

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, Inclusion and Outreach for adults with diverse abilities
- Home Sharing Services
- Individual, Couple, Family and Group Counselling
- Single Service Walk-In Counselling
- Toy and Book Lending Library
- SFRS 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.

For ways to donate  
visit our website

[www.sfrs.ca](http://www.sfrs.ca)



Sooke Family Resource Society  
SFRS Community Thrift Store

Child Care Resource and Referral  
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

### Juan De Fuca Health Foundation supports regional Health Initiatives with a generous 50/50 Raffle!



A huge THANK YOU to the Sooke and Juan de Fuca Health Foundation for selecting us as the inaugural recipient of the 50/50 fundraiser raffle draw! We are deeply grateful to Victor and Edith Newman, our wonderful winners, for their unwavering support of SFRS over the past 40 years. Your generosity and commitment mean the world to us!



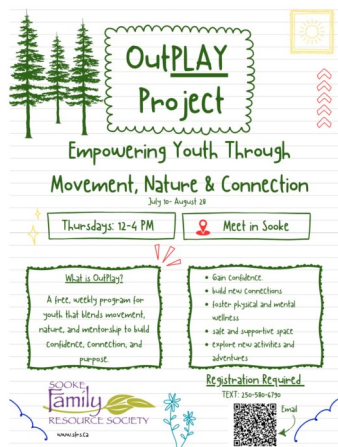
At the end of June 2025...

**Kingfisher Preschool**  
celebrated our  
**37<sup>th</sup> graduating class!**

Thank you to all of the past and present preschool teachers and Kingfisher families for making this amazing preschool what it is!



**Hey Teens!!!!** Check out two new summer groups just for you! These two groups support youth ages 13-19 throughout the summer. Sunny Side Up is a drop-in group and the Outplay Project is accepting registrations now! (see poster for registration and more info)



**Do you shop at Fairway Market?** Come by our Wadams Way location and pick up your SFRS Fairway Market Community Card! This excellent 'giving-back' program gives 5% of every dollar loaded on the card back to SFRS in support of programs & services.



To show your support through this great program please request a registered gift card directly from SFRS. The gift cards come empty and can be loaded at your favorite Fairways location. Contact Julie Ball at [jbball@sfrs.ca](mailto:jbball@sfrs.ca) for more details!

## SFRS Community Thrift Store

Reduce Reuse Recycle  
REINVEST

### SFRS Community Thrift Shop

Summer is here and we've been busy! Our pop-up location at Sunriver and shop on Anna Marie have been bustling thanks to the incredible generosity of the Sooke community. Come and say 'Hello' when you see us at the Sooke Lions' Canada Day Celebration in July and All-Sooke Days coming in August. SFRS would like to wish a heartfelt 'THANK YOU' to our amazing staff and volunteers who make it all possible!

The SFRS Community Thrift Store is a safe space, committed to excellent service and strong community. Building relationships—one step at a time!

**Store Hours:**  
Wednesday—Saturday  
9am-4pm  
2065 Anna Marie Rd.



Shelly Rice is SFRS's LONGEST participating volunteer at over 25 years!! Thank you Shelly for all you have done and all you continue to do for SFRS!

### Items to drop off?

We accept clothing items anytime during open hours and household items on Tuesdays and Saturdays, 10am to 1pm. Please call ahead for information about dropping off larger furniture items like tables, chairs, dressers, etc. 778-352-3001





## 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: \$200  
subsidy available

Upcoming  
Class Dates:  
To be  
announced

For more information  
Contact Teresa Norquay  
Phone: 250-642-5152 ext 108  
[tnorquay@sfrs.ca](mailto: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 may be 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 Ext. 106 or email: [kingfisher@sfrs.ca](mailto:kingfisher@sfrs.ca)  
for registration information

# Child Care Resource and Referral

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

You may be eligible for the Affordable Child Care Benefit 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

## 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.

For more Sooke/West Shore CCRR service information: [www.sfrs.ca](http://www.sfrs.ca)

[www.gov.bc.ca/ChildCareResourceReferralCentres](http://www.gov.bc.ca/ChildCareResourceReferralCentres)

or Toll-free 1-888-338-6622 (Option 4)



## CCRR Hours of Service

Monday—Friday 8:30-4:30 at the Sooke and West Shore CCRR service locations.

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

Wednesday evenings in Sooke 4:30-6:30

Saturday mornings in the West Shore 8:30-12:30

CCRR Consultant contact information: 250-940-4882

[Sooke-WestShoreCCRR@sfrs.ca](mailto:Sooke-WestShoreCCRR@sfrs.ca)

CCRR Consultants available during service hours. You can book (pre-arrange) in-person and virtual appointments with a CCRR Consultant to assure their availability.







## BE OUR HERO! BY HELPING US TO HELP OTHERS

Your donations go a long way in supporting resilient, connected communities and every bit counts!

Here are some ways you can  
Pay-it forward today:

- \* Through our website [www.sfrs.ca](http://www.sfrs.ca) link to **Canada Helps** ([www.canadahelps.org](http://www.canadahelps.org))
- \* **In Person** at our Sooke office: 100-6672 Wadams Way
- \* **Donate your points** by using our **CO-OP # 89969**
- \* Pick up your registered **Fairway Market Community Card**.



## South Island Community Connections (SICC)

The SICC program offers services to individuals with diverse abilities throughout southern Vancouver Island. Our exceptional team of caring & experienced staff provide skill development, outreach, community inclusion, and employment support.

SICC is a person-centered, inclusive and fully accessible program designed to support individuals to living their best life, achieve greater independence and form life-long connections.



For more information,  
contact: Julie Ball,  
Program Manager  
Phone: 250-642-5152  
ex.123  
Email: [jball@sfrs.ca](mailto:jball@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 make new friends, enhance 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:**  
**Julie Ball, Program Manager**  
**Phone: 250-642-5152 ex.123**



## Welcome Home Program

Welcome Home matches individuals living with developmental disabilities with a Home Share Provider and living arrangement that suits their unique 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.

*Together*  
 is a wonderful  
 place to be

### 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 space and aspects of daily life so finding 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:**  
**Joseph Owton, Home Share Coordinator**  
**Phone: 250-642-5152 ex.124**  
**Email: [welcomehome@sfrs.ca](mailto:welcomehome@sfrs.ca)**



## 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. We also have student counsellors available to see you at a reduced rate.

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





## Single Session Walk in Services in Sooke! *Same-Day Counselling*

Our single session walk-in counselling services are offered at 6672 Wadam's Way on Mondays, Tuesday and Thursdays from 10:00am-2:00pm. Please come in during those hours to see a counsellor the same day. Services are free and for adults 19 years and older. Virtual appointments are offered during those hours if you experience barriers to attending in person. This service can also refer to other resources such as SFRS Short Term Community Counselling.



### **Cost should not be a barrier to wellness!**

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

### Sooke Short Term Community Counselling Program (STCC)

Free Counselling service in Sooke. Are you over 19 and suffering from mild to moderate mental health issues that you would like help with?

Call 250-642-5152 for information or walk in to our single session services for a referral.

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

Youth Outreach Workers and SFRS recognize youth as a unique population. To better serve their needs and build meaningful connections, 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.



Please reach out to a member of our team or send us an  
email at [info@sfrs.ca](mailto:info@sfrs.ca)

We value your input!

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](http://www.carf.org)



# Children and Family Services in Sooke

## Child and Family Programs in Sooke

Monday Parent and Child Playgroups

Wednesday Parent and Child Playgroups are a drop-in model.

Please only attend/book one playgroup 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](mailto:tnorquay@sfrs.ca)

At the Child, Youth and Family Centre—In the Early Years Room  
6672 Wadams Way, Sooke

## Mondays

### Parent and Child Playgroup—drop in

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 and Child Playgroup—drop in

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—registration required - Please email Meghan at [mdovell@sfrs.ca](mailto:mdovell@sfrs.ca)

### 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.

12:45-2:15pm

## Thursdays— this program takes a break for July and August

### Family Support Group—registration required

Please email Teresa at [tnorquay@sfrs.ca](mailto:tnorquay@sfrs.ca)

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



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

Child and Family Programs in the West Shore are being provided through an online registration process. See below for link. Any questions can be directed to Erin Holler at [eholler@sfrs.ca](mailto: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](mailto: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

