

With gratitude, 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

Happiness in the Workplace

SFRS is implementing a Happiness in the Workplace initiative. The initiative is looking at all aspects of the workplace culture including building positive mindsets, well being programs, kindness activities and team work.

In this newsletter we are sharing a few ideas that may help you and your family to increase your happiness today.....



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:

1. **Be grateful.** Studies show that gratitude is one of the most important ingredients for happiness. Try to focus on being grateful for everything that you have instead of things that you do not. Even better, let people know how grateful you are for them or things that they have done. Writing down your daily gratitudes helps to solidify them in your mind. Having a grateful jar at home is a great idea so everyone in the family can join in.
2. **Be compassionate.** Having compassion for others is also a really important component of happiness. Being annoyed with other people hurts ourselves and everyone around us, but it doesn't hurt the person that wronged us. We are inflicting the pain ourselves. Also, most people don't do things deliberately to hurt us, they do things to try to get their needs met. Flawed human beings just trying to get by with the skills they have. I can have compassion for that.
3. **Cultivate healthy relationships.** Having strong relationships is another really strong indicator of happiness. In fact, it can increase our life span significantly. And they don't all have to be best friend relationships. Even being part of a kind community where People are treated with respect and consideration are hugely beneficial to our well-being.

So what is one thing you could do today to increase your happiness?

SFRS Community Thrift Shop

Reduce Reuse Recycle
REINVEST

THANK YOU to all our donors and customers,
and especially to our wonderful VOLUNTEERS!
For a Volunteer Info Package, see Bev Lewis at the shop
2065 Anna Marie Road, Sooke or call 778-352-3001



Meet Diane and Maxine, Sooke Harbourside Lions helping at the annual Sun River garage sale

THRIFT SHOP FUN FACTS

1. Last year our thrift shop volunteers offered more than 5,400 hours of service to give back to the community and support programs at SFRS.
2. Local Lions Clubs are amazing! For their Days of Service Sooke Harbourside Lions and Sooke Lioness Lions are our volunteer teams every Wednesday, and Sooke Lions help every Saturday receiving donations.
3. Thrift Shop donors in the Sooke community are very generous. \$356,000 in donated goods was sold last year; and all that was diverted from the landfill!

THANK YOU, SOOKE !

Store hours:	Wednesday, Thursday, Friday, Saturday	10am to 3pm
Donations accepted:	Tuesdays AND Saturdays	10am to 1pm



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
[ChildCareResourceReferralCentres](#)



Ministry of
Education and
Child Care

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

CCRR Hours of Service Fall/Winter 2023!

Monday—Friday 8:30-4:30

Weekday CCRR Consultant contact information:

West Shore: 250-940-4882

Sooke: 250-642-5152

Wednesday evenings 4:30-7:30

Every 3rd Saturday of the month 8:30-4:30

Please call or text a CCRR Consultant at 250-217-7479

Please book (pre-arrange) in-person and virtual appointments with a CCRR Consultant.





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:
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.

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

We don't want cost to stand in your way

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

Sooke Short Term Community Counselling Program (STCC)

New Free Counselling service in Sooke. Are you over 17 and are suffering from mild to moderate mental health issues that you would like help with? Call us for info on a new counselling program being offered at SFRS. **250-642-5152 for information or Island Health for intake 250-370-5799**



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
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

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. 108 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.

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BC Association of Family Resource Programs
and the Coalition of Neighbourhood Houses, Capital Region

