

A HELP brochure updates January 10th 2018 – Master with changes incorporated.

Where to Find Help in the Sooke Region

Names and contact information for free or low-cost counselling services, medical equipment and clothing.

Affordable Food

Baptist Breakfast

What: Community meals

When: Mon & Wed mornings, 7:30 - 9:00 am
2nd & 3rd Sunday, 5:00 - 6:00 pm,
October through March

Where: Sooke Baptist Church, 7110 West Coast Road, **Sooke BC**

Fee: None

Contact: 250-642-3424

Sooke Food Bank Society

What: Food hampers

When: First 3 Thursdays of each month,
9:30 am – 3:00 pm

Where: Sooke Community Hall, 2037 Eustace Road, Box 983, Sooke BC V9Z 1H9

Fee: None

Contact: 250-642-7666

Meals on Wheels

What: Low-cost meals delivered to seniors and disabled persons

When: Monday, Wednesday, Friday @ Noon.

Fees: \$6.00 per meal

Contact: Call to order – 250-642-4973

Pre-Natal Outreach (Sooke Family Resource Society)

What: Support, vitamins & food vouchers for pregnant women

When: By appointment

Where: 6672 Wadams Way, Sooke BC

Fee: None

Contact: 250-642-5152 Ext. 237

Low Cost Lunches (Seniors Social Drop In) all ages welcome

Light Refreshments Provided – Coffee, Cookies

When: Last Mon of the month (None Dec) 2-4 pm

Where: Sooke Baptist Church: 7110 West Coast Rd, Sooke, BC, V9Z 0S1

Contact: 250-642-3424

Vital Vittles (Holy Trinity Anglican Church)

What: Community lunch – all welcome

When: Fridays, 11:30 am – 1:00 pm

Where: 1962 Murray Road, **Sooke BC**

Fee: None

Donations welcome. Contact: 250-642- 7342

Good Food Box

What: Affordable seasonal produce

When: Phone for schedule

Where: EMCS, 6218 Sooke Road, Sooke BC
250-642-6371 or rvasey@sd62.bc.ca

Where: T'Sou-ke Nation Band Hall, Lazzar Road, Sooke BC
250-642-3957

Where: Pacheedaht First Nations Band Office (Port Renfrew)
250-647-5521

Services and Support

Affordable Counselling Program

Counselling by Pacific Centre Family Services
Fee for Service (reduced rates available)
345 Wale Road in West Shore (available to Sooke residents)
250-478-8357

Alcoholics Anonymous

For regular weekly meetings and information,
Call: 250-383-7744 - 24 Hour Help Line.
Victoria meetings <http://www.aavictoria.ca>

Al-Anon Family Group

For friends and relatives of someone with a drinking problem
Meets - Wed 7:30 pm at Holy Trinity Anglican Church
1962 Murray Rd, 250 -383 – 4020

Alzheimer's Caregivers Support Group

Monthly meetings in Sooke
250-382-2052
www.alzheimerbc.org

Bounce Back

Education and therapy for adults with depression and anxiety.
Referral through your doctor

Caring for Community Counselling

Affordable counselling services for adults, couples, families, children and youth.
Sooke Family Resource Society, 6672 Wadams Way, Sooke BC
250-642-5152, Ext. 229

Bridges for Women Society

Education and employment training for women impacted by violence, abuse and/or neglect.
Email: careers@bridgesforwomen.ca or briana@bridgesforwomen.ca
Telephone: 778-432-3790 ext. 501
Website: www.bridgesforwomen.ca

Changeways and Assertiveness Courses

Group sessions for depression, anxiety & life transitions.
EMCS Program Office
250-642-6371

Community Outreach Prevention and Education

A voluntary prevention/early intervention program for youth (aged 5- 18) & their families.
Pacific Centre Family Services, 345 Wale Road in West Shore (available to Sooke Residents)
250-478-8357

Elderly Outreach, Mental Health & Addiction Services

For seniors 65 and over with mental health problems associated with aging.
Physician referral needed. Intake: 250-370-8565
Seniors Outreach office: 250-519-3566

Help Family BC Resources

BC Partners for Mental Health and Addictions. [Help for individuals and families dealing with mental health and substance use problems.](#)
www.heretohelp.bc.ca/

HealthLinkBC

Speak with a nurse, pharmacist, or dietician 24 hrs, Seniors Information Line: 8:30 am – 4:30 pm, Monday to Friday (except holidays).
www.healthlinkbc.ca
Call 811 or 1-800-465-4911 or in Victoria: 250-952-1742

Mood Disorders Association of BC

For meetings and information: 1-855-282-7979

Narcotics Anonymous

South Vancouver Island Area
For meetings and information: 24 hour helpline
250-383-3553

NEED2 Suicide and Prevention Education

Support for youth as well as web-based emotional support.
E-counselling from Pacific Centre Family Services.
Email: Youthtalk1@pcfsa.org
www.youthspace.ca.

People In Pain Network

Monthly support group sessions
Email: heather@pipain.com
Toll Free 1-844-747-7246
Phone 778-227-8047
www.pipain.com

School Counsellors

EMCS: 250- 642- 5211,
Journey Middle: 250-642-5881
Ecole Poirier: 250-642-0500
Saseenos: 250-642-5261
John Muir: 250-642-5427
Port Renfrew: 250- 647- 5577

Sexual Abuse Intervention

Expressive Therapy for Children and Youth by Pacific Centre Family Services
6672 Wadams Way in Sooke or 345 Wale Road in West Shore
250-478-8357

Sooke Crisis Centre

Directs funds for Sooke residents in need – emergency services – food, referrals, and finding housing
2043 Church Road, Mon-Fri, 10am -1pm
250-642-0215

Sooke Hospice Society

Hospice & palliative care
6669 Goodmere Road
250-642-4345

Sooke Hospice Widows Group

Open to all widows: 250-642-2833

Substance Use

Counselling by Pacific Centre Family Services
6672 Wadams Way, Sooke BC or 345 Wale Road in Westshore
250-478-8357

Stopping the Violence Counselling

Sooke Transition House Society: 250-642-2543
Pacific Centre Family Services: 250-478-8357

Sooke Transition House Society

Counselling and outreach services, Children Who Witness Abuse programs.
Transition House: 250-642-2591
Program Office: 250-642-2544
Counsellor: 250-642-2543
Emergency pager: 250-480-5461
Children Who Witness Abuse Counselling: 778-425-2706
Women's Outreach: 250.216.6762
www.sooketransitionhousesociety.com

Urgent Care Clinics

Mon – Fri 2pm - 6pm Call in morning to book apt at clinic. (NO walk in)
Sat 9am – 12:30pm (Walk in only NO pre booked apt)
West Coast Family Medical Clinic
#1300-6660 Sooke Road
250-642-4233

Urgent Short Term Assessment & Treatment (USTAT)

Accessible crisis intervention and brief psychotherapy treatment to the most serious and urgent acute cases requiring community mental health services. (Doctor's referral needed).
Sooke Family Resource Society, 6672 Wadams Way, Sooke BC
250-642-5152

Vancouver Island Crisis Line

For people in emotional crisis, including suicide and mental health issues.
1-888-494-3888

Suicide Line: 1-800-SUICIDE (1-800-784-2433)

Crisis Chat for all ages is offered from 6:00 pm to 10:00 pm Pacific Time, 7 days a week.

www.vicrisis.ca and click on the Chat Now icon.

Veterans Assistance and Seniors Outreach – RCL #54 Sooke

Free service for Legion and Non-Legion Members.

Call 250-642 2052 and leave a message for the Service Officer.

Victims' Services

Monday to Friday, 9:00am – 4:00pm

Sooke RCMP, 2076 Church Road,

250-642-5241 Ext. 2231

Youth Clinic

Doctor available to see youth from the Sooke Region (13-18 yrs) at EMCS

When: Every Wed 12-3pm

Where: Edward Milne Community School 6218 Sooke Road

Program Office: 250 642-6371

Youth Outreach and Navigator

Services for youth, connecting those in need with a network of care.

Sooke Family Resource Society, 6672 Wadams Way

250-642-5152, Ext. 225, 226

Youth Services Parent/Teen Counselling and Mediation, **individual and group counselling, offered to youth** (aged 5 - 18) that have been identified as experiencing difficulty at home, school and/or in the community.

Pacific Centre Family Services

345 Wale Road in West Shore

250-478-8357

youthspace.ca ...a safe place to talk about whatever's on your mind...things not going well? Suicide on your mind? Feeling alone?

Text us @ 778-783-0177

Youthtalk

This Pacific Centre Family Services program provides email counselling, information and referrals by professional counsellors, or face- to-face counselling sessions (where appropriate) for a variety of youth issues. **To connect with a professional youth counsellor send an email:** youthtalk2@psfsa.org

Clothes, Employment Services, Medical Equipment & Medical Transportation

Cancer Drive Line

Provides cancer related transportation

Volunteer driver coordinator South Island: Simon Harvey 778 35 8878

For rides 778 265 0906

Website www.cancerdriveline.ca

Clothing Exchange

Check website (SFRS.ca) for hours or call: 250-642-5152 Ext. 232

Sooke Family Resource Society, 6672 Wadams Way

250-642-5152, Ext. 232

Contact Community Assistance Society

Loan Cupboard – medical equipment at a small fee: 250-389-4607 (leave a message for volunteer to return call)

Contact Transportation for medical appointments: 250-389-4661 (leave a message Mon-Fri. require 48 hours advance notice)

St. Vincent de Paul Thrift Store

Monday – Saturday 9:00-5:00

101-6750 West Coast Road, 250-642-7846

SFRS Community Thrift Shop

Low cost clothing and furniture

Tuesday to Saturday 10am- 4pm

6715 West Coast Road, 778-352-3001

WorkLink Employment Society

Job search, career planning & training information.

6625 Unit D Sooke Road,

250-642-3685

Tues, Wed and Thurs 9-12 and 1- 3:30

This brochure was produced by the Sooke Region Volunteer Centre with funding from the Island Health Authority's Sooke Integrated Health Network (IHN) and the District of Sooke.

More help in the Sooke Region may be found on the community based website

www.sookeregionresources.com

The site is funded by the District of Sooke.

Considerable care has been taken to make this guide comprehensive and accurate. If you are aware of any services we have missed, please contact sookeregionvolunteers@gmail.com or call 250-642-6364 Ext. 235

Up-dated January 10th 2018