

Wellness Programs & Support Groups



Most groups require registration. Please call 778-351-1446 for more information or to register.

Caregivers

Family & Friend Caregivers Support

Are you looking after a family member or friend with a chronic or terminal illness? Receive coping strategies, support and discover new friends who care and understand your journey. 1-1 support and caregiver groups.

Time: Various

Family Caregivers of BC

Run by Family Caregivers of BC. This drop-in group requires pre-registration.
4th Wednesday: 1:30 – 3:30 pm
Register: 1-877-520-3267 or cgsupport@familycaregiversbc.ca

C. Saanich Caregivers Support Group

A trained facilitator will connect you to like-minded caregivers for tips, support, and information.

4th Monday: 2:30 – 4:00 pm
Centre for Active Living
1229 Clarke Rd., Brentwood Bay

Movement for Caregivers

A mindful Pilates based workout that will work the body from head to toe and use breath work to calm yourself. Wear loose clothes and socks.

1st & 3rd Thursday: 1:30 – 2:30 pm
Nel Horth Room, Sidney Library, 10091 Resthaven Drive

Grief & Loss

Good Grief! Peer to Peer Bereavement

Have you lost your spouse or partner through death? Are you challenged by trying to live your new life as a widowed person? This closed group helps you understand your grief, and learn how to move forward.

Bereavement & Loss

Don't grieve alone. For those who have experienced the death of a loved one. The compassionate facilitators will walk alongside you through one of life's most difficult experiences. Drop-in
2nd & 4th Friday: 2:00 – 3:00 pm

Choose to Move

Do you choose to move? Being active can help you feel better, be stronger, and keep your independence. Choose to Move is a FREE 10-week program to support older adults to BECOME and STAY more active!

- Choose activities you enjoy
- Develop and implement an action plan

- Live a healthier, more active life
- Receive support
- Connect with peers in your community
- Share resources and strategies for success

The fall 2025 session will be at the SHOAL Centre. Contact for more information (250) 656-5537, www.choosetomove.ca or choosetomove@beaconcs.ca.



Fundraising at Beacon

Be a Beacon of Hope - Light the Way

For over 50 years, Beacon Community Services has supported individuals through life's toughest challenges. Now, through the **Be a Beacon of Hope** campaign, we are showcasing our impact across all phases of life in a moving video series:

- Youth facing homelessness find safety, support, and a path forward.
- Families struggling with care demands, stress, and financial strain receive the vital support they need to build stability and resilience.
- Seniors battling isolation and mobility issues gain access to food, transportation, and connection.

The need has never been greater—and your support is crucial. Double your impact! For a limited time, Tecnet Canada Inc. will match the first \$10,000 in donations, and an anonymous donor will match the next \$5,000.

Watch the video series and make a difference today: beaconcs.ca/light-the-way.

Every dollar brings hope.



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236-638-6867



Sarah Baidoo
sbaidoo@beaconcs.ca
250-216-5439

Vision Impairment

White Cane Club

Meet with others sharing the challenge of vision impairment. Join us for this social time together with occasional guest speakers.

2nd Thursday: 2:00 – 3:30 pm

Emotional Support

Phone Check-Ins

Would you like a daily or weekly check-in/ wellness phone call from a friendly volunteer? Call for more information.



Jane McIntosh
Wellness Programs Coordinator
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Margo James
Wellness Programs Coordinator &
Community Connector
778-351-1446
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Senior Peer 1 – 1 Support

Are you experiencing a life transition, loneliness, loss, sadness, grief, a health challenge or loss of connection to community? A trained listener can provide empathetic, confidential, 1 to 1, no cost support as you navigate these challenges.

Friendly Visitor Program

Are you an older adult who is lonely, isolated and/or has mobility challenges that prevent you from socializing? A friendly volunteer can visit for a chat, play a game, or have tea.

Senior's Mental Health Wellness

Are you 65+ and have been diagnosed with depression, anxiety or feel at risk because of isolation or loneliness? The facilitator will follow up with an intake interview. Confidentiality will be maintained.

Mondays / Thursdays: 1:00 – 2:30 pm

Yes! We Can Cope with Depression

This drop-in support group for those with depression will give you lots of opportunities for education and interaction. Depression is manageable; learn ways to cope and thrive.

1st Wednesday: 1:00 – 2:00 pm

Senior Support & Community Services

Better at Home helps seniors with simple day-to-day tasks so they can live in their home independently, and remain connected to their communities. The program offers specific non-medical services to seniors who are 65+ and living independently on the Saanich Peninsula.

Our services are available to all seniors in Sidney and on the Saanich Peninsula. Please call 250-656-5537 or drop by the SHOAL Centre to sign up.

Computer Support

If you are wondering how to successfully use your smart phone, tablet or laptop, we can help you navigate this with more confidence in these one-on-one sessions.

\$3 Member; \$5 Non-Member

Drop-in (iOS & Android)

on hiatus July & August

Tuesdays: 9:30 am - 12:00 pm

By Appointment (iOS)

continuing through summer

Wednesdays: 9:00 am - 1:00 pm

Community Meals

Weekly low-cost lunches for seniors 65+ who are seeking to make new connections in their community.

Contact: Lori Campbell

Monday / Thursdays

12:30 - 1:30 pm

Advocacy Service

Volunteer advocates provide guidance, information and assistance navigating the health care system, unexpected financial hardship, submitting forms and correspondence.

Wednesdays: 9:00 am - 12:00 pm

Contact: 250-656-5537

Beacon Bus Trips

Beacon bus trips take seniors from SHOAL to shop at various shopping centre locations in Greater Victoria.

Hillside Mall: June 18th, July 16th, & August 13th

Check in: 11:15 am

Trip Time: 11:30 am - 3:30pm

\$5 per trip

Disability Parking Permits

Visit SHOAL to purchase parking permits for people with ongoing or temporary disabilities. Please bring your expired permanent permit or completed application (signed by a doctor) to SHOAL or the Central Saanich Office.

Foot Care Clinic

Debbie Roper from Coastal Footcare operates a footcare clinic out of SHOAL.

Appointment: 250-888-7758 or coastalfoothealth@gmail.com

Medical Drives

Need to go to the doctor or dentist? We can assist with drives to medical appointments.

Contact: 778-426-8770

Drive Desk Hours

Monday - Friday

9:00 am - 1:00 pm

Tuesdays: 1:00 - 3:00 pm

Two weeks notice is required and max two drives per week.

Grocery Shopping

If you are unable to shop for yourself, volunteers will shop and deliver groceries from Thrifty Foods or Save-On-Foods. Purchase a Thrifty or Save-On card from us and then we take orders every Monday afternoon.

Housing Support (60+)

SHINE housing navigators can assist seniors with housing needs such as advising on tenant rights, applying for housing, and filling out forms. Mediation and conflict resolution with landlords is also available.

Contact: Jessica Cochrane

Income Tax Services

Tax Services are available year round. Pick up forms at the SHOAL Centre reception and we will have a volunteer e-file your return, free of charge.

Must have low-moderate income and simple tax situation.

Community Connectors

Do you find yourself lonely and/or needing help connecting to any of the following: social activities, arts, and recreation programs; exercise programs and physical activities; challenges with food insecurity and meal prep; family and caregiver support; transportation assistance, advocacy and more.

Recently, a woman came in overwhelmed by her partner's diagnosis. We connected her to counselling, caregiver support, home help, and check-ins. With these supports, she's now coping better and building resilience.

Community Connectors will listen, collaborate, help connect you to services, and offer on-going support as needed.

Phone 250-656-5537 and ask for a community connector or email hwale@beaconcs.ca or mjames@beaconcs.ca.



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Helen Wale
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Lori Campbell
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Jessica Cochrane
SHINE Seniors Housing Navigator
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Soup Socials

Enjoy a free soup social! Hearty soups, engaging activities, and stimulating speakers; a perfect opportunity to forge new friendships and strengthen connections within our vibrant community.

3rd Monday: 12:00 - 2:00 pm

June 16th: Community Connectors

Registration: 778-426-8766

Space is Limited. Register Early.



United Way
British Columbia

Many of our programs and services are made possible

through the generous support from the Town of Sidney, and the United Way of BC.