



December 2015

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The VBIS office will be closed from 24th of December until 4th January.

If you need help over the holidays you can contact the organizations below.

CRISIS

If you or someone you know is in crisis, please call the 24 hr Vancouver Island Crisis Line: 1-888-494-3888

or the Province-wide BC Line: 1-800-SUICIDE

8-1-1 is a free-of-charge provincial health information and advice phone line available in British Columbia.

Or call emergency services **9-1-1**.

HOLIDAY MEALS

Rainbow Kitchen

Noon seating: further seatings as needed. 500 Admirals Road

12 Steps Recovery Community

noon-2pm Kirk Hall...

[Read more about Help over the Holidays](#)

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