

## Sooke Family Resource Society 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.

## Contact Us

### Sooke

100-6672 Wadams Way

Sooke, BC V9Z 0H3

Phone: 250-642-5152

Fax: 250-642-7663

Check out our website and Facebook page for workshops and courses

 [sookefamilyresourcesociety](https://www.facebook.com/sookefamilyresourcesociety)

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

Our services are accredited through CARF



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

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:

- ☐ \$15/month    ☐ \$20/month  
☐ \$25/month    ☐ Other\$\_\_\_\_\_

Your gift will be processed on the 15th 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

\$\_\_\_\_\_

I would like to give by:

- ☐ Cheque    ☐ Visa    ☐ MasterCard

Credit Card # \_\_\_\_\_ 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

## Family Resource Programs in Sooke



**Where families access support,  
opportunities for engagement,  
and community resources**



**We acknowledge the traditional territories of the  
Coast Salish Nations and Nuu-chah-nulth Nations  
of southern Vancouver Island.**

## Family Resource Programs in Sooke

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Parent-Child Playgroup  9:30-11:00am *registration required		Parent-Child Playgroup 9:30-11:00am  Early Years Neurodiverse Playgroup 12:45-2:15 pm  Dad's Group 2nd Wednesday of each month 6:30-8:30pm	Family Support Group  10:00am-noon Sept – June *registration required	
Please contact FRP Coordinator at <a href="mailto:tnorquay@sfrs.ca">tnorquay@sfrs.ca</a> for additional information.				

- All regular children's programs are free and provide a healthy snack, unless otherwise specified.
- Programs are provided for children 0-6 years old with a parent/caregiver.



### Early Years Neurodiverse Playgroup

- This group seeks to increase a sense of belonging and pride in Neurodiversity through supporting Neurodivergent children and their families to reduce isolation, increase parental confidence, and provide information, resources and service navigation.

### Prenatal Education and Outreach

- We have group prenatal classes for you and your childbirth partner
- Outreach services are available if you need extra support

## We Are...

**Respectful**      **Inclusive**  
**Ethical**        **Caring**  
**Accountable**   **Innovative**  
**Collaborative**

We acknowledge the support of the  
Province of British Columbia

## About our Family Resource Programs

### Parent & Child Playgroup Monday and Wednesday Mornings

- Have fun with your child and other parents and children from your community
- Our fun drop-in playgroup offers activities to promote healthy development for your child
- Our staff can provide suggestions or referrals to resources you may need

### Family Support Group

- This group is an extension of our Family Support Program
- At this group we offer support to parents and children who may be facing challenges in life such as single parenthood, low income, young parenthood, anxiety, or difficulties with family life and parenting
- We have early childhood development activities with our child-minding team available during the support group

### Dad's Group

- A monthly supportive discussion group for dads
- Different topics each month designed to address the needs and challenges for dads
- This is an adult only group