

The following agencies and locations have been abbreviated throughout the brochure to save space:

CASA Building

Co-operative Association of Service Agencies
2145 Townsend Road

EMCS

Edward Milne Community School - 6218 Sooke Road

PCFSA - Pacific Centre Family Services Association

SFRS - Sooke Family Resource Society

VIHA - Vancouver Island Health Authority

Medical Equipment & Clothing

Contact Community Assistance Society

Loan of Medical Equipment (nominal fee)
Community Hall, 2037 Eustace Road
250 389-4607
transportation to medical appts 250-389-4661

Port Renfrew Medical Loan Cupboard

Post Office & Fire Hall 250-647-5425

Canadian Cancer Society

Provides limited, short-term assistance towards cancer-related transportation and accommodation expenses.
Volunteer drivers.
1-888-939-3333

Clothing Exchange

Mon & Fri, 9:00am-2:00pm, Wed 9:00am-4:00pm, at
CASA
250-642-5152

St. Vincent de Paul Society

Low-cost clothing and furniture
Mon-Sat, 9:00am-5:00pm
6750 West Coast Road, 250-642-7846

Salvation Army

Low-cost clothing and furniture
Mon-Sat, 9:00am-5:30pm
#3-6686 Sooke Road, 250-642-3612

Port Renfrew Recreation Centre

Clothing exchange, youth programs, computer access
250-647-5443



This brochure was produced by the
Sooke Region
Community Health Initiative (CHI)
and Edward Milne Community School Society
with funding from VIHA's
Sooke Integrated Health Network

February 2009

Considerable care has been taken to make this guide comprehensive. If you are aware of any services we have missed, please contact the EMCS Program Office for future printings:

250-642-6371

roberta@emcsprograms.ca

where to find
help
in the
Sooke Region

Names and
contact information
for free or low-cost
counselling services,
meals,
medical equipment
and clothing
in the
Sooke Region

Affordable Meals

What? Lay Counselling Breakfast - community meals
When? Mon & Wed mornings, 7:30-9:30am
Sponsors Sooke Lay Counsellors
Fee none
Where? Sooke Baptist Church, 7110 West Coast Rd
Contact 250-642-3221

What? Family Supper Circle - community meals
When? 2nd & 4th Wed each month, call by 3 pm on the day to register
Sponsors Sooke Family Resource Society
Fee none, donations welcome
Where? CASA, 2145 Townsend Road
Contact 250-642-5152

What? Food Bank - food hampers
When? Every Thu except last one of each month, 9:30am - 3:15pm, call in order by 3:00pm Wed for Thursday pickup
Sponsors Sooke Food Bank Society
Fee none
Where? Sooke Community Hall, 2037 Eustace Road
Contact 250-642-7666

What? Meals on Wheels - low-cost meals delivered
When? Mon, Wed, Fri, meals delivered around noon
Sponsors Sooke Meals on Wheels
Fee low cost, approx. \$5
Where? Sooke Community Hall, 2037 Eustace Road
Contact 250-642-6896 (call to order)

What? Seniors' Lunch - meals for seniors
When? Mon-Fri
Sponsors Sooke Seniors Drop-In Centre
Fee low cost
Where? Seniors Drop-In Centre, 6689 Sooke Road
Contact 250-642-6898

What? Vital Vittles - community meals
When? Fridays, 11:30am - 1:00pm
Sponsors Holy Trinity Anglican Church
Fee none, donations welcome
Where? 1962 Murray Road
Contact 250-642-3172

What? Young Parents' Group - meeting and lunch for parents up to age 25
When? Every other Thursday, 10:30am-1:00pm
Sponsors VIHA & SFRS
Fee donations welcome
Where? CASA, 2145 Townsend Road
Contact 250-642-5152 Ext. 237

What? Good Food Box - affordable seasonal produce
Contact 250-642-3957

Counselling

Alcoholics Anonymous
 For meetings & information: **250-383-0415**

Alcohol & Other Drugs
 Counselling by PCFSA in Sooke CASA
 & 103-2849 Peatt Road, Victoria, **250-478-8357**

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

Changeways Cognitive Behaviour Therapy
 Group sessions for depression, anxiety & life transitions. (subsidized positions by doctor referral)

Elderly Outreach Mental Health & Addictions
 For seniors 65 and over with mental health problems associated with aging.
 Intake: **250-519-5279** Info: **250 953-3966**

Mood Disorders Assoc. of B.C. - 7011 West Coast Road
 For meetings & information: **250-642-7910**

Narcotics Anonymous - South Vancouver Island Area
 For meetings & information: **250-383-3553**

Navigator: Mental Health and Addictions
 Service for children and adults to help with connecting those in need with a network of care, and assisting with coordination of those services.
 SFRS at Sooke CASA
250-642-5152 Adult - Ext. 227, Youth - Ext. 226

Need Crisis & Intervention Line
 24 hours: **250-386-6323**
 Youth Talk Line 4pm -10pm: **250-386-TALK (8255)**
 Youth online counselling from Need Crisis and PCFSA available at www.youthspace.ca

Rainbows Grief & Loss Support
 Group program for children dealing with a significant loss.
 7110 West Coast Road: **250-642-7441** (no fee)

School Counsellors
 EMCS: **250-642-5211**, Journey Middle: **250-642-5881**,
 Ecole Poirier: **250-642-0500**, Saseenos: **250-642-5261**,
 Sooke: **250-642-5431**, John Muir: **250-642-5427**
 Port Renfrew: **250-647-5577**

Sexual Abuse Intervention
 Expressive Therapy for Children and Youth
 PCFSA at CASA in Sooke: **250-478-8357**
 & 103-2849 Peatt Road, Victoria: **250-478-8357**

Sooke Crisis & Referral Centre
 Directs funds for Sooke residents in need - emergency services – food, referrals, finding housing & coordinating school supplies.
 2043 Church Road, Mon-Fri, 10am-1pm: **250-642-0215**

Sooke Hospice Society
 Hospice & palliative care
 6649 Sooke Road: **250-642-4345**

Sooke Hospice Widows Group
 Open to all widows: **250-646-2833**

Stopping the Violence
 103-2849 Peatt Road, Victoria
250-478-8357

Transition House
 Stopping the Violence Counselling, Children Who Witness Abuse Counselling and Outreach Services
 Transition House: **250-642-2591**
 Program Office: **250-642-2544**
 Counsellor: **250-642-2543**

Urgent Care Medical Clinics
Mon & Thur - 5:00-7:30 pm at Harbour Family Medical Clinic, 6625B Sooke Road: **250-642-4233**
Tue & Wed - 5:00-7:30 pm at Evergreen Medical Clinic, 114-6660 Sooke Road: **250-642-3913**
Weekends -
Fri 3:00-5:30pm, **Sat** 9:00am-12:30pm, **Sun** 10:00am-12:30 (alternates btwn Harbour Family and Evergreen Clinic)

Urgent Short Term Assessment and Treatment (USTAT)
 (physician referral) Provides accessible crisis intervention and brief psychotherapy treatment to the most serious and urgent acute cases requiring community mental health services.
 SFRS at Sooke CASA: **250-642-5152**
 PCFSA at 103-2849 Peatt Road, Victoria: **250-478-8357**

Victims' Services
 Mon-Fri, 9:00am-4:00pm
 Sooke RCMP, 2076 Church Road:, **250-642-5241 - Ext. 231**

Wraparound Program
 Works with at-risk youth and their families to develop a support network
 Journey Middle School & EMCS
 Jim MacSporrán, Coordinator
 EMCS: **250-642-5211**, Journey Middle: **250-642-5881**