

We acknowledge the traditional territories of the
Coast Salish Nations and Nuuchah-nulth 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 and Community
Inclusion for adults with
disabilities
- Home Share Program
- Individual, Couples & Family
Counselling
- Urgent Mental Health Assessment
and Treatment
- Toy and Book Lending Library
- Community Thrift Shop



Contact Us

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.

Visit our website
www.sfrs.ca

Ableism:

What it is, what it looks like, and what we can do

From: <https://www.accessliving.org/who-we-are/>

As words like social justice, equity, and inclusion permeate our collective consciousness, it's essential for advocates of progress to remember another 'ism,' one that is frequently left out of conversations.

Ableism.

The world wasn't built with people with disabilities in mind, and because of that, the world we live in is inherently "ableist."

So...what is ableism?

Ableism is the discrimination of and social prejudice against people with disabilities based on the belief that typical abilities are superior. At its heart, ableism is rooted in the assumption that disabled people require 'fixing' and defines people by their disability. Like racism and sexism, ableism classifies entire groups of people as "less than" and includes harmful stereotypes, misconceptions, and generalizations of people with disabilities.

What does ableism look like?

Ableism can take many forms including:

Lack of compliance with disability rights laws like the ACA

The assumption that people with disabilities want or need to be 'fixed'

Using disability as a punchline, or mocking people with disabilities

Refusing to provide reasonable accommodations

But what about "minor" ableism? What does that look like?

Using someone else's mobility device as a hand or foot rest

Using the accessible bathroom stall when you are able to use the non-accessible stall without pain or risk of injury

Wearing scented products in a scent-free environment

Talking to a person with a disability like they are a child, talking about them instead of directly to them, or speaking for them

Asking invasive questions about the medical history or personal life of someone with a disability

Assuming people have to have a visible disability to actually be disabled

Questioning if someone is 'actually' disabled, or 'how much' they are disabled

Asking, "How did you become disabled?"

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See INSERT

Children and Family Programs-Sooke and West Shore



Sooke Family Resource Society
SFRS Community Thrift Store

Child Care Resource and Referral
Sooke 250-642-5152
West Shore 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

Continued from page 1:

What are ableist micro-aggressions?

Micro-aggressions are everyday verbal or behavioral expressions that communicate a negative slight or insult in relation to someone's gender identity, race, sex, disability, etc. In case of ableism:

"That's so lame."

"You're acting so bi-polar/OCD today."

"Are you off your meds?"

"It's like the blind leading the blind."

"My ideas fell on deaf ears."

"You don't seem disabled. You cope so well."

"I don't even think of you as disabled."

Phrases like this imply that a disability makes a person less than, and that disability is bad, negative, a problem to be fixed, rather than a normal, inevitable part of the human experience. Many people don't mean to be insulting, and a lot have good intentions, but even well-meant comments and actions can take a serious toll on their recipients.

What can we do to recognize and avert ableism?

Believe people when they disclose a disability

Similarly, don't accuse people of 'faking' their disability

Listen to people when they request an accommodation

Don't assume you know what someone needs

Never touch a person with a disability or their mobility equipment without consent

Keep invasive questions to yourself

Don't speak on behalf of someone with a disability unless they explicitly ask you to

Talk about disability with children and young people

Incorporate accessibility into your event planning

Learn more about being a good disability ally here: <https://simmons.libguides.com/anti-oppression/anti-ableism#Allies>

One of the most important things to do to push back against ableism?

Make sure people with disabilities are at the table where decisions are being made.

SFRS Community Thrift Shop

Reduce Reuse Recycle
REINVEST



In November 2022, Thrift Shop was honored with
Sooke Chamber of Commerce
Business Excellence Awards

Retail Services Award
People's Choice Award
Non-Profit and Volunteer Services Award

THANK YOU to all our donors and customers,
and especially to our wonderful VOLUNTEERS!

Our Thrift Shop
volunteers have
FUN
while serving our
community!
For a Volunteer
Info Package see
Bev Lewis
at the shop
2065 Anna Marie
Road, Sooke
or call
778-352-3001

Store hours: Wednesdays TO Saturday 10am to 3pm
Donations accepted: Tuesdays AND Saturdays 10am to 1pm

Bridging the Digital Divide

Our Community Technology Help Desk offers FREE technical support
to program participants and community members.

If you have technology questions, call the
Community Help Desk at 778-402-9244



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: \$180
subsidy available

Upcoming
Class Dates:

To Be
Announced

For more information
Contact Teresa Norquay
Phone: 250-642-5152
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 are primarily 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 for registration information

Child Care Resource and Referral

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

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.

You may be eligible for the Affordable Child Care Benefit (previously Child Care Subsidy*). 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

*Child Care Subsidy (renamed Affordable Child Care Benefit, as of September 2018)

For more Sooke/West Shore
CCRR Information:
www.sfrs.ca
gov.bc.ca/ChildCareResourceReferralCentres



Funding for the Sooke Family Resource Society—Sooke -West Shore CCRR is provided by the Province of British Columbia

Child Care Checklist

Choosing Child Care can be challenging.

Here are a few questions that may help your family find a good fit with a potential child care setting:

- What are your **first impressions** of the center? Is the facility warm, inviting, bright, clean, special, and organized?
- Is the **caregiver welcoming, calm, positive and enthusiastic**?
- How many **staff members have training** in early childhood education?
- How many staff have a valid **First Aid Certificate and CPR** for children and infant CPR training?
- Are children who do not need naps allowed to play quietly during naptime?
- Is the **play area safe** and designed with the space and equipment appropriate for the ages of the children in mind?
- Do meals and snacks follow **Canada's Food Guide**? Are menu plans posted?
- Are the **washrooms** clean and easy to use?
- What are the **facility's policies** for administering medications?
- Are **toys checked regularly** to ensure safety?
- Can **parents visit** unannounced to see their child whenever they want during the day?
- Is the facility **licensed with the child care licensing office or registered with the local CCRR**?

If you have more questions regarding the process for finding quality childcare, please call either one of our CCRR Consultants.

West Shore: **Amanda Leggett**
Phone: 250-940-4882

Sooke: **Erin Holler**
Phone: 250-642-5152



YOUR DONATIONS HELP US TO HELP OTHERS

We need your help to continue to support local children, youth and families, and adults with disabilities.

Some of the ways you can donate:

- * On our website www.sfrs.ca through Canada Helps (www.canadahelps.org)
- * In person at our Sooke office—6672 Wadams Way
- * In person at our West Shore office—202-2800 Bryn Maur
- * We accept bottle donations at our Sooke office (bin in the parking lot)
- * Fill up at any Co-Op gas station and use our co-op number 89969 to donate points
- * When you buy 2 for 1 pizza at Pizzability, just say ‘pay it forward for families’ (in person, on the phone or in the Comments Box online) and Pizzability will donate a \$1 to SFRS on your behalf—no extra cost to you!

South Island Community Connections (SICC)

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.



For more information, contact:
Kelly Walker, Program Manager
Phone: 778-433-2023
Email: kwalker@sfrs.ca



Empowering Personal Wellness

Discover Your Potential—Live Your Best Life

The EPW Adult Activity Club currently runs three times a week on Tuesdays (drop-in), Wednesdays, and Thursdays. The club provides adults living with diverse abilities opportunities to engage with peers, enhance their 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:
Kelly Walker, Program Manager
Phone: 778-433-2023



Welcome Home Program

Welcome Home matches individuals with developmental disabilities with a Home Share Provider and living arrangement that suits the individual's 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 lives with each other. Making 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:
Barbara Livingston, Home share Coordinator
Phone: 778-433-2023
Email: welcomhome@sfrs.ca

Together
 is a wonderful
 place to be



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. 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, with safety protocols in place.

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



USTAT Program Urgent Short Term Assessment & Treatment

If you are experiencing serious and urgent mental health issues you may be eligible for **FREE** short term psychotherapy and/or intervention. Services are provided in collaboration with physicians, psychiatrists and other mental health practitioners. Please note at present there is an approximately 9month waiting time for services.

Ask your doctor about a referral (required) to the USTAT program.

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 the youth resolve their concerns. This may involve connecting the youth with appropriate services to ensure they have the skills to work through their challenges long term.

Youth Outreach Workers recognize youth as a unique population, adapting to their needs and building meaningful connections. Consequently meeting times and locations are flexible.

In-person meetings have resumed in this program with safety protocols in place. There is currently a 4-6 month waitlist for this service.

**For more information, contact:
Louise Parkinson, Adult and Family Services Manager
Phone: 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.



You can talk with any staff member or send us an email
info@sfrs.ca

We value your input! Thanks for taking the time!

THANK YOU FROM SFRS!

Children's Health Foundation of Vancouver Island
Public Health Agency of Canada
Community Living BC
Sooke School District 62
United Way Of Greater Victoria
Victoria Foundation
Island Health
Sc'ianew First Nation

RBC Royal Bank
The Province of British Columbia
Pacheedaht First Nation
District of Sooke

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

At this time, Child and Family Programs in Sooke are being provided in a drop-in model. Please choose between attending Monday or Wednesday morning groups to attend only 1 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 Tot Group

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 Discussion Group

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

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.

5:00—6:30pm

Thursdays

Family Support Group—**registration required**

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

Please call 250-642-5152 ext. 237 to register



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

At this time, Child and Family Programs in the West Shore are being provided through a registration process with 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

