

# Community Services Centres

## ● Meals on Wheels

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

Funded by BC Government, this program is aimed at assisting with homelessness due to crisis or transition. Individuals must meet one of four criteria to receive rental subsidies. Call Parksville ext. 234

## PERSONAL DEVELOPMENT

### ● Counselling Referral

Referrals to one-on-one professional counselling. Fee is determined on an individual basis. Call Parksville ext. 225

### ● Women's Personal Growth (on hold)

12-week group that explores self-esteem, personal boundaries, healthy relationships and more. Cost \$5 per session.

### ● Men's Personal Growth (on hold)

This 12-week group involves self-exploration while developing better communication and a deeper sense of purpose. 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 of the Lower Mainland, 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



### ● Seniors Connecting (on hold)

A friendly, comfortable place to meet other people and enjoy social interaction and a sense of well-being. Learn more about issues relevant to seniors through guest speakers and information sharing. Healthy refreshments are provided and transportation can be arranged.

Parksville TBA

Qualicum TBA

# SOS Program Guide

## Spring 2022



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.

**Pre-registration is required.**

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

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

### ● 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.

**Pre-registration is required.**

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

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



## YOUTH

### ● School Night Out Grades 7, 8 & 9

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 10, 11 & 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

### ● After School Education Assistance 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. Book 1 hour appointments March 21-26 (Spring Break) and May 2-7 (Youth Week) Mon.-Sat. 9 am-12 pm & 1 pm-3 pm. Evenings available by appointment. Call 250-954-9035 to book. 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 2022. Donations are gratefully accepted at both locations.

**Call Parkville ext. 229**

### ● Medical Appointment Transportation Service (on hold)

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