

## We offer you...

- a safe and empathetic counsellor-to-client relationship
- the opportunity to explore your thoughts, emotions, beliefs, and behaviours
- the opportunity to overcome your life challenges with new coping skills and extra support

## We Can Help You Cope With

Anger	Depression
Stress	Self-esteem
Anxiety	Family conflict
Trauma	Life transitions
Grief/Loss	Relationships

## We Are....

Respectful	Accountable
Innovative	Caring
Inclusive	Ethical
Collaborative	

Did you know...? SFRS is a charitable not for profit agency. Many of our services are funded only by the generous support of our community.

## Yes! I would like to help

Please accept my monthly donation of:

- ☐ \$20/month    ☐ \$25/month  
☐ \$30/month    ☐ Other\$\_\_\_\_\_

Your gift will be processed on the first day of the month. Tax receipts will be issued automatically for donations of \$20.00 or more.

- ☐ I prefer to give a single donation of  
\$\_\_\_\_\_

- ☐ Cheque    ☐ Visa    ☐ MasterCard

Credit Card #    CVV Code    Expiry

Signature

Name

Address

City    Prov.    Postal Code

Phone

Email    ☐ Yes I would like to receive  
email updates from SFRS

Please direct my gift to

- ☐ Child and Parent programs  
☐ Kingfisher Preschool  
☐ Counselling services    ☐ Youth services  
☐ Food for families    ☐ Other needs

Donate online at [www.sfrs.ca](http://www.sfrs.ca)

**THANK YOU!**

100-6672 Wadams Way  
Sooke BC V9Z 0H3  
250-642-5152

Charitable Registration #1281 7098 RR0001

## Caring for Community Counselling Program



**Affordable counselling for  
adults, youth, children,  
couples and families**

SOOKE  
**Family**  
RESOURCE SOCIETY  
Caring for Community

**We acknowledge the traditional territories of the  
Coast Salish Nations and Nuuchahnulth Nations  
of southern Vancouver Island**

## Book your appointment

No referral needed, just call us at  
**250-642-5152** to set up your  
**Intake** phone consultation

For all subsequent appointment bookings,  
please contact your counsellor directly  
(contact information will be given to you  
at your first appointment).

We support

- Individuals
- Youth
- Children
- Couples
- Families

## Counselling Fees

**We don't want cost  
to stand in your way**

Fees are based on a sliding scale  
your rate is determined at the time of  
your intake phone consultation

1 hour counselling sessions range from  
\$60.00—\$110.00

Fees may also be covered through

- Extended Health Benefits
- First Nations Health Services
- Insurance Corporation of BC

## Our Counsellors

- are Registered Clinical Counsellors
- Practice a client-centered approach that supports personal health and well-being
- each have their own specialty which can be matched to support your needs

## Contact Us

**For services in Sooke and Langford**

100-6672 Wadams Way

Sooke, BC V9Z 0H3

Phone: 250-642-5152

Fax: 250-642-7663



sookefamilyresourcesociety



www.sfrs.ca

## Our Mission

We provide people, of all ages and abilities on southern Vancouver Island, with services and resources that encourage them to enhance skills, address challenges and create a path forward.

### **Other Programs offered at Sooke Family Resource Society**

- Youth Outreach & Navigator
- Prenatal Education & Outreach
- Kingfisher Preschool
- Child Care Resource and Referral
- Family Support Program
- USTAT (Urgent Short Term Assessment and Treatment) for mental health
- Homeshare services for adults with disabilities
- Skill development, employment supports and community inclusion for adults with disabilities
- Community Thrift Shop located at 2065 Anna Marie Road, Sooke