near the campus entry, and all building elevators. If you are calling from an on-campus phone, dial **2525**.

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Feeling Unsafe at home

Bridges for Women

-A non-profit community agency run by women to help other women who have been impacted by violence or abuse reclaim their lives.

What they do:

- Employment training
- Support programs
- Free of charge.

How to Refer: 250-385-7410 or 1-866-896-3356 or <http://www.bridgesforwomen.ca/>

Royal Roads Counselling Services

-A free and confidential counselling service that provides voluntary personal support to RRU students.

What they do:

- Counselling and support
- On-time Support and On-going counselling
- provide confidential information and referrals
- Peer meditation

How to Refer: 250-391-2600 Ext. 4515 or Toll-free 1-800-788-8028 (must ask for counselling services) or visit Sarah in her office in Grant 130

Police

-Preventing and investigating crimes, maintaining peace and order etc...

What they do:

- Respond to Emergencies
- Deal with Conflicts.
- Report Crimes to

How to Refer: 9-1-1 for Emergencies, Non Emergencies/reporting past crimes 250-474-2264 for the West Shore detachment.

The Cridge Centre for the Family

-A place where people can find respite and hope in their time of need.

What they do:

- Childcare
- Supportive housing for families in economic or relationship crisis
- respite care for children with disabilities
- support for parents of children with disabilities.

How to Refer: 250-479-3963 or 3575 Douglas Street or <http://cridge.org/>

Sooke Transition House

-Provides emergency shelter for women and their children who are in crisis resulting from family violence.

What they do:

- Emergency Shelter for women and their children
- Counselling
- Advocacy
- Education

How to refer: Emergency Pager: 250-642-2589 or Office 250-642-2591 or <http://www.sooke.org/wth/>

Legal Services

The Law Centre (UVIC Faculty of Law)

-Provides advice, assistance and representation to clients who cannot afford a lawyer

How to Refer: 250-385-1221 or <http://www.thelawcentre.ca/>

[Legal Services Society \(Victoria Branch\)](#)

-Legal aid for people with low incomes as well as many other services for all British Columbians

How to Refer: 250-388-4516 or <http://www.lss.bc.ca/>

Other

Royal Roads Running Club

RRRC is a running group that includes members from within the Royal Roads and West Shore communities. The group meets at the RRU Recreation Centre and runs through campus trails.

Royal Roads Singing Club

Do you like to sing? The Royal Roads Music Group is open to all learners, faculty and staff at RRU who enjoy music and want to sing together. The group meets weekly. Meetings are most often held in the Grant Quarterdeck, but at times may vary.

Staff liaison: Colleen Hoppis colleen.hoppins@royalroads.ca

Royal Roads Real Estate Club

This new club will explore the ins and outs of pursuing real estate.

Faculty advisor: Geoff Archer Geoff.Archer@royalroads.ca

ENACTUS

Enactus Canada is shaping generations of entrepreneurial leaders who are passionate about advancing the economic, social and environmental health of Canada. We rally the energy, ideas and passion of Canada's best and brightest students who see business as a way to address social issues.

Guided by academic advisors and business experts, the student leaders of [Enactus Canada](#) create and implement community empowerment projects and business ventures in communities coast to coast. This experiential learning platform helps students unleash their entrepreneurial spirit and develop the talent and perspective essential to leadership in our ever changing world.

If you are interested in joining RRU Enactus please contact Raisa Frenette (Raisa.Frenette@RoyalRoads.ca),

Ombuds-Services

Royal Roads University does not have a formal ombudsperson for students. However, if you have a concern that you feel has not been addressed after attempting resolution yourself, or about which you are uncomfortable approaching those directly involved, please contact the Coordinator, Student Services.

The Coordinator, Student Services can help students understand University administrative channels, processes and procedures. In addition, the coordinator is charged with the responsibility to investigate student issues and make

recommendations to support student success and satisfaction at RRU.

You can reach Sophia Palahicky, Coordinator, Student Services at:

1-800-788-8028 (toll free)

(250) 391-2600 ext. 4760

or [Contact the Coordinator, Student Services](#)