

Community Services Centres

● Meals on Wheels

Helps residents maintain health and independence by delivering hot, nutritious meals, three times a week. Cost: \$10.00/meal. Administered by SOS in partnership with the United Way British Columbia and partially funded by the Government of BC.

Call Parksville ext. 225

● Homeless Prevention Program

Assists with homelessness due to crisis or transition. Eligible residents receive rental subsidies.

Partially funded by the Government of BC.

Call Parksville ext. 234

● Counselling Referral

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

Partially funded by the Government of BC.

Call Qualicum ext. 200

● Personal Growth Group

All are welcome to join the 10-week group that explores self-esteem, personal boundaries, healthy relationships and more. Ages 19+.

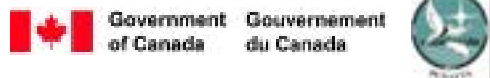
Cost \$5 per session. Next session starts Sept. 19.

Call Qualicum ext. 200

● PQB Home-Share Program

Happipad, a Canadian nonprofit home rental platform, matches screened, compatible renters and homeowners in our region. Visit happipad.com/pqb. For assistance with the application process, **Call Parksville ext. 239**.

Supported by the Oceanside Task Force on Homelessness – The Government of Canada's Homelessness Partnering Strategy.



● Seniors' Advocacy Services

Residents' needs are determined through a confidential discussion. The Coordinator assists in finding supports and solutions through SOS programs and other resources. Administered by SOS in partnership with the United Way British Columbia and partially funded by the Government of BC.

Call Parksville ext. 239

● Oceanside Better at Home

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:

- Friendly visiting
- Light housekeeping
- Grocery shopping
- Yard maintenance
- Transportation to non-medical appointments.

Administered by SOS in partnership with the United Way British Columbia, and funded by the Government of BC.

Call Qualicum ext. 200

● Income Tax Returns

Assistance with the preparation of basic, low-income tax returns.

Partially funded by the Canadian Revenue Agency.

Call Parksville ext. 229



● 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.

Call Qualicum ext. 202

SOS Program Guide

Fall 2024



Supporting Community Together



SOS Community Services Centres | Parksville 250.248.2093 | Qualicum 250.752.2040

www.sosd69.com | sos@sosd69.com | [Facebook](#) [Instagram](#) [Twitter](#) [TikTok](#)

Serving the residents of District 69

SOS Child, Youth & Family Programs



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

Child & Family Programs Parksville: 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 Parksville: 250.248.2093 ext. 232 | Qualicum Beach: 250.752.2040 ext. 204 | childandyouth@sosd69.com | Cell 250.954.9035

These programs are partially funded by the Government of BC.



@sosyouthgroup

EARLY YEARS

● TICTAC (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.

Parksville Tues. & Thurs., 9-11 am

Qualicum Mon. & Wed., 9-11 am

*Wed. is Gym Play at Qualicum Commons



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.

Parksville Thursdays, 3-5:30 pm

Qualicum Mondays, 3-5:30 pm

● Family Night For families and seniors

Spend quality time with family as SOS serves a meal and cleans up afterwards! We provide entertainment such as arts, crafts, games and music. We welcome seniors to enjoy time with the families.

Pre-registration is required.

Parksville Tuesdays, 4:30-7 pm

Qualicum Wednesdays, 4:30-7 pm



YOUTH

● Tutoring Program Grades 6-12

Professional tutoring available in Math and English at no cost. Available to School District 69 students attending regular classes.

Pre-registration is required.

Parksville & Qualicum Mon-Thurs., 3:30-4:30 pm or 4:30-5:30 pm

● 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.**

Parksville 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.

Parksville Wednesdays, 3-6:30 pm

Qualicum Thursdays, 3-6:30 pm

● GradWear For grads and their dates

Find a new or gently used grad outfit for \$5, including accessories. Book 1-hour appointments starting in January. Donations to this program are accepted year-round.

Call 250.954.9035 to book.

Visit our SOS GradWear Facebook Page.



● Teen Shopping Event For ages 12-19

#SOSTeenShop runs twice a year, in the Fall and Spring. The Fall event takes place Sept. 5, from 4:30-6:30 pm at SOS Thrift Shop. This event offers great deals, along with food, prizes, entertainment and fun activities.

Community Services Centres

● Recreation Assistance for Children & Youth

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

Call Parksville 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 Parksville ext. 241, or if age 60 or older, call ext. 239

● Caring for Community at Christmas

Provides special gifts to 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 Parksville ext. 229

● Medical Appointment Transportation Service

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

Call Qualicum ext. 200