

Sooke Family Resource Society Mission

We provide people, of all ages and abilities on southern Vancouver Island, with services and resources that encourage them to enhance skills, address challenges and create a path forward.

Contact Us

Sooke

100-6672 Wadams Way
Sooke, BC V9Z 0H3
Phone: 250-642-5152
Fax: 250-642-7663

Colwood

345 Wale Road

Check out our website and Facebook page for workshops and courses

 [sookefamilyresourcesociety](https://www.facebook.com/sookefamilyresourcesociety)

 www.sfrs.ca

Our services are accredited through CARF



www.carf.org

Did you know...? SFRS is a charitable not for profit agency. Many of our services are funded only by the generous support of our community.

Yes! I would like to help

Please accept my monthly donation of:

- \$15/month \$20/month
 \$25/month Other\$_____

Your gift will be processed on the 15th day of the month. Tax receipts will be issued automatically for donations of \$20.00 or more.

I prefer to give a single donation of

\$ _____

I would like to give by:

- Cheque Visa MasterCard

Credit Card # _____ Expiry _____

Signature _____

Name _____

Address _____

City _____ Prov. _____ Postal Code _____

Phone _____

Email _____ Yes I would like to receive email updates from SFRS

Please direct my gift to

- Child and Parent programs
 Kingfisher Preschool
 Counselling services Youth services
 Food for families Other needs

Donate online at www.sfrs.ca

THANK YOU!

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Charitable Registration #1281 7098 RR0001

Family Resource Programs in the West Shore



**Where families access support,
opportunities for engagement,
and community resources**

SOOKE
Family 
RESOURCE SOCIETY
Caring for Community

**We acknowledge the traditional territories of the
Coast Salish Nations and Nuu-chah-nulth Nations
of southern Vancouver Island.**

Family Resource Programs in the West Shore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>Parent Discussion Group</p> <p>9:30- 11:00am</p>		<p>Family Support Group</p> <p>9:30-11:00am</p> <p>Please call to register 250-216-7453</p>	<p>Parent & Tot Drop-In Playgroup</p> <p>9:30—11:00am</p>

We Are...

Respectful **Inclusive**
Ethical **Caring**
Accountable **Innovative**
Collaborative

- All regular children's programs provide a healthy snack, unless otherwise specified
- Programs are provided for children 0-6 years old with a parent/ caregiver



About our Family Resource Programs

Parent Discussion Group

- We have guest speakers, open discussion and parent-child activity days
- We cover a wide range of topics focused on your experience as a parent
- Connect with staff and other parents to get the support you may need
- Early childhood development activities with our child-minding team available during group discussions

Family Support Group

- This group is an extension of our Family Support Program
- At this group we offer support to parents and children who may be facing challenges in life such as single parenthood, low income, young parenthood, anxiety, or difficulties with family life and parenting
- The Family Support Group will focus on supportive parenting strategies and early childhood development

Parent-Tot Drop-in Play Group

- Have fun with your child and other parents and children from your community
- Our fun drop-in play group offers activities to promote healthy development for your child
- Our staff can provide suggestions or referrals to resources you may need

We acknowledge the support of the Province of British Columbia