



VITAL VITTLES

(Holy Trinity Anglican Church)

What: Community lunch—all welcome

When: Fridays 11:30 am to 1:00 pm

Where: 1962 Murray Road Sooke BC

Fee: None—donations welcomed

Contact: 250.642.7342

BAPTIST BREAKFAST

What: Community meals

When: Monday and Wednesday mornings
7:30 am to 9:00 am October to March

Where: 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 to 3:00 pm

Where: Sooke Community Hall
2037 Eustace Road Sooke BC

Fee: None

Contact: 250.642.7666

Considerable care has been taken to make this guide comprehensive and accurate. If you know of any services not shown here, please contact:

SookeRegionVolunteers@gmail.com

or Telephone:

205.642.6364 Ext. 235



CLOTHES, EMPLOYMENT SERVICES, MEDICAL EQUIPMENT AND RIDES

CANCER DRIVE LINE

Provides cancer-related transportation.

For rides call: 778.265.0906

Volunteer Driver Coordinator South Island:

Simon Harvey—simoncancerdriveline.ca

Website: www.cancerdriveline.ca

THE KIDS CLOTHING CLOSET

Free clothing for children and youth.

SFRS, 6672 Wadams Way Sooke BC

205.642.5152 Ext. 232 www.SFRS.ca

CONTACT COMMUNITY ASSISTANCE SOCIETY

Contact Loan Cupboard—medical equipment for a small fee. Leave message at 250.389.4607.

Your call will be returned.

TRANSPORTATION FOR MEDICAL APPOINTMENTS— MONDAY TO FRIDAY

Leave a message at 250.389.4661

48 hours advance notice required.

ST. VINCENT DE PAUL THRIFT STORE

Low-cost clothing and furniture

Monday to Saturday 9:00 am to 5:00 pm

101—6750 West Coast Road Sooke BC

250.642.7846

SFRS COMMUNITY THRIFT STORE

Low-cost clothing and furniture

Tuesday to Saturday 10:00 am to 4:00 pm

6715 West Coast Road Sooke BC

778.352.3001

WORKLINK EMPLOYMENT SOCIETY

Job search, career planning and training information.

6625 Unit D Sooke Road 250.642.3685



Where to find

help

in the Sooke Region

Names and contact information
for free or low-cost:

- counselling services
- meals
- medical equipment
- clothing

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 can be found on the community-based website:

www.SookeRegionResources.com

The site is funded by the District of Sooke.



AFFORDABLE FOOD

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
Lazzer Road Sooke BC
250.642.3957

Where: Pacheedaht First Nations Band
Port Renfrew BC 250.647.5521

Contact: 250.647.5521

MEALS ON WHEELS

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

When: Noon on Mondays, Wednesdays, Fridays

Fee: \$6.00 per meal

Contact: Call to order 250.642.4973

PRE-NATAL OUTREACH (SOOKE FAMILY RESOURCE SOCIETY)

What: Support, vitamins and food vouchers for pregnant women

When: By appointment

Where: 6672 Wadams Way Sooke BC

Fee: None

Contact: 250.642.5152 Ext. 237



COUNSELING AND OTHER SERVICES

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: www.aavictoria.ca

AL-ANON FAMILY GROUP

For friends/relatives of those with a drinking issue.
Meets Wednesdays at 7:30 pm 250.383.4020
Phone for informaion and location

ALZHEIMERS CAREGIVERS' SUPPORT GROUP

Monthly meetings in Sooke BC
Contact: 250.382.2052 www.alzheimerbc.org

BOUNCE BACK

Education and therapy for adults with depression and
anxiety. Physician referral required.

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
778.432.3790 Ext. 501 www.bridgesforwomen.ca

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

CHANGWAYS AND ASSERTIVENESS COURSES

Group sessions for depression, anxiety and life
transitions. EMCS Program Office 250.642.6371

ELDERLY OUTREACH, MENTAL HEALTH AND ADDICTION SERVICES

For seniors 65 or over with mental health problems
associated with aging. Physician referral required.
Intake: 250.370.8565
Seniors' Outreach office: 250.519.3566

HELPING 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, dietician 24 hours.
Seniors' Information Line: 8:30 am to 4:30 pm
Monday to Friday (except holidays) Call 811 or
1.800.465.4911. Victoria: 250.952.1742
www.healthlinkbc.ca

MOOD DISORDERS ASSOCIATION OF BC

For meetings and informartion: 1.800.282.7979

NARCOTICS ANONYMOUS

South Vancouver Island area meetings and
information. 24-hour help line: 250.383.3553

NEED2 SUICIDE AND PREVENTION EDUCATION

Support for youth as well as web-based emotional
support www.youthspace.ca

PEOPLE IN PAIN NETWORK

email: heather@pipain.com 1.844.747.7246 or
778.227.8047 www.pipain.com

	EMCS: 250.642.5211
	Journey Middle: 250.642.5881
	Ecole Poirier: 250.642.0500
School	Saseenos: 250.642.5261
Counsellors	Sooke: 250.642.5431
	John Muir: 250.642.5427
	Port Renfrew: 250.647.5577

SEXUAL ABUSE INTERVENTION

Expressive Therapy for Children and Youth
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 Sooke BC
Monday to Friday 10:00 am to 1:00 pm
250.642.0215

SOOKE HOSPICE SOCIETY

Hospice and palliative care. 6669 Goodmere Road
250.642.4345 www.sookehospice.com

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 West Shore 250.478.8357

STOPPING THE VIOLENCE

Sooke Transition House Society: 250.642.2543
Pacific Centre Family Services: 250.478.8357

SOOKE TRANSITION HOUSE SOCIETY

Counselling and outreach services
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: 250.642.4233
West Coast Family Medical Clinic

1300—6660 Sooke Road
Mon—Thurs: 5:00 pm—7:30 pm
Fri: 3:00 pm—5:30 pm
Sat: 9:00 am—12:30 pm
Sun: 10:00 am—12:30 pm

URGENT SHORT-TERM ASSESSMENT AND TREATMENT (USTAT)

Assessible crisis intervention and brief psycho-
therapy treatment to the most serious and urgent
acute cases requiring community mental health
services. Physician referral required.

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—
10:00 pm 7 days per week.

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

VETERANS' ASSISTANCE AND SENIORS'

OUTREACH—RCL #54 Sooke BC. Free service to
Legion members and non-members. Leave a
message for the Service Officer 250.642.2052

VICTIMS' SERVICES (SOOKE RCMP)

Monday to Friday 9:00 am to 4:00 pm
2076 Church Road Sooke BC 250.642.5241 Ext.
2231

YOUTH CLINIC (temporarily ceased)

Health care for youth aged 13 to 25. Phone the West
Coast Family Medical Clinic 250.642.4233
1130—6660 Sooke Road

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 or 226