

# Adults & Seniors

## Meals on Wheels

Helps residents maintain health and independence by delivering hot, nutritious meals at midday, three times a week. Cost: \$8.50 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.

**250-248-2093 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.

**250-248-2093 ext. 234**

## Counselling Referral

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

**250-752-2040 ext. 4**

## Volunteer with SOS!

Volunteers are the heart and soul of SOS. By getting involved you can learn new things, enhance your resume, meet interesting people and stay active while having fun!

**250-248-2093 ext. 230**

# Seniors

## Seniors' Advocacy Services

Resident's needs are determined through a confidential discussion. Supports and solutions are sought through SOS programs and other resources.

**250-248-2093 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 and grocery shopping. The program is a partnership between SOS, the United Way British Columbia, and the Government of BC.

**250-752-2040 ext. 4**

## Seniors Connecting

Coming soon! A comfortable, safe place for seniors 65+ to enjoy social interaction, meet new people and gather information. Meetings often include guest speakers or entertainment with food and refreshments.

**250-248-2093 ext. 222**

**Currently on hold due to the pandemic:**

- Medical Appointment Transportation Service
- Transportation to non-medical appointments through Oceanside Better at Home

## SOS Community Services Centres

**Parksville** 245 Hirst Ave. W. | 250-248-2093

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

[www.sosd69.com](http://www.sosd69.com) | [sos@sosd69.com](mailto:sos@sosd69.com) | [f](#) [i](#) [in](#)

# SOS Summer Programs

July 4 - August 25, 2022



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



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:**

**Mondays:** Qualicum Commons

**Wednesdays:** Community Park (behind Ravensong Aquatic Centre)



## Children & Families



### Kids' Movement: Play, Express & Grow

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

**2 pm - 5 pm**

**Parksville:** Thursdays

**Qualicum:** Mondays

### 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

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

**2 pm - 5:30 pm**

**Parksville:** Mondays

**Qualicum:** Tuesdays

### Youth Open Space

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

**2 pm - 5:30 pm**

**Parksville:** Wednesdays

**Qualicum:** Thursdays

## 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.

**250-248-2093 ext. 241**

**If aged 55+, ext. 239**

### Recreation Assistance

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

**250-248-2093 ext. 241**