



SOS Operation Renewal

Looking forward, bringing hope.



Society of
Organized
Services

Supporting Community

TOGETHER

Change Adapt Grow

For 54 years, SOS has been the social safety net for our community. From our humble beginnings establishing our first modest Thrift Shop in Parksville, we were able to make a considerable impact in our community. Working with an army of dedicated volunteers, staff began to develop programs and services for low-income and other vulnerable residents in the Parksville Qualicum Beach region.

Over the decades we have been able to fund the majority of our work through Thrift Shop revenues. Of course that all changed when the pandemic hit, and we needed to adapt.

The pandemic has not only taken a heavy toll on residents of our community, it has also strained our resources. SOS Operation Renewal is our 2022 campaign to raise stable funding so that we are better equipped to deal with the challenges of the future.

It's time to turn the corner with a new vision of renewal and growth.

We hope you will join us!

Our Vision

We have a vision of a community that is great for everyone. A community where:

- all residents have access and supports for strengthening their resilience and mental health.
- low-income adults and families are given the tools and resources to achieve financial stability.
- vulnerable seniors can age in place comfortably.

By strengthening the social safety net that SOS provides for our community's most vulnerable, we ensure that support will be available to residents of all ages, if and when they need it. It's one of the things that contributes to our region's social and economic stability.

The following pages will outline our three priority areas of focus for this campaign.



Supporting Mental Health

Emily and her two sweet girls

The Need

For low-income stay-at-home parents who have young children, the last two years have been especially difficult. Financial stress, months of social isolation, and the daily challenge of keeping growing minds and bodies busy has taken its toll on the mental health of many families. And for older children and youth, school disruption and the loss of social connection with their friends has affected their academic and emotional well-being. The mental health of seniors and residents living in poverty has also been greatly diminished due to the uncertainty of the pandemic and the economic instability in our area.

Our Impact

SOS Child, Youth and Family programs have helped families to better cope with daily challenges. Thanks to community funding, our TIC TAC program offers families like Emily's a welcoming environment to take a break and recharge while her children can play and build social and emotional skills.

"I suffer from depression, so having a routine and a schedule is good for me and them. We know that Mondays and Wednesdays we can come here, and there are set days. It's just me and my two girls so yes, I need a break some days more than others. It brings people together, the kids get to be with other kids they wouldn't normally be with, because it's from all the local areas and it's diverse."

Because of community support, SOS is able to offer many other programs as well that support the mental health of local children, youth, and families such as:

- **Family Night** where SOS takes care of dinner and activities for an evening out with the family.
- **School Night Out** provides a safe space for young people to connect and express themselves through games, art, crafts, and music.
- **After School Education Assistance** provides professional, one-on-one tutoring services to students who need extra academic support.

SOS also has many programs and services for seniors and other adults who are struggling with anxiety or complex social issues such as:

Counselling Referral

Women's Personal Growth and
Men's Personal Growth

Seniors' Advocacy and
Seniors Connecting



Improving Financial Stability

Amy – making a brighter future

The Need

Anyone living in our region knows that housing has become unaffordable for many residents. Vulnerable people are being squeezed even more. Stories of low-income seniors being evicted when their rental unit is sold are commonplace. There are more “working poor” who need two and three jobs just to get by. And tragically, residents find themselves homeless when they can’t keep up with life’s rising costs. Once there, it’s near impossible to find their way out without help. Removing the stigma surrounding poverty is the first step towards finding solutions that will improve the financial stability of our residents. And the next step is housing.

Our Impact

“When you don’t have housing, there are few places that are friendly. You are constantly on the move, looked down upon and blamed for your situation. It’s hard to know who to trust, as there are many opportunists looking to prey on people in these positions.”

That was Amy’s reality before she was introduced to the SOS Homeless Prevention Program. Since 2015, this program has assisted a targeted group of residents who are homeless or are at immediate risk of homelessness with finding stable, safe housing in the region. Through the program, thanks to the support of BC Housing, we are able to provide rental subsidies and supports to assist tenants while they work towards their independence.

Other SOS programs that help improve financial stability in our community:

Income Tax Program

Seniors’ Advocacy Services

Emergency Assistance & Advocacy

Caring for Community at Christmas

Medical Appointment
Transportation Service

“This program is an important way of addressing the homelessness situation in this area because not only does it bridge a housing access problem, but it also lends a hand of support, so you can figure out who you are, what you have to offer, and focus on the long-term without judgement or blame. Without the SOS program, where I’m at in my life now would not be possible. I need stability first, and then I can move forward, not the other way around.”



Enriching Quality of Life

Ruth – aging in place comfortably

The Need

It is no wonder the average age in our region is older than other Island Health and BC regions. With its stunning beaches, walking trails, and mild temperature, it is the perfect place to retire. But if seniors are having to choose between paying for food, medicine, and housing, how are they going to be able to live independently and enjoy their final years? That's how Ruth, a blind, low-income senior felt when she moved here.

Quality of life is about much more than having a roof over your head and food in the cupboard. It's about what our community provides to ensure the emotional, physical, mental, and social well-being of all its residents.

Our Impact

SOS is committed to removing obstacles to well-being by providing programs and services for seniors and other adults who require assistance in order to age in place and remain independent.

Seniors like Ruth benefit from the SOS Grocery Shopping Service as well as Friendly Visiting and housekeeping services through our Oceanside Better at Home program.

When it comes to coping with the lack of social connection that many seniors have had to deal with because of the pandemic, Ruth is grateful for the social interaction our program provides.

“The program has been really helpful, because let’s face it food is important. And for me I don’t drive, it’s really difficult to get out, so getting food would be difficult. And it’s really important for me to have a second set of eyes inside my unit to make sure that mold isn’t growing, or whatever else, so that’s why the cleaning is really important for me for sure.”

“Those conversations with the friendly voices of the volunteers, or the person delivering the groceries, or doing the cleaning, it’s a really important response to isolation. It takes a community to raise a blind woman.”

SOS Programs that Enrich the Quality of Life for seniors include:

Meals on Wheels
Oceanside Better at Home
Seniors Connecting

Disappointment is futile, but hope is infinite.

Since 1968, SOS has been all about bringing hope to residents in need in our community. We've been able to do this because of a generous community of supporters who have given their time, talent, and treasure to keep us funded.

We're calling on our community now, more than ever, to help strengthen the social safety net that has been severely torn over the past two years of pandemic disruption. We will require sustainable funding to repair and fortify it.

In order to have the greatest impact on the lives of vulnerable residents in our community, we must further develop stable funding for our programs and services. Our goals are to:

- Expand our base of supporters to engage more newcomers in our community.
- Encourage residents to make monthly contributions.
- Encourage more residents to contribute assets such as stocks and securities.
- Encourage individuals, groups, and businesses to host third-party fundraising events for SOS.
- Expand the number of volunteers as well as attract more of the next generation to get involved.
- Encourage more businesses to sponsor current and newly created SOS programs.
- Invite residents to consider SOS in their estate planning, so that their legacy can make a lasting impact.

It's all about the impact.
Please show your support today.

SOS Programs that make an impact

Although some of our programs fit into more than one category, the following provides a summary of SOS programs that make a meaningful impact to residents of every age and socio-economic group.

SOS Programs that **Improve Financial Stability**

Income Tax Program
Homeless Prevention Program
Seniors' Advocacy Services
Emergency Assistance & Advocacy
Caring for Community at Christmas
Medical Appointment
Transportation Service

SOS Programs that **Enrich Quality of Life**

Meals on Wheels
Oceanside Better at Home
Seniors Connecting

SOS Programs that **Support Mental Health**

Counselling Referral
Women's Personal Growth
Men's Personal Growth
TIC TAC
(children 0 – 5 years)
Kids Movement
(Grades 4 – 6)
School Night Out
(Grades 7 – 9)
Youth Open Space
(Grades 10 – 12)
After School Education Assistance
(Grades 6 – 12)
GradWear
Recreation Assistance for Children & Youth
Family Night
Shower Program

For detailed information on SOS programs and services, visit: sosd69.com/programs.



SOS Operation Renewal

Looking forward, bringing hope.

Help us strengthen our social safety net
as we prepare for the challenges of the future.



Our future starts with what we plant today.

Thank you.

Donate by phone: (250) 248-2093

Donate online: sosd69.com/operationrenewal

Donate by mail: PO Box 898 Parksville BC V9P 2G9 or

Donate in person at: 245 Hirst Ave. W. Parksville



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