



Primary Care Resources

This document includes a range of primary care–related resources that may support individuals and families across common health and wellness topics seen in general practice. The primary focus is on chronic pain management, sleep health, sexual health, pediatric care, and aging/frailty/end-of-life support. It also includes selected resources addressing the social determinants of health, such as income, housing, and community supports.

Looking for mental health or counselling resources? Please refer to the separate mental health and wellness resource document for those options.

Please note: The information in this resource list is provided to the best of our knowledge at the time of compilation. Service availability, eligibility criteria, costs, wait times, and delivery methods may change without notice. Inclusion in this list does not guarantee access to services.

Clients are encouraged to contact service providers directly to confirm current information, eligibility, availability, and how to access services. This list is provided for information purposes only and does not constitute a recommendation or endorsement of any specific service or provider.

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Chronic Pain

Island Health Pain Program

Island Health's chronic pain clinic (Victoria, Nanaimo, and Comox Valley), serving people with severe, treatment-resistant chronic pain through a team of physicians, psychologists, and rehab specialists focused on restoring function.

<https://www.islandhealth.ca/services/pain-program/pain-program>

Pain BC

A BC-based nonprofit offering a pain support line, support/wellness groups, coaching, and free self-management programs, aimed at helping people build practical skills to live better with chronic pain.

<https://painbc.ca/>

Live Plan Be+

Pain BC's free, self-paced online course that helps people build small, practical habit changes and coping strategies to manage pain and improve day-to-day wellbeing.

<https://liveplanbeplus.ca/>

Pain Canada

A national hub linking people to a wide range of free pain programs, courses, and support tools, including CBT-based options, pacing guides, and multilingual resources for chronic pain self-management.

<https://www.paincanada.ca/resources/resources-for-people-with-pain>

Gentle Movement @ Home (Pain BC)

A free video series offering guided movement and relaxation exercises people can follow from home to build confidence moving with pain.

<https://painbc.ca/find-help/gentle-movement-at-home>

Exercises (YouTube Playlist)

A curated set of at-home movement videos to pair with the gentle movement resource above.

https://youtube.com/playlist?list=PLHgoco7_bPro08rXXVZOm9fPhKNpxH9Pp&feature=shared

Zoffness – Deeper Dive

Dr. Rachel Zoffness's resource hub with an extensive, categorized collection of pain-science articles, videos, podcasts, books, and apps for both patients and providers wanting a deeper understanding of chronic pain.

<https://www.zoffness.com/resources>



Sleep

Sleepwell (mysleepwell.ca)

A Canadian not-for-profit initiative from Dalhousie University promoting CBT-I (cognitive behavioural therapy for insomnia) as a safer alternative to sleeping pills, with education on insomnia, sleep tools, and links to CBT-I components.

<https://mysleepwell.ca/>

CBT-i Coach (VA App)

A free mobile app developed by the U.S. Department of Veterans Affairs that walks users through CBT-I strategies, meant to complement, not replace, working with a provider.

<https://mobile.va.gov/app/cbt-i-coach>

Sleep Diary (Sink Into Sleep, Fillable PDF)

A fillable tracking sheet for logging sleep and wake times, part of Dr. Judith Davidson's evidence-based sleep resources for identifying and improving sleep patterns.

<https://sinkintosleep.com/wp-content/uploads/Sleep-diary-from-Sink-into-Sleep-FILLABLE.pdf>

Sink Into Sleep

A website by sleep scientist-clinician Dr. Judith Davidson offering evidence-based information on sleep and sleep disorders, with a focus on CBT-I as a long-term treatment for chronic insomnia.

<https://sinkintosleep.com/>

Sleep Hygiene Tips (mysleepwell.ca PDF)

A short, practical handout of ten tips for better sleep habits.

<https://mysleepwell.ca/wp-content/uploads/2025/05/10-TIPS-for-BETTER-SLEEP-revision-May-2025.pdf>

CAMH – Good Night's Sleep Booklet

A Centre for Addiction and Mental Health-produced booklet with guidance on healthy sleep habits and coping with sleep disruption.

<https://www.camh.ca/-/media/health-info-files/covid-19-2023/covid19-booklet-good-nights-sleep-pdf.pdf>



Sexual Health

Sex & U (SOGC)

The Society of Obstetricians and Gynaecologists of Canada's public education site covering bodies, sexual activity, 2SLGBTQI+ topics, STIs, contraception, pregnancy, and consent, with a discreet quick-exit button.

<https://www.sexandu.ca/>

HPVinfo.ca (SOGC)

SOGC-developed, evidence-based information specifically on HPV, covering what it is, symptoms, prevention, and treatment.

<https://hpvinfo.ca/>

SOGC Public Resources

The Society of Obstetricians and Gynaecologists of Canada's broader public-facing hub, linking out to its sister sites (Sex & U, HPVinfo, Your Period, Pregnancy Info, Menopause and U) for reproductive and sexual health topics.

<https://sogc.org/en/en/content/public-resources/public-resources.aspx>

GetCheckedOnline

A free BC Centre for Disease Control service letting people in select BC communities create an online STI testing requisition and get results without an in-person provider visit.

<https://getcheckedonline.com/Pages/default.aspx>

SmartSexResource

A BC Centre for Disease Control site offering clear, non-judgmental information on sexual health, STIs, and a clinic finder for testing and services across BC.

<https://smartsexresource.com/>

Trans Care BC

A Provincial Health Services Authority program connecting trans, Two-Spirit, and non-binary people (plus their families and clinicians) with information on finding care, transition, hormone therapy, surgery, and related supports in BC.

<https://www.transcarebc.ca/>



General Pediatrics

Sea to Sky Pediatrics

A North Vancouver general and developmental pediatrics practice seeing patients from newborn through adolescence; helpful as a referral-based specialist contact.

<https://seatoskypediatrics.ca/>

Breakwater Pediatrics – Resources

A Victoria pediatric practice's curated resource hub organized by topic (ADHD, allergies, anxiety, autism, constipation, sleep, mental health, financial supports, and more), pulling together trusted external links and PDFs for families.

<https://www.breakwaterpediatrics.ca/resources>

Allergy Victoria – Resources

A Victoria allergy and immunology clinic's resource page linking to oral immunotherapy (OIT) information, the Allergy Check app, and national organizations like Food Allergy Canada and Asthma Canada.

<https://www.allergyvic.com/resources>

Allergy Check App

A free web-based app to help patients and parents figure out whether specific symptoms might indicate a food allergy and whether they should see an allergy specialist.

<https://allergycheck.ca/#/Home>

Willows Pediatrics – Resources

A Greater Victoria pediatric practice's downloadable, topic-organized handouts (ADHD, allergy/asthma, anxiety, autism, eczema, sleep, and more), plus a counselling/psychologist referral list.

<https://willowspeds.ca/resources/>

Caring for Kids (Canadian Paediatric Society)

The CPS's public parent-facing site with reliable, physician-reviewed handouts on everything from newborn care to teen mental health, safety, immunization, and behaviour.

<https://caringforkids.cps.ca/>



Aging, Frailty, End of Life

SeniorsBC (gov.bc.ca)

A directory of government resources for planning and living a healthy, active life as we age, covering health and safety, financial/legal matters, transportation, housing, home and community care, advance care planning, and elder abuse prevention, including the downloadable BC Seniors' Guide.

<https://www2.gov.bc.ca/gov/content/family-social-supports/seniors>

Family Caregivers of BC

A provincial nonprofit supporting unpaid caregivers across BC with a support line, support groups, a learning centre, coaching, and a provider referral program (Caregiver Rx) for connecting patients' caregivers to these supports.

<https://www.familycaregiversbc.ca/>

Social Determinants of Health (SDOH)

211 BC

A free, confidential helpline (by phone, text, or chat) run by United Way BC connecting people to services across dozens of categories — income assistance, food, housing, mental health, disabilities, older adults, and more — searchable by topic.

<https://bc.211.ca/>

Ask an Advocate

A Sources BC service offering plain-language information on income assistance, disability assistance (PWD, PPMB, CPPD, DTC), and tenancy/housing rights, meant to help people self-advocate.

<https://askanadvocate.ca/>

Victoria Disability Resource Centre (DRC Victoria)

A Greater Victoria nonprofit offering information and referral, peer support, accessible parking permits, and disability inclusion training for people with disabilities, run by staff with both professional and lived experience.

<https://drcvictoria.com/>

Disability Alliance BC

A provincial, cross-disability advocacy organization providing direct services (disability benefit applications, free tax filing for low-income clients, a disability law clinic, DTC/RDSP help) plus publications and systemic advocacy since 1977.



<https://disabilityalliancebc.org/>

TAPS BC (Together Against Poverty Society)

A Victoria-based legal advocacy nonprofit helping people with income assistance denials, tenancy disputes, employment standards issues, disability benefit applications, and free income tax filing for those living in poverty.

<https://www.tapsbc.ca/>