

# New Physician Welcome Package



Victoria & the South Island

*Community information for physicians new  
to Victoria & surrounding areas*

# WELCOME

## THE WELCOME PACKAGE

Welcome to the South Island! This package, created by the South Island MSA's New Physician Wellness Program, contains information and resources that you may find useful in your transition to Victoria and surrounding areas. This package is not meant to be comprehensive, nor does it intend to promote certain organizations over others, however we hope that it will provide you with a sample of resources to help get settled in our community, both personally and professionally.

## SOUTH ISLAND MSA

The South Island MSA represents and advocates for South Island medical personnel who hold a Board-issued permit to practice at a hospital, and who have been appointed to the Medical Staff. Its purpose is to represent the views of the medical staff on matters of interest, identify the rights and responsibilities of the individual practitioner, play an advocacy role independent from medical managers and department heads, and to provide the independent voice of the medical staff as a whole.

More information surrounding the South Island MSA and the Physician Social and Wellness Committee, including its New Physician Wellness Program can be found at [www.southislandmsa.ca/](http://www.southislandmsa.ca/)

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LIVE

## THE CAPITAL REGIONAL DISTRICT

[www.crd.bc.ca/](http://www.crd.bc.ca/)

The Capital Regional District (CRD) is the regional government for 13 municipalities and three electoral areas on southern Vancouver Island and the nearby Gulf Islands, serving more than 383,000 citizens.

## VICTORIA PHYSICIAN WELLNESS GROUP

[www.facebook.com/groups/1589032367861180/?ref=bookmarks](https://www.facebook.com/groups/1589032367861180/?ref=bookmarks) Join our Facebook group to network with other physicians and to stay up to date on events, clubs and other resources.

## FINDING A HOME

### Real Estate

#### MLS

[www.realtor.ca/mls](http://www.realtor.ca/mls)

#### Victoria Real Estate Board

[www.vreb.org/](http://www.vreb.org/)

### Renting

#### Victoria BC, Community House Network Facebook Group

[www.facebook.com/groups/209872279043149/](https://www.facebook.com/groups/209872279043149/)

#### Craigslist

[www.victoria.craigslist.ca/search/hhh](http://www.victoria.craigslist.ca/search/hhh)

#### Used Victoria

[www.usedvictoria.com/classifieds/real-estate-rentals](http://www.usedvictoria.com/classifieds/real-estate-rentals)

## FINANCES

### Physician Financial Independence (Canada) Facebook Group

<http://www.facebook.com/groups/303157906773998>

Lead by Paul & Jane Healy, this private, not-for-profit group is “a place for Canadian physicians and their spouses to teach each other about money and how to use money to achieve happiness.”

## Don't forget your physician discounts!

**CMA:** Discounts for you and your family to numerous companies & services.

[www.cma.ca/En/Pages/member-discounts.aspx](http://www.cma.ca/En/Pages/member-discounts.aspx)

**Island Health:** The Employee Preferred Purchasing program is an employee-driven program that connects IH physicians to discounts and special offers provided by businesses serving Vancouver Island.

[www.viha.ca/recognition/employee\\_preferred\\_purchasing/index.html](http://www.viha.ca/recognition/employee_preferred_purchasing/index.html)



# LIVE

## FAMILY

### Childcare:

**Facebook: Childcare in Greater Victoria, BC, Canada:**

[www.facebook.com/groups/475275452530759/](http://www.facebook.com/groups/475275452530759/)

**Victoria Childcare Resource & Referral:**

[www.childcarevictoria.org/](http://www.childcarevictoria.org/)

A program funded by the provincial government, the CCRR provides free consultation & detailed childcare searches based on your child's age, location, schedule & type of care you prefer.

**Child's Play 101**

[www.childsplay101.com](http://www.childsplay101.com)

A free directory that lists hundreds of local camps, pro-d day programs, and family friendly events for all ages.

## SCHOOLS

### Public Schools:

**Greater Victoria School District 61**

[www.sd61.bc.ca/](http://www.sd61.bc.ca/)

**Sooke School District 62**

[www.sd62.bc.ca/](http://www.sd62.bc.ca/)

**Saanich School District 63**

[www.sd63.bc.ca/](http://www.sd63.bc.ca/)

### Independent Schools:

**Brookes Westshore (IB 6-12)**

[www.westshore.brookes.org/](http://www.westshore.brookes.org/)

**Cathedral School (JK-12)**

[www.cathedralschool.ca](http://www.cathedralschool.ca)

**Glenlyon Norfolk School (JK-12)**

[www.mygns.ca/](http://www.mygns.ca/)

**Maria Montessori School (JK-12)**

[www.mariamontessoriacademy.net](http://www.mariamontessoriacademy.net)

**Pacific Christian School (JK-12)**

[www.pacificchristian.ca/](http://www.pacificchristian.ca/)

**Selkirk Montessori (JK-8)**

[www.selkirkmontessori.ca/](http://www.selkirkmontessori.ca/)

**St. Margaret's School (Girls JK-12)**

[www.stmarg.ca](http://www.stmarg.ca)

**St Michaels University School (K-12)**

[www.smus.ca](http://www.smus.ca)

**St. Patricks Elementary School (K-7)**

[www.stpatrickselem.ca/](http://www.stpatrickselem.ca/)

### Distance Education:

**South Island Distance Education (SIDES)**

[www.sides.ca](http://www.sides.ca)

K-12 public, full service school offering distributed learning courses to all students in BC.

## RECREATION

### Community Fitness & Aquatic Centres:

**CRD Recreation Facilities**

[www.crd.bc.ca/parks-recreation-culture/recreation-facilities](http://www.crd.bc.ca/parks-recreation-culture/recreation-facilities)

**Crystal Pool & Fitness Centre**

[www.victoria.ca/EN/main/residents/facilities/crystal-pool.html](http://www.victoria.ca/EN/main/residents/facilities/crystal-pool.html)

**Esquimalt Recreation Centre**

[www.esquimalt.ca/parks-recreation/facilities/esquimalt-recreation-centre](http://www.esquimalt.ca/parks-recreation/facilities/esquimalt-recreation-centre)

**Oak Bay Recreation Facilities**

[www.oakbay.ca/parks-recreation/facilities-rentals/recreation-centres](http://www.oakbay.ca/parks-recreation/facilities-rentals/recreation-centres)

**Saanich Recreation Facilities**

[www.saanich.ca/EN/main/parks-recreation-culture/facilities-schedules-fees/facilities.html](http://www.saanich.ca/EN/main/parks-recreation-culture/facilities-schedules-fees/facilities.html)

# LIVE

## RECREATION

### UVic CARSA facility (open to public)

[www.vikesrec.ca/](http://www.vikesrec.ca/)

### Westshore Recreation

[www.westshorerecreation.ca/](http://www.westshorerecreation.ca/)

**YMCA/YWCA of Vancouver Island** [www.vancouverisland.ca/](http://www.vancouverisland.ca/)

## COMMUNITY RESOURCES

### Victoria and Region Community Green Map

[www.crdcommunitygreenmap.ca/](http://www.crdcommunitygreenmap.ca/)

Features sites & stories under four broad categories: Sustainable Living, Nature, Culture and Society, & Newcomers.

### Victoria Native Friendship Centre

[www.vnfc.ca](http://www.vnfc.ca)

“To encourage and promote the well-being of Urban Aboriginal People, by strengthening individuals, family and community”

### Victoria Women’s/Men’s Newcomers Clubs

[www.victoriawomensnewcomers.com](http://www.victoriawomensnewcomers.com) , [www.vmnc.ca](http://www.vmnc.ca)

Social clubs aimed at helping women & men new to the Victoria area make friends and integrate into the community.

## LGBTQ

### Victoria Pride Society

[www.victoriapridesociety.org/](http://www.victoriapridesociety.org/)

“To inspire full inclusion within the Pride Community and society at large through visibility, collaboration, ongoing conversation, and celebration.”

### Trans Vancouver Island

[www.transvancouverisland.ca](http://www.transvancouverisland.ca)

A resource and information for transgender and gender diverse people and their allies on Vancouver Island

## SHOPPING LOCAL

### Community Markets

#### Moss Street Market

[www.mossstreetmarket.com/](http://www.mossstreetmarket.com/)

Year-round Saturday market, rain or shine.

#### Oak Bay Night Market

[www.mossstreetmarket.com/](http://www.mossstreetmarket.com/)

June – September, European style night market held the second Wednesday of the month from 4-8pm

#### Oaklands Sunset Market

[www.oaklandscommunitycentre.com/markets](http://www.oaklandscommunitycentre.com/markets)

June – August, Wednesdays from 4:30-8:30pm at the Oaklands Community Centre

#### James Bay Community Market

[www.jamesbaymarket.com/](http://www.jamesbaymarket.com/)

May-October Saturday market, rain or shine.

#### Esquimalt Farmer’s Market

[www.esquimaltmarket.com](http://www.esquimaltmarket.com)

May-October outdoor market on Thursdays from 4:30-7:30. Select winter dates.

#### Goldstream Farmers Market

[www.goldstreamstationmarket.ca](http://www.goldstreamstationmarket.ca)

May-October Saturday market in downtown Langford

#### Saanich Farmers Market

[www.saanichfarmersmarket.com](http://www.saanichfarmersmarket.com)

July – August Sunday Market from 10-2

#### Sidney Street Market

[www.sidneystreetmarket.com/](http://www.sidneystreetmarket.com/)

June-August Thursday evening market in downtown Sidney

# WORK

## LOCAL SUPPORTS

### Island Health

[www.viha.ca/physicians/index.html](http://www.viha.ca/physicians/index.html)

The IH Physicians' website is a centralized information resource intended to provide timely, consistent and clear communication for Island Health's medical staff. It includes orientation & start-up resources, information on organizational structure, a calendar of events and much more.

### Victoria Medical Society

[www.victoriamedicalsociety.org/](http://www.victoriamedicalsociety.org/)

The Victoria Medical Society serves to provide an arena to meet colleagues informally and get involved in charity events as well as offering CME lectures & archiving medical artifacts.

### South Island Physician Social & Wellness Committee

[www.southislandmsa.ca/](http://www.southislandmsa.ca/)

The South Island Physician Social and Wellness Committee is a group of South Island specialists with a passion for improving physician well-being, engagement and resilience. The committee is made up of four sub-committees (Social, Education, New Physicians and Recognition) and values feedback, engagement & participation from all South Island specialists. Visit the website to see upcoming events & learn how to get involved!

## BURNOUT SUPPORT

### Physician Health BC

[www.Physicianhealth.com](http://www.Physicianhealth.com)

24/7 Help Line – 1-800-663-6729

A program to support and advocate for BC physicians & their families. They provide assistance for a wide range of physical, mental & relationship challenges and aim to support a healthy, connected & resilient physician community.

**Check out our New Practice Start-up Guide** for a comprehensive check-list of items to consider as you set up your new specialty practice.

The checklist can be found on the [South Island MSA Website](#) as well as on the [Victoria Physician Wellness Facebook page](#)



# PLAY

## OUTDOORS

### Outdoors Club of Victoria

[www.ocv.ca/](http://www.ocv.ca/)

A club that has been facilitating outdoor activities for over 70 years. Scheduled hikes every week, as well as biking and camping trips throughout the year. Excursions range from advanced to beginner.

### Hikes & Trails

#### Victoria Trails

[www.victoriatrails.com/](http://www.victoriatrails.com/)

An excellent resource for hikes on the south Island. Provides hike descriptions, ratings and photos.

#### Victoria Club Tread

[www.clubtread.org/](http://www.clubtread.org/)

One of the most active hiking clubs on the Island with weekly hikes on the south Island as well as regular trips further afield, within Canada and abroad.

### Mountain Biking

#### South Island Mountain Biking Society

[www.simbs.com](http://www.simbs.com)

Trail advocacy group for mountain biking in the South Island. Trail maps, events & meet ups, and opportunities to get involved in the mountain biking community.

#### Bear Mountain Bike Park

[www.bearmountain.ca/recreation/bike/](http://www.bearmountain.ca/recreation/bike/)

A network of intermediate to advanced west coast single track, sweeping flow lines and scenic climbs.

### On the Water

#### Royal Victoria Yacht Club

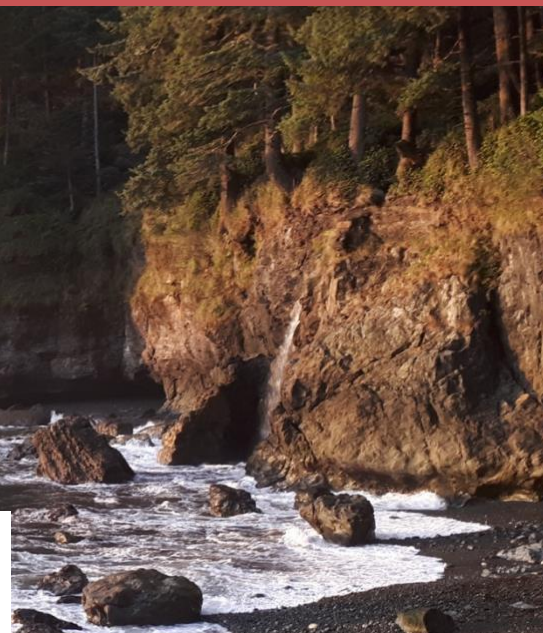
[www.simbs.com](http://www.simbs.com)

A club promoting yachting, boating, navigation & seamanship and offering racing events, cruising excursions, moorage, kayaks & stand up paddle boards.

#### Victoria City Rowing Club

[www.vcrc.bc.ca](http://www.vcrc.bc.ca)

A not-for-profit rowing club on Elk Lake offering introductory, recreational and competitive rowing programs for athletes of all ages.



### Facebook Groups:

Great groups for meeting people, organizing activities & learning about events.

- Victoria BC Climbing Friends
- Greater Victoria Trail Running
- Victoria Arts Council
- Victoria Events Centre

# PLAY

## SPORTS

### Victoria Sports & Social Club

[www.vssc.ca](http://www.vssc.ca)

Recess for adults! The VSSC operates year-round coed sports leagues and is open to group or individual registration.

### West Coast Rec

[www.westcoastrec.ca/](http://www.westcoastrec.ca/)

“Bringing people together through an interest in sports, keeping people together through an interest in each other.” Hosts premium leagues, tournaments and events.

## ARTS

### Arts Victoria

[www.artsvictoria.ca/](http://www.artsvictoria.ca/)

A community-driven calendar, map, directory & living archive of the arts in Victoria. The resource map & directory index cultural resources such as venues, organizations, support services, studio spaces etc.

### Victoria Arts Council

[www.vicartscouncil.ca/](http://www.vicartscouncil.ca/)

Dedicated to developing a supportive environment for the arts through education, civic advocacy, projects and programs that reach artists and the entire community.

### Victoria Event Centre

[www.victoriaeventcentre.ca/](http://www.victoriaeventcentre.ca/)

A non-profit, multipurpose venue for arts, celebration & community. The VEC works in partnership with local arts & cultural groups to develop & present a wide variety of events, shows & opportunities for all.

## MEDITATION/MINDFULNESS

### BC Association for Living Mindfully

[www.bccalm.ca/](http://www.bccalm.ca/)

A non-profit organization based in Victoria dedicated to increasing mindfulness and reducing stress. They offer classes, workshops and retreats in meditation & mindfulness based stress reduction and management for children, youth & adults.



### Have you tried MeetUp?

Meetup is an excellent resource for meeting new people, trying new things or sharing your hobbies! 15 - 20 events for people of all ages in Victoria every day.

<https://www.meetup.com/cities/ca/bc/victoria/events/>







## **SOUTH ISLAND MSA**

[WWW.SOUTHISLANDMSA.CA](http://WWW.SOUTHISLANDMSA.CA)

#190-2334 Trent Street

Victoria, BC

V8R 4Z3

[info@southislandmsa.ca](mailto:info@southislandmsa.ca)

### **GET INVOLVED!**

Visit our website to see our events calendar, participate in forums, apply to lead your own events or groups and much more!