How We Help?

A Community Connector will...

- Take time to listen and reflect on what's going on for you
- Talk with you about what matters most to your wellbeing
- Help you find and access local programs and services
- Support referrals, applications, and introductions
- Create a personalized wellness plan with you
- Check in with you to see how things are going

Support is respectful, practical, and guided by your goals.

Social Prescribing • Relationship-Centered • Thought Leadership •

OBVS

Contact For Referral

672-974-2323

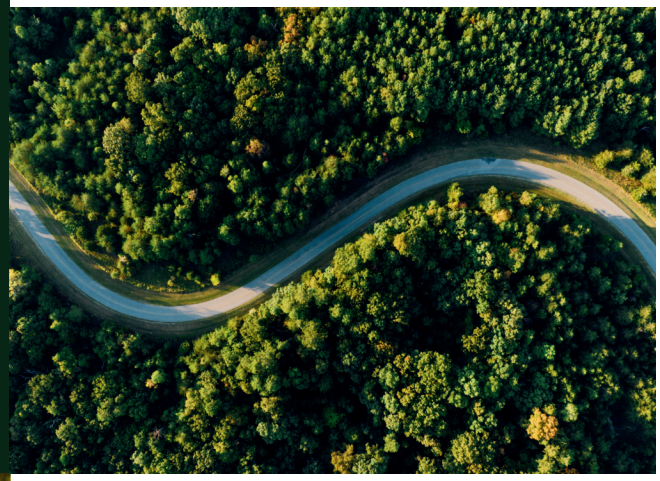
www.oakbayvolunteers.org



United Way British Columbia

JAMES BAY COMMUNITY PROJECT

Community Connector



YOU DON'T HAVE TO FIGURE THIS OUT ALONE

Connecting Older Adults to Programs, Supports, and Resources to Help Them Thrive



COMMUNITY CONNECTOR

IS THIS PROGRAM A GOOD FIT?



"ALONE, WE CAN DO SO LITTLE; TOGETHER, WE CAN DO SO MUCH."

— HELEN KELLER—

You Navigate Life Independently

You Live In Greater Victoria

You are 55 years or older

Participation is voluntary, and you decide how involved you want to be. Your information is kept confidential, and support is non-clinical, focusing on community connections rather than medical care. You are an active participant in exploring options that support your well-being.

You Would Like Help With:

- Feeling lonely or socially isolated
- Emotional or mental well-being
- Housing information or guidance
- Finances, benefits, or navigating services
- Getting active or eating well
- Creative, cultural, or social activities
- Life changes such as retirement, loss, or changes in health

You can refer yourself, or be referred by a healthcare provider, community organization, or family member.

What is Social Prescribing







Social prescribing is a way of supporting health that looks beyond medical care.

Many things affect how we feel day to day, like loneliness, housing stress, money worries, or not knowing where to turn for help. These are not medical problems, but they still affect our health.

Social prescribing connects people to non-medical, community-based supports that help them feel more connected, confident, and supported.