

## Regular Programs

### Family Support Group

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, anxiety or experiencing difficulties with family life and parenting. The group focuses on supportive, coping strategies to improve parenting skills, confidence, and self-sufficiency and assists families in strengthening their movement toward healthy family life skills. Please call to register.

### 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.



## 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.

### Kid's Clothing Closet

Provides clean clothing for babies, children and teens. Run by volunteers and donations. Please bring all donations to our Community Thrift Store, 6715 Westcoast Rd. or call 778-352-3001 for drop off information.

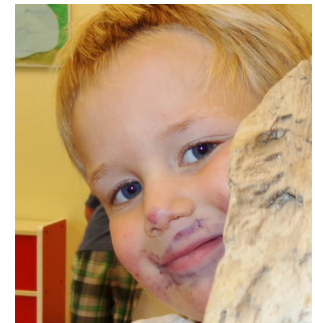
### Prenatal Education and Outreach

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 Programs**

*January-June 2017*



*Sooke Family Resource Society*

100-6672 Wadams Way  
Sooke BC V9Z 0H3  
Phone: (250) 642-5152  
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[www.sfrs.ca](http://www.sfrs.ca)



Regular Family Resource Programs  
**Sooke Family Resource Society**

January-June 2017

Mon	Tues	Wed	Thurs	Fri
<b>Clothing Closet</b> 9:00am - noon	<b>Clothing Closet</b> 9:00am - noon Every other week	<b>Clothing Closet</b> 9:00am - noon	<b>Clothing Closet</b> 11:00am—1:00pm Every other week	
<b>Parent-Tot Drop-In Playgroup</b> 9:30am—11:00am	<b>VIHA Baby Talk</b> 10:00am—11:30am	<b>Parent Discussion Group</b> 9:30am—11:00am	<b>Family Support Group</b> 10:00am—noon Call to register	<b>Playgroup for Daycare Providers</b> 9:30am—11:00am

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

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

**Sooke Family Resource Society Mission Statement:** We are dedicated to caring for families and individuals of all ages and abilities in communities on southern Vancouver Island by providing services in parenting support, child, youth and family development, as well as mental health and addictions.

**Feature Programs**

**January—June**

**Prenatal Classes**

**Wednesdays**

**January 25—March 1**

**6:30pm—8:30pm**

**Tuesdays**

**May 2—June 6**

**6:30pm—8:30pm**

**April**

**Mother Goose**

**Tuesday, April 12—May 14**

**1:00pm—2:30pm**

**May**

**Mother's Day Royal Tea Party**

**Wednesday May 10**

**9:30am—11:00am**

