

With gratitude, we acknowledge the traditional territories of the Coast Salish Nations and Nuuchahnulth Nations of southern Vancouver Island

Our Services

- Prenatal Education and Outreach
- Children and Family Programs
- Kingfisher Preschool
- Parenting Education
- Child Care Resource and Referral
- Family Support Program
- Family Development
- Youth Outreach and Navigator
- Life Skills and Community Inclusion for adults with disabilities
- Home Share Program
- Individual, Couples & Family Counselling
- Urgent Mental Health Assessment and Treatment
- Toy and Book Lending Library
- Community Thrift Shop

Empowering Personal Wellness Adult Activity Club

The ever expanding EPW Activity Club has temporarily moved its summer programming to the Gordon United Church at 935 Goldstream! We thank the Church administration for welcoming us and accommodating our wide variety of activities.

After hearing from our program participants, a later start time has been implemented and Activity Club hours adjusted to 11:30am–3:30pm. We continue to offer drop-in Tuesdays, in addition to regular programming on Wednesdays and Thursdays.

Activity Club provides program participants a safe and inclusive environment to make new friends, work towards goals, and engage in preferred pastimes such as theme days, games & movies, and life.

(Continued on page 2)



The South Island Community Connections program is raising funds to purchase an accessible vehicle for outreach and inclusion services. Vehicles equipped to transport mobility devices ensure safety, dignity and above all, independence!

Donations can be made Wadams Way office, through our website

www.sfrs.ca or through our Canada Helps Fundraising



Contact Us

Main Office and Mailing Address

100-6672 Wadams Way, Sooke BC V9Z 0H3
Monday–Friday 8:30am- 4:30pm
Phone 250-642-5152 Fax 250-642-7663

Colwood Services Location
345 Wale Rd.

Langford Services Location
2800 Bryn Maur Rd.

Visit our website
www.sfrs.ca



Sooke Family Resource Society
SFRS Community Thrift Store

Child Care Resource and Referral
250-940-4882

Services for Adults with Disabilities
South Vancouver Island 778-433-2023

SFRS Community Thrift Shop
2065 Anna Marie Rd., Sooke 778-352-3001

See INSERT

Children and Family Programs-Sooke and West Shore

Continued from page 1:

Activity Club offers weekly community inclusion days throughout the South Island including Museum visits, seasonal attractions, outdoor adventures, and recreational activities. The popularity of our monthly hot lunch days and food/hygiene table demonstrate the need for food security.

Activity Club has started a biweekly cooking program for Sooke program participants at the Sooke office. Program participants interested in building skills and techniques sign up to work with an experienced cook using tools, recipes, and ingredients that are affordable and accessible. Cooking skills program members participate in recipe selection, groceries and supplies as well as kitchen setup, hygiene and clean-up.



Due to the on-going popularity of the Activity club, we are always looking for opportunities to enhance the program. We are excited to look for new ways to meet the growing demand for services as well as opportunities within in the community to provide engaging activities and skills development.

Our team is growing! If you are interested in working with adults living with developmental disabilities in a fun and rewarding way, please email careers@sfrs.ca

SFRS Programs offered through the Adult Outreach Services department are referral based and fully funded by Community Living British Columbia.

SFRS Community Thrift Shop

Reduce Reuse Recycle
REINVEST

Store Hours: Wednesday—Saturday 9am-3pm
2065 Anna Marie Rd.

SFRS Community Thrift Shop

The beginning of summer is here, and with it comes, outstanding generosity from our community. The store has been busy participating in local events, the 16th Annual Duck Days, Sunriver Garage Sale, July will see us participating in Canada Day celebrations with the Sooke Lions, helping at All Sooke Days in August, and assisting with the Tour de Rock Campaign with our local RCMP rider, Mary-Ellen Somerville! Our involvement with community is our secret to success. We are known for our service to clients, and now for our involvement in community. Two winning combinations!! We do not have any “I’s” in our work at the store—We are a “TEAM” building relationship—one step at a time.



Items to drop off?

We accept clothing items anytime during open hours and household items on Tuesdays and Saturdays, 10am to 1pm. Please call ahead for information about dropping off larger furniture items like tables, chairs, dressers, etc. 778-352-3001



Prenatal Education and Outreach

Prenatal Classes, One-to-one Prenatal Education and Emotional Support, Pregnancy Resources, Prenatal Vitamins, Food Vouchers



Prenatal Group classes for pregnant women and a partner
Cost: \$200 subsidy available

Upcoming Class Dates:
September and November

For more information
Contact Teresa Norquay
Phone: 250-642-5152 ext 108
tnorquay@sfrs.ca

Member of BC Association of Pregnancy Outreach Programs
A partnership program of Island Health Best Babies program



Family Support Program

This is a free and voluntary program that provides support to families in Sooke and the West Shore who are primarily experiencing difficulties with family life and parenting.

The Family Support Program offers one-to-one support and mentoring to improve parenting skills, confidence, and self-sufficiency. Family Support Workers help families increase family life skills and create healthy home environments.

To contact a Family Support Worker

West Shore: 250-216-7453

Sooke: 250-642-5152



Kingfisher Preschool

Kingfisher Preschool Program Encourages

- A positive self-image
- Positive self-esteem
- A love of learning
- Independence
- Creativity
- Self-discipline
- Flexibility and resilience
- The ability to make good choices
- The ability to solve problems alone and with others



Preschool Class Schedule:

Mon/Wed/Fri AM 9:00am—1:00pm

Tues/Thurs AM 9:00am—11:15am

Tues/Thurs PM 12:45pm—3:15pm

Please call 250-642-5152 for registration information

Child Care Resource and Referral

The Sooke/West Shore CCRR is a child care support and referral program. We help parents: to find child care, with Affordable Child Care Benefit applications, and other child care needs. The CCRR provides set up and ongoing support for Registered License Not Required child care and support to Licensed child care facilities. We also provide support services and training for parents and child care providers.

Resources for Parents

At the CCRR, we recognize the hard work and challenges that the parenting role may bring. Therefore, we strive to provide information in the following areas: how to select child care that best fits your family's needs, Affordable Child Care Benefit information, Toy Lending and Resource Library, as well as parenting workshops.

You may be eligible for the Affordable Child Care Benefit Please find more information at:

<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>

Phone: 1-888-338-6622, option 4

Resources for Care Providers

The CCRR provides start-up and operating information including: obtaining insurance, professional consultation and support, start up funding information, ECE bursary funding information, referrals to community resources, facility visits, and listing on a registry of care providers.

We encourage providers to access our professional development opportunities that include: Family Child Care Training, networking opportunities, and playgroups for child care groups, as well as our Toy and Equipment Lending Library, resources, and regular CCRR newsletter.

For more Sooke/West Shore CCRR service information: www.sfrs.ca

www.gov.bc.ca/ChildCareResourceReferralCentres

or Toll-free 1-888-338-6622 (Option 4)



CCRR Hours of Service

Monday—Friday 8:30-4:30 at the Sooke and West Shore CCRR service locations.

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

Wednesday evenings in Sooke 4:30-6:30

Saturday mornings in the West Shore 8:30-12:30

CCRR Consultant contact information: 250-940-4882

Sooke-WestShoreCCRR@sfrs.ca

CCRR Consultants available during service hours. You can book (pre-arrange) in-person and virtual appointments with a CCRR Consultant to assure their availability.





YOUR DONATIONS HELP US TO HELP OTHERS

We need your help to continue to support local children, youth and families, and adults with disabilities.

Some of the ways you can donate:

- * On our website www.sfrs.ca through Canada Helps (www.canadahelps.org)
- * In person at our Sooke office—6672 Wadams Way
- * In person at our West Shore office—202-2800 Bryn Maur, Langford
- * Fill up at any Co-Op gas station and use our co-op number 89969 to donate points
- * When you buy 2 for 1 pizza at Pizzability, just say ‘pay it forward for families’ (in person, on the phone or in the Comments Box online) and Pizzability will donate a \$1 to SFRS on your behalf—no extra cost to you!

South Island Community Connections (SICC)

The SICC program offers support services to individuals with diverse abilities throughout southern Vancouver Island communities. Our team of caring and experienced support staff offer skill development, outreach, community inclusion activities, and employment support. This program uses a ‘wrap-around’ approach by developing and maintaining person-centered care plans designed to support individuals with their goals and promote independence and self-determination.



For more information, contact:
Julie Ball, Program Supervisor
Phone: 778-433-2023
Email: jball@sfrs.ca



Empowering Personal Wellness

Discover Your Potential—Live Your Best Life

The EPW Adult Activity Club currently runs three times a week on Tuesdays (drop-in), Wednesdays, and Thursdays. The club provides adults living with diverse abilities opportunities to make new friends, enhance skills, and have fun in a warm, welcoming environment. Club members participate in a variety of activities of their choice, attend workshops, and challenge their cooking skills. Activities include day trips and excursions, local attractions, craft and gift making, movie days, board games and fitness as well as special holiday themed activities and events.



For more information, contact:
Julie Ball, Program Supervisor
 Phone: 778-433-2023
 Email: jball@sfrs.ca



Welcome Home Program

Welcome Home matches individuals with developmental disabilities with a Home Share Provider and living arrangement that suits the individual's needs. Living arrangements vary from a room in a family home to an independent suite. The Home Share Provider supports the individual with their goals towards independent living.



Support may include:

- Personal hygiene reminders
- Help with budgeting
- Meal planning and preparation
- Transportation support and
- Community engagement

The individual and Home Share Provider share their lives with each other. Making a proper match is essential. Potential Providers undergo an extensive screening process to ensure they are the right fit for home sharing.

For more information, contact:
Home share Coordinator
 Phone: 778-433-2023
 Email: welcomhome@sfrs.ca



Caring For Community Counselling Program

Counselling fees are based on a sliding scale

The Counselling Program is here to help you with challenges you may be facing including:

- * Depression
- * Anxiety
- * Relationship Conflict
- * Grief & Loss.

We have Registered Clinical Counsellors available to support your counselling needs. Our team works with individuals, couples, children, youth and families with confidentiality and compassion.

This service is available in Sooke and is available either virtually or in-person

For more information and intake, please call 250-642-5152



USTAT Program Urgent Short Term Assessment & Treatment

If you are experiencing serious and urgent mental health issues you may be eligible for FREE short term psychotherapy and/or intervention. Services are provided in collaboration with physicians, psychiatrists and other mental health practitioners.

Ask your doctor about a referral (required) to the USTAT program.



We don't want cost to stand in your way

Fees for this service have been waived due to generous funding from Island Health.

Sooke Short Term Community Counselling Program (STCC)

New Free Counselling service in Sooke. Are you over 17 and suffering from mild to moderate mental health issues that you would like help with?

**Call 250-642-5152 for information or
Island Health for intake 250-370-5799**

Youth Outreach & Navigator



A specialized **Youth Outreach Worker** is available to meet with youth who are experiencing significant life challenges, including mental health and/or substance use concerns.

The Youth Outreach Worker offers assessment and support to help the youth resolve their concerns. This may involve connecting the youth with appropriate services to ensure they have the skills to work through their challenges long term.

Youth Outreach Workers recognize youth as a unique population, adapting to their needs and building meaningful connections. Consequently meeting times and locations are flexible.

**For more information call our main office at
250-642-5152**

SOOKE

Sooke Food Bank 250-642-7666
Sooke Volunteer Centre 778-365-1878
Sooke Shelter 250-419-3978
Sooke Transition House 778-966-2591
Loan Cupboard 250-389-4607
WorkLink 250-642-3685
Library—Sooke Branch 250-642-3022
WestCoast Medical Clinic 250-642-4233
LifeLabs—Sooke 1-800-431-7206

WESTSHORE

Goldstream Food Bank 250-474-4443
Transition House (Victoria) 250-592-2927
Service Canada 1-800-622-6232
Senior's Centre 250-474-8616
Serenity House—Colwood 250-686-9756
WorkLink Langford 250-478-9525
Library—Juan de Fuca Branch 250-940-4875
St. Anthony's Urgent Care Clinic 250-519-6919
LifeLabs—Langford 1-800-431-7206

Vancouver Island Crisis Line 1-888-494-3888

**Where to find
help/resources
in
SOOKE
and
WESTSHORE**



Are you happy with our services?
Can we do a better job?

We want to hear from you!

In order to improve our services we need to hear about your experience with SFRS services and staff.



You can talk with any staff member or send us an email info@sfrs.ca

We value your input! Thanks for taking the time!

THANK YOU FROM SFRS!

Children’s Health Foundation of Vancouver Island
Public Health Agency of Canada
Community Living BC
Sooke School District 62
Victoria Foundation
Island Health
RBC Royal Bank
District of Sooke

United Way South Vancouver Island
Pacheedaht First Nation
The Province of British Columbia

And to all of the local community organizations, businesses and individuals for your support throughout the year!

LENDING LIBRARY

Find the parenting resource that is right for you!

We regularly add parenting materials that are not easily available locally.

Resources available include:

- ◇ Infant, Child development
- ◇ Sleep/Toileting/Toddlerhood
- ◇ Relationships and Family
- ◇ Special Needs
- ◇ Mental Health
- ◇ Adolescent Development
- ◇ Guidance and discipline



ACCREDITED by
CARF
since 2009

At SFRS, we achieve or surpass more than 1,900 standards set by the Commission on Accreditation of Rehabilitation Facilities for our work serving the community.



www.carf.org

If you would like to borrow a book, please drop by and see us!
Sooke Child, Youth and Family Centre
6672 Wadams Way in Sooke.

Children and Family Services in Sooke

Child and Family Programs in Sooke

Monday Parent and Child Playgroups are REGISTRATION ONLY.

Wednesday Parent and Child Playgroups are a drop-in model.

Please only attend/book one playgroup per week. Thank you!

Please checkout our YouTube channel at [SFRS Family Resource Programs](#) to join us for food, crafts, and circle time fun!

If you would like to be on the email distribution list for updates regarding programming and resources please email Teresa at tnorquay@sfrs.ca

At the Child, Youth and Family Centre—In the Early Years Room
6672 Wadams Way, Sooke

Mondays

Parent and Child Playgroup—online registration required

An opportunity to play and learn with your child. Enjoy art, stories, activities and circle time. Meet other parents and children in your community.

9:30am—11:00am

Register here: <https://outlook.office365.com/book/SFRS@sfrs.ca/>

Wednesdays

Parent and Child Playgroup—drop in

A facilitated group with scheduled parenting topics and child-parent activities. Children join early learning activities with qualified early years staff during most discussion times.

9:30am—11:00am

Wednesdays—registration required

Early Years Neurodiverse Playgroup

This group seeks to increase a sense of belonging and pride in Neurodiversity through supporting Neurodiverse children and their families to reduce isolation, increase parental confidence, and provide information, resources and service navigation.

5:00—6:30pm (July and August) 12:45-2:15pm (September—December)

Please email Meghan at mdovell@sfrs.ca

Thursdays

Family Support Group—registration required

This group is an extension of our Family Support Program. The group offers support to parents with children 0-6 years who may be facing challenges in life such as single parenthood, low income, young parenthood, or anxiety. The group will focus on supportive parenting strategies. Every other Thursday.

10:00am—noon

Please email Teresa at tnourquay@sfrs.ca



All programs are by donation or free; snacks provided.
Programs are for children 0-6 and their caregivers.



Sooke Family Resource Society is a member of the
BC Association of Family Resource Programs
and the Coalition of Neighbourhood Houses, Capital Region



Children and Family Services in the West Shore

Child and Family Programs in the West Shore are being provided through an online registration process. See below for link. Any questions can be directed to Erin Holler at eholler@sfrs.ca

Please checkout our YouTube channel at [SFRS Family Resource Programs](#) to join us for food, crafts, and circle time fun!
If you would like to be on the email distribution list for updates regarding programming and resources please email Erin at eholler@sfrs.ca

At the Child, Youth and Family Centre—In the Early Years Room
345 Wale Road, Colwood

Tuesdays

Parent and Tot Group—**registration required**

An opportunity to play and learn with your child. Enjoy art, stories, activities, and circle time. Meet other parents and children from your community.

Ages 0-6 years

9:30am—11:00am

Thursdays

Tummy Time Baby Group - **registration required**

This group will provide a variety of scheduled topics, guest speakers, and open discussions for parents with children 12 months and under. During this group parents will be able to connect and receive support from the Family Resource Program Coordinator, Family Support worker, as well as other parents.

9:30am—11:00am

Fridays

Parent and Tot Group - **registration required**

An opportunity to play and learn with your child. Enjoy art, stories, activities, and circle time. Meet other parents and children from your community.

Ages 0-6 years

9:30am—11:00am

To REGISTER for any West Shore Play Group visit:

<https://www.sfrs.ca/programs/west-shore-early-years-services>



All programs are by donation or free; snacks provided.
Programs are for children 0-6 and their caregivers.

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and the Coalition of Neighbourhood Houses, Capital Region

