

## | Who We Are

Thrive is a team of social service professionals with a mission to support those we serve to live their best lives by providing high-quality services through various programs.

We are a CARF-accredited agency offering a broad range of child, youth, adult and family services throughout the greater Victoria area.

## | Our Values

We believe in honouring and recognizing the uniqueness of each individual we serve. We provide services that build skills, strengths and resourcefulness where needed.

We pride ourselves on being leaders in providing accessible and meaningful services to everyone we serve.



## Community Living Services for Adults

## | Additional Resources

### **Community Living British Columbia (CLBC)**

29 Helmcken Rd  
Victoria, BC V8Z 5G7  
Phone: 250-952-4203  
Fax: 250-387-6260

### **CLBC Website**

[communitylivingbc.ca](http://communitylivingbc.ca)

### **Disability Resource Centre**

Phone: 250-595-0044  
Website: [drcvictoria.com](http://drcvictoria.com)



## | Contact Us

Telephone\_ 250-383-4821  
Fax\_ 250-386-7142  
[thrivevictoria.org](http://thrivevictoria.org)



### **Thrive Social Services Society**

1095 McKenzie Ave, 4th Floor  
Victoria, BC, V8P 2L5

# THRIVE

Bringing your potential to life.

## | Community Living Services

Community Living Services proudly supports adults with diverse abilities (also known as “developmental disabilities”) to access and contribute to their community while encouraging communities to welcome people with a wide range of abilities.

We provide voluntary individual and group services to adults over 19 years of age to help strengthen daily living skills with the goal of greater independence and self-esteem. Supports focus on communication, life skills, social skills, community access, self-advocacy, and employment. All programs are funded and accessed through Community Living British Columbia (CLBC).

### INDIVIDUAL SERVICE

Thrive offers one-to-one support for adults with diverse abilities to help develop daily living skills. We work with individuals who have CLBC funding for Community Inclusion, Outreach and Personalized Support Initiative (PSI).

Goals are developed collaboratively and are unique to each individual. They can include:

- Access to community resources
- Health and fitness
- Meal preparation
- Developing social and communication skills
- Personal safety
- Employment and volunteering
- Money management
- Use of leisure time
- Care of self and home, housing
- Growing community and social supports

### GROUP SERVICE

Thrive Community Living Services has three social groups that offer participants the opportunity to learn and practice life skills while extending their social network. Each group is facilitated by two staff with 6 - 8 participants and has a duration of 9 months. Social groups include:

#### Monday Social & Cooking Group

3:00 pm - 5:30 pm

\$7/session

Participants in this co-ed group usually live with a caregiver or parent and are developing skills that lead to greater independence.

#### Wednesday Social & Cooking Group

3:30 pm - 6:00 pm

\$4/session + activity costs

This co-ed group is for adults who access the community independently. Once a month, this group chooses a community outing or activity to attend together.

#### Thursday Women’s Social & Cooking Group

3:00 pm - 5:30 pm

\$7/session

Our women’s group provides an opportunity to develop strong peer relationships over a shared meal.



### HOW DO YOU GET INTO THIS PROGRAM?

Referrals are made to Thrive by a CLBC facilitator. You may contact CLBC by calling 250-952-4203.

*Please note that Thrive staff work from Monday to Friday between 9:00 am - 5:00 pm. Program staff do not complete lifts or transfers and do not administer any medications.*

*For more information:  
Community Living Services Program Manager,  
250-383-4821*