

# WHERE TO GO FOR DENTAL CARE IN VICTORIA

## Cool Aid Dental Clinic

713 Johnson Street 2<sup>nd</sup> Floor

phone number: 250-383-5957

- **Hours:** Monday – Thursday 9:00 am to 4:00pm Currently not open on Friday
- **Walk-in's** 8:30 am & 1:30pm Monday–Thursday Call first, if possible, as not always available  
*If you do not speak English you need to bring an interpreter when you come*
- **Services:** General Dentistry, complete and partial dentures, emergency care. (Cleanings & Root canals available but may not be covered by government plans).
- **Who:** Adults 19 years old +.
- **Accepted Plans:** Interim Federal Health Program (IFH for Refugees), BC Income Assistance, Private Insurance. Limited income 20% discount for qualifiers.
- **New Patients:** Only accepting new patient referrals from ICA's Oral Health Program & a limited number of walk-in patients  
Please contact ICA at 250-388-4728 ext. 2130 for help booking appointments or email [dhamblin@icavictoria.org](mailto:dhamblin@icavictoria.org)  
Interpretation services available for those eligible

## ORCCA DENTAL CLINIC SOCIETY - SIDNEY ELEMENTARY SCHOOL ANNEX

2281 Henry Ave, Sidney BC

phone number: 778-351-3393

- **Hours:** 9 - 4pm Days and Hours may vary
- **Services:** Dental services including examinations, fillings, extractions, emergency services and other required oral care on an individual basis.
- **Who:** Children under 19 years old.  
Please contact ICA at 250-388-4728 ext. 2130 for assistance with booking appointments and interpretation support or email [dhamblin@icavictoria.org](mailto:dhamblin@icavictoria.org)
- **Accepted Plans** Interim Federal Health Program (IFH for Refugees), BC Income Assistance, Healthy Kids, Low-income families with no insurance 20% discount for qualifiers
- **New Patients** Accepting new patient referrals from ICA's Oral Health program. Please contact ICA at 250-388-4728 ext. 2130 for assistance with booking appointments  
Interpretation services available for those eligible



## WHERE TO GO FOR DENTAL CARE IN VICTORIA cont.....

### **Camosun College Dental Clinic (Lansdowne Campus Dental Building)** **3100 Foul Bay Rd** **phone number: 250-370-3184**

- **Hours:** **Dental Hygiene Clinic Open** September to April May Children's Free Clinic  
Contact ICA at 250-388-4728 ext. 2130 for information
- **Services:** Basic dental hygiene services including: Full assessment, x-rays, teeth cleaning, polishing, fluoride treatments and sealants.  
  
**Client commitment to ALL appointments to ensure the students complete their clinical requirements. Interpretation services available for those eligible**
- **Who :** All ages. Contact the clinic at [smile@camosun.ca](mailto:smile@camosun.ca) or 250-370-3184 or i  
Please contact ICA at 250-388-4728 ext. 2130 for assistance with booking appointments and interpretation support or email [dhamblin@icavictoria.org](mailto:dhamblin@icavictoria.org)
- **Accepted Plans:** No plans accepted. There is a reasonable fee for all services. Fees cover multiple appointments and are inclusive of all services.
- **Fees:** <https://camosun.ca/programs-courses/school-healthandhumanservices/dentalclinic>  
For fee information

## OTHER DENTISTS AND DENTAL SERVICES IN VICTORIA BC

Dentists accepting IFH for Refugees, Provincial Dental Benefits MSP Supplemental Benefits and Healthy Kids

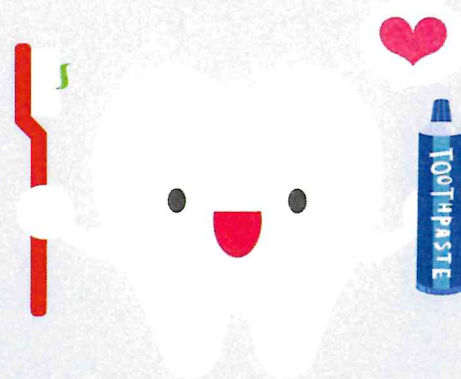
Please contact ICA 250-383-4728 (ext. 2171 or 2120) or [intake@icavictoria.org](mailto:intake@icavictoria.org) for a current list of Dental Providers who accept these benefits and offer reduced rate services.

**Interpretation services available for those eligible**





# Brushing Your Child's Teeth



Brushing your child's teeth can be a struggle, but there are simple tips and tricks to make the process easier for everyone.

## Get into position

Use a position that prevents your child from wiggling while giving you a free hand to move their lips or cheeks so you can see. Here are some proven positions that work:

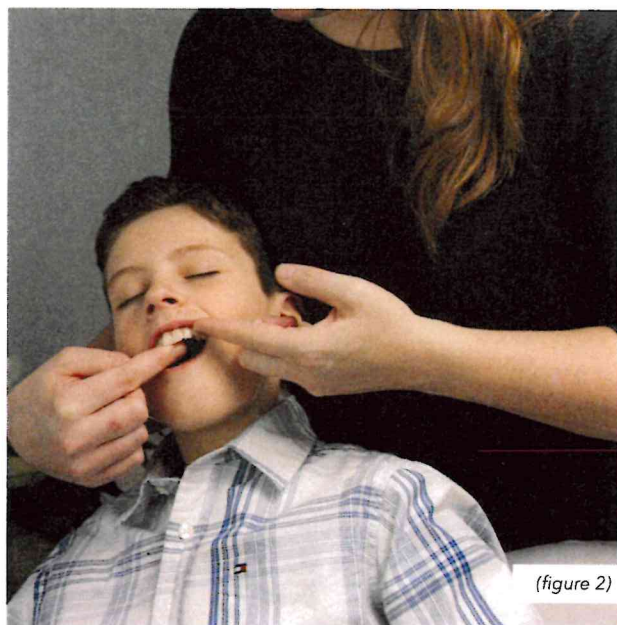
## Attack plaque from the back!

- Stand behind rather than in front of your child (you may have to get down on one knee).
- Have your child tilt his or her chin up and look at the sky.
- Rest your child's head against your shoulder or against your upper arm.
- Place your arms on either side of your child's head.
- Use the hand not holding the toothbrush to pull back your child's lips or cheek so you can see (*figure 1*).

As your child grows, you may find it easier to sit on a chair or couch and have your child sit on the floor between your legs, with his or her head tilted back (*figure 2*).



(figure 1)



(figure 2)

