



## What is South Island Community Connections?

The South Island Community Connections program is a person-centered service offered to eligible adults referred by CLBC. Services are designed to support greater independence at home and in the community.

Services offered focus on skill development, community inclusion, and outreach

The SICCC team is proud to offer individualized, one-to-one supports as well as our popular twice per week Community Connections Club. Services offered focus on skill development, community inclusion, and outreach within your home or the community.

### Activity Club

The **Community Connections Club** provides a safe and supportive environment for adults to engage with peers, develop new skills, and access community activities and resources.

Monthly activities may include:

- Arts and crafts
- Tourist attractions and recreation
- Movies and hot lunch
- Day trips and up-island adventures
- Beach days and CRD park outings
- Special Holiday and theme days
- Skill workshops and presentations

## Specific Support

### We help you with ...

- Personal health and hygiene
- Budgeting and time management
- Shopping and meal planning
- Kitchen safety and food preparation
- Problem solving and resources
- Community inclusion and social networking
- Self advocacy and mindfulness
- Independent living skills

### Hours and Location

One-to-one support services are available 8:30 am to 5:30 pm Monday to Friday. Appointments outside regular service hours available by request.

The Empowering Personal Wellness Adult Activity Club runs Wednesday and Thursday from 11:30 am to 3:30 pm. Special Events may be held during different hours.

#### Langford

202-2800 Bryn Maur Road

Phone 778-433-2023

(off Goldstream Ave above Fountain Diner)

For more information please email [jball@sfrs.ca](mailto:jball@sfrs.ca)

## We Are....

Respectful

Innovative

Collaborative

Inclusive

Caring

Ethical

South Island Community Connections is funded by

Community Living British Columbia (CLBC)

To find out if you are eligible for services

contact CLBC at

250-952-4203

[www.communitylivingbc.ca](http://www.communitylivingbc.ca)



[www.carf.org](http://www.carf.org)