

Wellness Programs & Support Groups

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

CAREGIVERS

Family & Friend Caregivers Support

Caring for a loved one with a chronic or terminal illness? Get support, coping tips, and connect with others who understand.

1-1 support & 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

Central 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 head-to-toe Pilates workout with breathwork to calm the mind. Wear loose clothes and socks.

1st & 3rd Thursday:

1:30 - 2:30 pm

Drop-in Nel Horth Room

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

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. Call for more information.

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.

2nd & 4th Friday: 2:00 - 3:00 pm

Many of our programs are provided through generous support from United Way BC.



United Way
British Columbia

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.

Senior Peer 1 - 1 Support

Facing a life change, loneliness, grief, or health challenges? Connect with a trained listener for free, confidential, one-on-one support.

Friendly Visitor Program

Feeling lonely or isolated? A friendly volunteer can visit for a chat, game, or tea.

Senior's Mental Health Wellness

Are you 65+ and facing depression, anxiety, or loneliness? A facilitator will contact you for a confidential intake interview.

Mondays / Thursdays: 1:00 - 2:30 pm

Yes! We Can Cope with Depression

Drop-in support group for those with depression. Learn ways to cope, connect, and thrive.

1st Wednesday: 1:00 - 2:00 pm



Jane McIntosh

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Margo James

Wellness Programs Coordinator
& Community Connector
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Fundraising at Beacon

Planned Giving: A Legacy That Lights the Way

At Beacon, we walk with individuals and families through every chapter of life—from the first steps to the final journey. Our mission is to shine a light in life's darkest moments and be a Beacon of hope, healing, and transformation.

Planned Giving is a powerful way to sustain this mission far into the future. By including Beacon Community Services in your will, trust, or estate plan, you create a legacy that ensures the light never dims for those who need it most.



Shaun Cerisano

Director of Development
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236-638-6867



Sarah Baidoo

Development Associate
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250-216-5439

Every Planned Gift:

- Helps provide emergency support for families in crisis
- Sustains vital services for seniors, children, and vulnerable populations
- Supports sustainable programming and stability for our community

Unlike immediate donations, Planned Gifts offer you the opportunity to make a lasting impact without affecting your finances today. Whether large or small, every legacy gift is a statement of belief in a brighter future.

Your light can shine far beyond your lifetime. Join our Beacon Legacy Makers Society and help guide the way for generations to come.

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 that uses a science-based approach to support older adults (55+) 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
- Have fun

INFORMATION SESSION

Thursday, Oct 9 | 11am-12:15pm

10-WEEK PROGRAM

Thursdays | Oct 16 – Dec 11

Special topic Thursday | Dec 18

All times are 11am-12:30pm

Contact for more information

250-656-5537 choosetomove@beaconcs.ca
or www.choosetomove.ca



**Choose
to Move**



Beacon



COMMUNITY
SERVICES



Senior Support & Community Services

Better at Home

This service helps seniors 65+ on the Saanich Peninsula with simple day-to-day tasks to support independent living and community connection.

Please call 250-656-5537 or drop by the SHOAL Centre to sign up.

Beacon Mobile Meals

Weekly meal delivery for low-income, isolated seniors. If you or someone you know would benefit from this meal delivery service, **contact: Lori Campbell at lcampbell@beaconcs.ca**

Community Meals

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

Tuesdays / Thursdays:

12:30 - 1:30pm

Register w/ Lori 778-426-8766

Soup Social

Join us for free hearty soup, activities, and guest speakers. A great way to connect and make friends!

Registration: 250-656-5537

3rd Friday: 12 - 2pm

Grocery Shopping

If you can't shop yourself, volunteers will shop and deliver from Thrifty Foods or Save-On-Foods. Buy a gift card from us and place orders

Monday afternoons.

Beacon Bus Trips

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

- **Sept 10 & Oct 8, 22 | Nov 19 & Dec 17 | Hillside Mall**
- **Sept 24, Nov 5 & Dec 3 | Mayfair Mall**

Check in: 11:15am

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

\$5 per trip

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 9am - 1pm

Tuesdays: 1 - 3pm

Two weeks' notice required and max two drives/week.

Foot Care Clinic

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

Appointment: 250-888-7758
coastalfothealth@gmail.com

Navigation Service

Volunteers help with navigating the health care system, financial hardship, and submitting forms or correspondence.

Wednesdays: 9am - 12pm

Contact: 250-656-5537



United Way
British Columbia

SHINE Housing Support (65+)

Our housing navigator assists with tenant rights, housing applications, forms, and landlord mediation. Contact: jcochrane@beaconcs.ca or call 250-514-3057

Income Tax Services

Free tax services are available year round. Must have low-moderate income and simple tax situation. Pick up a form at reception.

Computer Support

Get one-on-one help using your smartphone, tablet, or laptop with more confidence.

\$3 Member; \$5 Non-Member
DROP IN (iOS & Android)

Tuesdays: 9:30am - 12pm
BY APPOINTMENT (iOS)

Wednesdays: 9am - 1pm

Disability Parking Permits

Purchase permits for ongoing or temporary disabilities at SHOAL. Bring your expired permit or completed doctor-signed application.

Free Legal Clinic

Beacon is partnering with **Senior Services Society of BC** and **Seniors First BC** to host this clinic for low income seniors. It will focus on planning, tenancy issues and other civil legal matters (excluding family and criminal law).

To register contact Jessica @ jcochrane@beaconcs.ca



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 in obtaining affordable food or preparing your own meals; family and caregiver support; transportation assistance, advocacy and more.

"One spouse's surgery and long hospital stay, left the other overwhelmed with caregiving. Their social worker referred them to the Community Connector, who arranged housekeeping, shared caregiver support group details, and offered respite resources—reducing stress and restoring resilience."

Community Connectors will listen, collaborate, help connect you to services, and offer on-going support as needed. Contact: hwale@beaconcs.ca or mjames@beaconcs.ca. Phone: 250-656-5537.

Easing the Journey: A Trusted Guide Through Life Transitions

Feeling overwhelmed by life's transitions? Join us to explore the emotional and practical challenges that come with aging, caregiving and planning for the future – and how the right support can make all the difference.

Thursday, October 16 at 2:00 pm

Heart at Home Medication Service

Need a little help with medications? Heart at Home offers reliable and friendly medication support services with daily visits. Some costs are covered by Pharmacare. Join us to learn about how this program can support you!

Thursday, October 2 at 2:00 pm

Meet the Team



Deb Greenaway

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Linda Lightbody

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Helen Wale

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Lori Campbell

Meals Coordinator
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Jessica Cochrane

SHINE Seniors Housing Navigator
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Heather Welsford

Administrative Assistant
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Welcome, Heather! With 10+ years of healthcare admin experience in midwifery clinics and a background as a Beacon volunteer, she's excited to support Better at Home with her organizational skills.

