

# Social and Community Resources in Oceanside (Parksville-Qualicum Beach Region)

*This resource list was created to provide contact information for social and community resources in the Oceanside region of Parksville-Qualicum Beach. We will do our best to keep this list current and relevant; however, details will change.*

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## **BC 211**

Please refer to BC 211 for the most comprehensive list of services and programs available to those in need (housing, mental health support, homelessness supports). BC 211 resource includes a list of provincial, local and federal assistance available. The search feature can be found here: <https://bc.211.ca/#search>

## **SHELTER**

BC Housing funds outreach and support programs which help people who are experiencing homelessness or are at risk of being homeless. In the Oceanside region, this service is offered through the Homeless Outreach Program (operated by CMHA) and Homeless Prevention Program (operated by SOS).

### **Homeless Outreach Program**

Operated by Canadian Mental Health Association, outreach workers meet their clients where they are – on the street, in a shelter or in a temporary place. There is no cost for these services. CMHA Mid-Island strives to break the cycle of homelessness by supporting people to find a good place to call home. In addition, our team works in collaboration with the community to ensure people have the supports necessary to maintain housing long term.

### **Oceanside**

Tuesday, Wednesday and Thursday  
8.30 am to 5.30 pm  
250 240-5272 or 250 716-8823  
[street.reach@cmha.bc.ca](mailto:street.reach@cmha.bc.ca)

Your outreach worker will start the process of addressing immediate physical and safety needs such as:

- Food, warm clothing and a place to stay.
- Connect with housing and income support, including making and accompanying you to appointments.
- Providing links to culturally appropriate services and other support services, such as life skills training, personal health, household and financial management; and/or acting as a landlord liaison.

### **The Homeless Prevention Program**

This program is focused on ending as well as preventing homelessness in the Parksville Qualicum Beach region. It is funded by BC Housing and is administered by SOS. The program provides rental subsidies to qualifying clients to assist them in managing their housing costs. The clients supported by this program are youth transitioning out of foster care, women who have experienced violence or are at risk of violence, individuals leaving the correctional or hospital systems, and individuals of Indigenous descent.

To register for this program:

250 248-2093 ext 234

Visit SOS Community Services Centre (245 Hirst Avenue West, Parksville)

### **Warm spaces during the day**

Parksville Civic and Technology Centre (100 Jensen Avenue East)

Monday, Tuesday 8 am to 6 pm

Wednesday, Thursday 8 am to 7 pm

Friday 8 am to 6 pm

Saturday, Sunday 10 am to 6 pm

### **Parksville-Qualicum Beach Home-Share Program**

If you're looking for a room to rent or interested in using your spare room to earn extra income, refer to **Happipad**, supported by the Society of Organized Services and the BC Government.

<https://sosd69.com/adult-seniors-programs/parksville-qualicum-beach-home-share-program>

## **FOOD**

### **Salvation Army Soup Kitchen**

187 Alberni Highway, Parksville (corner of Jensen and Alberni)

Monday, Tuesday, Wednesday, Friday, 11 am to 1 pm

<https://parksvillesalvationarmy.ca/services/soup-kitchen>

### **Salvation Army Food Bank**

886 Wembley Road, Parksville

Monday, Tuesday, Thursday 8.30 am to 4 pm (closed noon to 1 pm)

Wednesday and Friday 9 am to noon

<https://parksvillesalvationarmy.ca/services/food-bank>

- Community table FREE produce Wednesdays and Fridays 8.30 am to 11.30 am
- Non-perishable FREE shelf daily during food bank hours.
- NOTE: all new clients must make appointments by calling 250 248-8793 and will need photo ID, proof of address and proof of income to access services.

### **Society of Organized Services**

Self-heating meal kits are available through the SOS.

<https://sosd69.com>

## SUPPLIES

### **SOS Community Services Centre**

245 Hirst Avenue West, Parksville

Showering program - call for same day appointment: 250-248-2093 ext 0

Monday to Thursday, 1.15 to 3.15 pm

<https://sosd69.com/emergency-assistance-advocacy>

### **Red Cross Health Equipment Loan program**

This program provides health equipment to individuals recovering from illness or injury. Volunteer-supported, community-based service through support of provincial government

<https://www.redcross.ca/how-we-help/community-health-services-in-canada/health-equipment-loan-program>

### **Manna Homeless Society**

Connect with Manna Wednesdays at the Salvation Army, Parksville.

[oceansidemanna@gmail.com](mailto:oceansidemanna@gmail.com)

Call Robin at 250 248-0845

<https://www.mannahomelessociety.com>

### **Risebridge**

250 268-4041

[risebridgeproject@gmail.com](mailto:risebridgeproject@gmail.com)

- Outreach program that can supply food, weather resources, hygiene supplies, transportation support, resource navigation and application assistance in the Oceanside region.
- Crisis support program provides support which may include housing, food and transportation access. Appointment requests may be made through phone or email.

<https://www.risebridgeproject.ca/>

## HEALTH SERVICES

### **Vancouver Island Crisis Line**

1 888 494-3888

Crisis, emotional support and help with problem solving.

<https://www.vicrisis.ca>

### **Oceanside Health Centre**

250-951-9550

489 Alberni Highway, Parksville

Mental Health and Substance Use Team – Island Health’s Oceanside Health Centre provides services such as urgent care, primary care, medical imaging, outpatient laboratory services, Telehealth and integrated community care teams.

<https://www.islandhealth.ca/our-locations/hospitals-health-centre-locations/oceanside-health-centre>

### **Island Health Mental Health Substance Use Service Link**

1 888 885-8824

Island Health provides a range of services for individuals dealing with moderate to severe mental health and substance concerns. For help navigating these services call the Island Health Mental Health Substance Use service link at 1 888 885-8824.

<https://www.islandhealth.ca/our-services/mental-health-substance-use-services>

### **Island Health Community Access Line**

250 388-2273; 8.30 am to 8 pm

If you’re facing challenges living safely and independently at home, Island Health Community Access Line can help with assistance in daily tasks like bathing and dressing, to specialized nursing care and support with physical rehabilitation. No doctor’s referral is required.

<https://www.islandhealth.ca/our-services/community-health-services/accessing-our-services>

### **Forward House Community Society**

250 954-0785; Monday to Saturday, 10 am to 6 pm

Nurturing mental wellness and addiction recovery through creative programs, relevant education, and dynamic community partnerships.

<https://www.forwardhouse.com>

## OTHER SERVICES

### **Are you a survivor of violence or other crimes?**

If you are homeless or need to leave your home due to violence or other crimes, the following organizations offer support, information and referrals to help you find safe housing:

#### **RCMP Victim Services**

727 West Island Highway, Parksville:  
250 954-2277

#### **Women, Children and Youth Haven Society (Parksville)**

Outreach and Community Victims Services  
250 248-3500  
24-hour crisis line: 1 888 756-0616 / 250 756-0616  
<https://www.havensociety.com/parksville-oceanside>

#### **Sources Oceanside Resource Centre**

Violence prevention services to women (18+) and children/youth (3-18) who have experienced or been exposed to domestic violence and/or abuse. Services are free.  
250 752-6766  
[oceanside@sourcesbc.ca](mailto:oceanside@sourcesbc.ca)  
<https://www.sourcesbc.ca/oceanside-resource-centre>

#### **Seniors Advocacy Services**

250-248-2093 ext 239  
Program assists local seniors in accessing supports. Individual needs are determined through a private and confidential meeting. SOS will discuss your personal situation and any concerns you may have.  
<https://sosd69.com/seniors-advocacy-services>