

Adults (continued)

Meals on Wheels

Helps residents maintain health and independence by delivering hot, nutritious meals at midday, three times a week. Cost: \$7.50 a meal.

250-248-2093 ext. 225

Income Tax Returns

Assistance preparing basic income tax returns for low-income individuals. Call to book an appointment.

Call Parksville ext. 229



Homeless Prevention

Funded by the Government of BC, this program is aimed at assisting with homelessness due to crisis or transition. Individuals who meet one of four criteria may be eligible for rental subsidies.

Call Parksville ext. 234

Counselling Referral

Referrals to one-on-one professional counselling. Fee is determined on an individual basis.

Call Parksville ext. 225

Seniors

Seniors' Advocacy Services

Individual's needs are determined through a private and confidential discussion. The Coordinator assists in finding support and solutions through SOS programs and other resources.

Call Parksville ext. 239

Oceanside Better at Home

Designed to help seniors 65+ remain independent at home by providing a range of non-medical support services such as friendly visiting, light housekeeping, grocery shopping and more. The program is a partnership between SOS, the United Way of the Lower Mainland, and the Government of BC.

Call Parksville ext.222.

Currently on hold due to the pandemic:

- Seniors Connecting
- Medical Appointment Transportation Service
- Transportation to non-medical appointments through Oceanside Better at Home
- Personal Growth Programs



Society of
Organized
Services

SOS Community Services Centres

Parksville 245 West Hirst Ave. | 250-248-2093

Qualicum Beach 744 Primrose St. | 250-752-2040

www.sosd69.com | sos@sosd69.com



SOS Summer Programs

July 5- August 27, 2021



**Providing fun activities,
facilitating new connections
and assisting those in need**



Society of
Organized
Services

Pre-registration is required for all Child, Youth & Family programs.

Parksville registration: 250-248-2093 ext. 249 | cyfcoordinator@sosd69.com | Cell: 250-228-4066

Qualicum Beach registration: 250-752-2040 ext. 201 | childandfamily@sosd69.com | Cell: 250-248-0997



@sosyouthgroup

Early Years

For families with infants to 5 years

TIC TAC (Time in Comfort for Tots & Caregivers)

Catch up with other adults while the kids socialize and play with other children and recharge with a healthy snack.

9 am - 11 am

Parksville

Tuesdays: SOS Community Services Centre

Thursdays: Foster Park

Qualicum Beach

Mondays: Storybook Village

Wednesdays: SOS Community Services Centre



Children & Family



Kids' Movement: Play, Express & Grow

2 pm - 5 pm

For grades 4, 5 & 6. Fun indoor and outdoor activities inspire confidence, healthy relationships and community awareness. Nutritious snacks are provided.

Parksville: July 8, July 29 & August 19

Qualicum: July 5, July 26 & August 16

Family Night

Spend some quality family time together, playing games, enjoying crafts or doing activities. SOS takes care of dinner.

4:30 pm - 7 pm

Parksville: Tuesdays

Qualicum: Wednesdays

Youth

School Night Out

2 pm - 5 pm

For Grades 7, 8 & 9. Field trips, games and activities allow youth to develop friendships and have fun.

Parksville: July 15, August 5 & August 26

Qualicum: July 12 & August 23

Youth Open Space

2 pm - 5 pm

For Grades 10, 11 & 12. Connect with other youth, shoot pool, play music and games and eat good food.

Parksville: July 22 & August 12

Qualicum: July 19 & August 9

Recreation Assistance

Assists with costs for low-income families to register local children and youth in sports and summer camps.

250-248-2093 ext. 241

Adults & Families

Emergency Assistance & Advocacy

Provides help in cases of hardship and unexpected financial emergencies. The program also provides advocacy and support that promotes self-sufficiency.

Call Parksville ext. 241

If aged 60+, ext. 239