

Regular Programs

Young Parents'

Discussion Group

This program gives parents under 25 years old a chance to meet with each other and enjoy scheduled topics with guest speakers, Public Health Nurse and Family Resource Program Staff. At this group, you can find support, friends for you and your child, and enjoy a complimentary lunch.

Young Parents' Playgroup

A playgroup designed for parents under 25 years old to bring their children. Activities at group promote healthy development and social opportunities for parents and children.

Drop In Playgroup

This drop-in play group offers activities designed to promote healthy development. Be prepared to play with your child and meet other parents and children from our community. Staff are available to offer suggestions or referrals.

Parent-Preschoolers 25 months-6years

Parent –Baby/Toddlers 0-24months



Revised Nov. 29/ 11

Regular Programs

Parent Discussion Group

This group provides a variety of scheduled topics, guest speakers, open discussion and fun parent-child activity days. The discussions are based on your journey as a parent. During this group parents will be able to connect and receive support from staff as well as other parents. Child minding available.

Playgroup for Daycare Providers

Daycare providers, this is a playgroup for you! A great way for children to socialize and participate in activities while you get support and ideas from the CCRR Consultant. Enjoy this active time with art activities, crafts, and circle time.

The Clothing Exchange

Open to all community members, providing clean clothing and house wares for all ages and sizes free of charge. Run by volunteers and donations, the Clothing Exchange accepts donations of good, clean clothes and bedding.

Prenatal Education and Outreach

Group prenatal classes for pregnant women and their partners. Outreach services for pregnant women who may have physical, or social needs that require extra support such as one-to-one education, prenatal vitamins, or food vouchers.



Family Resource Program Brochure

*January-June
2012*

Sooke Family Resource Society

105-2145 Townsend Rd
Sooke BC V9Z 0H3
Phone: (250) 642-5152
Fax: (250) 642-7663

Regular Family Resource Programs
Sooke Family Resource Society

January-June 2012

Mon	Tues	Wed	Thurs	Fri
Clothing Exchange 9:00am - 2:00pm		Clothing Exchange 9:00am - 2:00pm	Young Parents' Discussion Group 11:00am-1:30pm every other week	Clothing Exchange 9:00am - 2:00pm
DropIn Playgroup 9:30-11:00 Parent-Preschoolers 1st, 3rd, 5th week Parent-Baby/Toddler 2nd and 4th week	VIHA Baby Talk 10:00 -11:30	Parent Discussion Group 9:30 -11:00	Young Parents' Drop-In Playgroup 12:30-2:00pm Alternate week	Playgroup for Daycare Providers 9:30 -11:00

Programming is provided for children 0-6 years old with a caregiver.

All regular children's programs are by donation and provide a healthy snack, unless otherwise specified in program description.

Sooke Family Resource Society is closed on Statutory Holidays

***** Programming starts January 3, 2012**

Call us for more information, or to register for any of our programs.

Pre-registration is required for all workshops at least one week in advance.

Sooke Family Resource Society

Phone: (250) 642-5152 www.sfrs.ca

Feature Programs

January

Head Start Music 4/5 Year Program
 alternate Fridays Feb. 3—Jun 27, 2012
 11:30-12:30pm

Triple P Parenting

Mondays, Jan. 23-Mar. 12, 2012
 1pm-3pm **child minding available

February

SFRS Staff Training Day

Friday, February 24, 2012

No programming

Prenatal Classes

Wednesdays, Feb. 8-Mar. 14, 2012
 6:30-8:30pm
 Cost: \$100, subsidy available

March

Parent-Child Mother Goose 0-18months

Mar. 7-Apr. 11, 1:00-2:30pm

April

My Tween and Me

Thursdays, April-26-May 17, 2012
 6:30-9:00pm

May

Prenatal Classes

Wednesdays, May 16— June 20, 2012
 6:30-8:30pm

June

Parent-Child Mother Goose 18mo-3yrs

Jun. 6— Jul. 11, 1:00-2:30pm