

Adults & Seniors

Meals on Wheels

Helps residents maintain health and independence by delivering hot, nutritious meals at midday, three times a week. Cost: \$10 per meal. Administered by SOS in partnership with United Way British Columbia and partially funded by the Government of BC. **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. 200**

Medical Appointment Transportation Service

SOS volunteer drivers offer safe and courteous transportation for community residents to and from medical appointments, within the Oceanside area. **250.248.2093 ext. 222**

Seniors

Seniors' Advocacy Services

Needs are determined through a confidential discussion. Supports are sought through SOS programs and other resources. Administered by SOS in partnership with United Way British Columbia and partially funded by the Government of BC. **250.248.2093 ext. 239**

Oceanside Better at Home

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, transportation to non-medical appointments. Administered by SOS in partnership with the United Way British Columbia, and funded by the Government of BC. **250.752.2040 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. **250.752.2040 ext. 202**

Volunteer with SOS!

Volunteers are the heart and soul of SOS. To volunteer, contact, **250.248.2093 ext. 230**

SOS Community Services Centres

Parksville 245 Hirst Ave. W. | 250.248.2093

Qualicum Beach 744 Primrose St. | 250.752.2040

www.sosd69.com | sos@sosd69.com |    

SOS Summer Programs

July 2 - August 23, 2024



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



**Society of
Organized
Services**

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



@sosyouthgroup

Early Years

For families with infants to 5 years

TICTAC (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: SOS Community Services Centre

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.

Parksville: Thursdays, 3 pm - 5:30 pm

Qualicum: Mondays, 3 pm - 5 pm

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. Field trips, games and activities allow youth to develop friendships and have fun.

3 pm - 6:30 pm

Parksville: Mondays

Qualicum: Tuesdays

Youth Open Space

For Grades 9 - 12. Connect with other youth, shoot pool, play music and games and eat good food.

3 pm - 6:30 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