

New Physician Welcome Package



Victoria & the South Island

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

**SOUTH ISLAND
MEDICAL STAFF ASSOCIATION**

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.

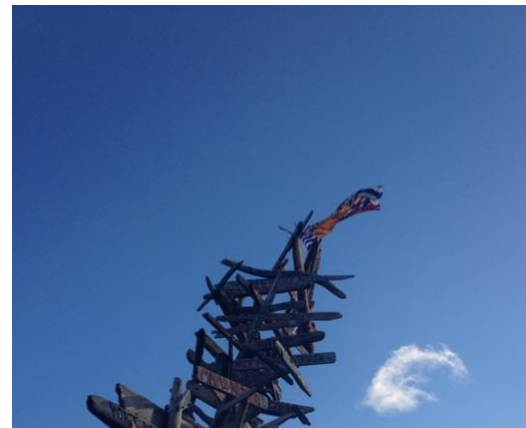
SOUTH ISLAND MSA

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/

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LIVE

THE CAPITAL REGIONAL DISTRICT

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 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

Victoria Real Estate Board

www.vreb.org/

Renting

Victoria BC, Community House Network Facebook Group

www.facebook.com/groups/209872279043149/

Craigslist

www.victoria.craigslist.ca/search/hhh

Used Victoria

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

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

LIVE

FAMILY

Childcare:

Facebook: Childcare in Greater Victoria, BC, Canada:
www.facebook.com/groups/475275452530759/

Victoria Childcare Resource & Referral:
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

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/

Sooke School District 62
www.sd62.bc.ca/

Saanich School District 63
www.sd63.bc.ca/

Independent Schools:

Brookes Westshore (IB 6-12)
www.westshore.brookes.org/

Cathedral School (JK-12)
www.cathedralschool.ca

Glenlyon Norfolk School (JK-12)
www.mygns.ca/

Maria Montessori School (JK-12)
www.mariamontessoriacademy.net

Pacific Christian School (JK-12)

www.pacificchristian.ca/

Selkirk Montessori (JK-8)

www.selkirkmontessori.ca/

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

www.stmarg.ca

St Michaels University School (K-12)

www.smus.ca

St. Patricks Elementary School (K-7)

www.stpatrickselem.ca/

Distance Education:

South Island Distance Education (SIDES)

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

Crystal Pool & Fitness Centre

www.victoria.ca/EN/main/residents/facilities/crystal-pool.html

Esquimalt Recreation Centre

www.esquimalt.ca/parks-recreation/facilities/esquimalt-recreation-centre

Oak Bay Recreation Facilities

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

LIVE

RECREATION CONT'D

UVic CARSA facility (open to public)

www.vikesrec.ca/

Westshore Recreation

www.westshorerecreation.ca/

YMCA/YWCA of Vancouver Island www.vancouverislandy.ca/

COMMUNITY RESOURCES

Victoria and Region Community Green Map

www.crdcommunitygreenmap.ca/

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

Victoria Native Friendship Centre

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 , 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/

“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

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/

Year-round Saturday market, rain or shine.

Oak Bay Night Market

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

June – August, Wednesdays from 430-830pm at the Oaklands Community Centre

James Bay Community Market

www.jamesbaymarket.com/

May-October Saturday market, rain or shine.

Esquimalt Farmer’s Market

www.esquimaltmarket.com

May-October outdoor market on Thursdays from 430-730. Select winter dates.

Goldstream Farmers Market

www.goldstreamstationmarket.ca

May-October Saturday market in downtown Langford

Saanich Farmers Market

www.saanichfarmersmarket.com

July – August Sunday Market from 10-2

Sidney Street Market

www.sidneystreetmarket.com/

June-August Thursday evening market in downtown Sidney

WORK

LOCAL SUPPORTS

Island Health

<https://medicalstaff.islandhealth.ca/>

The IH Medical Staff 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/

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/

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

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/

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/

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

Victoria Club Tread

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

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/

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

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

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

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/

“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/

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/

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/

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

MEDITATION/MINDFULNESS

BC Association for Living Mindfully

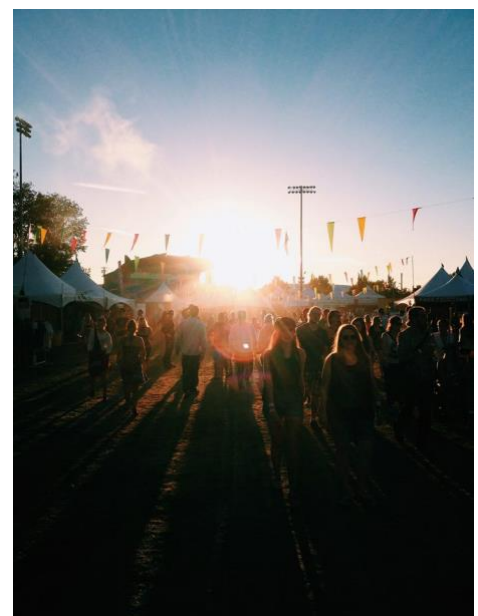
www.bccalm.ca/

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

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GET INVOLVED!

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