



Welcome to 1Up!

YEAR-ROUND SUPPORTS:

Clothing Room

By appointment only. You're welcome to visit 2 times per month and take up to 2 shopping bags per visit.

*Please remember to bring your own bags.

Market Day

Wednesdays, 11am–2pm. No appointment necessary. Free bread and an assortment of other food items.

Counselling

Free, one-on-one sessions (possible wait list). Email lesley@singleparentvictoria.ca to inquire about counselling availability.

Parent Coaching

Free coaching sessions to help you meet your parenting goals. Email info@1-up.ca for more information.

Birthday Gifts Program

By appointment only. 1 to 2 weeks before the child's birthday. Parents can choose up to two (2) gifts for their child.

Parenting and Life Skills Courses

Our educational programs are open to everyone in the community.

Each season, we offer:

- Lighthouse Parent
 - Understanding Anger & Stress
 - Healthy Boundaries
- ...and more!

SEASONAL SUPPORTS:

Healthy Food Bags

Featuring healthy snacks for school-aged kids. Runs Oct. through March.

Income Tax Program

March & April. A tax volunteer will complete your taxes and file them online.

School Supplies

Sign up in July/August.
Basic supplies for kids in K – 12.

Christmas Hampers

Sign up in early September.
Raffle draw.
**Preference given to members who did not receive a 1Up Hamper the previous year.*

Moms and Mentors Program

Matches mentors with single moms, for support, guidance, and friendship.

Email: sanni@singleparentvictoria.ca

Dads With Dads Support Group

Drop-in Wednesdays: 6:30 – 8:30 pm

Email Rich at: rscales@telus.net

1Up Single Parent Resource Centre

Building strong families and bright futures

602 Gorge Rd. East
Victoria, BC V8T 2W6

☎ 250-385-1114
✉ info@1-up.ca

VISIT US ONLINE: www.1-up.ca

Are you a single parent, supporting dependant children from 0 to 18 years old?

BECOME A MEMBER TODAY!

Visit our website at www.1-up.ca and complete your membership in two easy steps:

1. Complete the online membership form.
2. EMAIL a document showing your marital status to: 1upsprc@gmail.com

FREQUENTLY ASKED QUESTIONS

Do I need to complete a membership to use 1Up's services?

Yes. As of October 2020, 1Up has a new, online membership form.

What document should I send to confirm my single parent status?

Any recent document that indicates you are a parent and your current marital status. Examples include:

- CRA Profile Screenshot
- Child Care Benefit (CCB) notice
- GST Credit Notice
- Custody Agreement
- Divorce or Separation Agreement

Where do I send my document?

Email a copy of your document to 1upsprc@gmail.com. In the subject line, include your first & last name and "INTAKE/RENEWAL"

What if I do not have a document that shows my marital status?

If you do not have an electronic copy of a document, such as a PDF attachment, you can a screenshot of the page or document that indicates your marital status, you can request a Confirmation of Single Parent Status Form, which can be signed by any community professional, who then sends the completed form to 1Up.

What happens after I email my personal document to 1UP?

We value your privacy. Your document showing your single parent status is matched to your application and membership is confirmed, your email and all accompanying files will be permanently deleted.

Screenshot examples of acceptable documents:

Personal information

Marital status

Single

Effective December 31, 2006

Update

Child information (for benefits and credits only)

A red arrow points to the word "Single".

BRITISH COLUMBIA

Canada

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Explanation

This notice represents the information processed as of June 8, 2020. Please read it and keep it for your records.

The GST/HST credit and the BC climate action tax credit are tax-free quarterly payments that help individuals and families with low and modest incomes offset all or part of the GST or HST they pay.

The BC climate action tax credit is fully funded by the Province of British Columbia.

Information used to calculate your entitlement

We used this information to determine the amount of your credit:

Description	Information
2019 family net income	\$
Marital status	Single
Province or territory of residence	British Columbia
Qualified children	

A red arrow points to the word "Single" in the table.