

REGIONAL  
HELPFUL RESOURCES

[BC Housing](#)

250 475-7550

[Child Care Licensing](#)

250-519-3401

[Human Early Learning Partnership \(HELP\)](#)

604-822-1278

[Inter-cultural Association of Greater Victoria \(ICA\)](#)

250-388-4728

[Ministry of Children and Family Development](#)

250-391-2223

[Single Parent Resource Centre of Victoria](#)

250-385-1114

[The Cridge Centre for the Family](#)

250-384-8058

[Victoria Immigrant and Refugee Centre](#)

250-361-9433

[Young Parents Support Network](#)

250-384-0552

[Victoria Native Friendship Centre](#)

250-384-3211

**Early Years Centre Vision**

**A community working together  
to ensure that families have access  
to early years services  
that foster the health, well-being  
and development of children.**

**Early Years Centre  
Services with  
Sooke Family Resource Society**

Early Years Navigation Service

<http://www.sfrs.ca/early-years-centre.html>

Parent and Tot Drop-in  
Parent Discussion Group  
Family Support Group

<http://www.sfrs.ca/parent---child-drop-in-programs.html>

Child Care Resource and Referral

<http://www.sfrs.ca/ccrr.html>

Family Support Program

<http://www.sfrs.ca/family-support.html>

Prenatal Education and Outreach (Sooke)

<http://www.sfrs.ca/prenatal-educational---outreach-services.html>

Kingfisher Preschool (Sooke)

<http://www.sfrs.ca/kingfisher-preschool.html>

Individual and Family Counselling (Sooke)

<http://www.sfrs.ca/counselling-services.html>

Clothing Exchange (Sooke)

<http://www.sfrs.ca/clothing-exchange.html>

**Please call for additional  
Early Years Resources  
in the Sooke/Westshore Community**

**Sooke and Westshore  
Early Years Centres  
at  
Sooke Family Resource Society  
Sooke Child, Youth, & Family Centre  
100 – 6672 Wadams Way, Sooke  
V9Z 0H3**

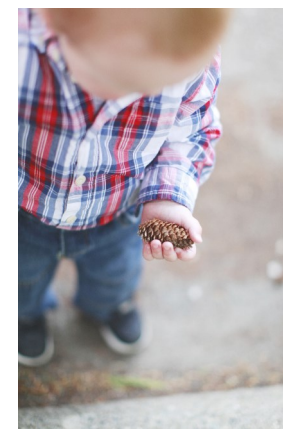
**Westshore Child, Youth, & Family Centre  
Office:#1611B- 345 Wale Road, Colwood  
V9B 6X2**

**Early Years Centre Phone  
and Navigation Services:  
Sharon McIntosh  
Email: [smcintosh@sfrs.ca](mailto:smcintosh@sfrs.ca)  
250-217-9243  
Fax: 250-642-7663**



**Early Years  
Centre**

**Sooke and Westshore  
Early Years Centres**



**HELPING FAMILIES CONNECT  
WITH EARLY YEARS RESOURCES,  
SUPPORTS AND PROGRAMS  
IN THE SOOKE AND WESTSHORE  
COMMUNITIES**

**WWW.SFRS.CA**

**SOOKE  
Family**  
**RESOURCE SOCIETY**  
Caring for Community since 1984

## Are you looking for Early Years Programs and Services?

The Sooke and Westshore Early Years Centres offers information/referral, resources and services for families with young children from birth to age 6.

The Sooke and Westshore Early Years Centres Navigator assists families in finding Early Years supports and services within the Sooke/Westshore community as well as the surrounding CRD Victoria area.

**For more information,  
please call  
the Sooke and Westshore  
Early Years Navigator at:  
250-217-9243**



Early Years  
Centre

## Sooke and Westshore Early Years Centres

The Sooke and Westshore Early Years Centres provides a convenient one-stop access to information, services and referrals for families with young children. At the Centres families will find a range of programs and services designed to ensure children get the best possible start in life early in their development.



### LOCAL HELPFUL RESOURCES

<b><u>Early Years Drop in Programs</u></b>	250-642-5152 <a href="http://www.sfrs.ca/early-years-centre.html">http://www.sfrs.ca/early-years-centre.html</a>
<b><u>Hulitan Family and Community Services Society</u></b>	<a href="http://www.hulitan.ca/">http://www.hulitan.ca/</a> 250-384-9466
<b><u>Island Family Info - CCRR website</u></b>	<a href="http://www.vancouverislandccrr.ca/">http://www.vancouverislandccrr.ca/</a> (Westshore) 250-391-4324 (Sooke) 250-642-5152
<b><u>Island Health</u></b>	<a href="http://www.viha.ca/locations/health_units.htm">http://www.viha.ca/locations/health_units.htm</a> Sooke Health Unit: 250-642-5464 Westshore Health Unit: 250-519-3490
<b><u>Island Health Early Intervention Program</u></b>	<a href="http://www.viha.ca/cyf_rehab/therapy/eip/">http://www.viha.ca/cyf_rehab/therapy/eip/</a> 250-519-6763
<b><u>Island Métis Community Services</u></b>	<a href="http://www.metiscommission.com/index.php?option=com_content&amp;view=article&amp;id=115&amp;Itemid=161">http://www.metiscommission.com/index.php?option=com_content&amp;view=article&amp;id=115&amp;Itemid=161</a> 250-391-9924
<b><u>Juan de Fuca Library Story Times</u></b>	<a href="http://gvpl.ca/">http://gvpl.ca/</a> 250-940-4875
<b><u>Military Family Resource Centre</u></b>	<a href="http://esquimaltmfrc.com/">http://esquimaltmfrc.com/</a> 250-363-2640
<b><u>Pacific Centre Family Services Association</u></b>	<a href="http://www.pacificcentrefamilyservices.org/">http://www.pacificcentrefamilyservices.org/</a> 250-478-8357
<b><u>REACH</u></b>	250-474-4342 <a href="http://www.pacificcentrefamilyservices.org/reach-daycare">http://www.pacificcentrefamilyservices.org/reach-daycare</a>
<b><u>SEAPARC</u></b>	250-642-8000 <a href="https://www.crd.bc.ca/seaparc">https://www.crd.bc.ca/seaparc</a>
<b><u>Sooke Library</u></b>	250-642-3022 <a href="http://virl.bc.ca/branches/sooke">http://virl.bc.ca/branches/sooke</a>
<b><u>Sooke Region Literacy Project</u></b>	<a href="http://www.sookewestshoreliteracy.ca/literacy/">http://www.sookewestshoreliteracy.ca/literacy/</a>
<b><u>Strong Start Programs</u></b>	250-474-9800 <a href="http://www.sd62.bc.ca/programs/early-learning/">http://www.sd62.bc.ca/programs/early-learning/</a>
<b><u>Westshore Books for Breakfast</u></b>	250-474-6678 <a href="http://www.sookewestshoreliteracy.ca/westshore/programs/books-breakfast-literacy-lunch">http://www.sookewestshoreliteracy.ca/westshore/programs/books-breakfast-literacy-lunch</a>
<b><u>Westshore Parks and Recreation</u></b>	250-478-8384 <a href="http://www.westshorererecreation.ca/">http://www.westshorererecreation.ca/</a>
<b><u>Your Literacy Connection Westshore</u></b>	<a href="http://www.sookewestshoreliteracy.ca/">http://www.sookewestshoreliteracy.ca/</a>