

# Community Services Centres

## ● Meals on Wheels

Helps residents maintain health and independence by delivering hot, nutritious meals, three times a week. Cost: \$9.50/meal. Call Parksville ext. 225



## ● Income Tax Returns

Assistance with the preparation of basic, low-income tax returns. Call Parksville ext. 229

## ● Homeless Prevention Program

Assists with homelessness due to crisis or transition. Eligible residents receive rental subsidies, funded by the BC Government. Call Parksville ext. 234

## PERSONAL DEVELOPMENT

Call Qualicum ext. 200

## ● Counselling Referral

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

## ● Personal Growth Group

All welcome to join the 10-week group that explores self-esteem, personal boundaries, healthy relationships and more. Ages 19+. Cost \$5 per session.

## SENIORS

### ● Seniors' Advocacy Services

Resident's needs are determined through a confidential discussion. The Coordinator assists in finding supports and solutions through SOS programs and other resources. Call Parksville ext. 239

### ● Oceanside Better at Home

Administered by SOS in partnership with the United Way British Columbia, and funded by the Government of BC. The Better at Home program is designed to help seniors who are 65+ remain at home by providing a range of non-medical support services such as:

- Friendly visiting
- Light housekeeping
- Grocery shopping
- Yard maintenance
- **On hold:** Transportation to non-medical appointments

Call Qualicum ext. 200



### ● Seniors Connecting

A friendly, comfortable place to meet others and enjoy social interaction. Refreshments are provided and transportation can be arranged. Groups meet in Parksville and Qualicum Beach. Pre-registration is required. Funded in part by the Government of Canada's New Horizons for Seniors Program. Call Qualicum ext. 202

# SOS Program Guide

## Fall 2023



Supporting Community Together



www.sosd69.com



# SOS Child, Youth & Family Programs

Pre-registration is required for all child and family programs. Drop-in for youth programs.

Child & Family Programs Parkville: 250-248-2093 ext. 249 | cyfcoordinator@sosd69.com | Cell 250-228-4066

Child & Family Programs Qualicum Beach: 250-752-2040 ext. 201 | childandfamily@sosd69.com | Cell 250-248-0997

Youth Programs Parkville: 250-248-2093 ext. 232 | Qualicum Beach: 250-752-2040 ext. 204 | childandyouth@sosd69.com | Cell 250-954-9035



@sosyouthgroup

## EARLY YEARS

### ● TIC TAC (Time in Comfort for Tots & Caregivers) 0-5 years

A welcoming and nurturing environment for parents/caregivers to take a break and recharge, while children play and build social and emotional skills.

**Pre-registration is required.**

**Parkville** Tues. & Thurs., 9-11 am

**Qualicum** Mon. & Wed., 9-11 am

## CHILDREN & FAMILY

### ● Kids Movement: Play, Express & Grow Grades 4, 5 & 6

Fun activities inspire confidence, friendships and a healthy self-image. Staff and volunteers provide mentorship and support. SOS provides transportation to the program from all District 69 elementary schools.

**Pre-registration is required.**

**Parkville** Thursdays, 3-5:30 pm

**Qualicum** Mondays, 3-5:30 pm

### ● Intergenerational Family Night For local families

Spend quality time with family, as SOS serves a meal and cleans up afterwards! We provide the entertainment such as arts, crafts, games and music. We welcome seniors into the group for 4-5 weeks rotation.

**Pre-registration is required.**

**Parkville** Tuesdays, 4:30-7 pm

**Qualicum** Wednesdays, 4:30-7 pm



## YOUTH

### ● School Night Out Grades 7 & 8

A safe space for young people to connect and express themselves through games, art, crafts and music. Adult mentors support, guide and listen.

**Drop-in.**

**Parkville** Mondays, 3-6:30 pm

**Qualicum** Tuesdays, 3-6:30 pm

### ● Youth Open Space Grades 9-12

Connect with others, eat tasty food, play games and pool, make creative artwork, play music, get support from staff and have fun.

**Drop-in.**

**Parkville** Wednesdays, 3-6:30 pm

**Qualicum** Thursdays, 3-6:30 pm

### ● Tutoring Program Grades 6-12

After school professional tutoring services available in Math and English at no cost. Available to School District 69 students attending regular classes.

**Pre-registration is required.**

**Parkville** Mon-Thurs, 3:30-4:30 or 4:30-5:30 pm

### ● GradWear For local grads and their dates

Find a new or gently used grad outfit for \$5, including accessories. From January to July, book by appointment only. During Spring Break (March 18-28) & Youth Week (April 28-May 4), book 1 hour appointments from Mon.-Sat. Evenings available upon request. Call 250-954-9035 to book. Donations accepted year round at the SOS Community Services Centre in Parkville.

Visit our SOS GradWear Facebook page.



## Community Services Centres

### ● Recreation Assistance for Children & Youth

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

**Call Parkville ext. 241**

### ● Emergency Assistance & Advocacy

Provides help in cases of hardship and unexpected financial emergencies, and may advocate for clients to reconcile financial obstacles. Also provides guidance to promote self-sufficiency.

**Call Parkville ext. 241, or if age 55 or older, call ext. 239**

### ● Caring for Community at Christmas

Provides special gifts to local children and youth. Adults receive grocery store gift cards. Christmas stockings are also provided for seniors who are house-bound. Pre-registration is required and begins in November. Donations are gratefully accepted at both locations.

**Call Parkville ext. 229**

### ● Medical Appointment Transportation Service

Safe and friendly transportation to and from medical appointments within District 69 and surrounding area.