Judith Armstrong

On September 16th, 2026, the world lost the most compassionate, one-of-a-kind, strong and loving woman, Judith Armstrong. Judith saw the good qualities in everyone and had the ability to come alongside, support, and encourage all whose paths she crossed. She will be most remembered as a loving mother to Karen (Wade), Joy Katia and Christina, a dedicated, fun, park-hopping Nana to Majaliwa, Kailey, Ollie and Malek and a wonderful sister to Ron (Karen).

Judith, the daughter of Kenneth and Miriam Armstrong, was born and raised in Victoria BC and was continually led by her faith and commitment to support others. She was a lifelong advocate for people who are under-represented in our society, with particular emphasis on those with physical and mental disabilities. Judith's passion for assisting others began with a Kiwanis-supported Oak Bay high school club that helped people with disabilities and summer work with Easter Seal camps. Judith was the founder and Executive Director of the Handicapped Recreation Society from 1975-1989. Over the years, she was also involved in L'Arche, prison ministry at William Head, Choices Adoption Agency, and Street Hope.

At the age of 18, Judith began Operation Trackshoes, an annual community sports festival for people with developmental disabilities. Judith and countless other volunteers helped Operation Trackshoes thrive for 50 years in Victoria.

Through Judith's adoption journey with her two Haitian-born daughters, Judith became connected with the Canadian Foundation for the Children of Haiti. In addition to being on the board, Judith fell in love with Hope Home, a home in Haiti for children and adults with complex disabilities. She spent decades creating relationships with the staff and residents of the home and annually brought health care work teams from Victoria to support Hope Home.

Judith spent her career serving first as the Executive Director of the Vancouver Island Head Injury Society and then as the Regional Program Coordinator for the Brain Injury Program with Island Health for 25 years.

Judith was a faithful member of St. Philip Anglican Church in Oak Bay for over 40 years. Judith's family would like to extend a huge thank you to the church community and friends who faithfully supported Judith since her cancer diagnosis in the Spring. Additionally, many thanks to the Victoria Hospice Society for providing a caring and comfortable environment for her in the last two weeks of her life.

Judith's Celebration of Life will be held at St. Philip Anglican Church, 2928 Eastdowne Road, Victoria, BC on Saturday, October 10th at 1:00pm. A reception at Mary Winspear Centre in Sidney will follow at 3:00pm. All are invited to wear red, in honour of Judith's most favourite colour.

In lieu of flowers, donations can be made to the Canadian Foundation of the Children of Haiti.

Condolences may be offered to the family below.

McCall Gardens
www.mccallgardens.com

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