

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, Inclusion and Outreach for adults with diverse abilities
- Home Sharing Services
- Individual, Couple, Family and Group Counselling
- Single Service Walk-In Counselling
- Toy and Book Lending Library
- SFRS Community Thrift Shop



SFRS would like to thank Community Living British Columbia, City of Langford Grant in Aid, and Victoria Grizzlies Hometown Heroes for funding an accessible van for the Adult Outreach Services department. Program Participants with mobility challenges including those utilizing walkers and wheelchairs, can now fully participate in our programming, fostering greater independence and improved quality of life.



Contact Us

See INSERT

Children and Family Programs-Sooke and West Shore

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.



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

For ways to donate
visit our website

www.sfrs.ca

FROM CRITIC TO ALLY

Learning to Live with Your Inner Critic



A 6-week therapeutic group for those struggling with harsh self-talk, self-doubt, perfectionism, and the feeling of never being

WHAT WE'LL EXPLORE

- Understanding the Inner Critic
- Working with self-doubt & perfectionism
- Developing the Inner Comforter & Inner Guide
- Building emotional resilience & self-trust
- Cultivating a healthier relationship with yourself

WHEN

Thursdays · 6 weeks
Beginning February 26

WHEN

Thursdays · 6 weeks
Beginning February 26

CONTACT IF INTERESTED

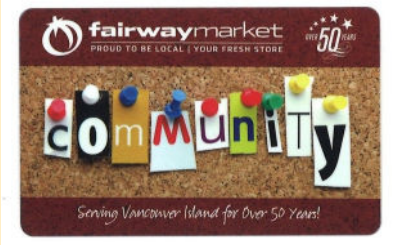
Thomas Goenczi, CCC
tgoenczi@sfrs.ca
250-642-5152 ext. 117

Do you shop at Fairway Market?

Come by our Wadams Way location and pick up your SFRS

Fairway Market
Community Card!

This excellent 'giving-back' program gives 5% of every dollar loaded on the card back to SFRS in support of programs & services.



To show your support through this great program please request a registered gift card directly from SFRS. The gift cards come empty and can be loaded at your favorite Fairways location.

Contact Julie Ball at jball@sfrs.ca for more details!

SFRS Community Thrift Store

Reduce Reuse Recycle
REINVEST

SFRS Community Thrift Shop

Happy New Year from the SFRS Thrift Store!

Wondering what's new at the Thrift Store? We're excited to share some updates as we welcome 2026:

A Fresh Look: Our store has been reorganized to create an even better shopping experience for our customers.

New Bike Racks: Thanks to a generous donation from the District of Sooke, we now have two beautiful bike racks for those who love to cycle—even in our refreshing West Coast rain!

Community Events: In December, we joined other local merchants for Noel Night, and it was an incredible success. This year, we're planning more special events, including a dedicated shopping day for kids to pick out gifts for Dad on Father's Day.

Sustainability Efforts: We continue to expand our reuse, reduce, and recycle program, keeping more waste out of the landfill and doing our part for the environment.

Looking Ahead: 2026 will bring even more savings for our community and ongoing support for those who need it most.

Thank you for being part of our journey—we look forward to seeing you soon!

Store Hours:

Wednesday—Saturday
9am-4pm
2065 Anna Marie Rd.



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:
To be
announced

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 may be 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 Ext. 106 or email: kingfisher@sfrs.ca
for registration information

Child Care Resource and Referral

The Sooke/West Shore CCRR is a child care support and referral program. We help parents 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 steps 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.





BE OUR HERO! BY HELPING US TO HELP OTHERS

Your donations go a long way in supporting resilient, connected communities and every bit counts!

Here are some ways you can
Pay-it forward today:

- * Through our website www.sfrs.ca link to **Canada Helps** (www.canadahelps.org)
- * **In Person** at our Sooke office: 100-6672 Wadams Way
- * **Donate your points** by using our **CO-OP # 89969**
- * Pick up your registered **Fairway Market Community Card**.



South Island Community Connections (SICC)

The **SICC program** offers services to individuals with diverse abilities throughout southern Vancouver Island. Our exceptional team of caring & experienced staff provide skill development, outreach, community inclusion, and employment support.

SICC is a person-centered, inclusive and fully accessible program designed to support individuals to living their best life, achieve greater independence and form life-long connections.



For more information,
contact: Julie Ball,
Program Manager
Phone: 250-642-5152
ex.123
Email: jball@sfrs.ca





Community Connections Club

Discover Your Potential—Live Your Best Life

The Community Connections 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 Manager

Phone: 250-642-5152 ex.123



Welcome Home Program

Welcome Home matches individuals living with developmental disabilities with a Home Share Provider and living arrangement that suits their unique 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.

Together
is a wonderful
place to be

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 space and aspects of daily life so finding 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:

Joseph Owton, Home Share Coordinator

Phone: 250-642-5152 ex.124

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. We also have student counsellors available to see you at a reduced rate.

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



Single Session ‘Walk’ in Services in Sooke! Same-Day Counselling

Our single session drop-in counselling services are offered at 6672 Wadam’s Way on Mondays, Tuesday and Thursdays from 10:00am-2:00pm. Please come in during those hours to see a counsellor the same day. Services are free and for adults 19 years and older. Virtual appointments are offered during those hours if you experience barriers to attending in person. This service can also refer to other resources such as SFRS Short Term Community Counselling.



Cost should not be a barrier to wellness!

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

Sooke Short Term Community Counselling Program (STCC)

Free Counselling service in Sooke. Are you over 19 and suffering from mild to moderate mental health challenges that you would like support with? Call 250-642-5152 for information or walk in to our single session services for a referral.

Youth Outreach & Navigator



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

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

Youth Outreach Workers and SFRS recognize youth as a unique population. To better serve their needs and build meaningful connections, 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.



Please reach out to a member of our team or send us an
email at info@sfrs.ca

We value your input!

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

children's
HEALTH FOUNDATION
OF VANCOUVER ISLAND

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.

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

Children and Family Services in Sooke

Child and Family Programs in Sooke

Monday Parent and Child Playgroups

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—drop in

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

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 - Please email Meghan at mdovell@sfrs.ca

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.

12:45-2:15pm

Thursdays— this program takes a break for July and August

Family Support Group—registration required

Please email Teresa at tnorquay@sfrs.ca

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



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.

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

