

New Physician Welcome Package

Victoria and the South Island

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



WELCOME



THE WELCOME PACKAGE

Welcome to the South Island! This package, created by the South Island MSA's Physician Wellness and Social Committee, 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 you settled in our community, both personally and professionally. Check out our contact page and get in touch if there's something you'd like to see added in future editions!

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 Wellness and Social Committee 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.

FINDING A HOME

Buying

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

www.facebook.com/groups/303157906773998

Lead by Paul and 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!

Club MD

Exclusive discounts for travel, wellness, entertainment, food, electronics and more available to members of Doctors of BC.
www.doctorsofbc.ca/club-md

CMA

Discounts for you and your family to numerous companies and services.
<https://www.cma.ca/make-the-most-of-your-membership>

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 and detailed childcare searches based on your child's age, location, schedule and 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. Patrick's 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 and stories under four broad categories: Sustainable Living, Nature, Culture and Society, and 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.vmmc.ca

Social clubs aimed at helping women and 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. Now offering an online market with delivery and pick up options.

Oaklands Sunset Market

www.oaklandscommunitycentre.com/markets

July - 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

<http://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 and start-up resources, information on organizational structure, a calendar of events and much more.

South Island Medical Staff Association (MSA)

www.southislandmsa.ca/

Physician Wellness & Social Committee

A group of South Island physicians with a passion for improving physician well-being, engagement and resilience. Offering three annual showcase events (Family BBQ, Welcome and Thank You, Family winter event) in partnership with other local physician organizations, as well as learning, wellness, and social opportunities throughout the year.

South Island Facilities Engagement Initiative (FEI) Working Group

This multi-departmental team allocates funding for engagement work, approves engagement project proposals, and supports the overall work of the South Island MSA.

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 and archiving medical artifacts.

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 and their families. They provide assistance for a wide range of physical, mental and relationship challenges and aim to support a healthy, connected and 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](#)

FACEBOOK SUPPORT GROUPS

Victoria Physician Wellness Group

Join our Facebook group to network with other physicians and to stay up to date on events, clubs and other resources.

The Hub & The Hive

Following the success of The Hive, a group for women physicians across Canada, The Hub, a group for physicians of all genders was launched to provide a space for physicians to support each other and discuss all things family, work, and play.

PLAY

OUTDOORS

Clubs & Groups

Outdoors Club of Victoria

www.ocv.ca/

Scheduled hikes every week, as well as biking and camping trips throughout the year. Excursions range from advanced to beginner.

Victoria Club Tread

www.clubtread.org/

Hiking club offering weekly hikes on the south Island as well as regular trips further afield.

Island Alpine Guides

www.islandalpineguides.com

Offering climbing, mountaineering, avalanche and ski touring courses and guided trips for all levels, provided by ACMG certified guides.

Hikes & Trails

Victoria Trails

www.victoriatrails.com/

Provides hike descriptions, ratings and photos for South Island hikes.

Mountain Biking

South Island Mountain Biking Society

www.simbs.com

Trail advocacy group for mountain biking in the South Island. Trail maps, 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

<https://www.rvyc.bc.ca/>

Promoting yachting, sailing, navigation and seamanship and offering races, excursions, moorage, kayaks and SUPs.

Victoria City Rowing Club

www.vcrc.bc.ca

A nonprofit club on Elk Lake offering recreational and competitive rowing programs for all ages.



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 and living archive of the arts in Victoria.

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 and community working in partnership with local arts and cultural groups to provide a wide variety of events, shows, and opportunities for all.

MEDITATION/MINDFULNESS

BC Association for Living Mindfully

www.bccalm.ca/

A non-profit organization offering classes, workshops and retreats in meditation and mindfulness based stress reduction and management for all ages.



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.

www.meetup.com/cities/ca/bc/victoria/events/

FACEBOOK GROUPS

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

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

SOUTH ISLAND MSA



www.southislandmsa.ca



@SouthIMSA



info@southislandmsa.ca

#190-2334 Trent Street
Victoria, BC
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Have questions or want to get involved?

Visit our website or send us an email to learn more about our events, participate in discussions, apply to lead your own events and let us know what you'd like to see happen in the future.

Are you a GP new to the area? Check out the [Victoria Division of Family Practice](#) or the [South Island Division of Family Practice](#)

