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

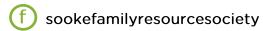
Phone: 250-642-5152

Fax: 250-642-7663

Colwood

345 Wale Road Phone: 250-642-5152

Check out our website and Facebook page for workshops and courses





Our services are accredited through CARF



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

\$15/month	Please accept i	ny monti	ily doriation or.	
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Donate online at 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 the West Shore



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 the West Shore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Parent & Tot Playgroup 9:30- 11:00am		Tummy Time Baby Group 9:30-11:00	Parent & Tot Playgroup 9:30—11:00am

All programs require pre-registration to attend.

Please visit our website at www.sfrs.ca under the West Shore Early Years program tab to register online

We Are...

Respectful Inclusive

Ethical Caring

Accountable Innovative

Collaborative

- Our Parent & Tot playgroups provide a healthy snack, unless otherwise specified
- Parent & Tot playgroups are provided for children 0-6 years old with a parent/caregiver.
- Tummy Time Baby Group is a program for parents and their children 0-12 months



About our Family Resource Programs

Parent & Tot Playgroup

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

Tummy Time Baby Group

- Join this group for a variety of scheduled topics, guest speakers, and open discussion.
- This group will focus on supportive parenting strategies and early childhood development
- This group is for parents with children 12 months and under only.
- At group you can connect and receive support from the Family Resource Program Coordinator and Family Support Worker
- Meet with other parents to make connections in your community.