

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

Daily Kindness Practices and

February 17th is

Random Acts of Kindness Day!

Celebrate kindness and the pay-kindness-forward mentality. Doing something kind for someone else may only take a few seconds of your time but it can really make someone's day. Studies show that the simple act of being kind helps everyone feel happier and builds resilience.

As adults, it is up to us to model kindness to our kids and help them to be aware of helping others and paying it forward. You never know what someone else is going through and one small act of kindness could really make their day.

On the next page are simple acts that you and your kids can do to bring a little joy into somebody else's life... (Continued on page 2)

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



SFRS Community Thrift Shop

Reduce Reuse Recycle
REINVEST

Hear what Sooke is saying about SFRS Community Thrift Shop

Every day that you are open you are making a positive difference. I have been in the store and overheard a senior say that they love coming to the store, as that is the only friendly interaction they have to look forward to. I have heard tourists say what an incredible store this is- everyone seems so nice. For families you are providing toys and clothes at a reasonable price to people who might go without. Thank You!

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 Shelley Rice. Shelley started the original FREE STORE at SFRS more than fifteen years ago! Look how far we've come!

THANK YOU SHELLEY

Store hours
CLOTHING ONLY donations accepted
ALL ITEMS donations accepted

Wed, Thurs, Fri, Sat
Wed, Thurs, Fri, Sat
Tues and Sat

9am to 3pm
9am to 3pm
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](#)



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

CCRR Hours of Service Winter/Spring 2024!

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 2nd 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, Langford
- * 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:
Julie Ball, Program Supervisor
Phone: 778-433-2023
Email: jball@sfrs.ca



A woman wearing a camouflage jacket and sunglasses is holding a pink water bottle. She is standing outdoors on a dirt path with a lake and trees in the background.

Welcome Home Program



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 suffering from mild to moderate mental health issues that you would like help with?

**Call 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.

**For more information call our main office at
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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and the Coalition of Neighbourhood Houses, Capital Region

