

Fairway Market Community Card Program

SFRS is member of the Fairway Market Community Card Program where 5% of every dollar loaded on the card helps to support SFRS 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 convenience at your preferred Fairways Market.

Contact Julie Ball at jball@sfrs.ca for more information and to pick up a registered card



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
 - Single Service Drop In Counselling
- Toy and Book Lending Library
- Community Thrift Shop

It was an honour to be a part of National Indigenous Peoples Day Celebrations hosted by Royal Roads University!



SFRS Staff had many smiling faces at the Kids Craft Table we cohosted with West Shore Parks and Recreation.

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 \$275 subsidy available.

Upcoming class Dates: TBA

For more information contact Teresa Norquay
Phone: 250-642-5152 ext 108 or 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-on-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

Westshore: 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-11:30am

Tues/Thurs PM 12:30pm-3:00pm



Please call 250-642-5152 Ext. 106
or email: kingfisher@sfrs.ca for
registration information

Children and Family Services in Sooke

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

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

Mondays 9:30am—11:00am

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.

Wednesdays 9:30am—11:00am

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.

Wednesdays 12:45-2:15pm —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.

Thursdays 10:00am—noon —registration required Please email Teresa at tnorquay@sfrs.ca

Family Support Group - **This program takes a break for July and August**

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.

Program Closures: June 29-July 3; August 24-September 4; December 21-January 1

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

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's
HEALTH FOUNDATION
OF VANCOUVER ISLAND

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

BC Association of
Family
Resource Programs



Children and Family Services in the West Shore

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

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

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Region

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



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>

**Program closures: July 27-31; August 24-September 4;
December 21-January 1**

Child Care Resource and Referral

CCRR Consultant contact information: 250-940-4882

Sooke-WestShoreCCRR@sfrs.ca

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)



ChildCareBC

Funding for the CCRR is provided by the Province of British Columbia.

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 4:30-6:00
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.

CARING FOR COMMUNITY COUNSELLING PROGRAMS

Cost should not be a barrier to wellness!

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



Single Session Walk In Services in Sooke!

Same-Day Counselling

Our single session walk-in counselling services are offered at 6672 Wadams 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 Clinical Counselling.

CFC 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 and loss.

WE have registered clinical counsellors available to support your counselling needs. We also have student counselors available to see you at a reduced rate. Our team works with individuals, couples, youth, children and families with confidentiality and compassion. This service is available in Sooke in person or virtually.

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

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 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

SOUTH ISLAND COMMUNITY CONNECTIONS (SICC)

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

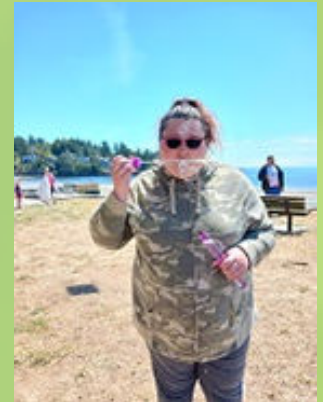


The **SICC program** offers support services to individuals with diverse abilities throughout southern Vancouver Island communities. Our team of caring and experienced support staff offer skill development, outreach, community inclusion activities, and employment support.

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.

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.



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. 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: Fatoumata Bouare, Home Share Coordinator
Phone: 778-433-2023 Email: welcomhome@sfrs.ca

SFRS Community Thrift Shop

Reduce Reuse Recycle
REINVEST

The SFRS Thrift Store is proud of the work we do in OUR community.

Our motto:

Reduce, Reuse, and Recycle. Is a standard which we work hard to maintain.

We work with other community partners, such as the Food Bank – who takes food that is donated, small soap, lotions that are opened to provide to our community.

Volunteers will take metal weekly to the recycle depot, All soft covered books are recycled every 2 weeks, we provide soiled clothing to others in the area to repurpose into bags. Etc.

We are now working with the Repair Café who will take our electrical items, that are not working, and either repair them for us, or use the spare parts for other items.

Our recycling clothing program kept 6,293 bags @ 25 pounds each for a total of 157,325 pounds of clothing that would normally go into the landfill.

Old sheets, blankets, are provided to the different shops who need rags, blankets for moving etc.

Our volunteers are tireless, working not only in the store, but also working from home to make our operation run smoothly.

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

Store Hours:

Wednesday—Saturday

9am-4pm

2065 Anna Marie Rd.



THANK YOU FROM SFRS!

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

Children's Health Foundation of Vancouver
Island United Way South Vancouver Island
Public Health Agency of Canada
Pacheedaht First Nation
Community Living BC The Province of
British Columbia
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

**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

Where to find help/resources in SOOKE and WEST SHORE

SOOKE

Sooke Food Bank 250-642-7666
Sooke Volunteer Centre 778-365-1878
Sooke Shelter Society 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 250-6423-4233
LifeLabs-Sooke 1-800-431-7206

WEST SHORE

Goldstream Food Bank 250-474-4443
Transition House-Victoria 250-592-2927
Service Canada 1-800-622-6232
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



Caring for Community Counselling Services

SERVICES OFFERED

Individual & Family Counselling

Couples Counselling

Child and Youth Counselling

SLIDING SCALE FEES AVAILABLE

Our fees are based on income and family size
to help make counselling more accessible

CONTACT US

info@sfrs.ca
250-642-5152