

SOS Programs & Services

Call 250.248.2093 + extension listed

● Meals on Wheels

Helps residents maintain health and independence by delivering hot, nutritious meals, three times a week. Cost: \$14/meal, subsidies may be available.

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.

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.

Ext. 0

● Personal Growth Group

This 10-week group explores self-esteem, personal boundaries, healthy relationships and more. Ages 19+. Cost: \$10 registration fee + \$5 per session. Next group: September 2025.

Ext. 0

● Medical Appointment Transportation Service

Safe and friendly transportation to and from medical appointments within District 69 for low-income residents.

Partially funded by the Government of Canada – New Horizons for Seniors.

Ext. 248

● Caring for Community at Christmas

Provides special gifts to children and youth, and adults receive grocery store gift cards.

Ext. 229

● Recreation Assistance for Children & Youth

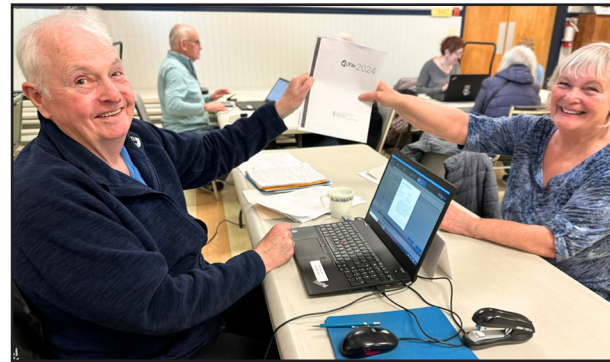
Assists with costs for low-income families to register children and youth in recreational activities and summer camps.

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.

Ext. 241



● Income Tax Returns

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

Partially funded by the Canada Revenue Agency.

Ext. 229

● PQB Home-Share

Happipad, a Canadian nonprofit home rental platform, matches screened, compatible renters and homeowners. Visit happipad.com. For assistance call, Ext. 0

SOS Program Guide



Summer 2025



Supporting Community Together



Society of
Organized
Services

Serving the residents of District 69

SOS Community Services Centre | 250.248.2093 | www.sosd69.com

✉ sos@sosd69.com | [f](#) [i](#) [t](#) [y](#) [v](#)

SOS Child, Youth & Family Programs



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

To register, call, email or text:

TICTAC: 250.248.2093 ext. 249 | cyfcoordinator@sosd69.com | Cell 250.228.4066

Kids Movement & Family Night: 250.248.2093 ext. 224 | childandfamily@sosd69.com | Cell 250.248.0997

Youth Programs: 250.248.2093 ext. 232 | childandyouth@sosd69.com | Cell 250.954.9035

These programs are partially funded by the Government of BC.



Scan the QR Code to learn more about CYF programs!

@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.

Registration is required. Call/text 250.228.4066

TICTAC at SOS: Mondays, 9:30-11:30 am

& Tuesdays + Thursdays, 9-11 am

TICTAC at Foster Park: Wednesdays, 9:30-11:30 am



CHILDREN & FAMILY

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

Fun activities inspire confidence and friendships. Staff and volunteers provide mentorship and support.

Registration is required. Call/text 250.248.0997

Summer Session: Thursdays, 2-5 pm in July & August (All District 69 children are welcome)

Fall Session: Thursdays, 3-5:30 pm from September-December (Transportation available for children from Qualicum schools)

● Family Night For District 69 families

Spend quality time with family as SOS serves a meal and cleans up afterwards! We provide entertainment such as arts, crafts, games and music. All District 69 families, including grandparents and immediate family members are welcome.

Registration is required. Call/text 250.248.0997
Tuesdays, 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.** Mondays, 3:30-7 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. Wednesdays, 3:30-7 pm

● Tutoring Program Grades 6-12

Professional tutoring available in Math and English for \$5 per session. Available to School District 69 students attending regular classes. Tutoring resumes September 15. **Registration is required.** Mon-Thurs., 3:30-4:30 pm or 4:30-5:30 pm

● GradWear For grads and their dates

Find a new or gently used grad outfit for \$10, including accessories. The GradWear Program runs January through June. Formal attire donations are accepted year-round.

Call 250.954.9035 to book.



● Teen Shopping Event For ages 12-19

#SOSTeenShop runs twice a year, in the Fall and Spring, at SOS Thrift Shop. The next event will take place September 10. This event offers great deals, along with food, prizes, entertainment and lots of fun!

Seniors Programs

● Seniors' Advocacy Services

Assists local seniors (aged 60+) in accessing supports, through information and referrals to services offered at SOS and throughout the district. Individual needs are determined through a private and confidential meeting.

Call 250.248.2093 Ext. 239



● Oceanside Better at Home

Helps local seniors (aged 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.

Available to seniors who are low to modest income, low to moderate frailty, socially isolated, or members of an underserved population. Administered by SOS in partnership with the United Way British Columbia, and funded by the Government of BC.

Call 250.248.2093 Ext. 248



Want to know more about seniors resources in District 69?
Scan the QR Code on your phone to view the Seniors Resource Directory.