

## 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.

### Other Programs offered at Sooke Family Resource Society

- Prenatal Education & Outreach
- Kingfisher Preschool
- Child Care Resource and Referral
- Youth Outreach & Navigator
- USTAT- mental health treatment
- Home Share services for adults with disabilities
- Skill Development, Employment supports and Community Inclusion for adults with disabilities

Community Thrift Shop located 2065  
Anna Marie Road, Sooke

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 first 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

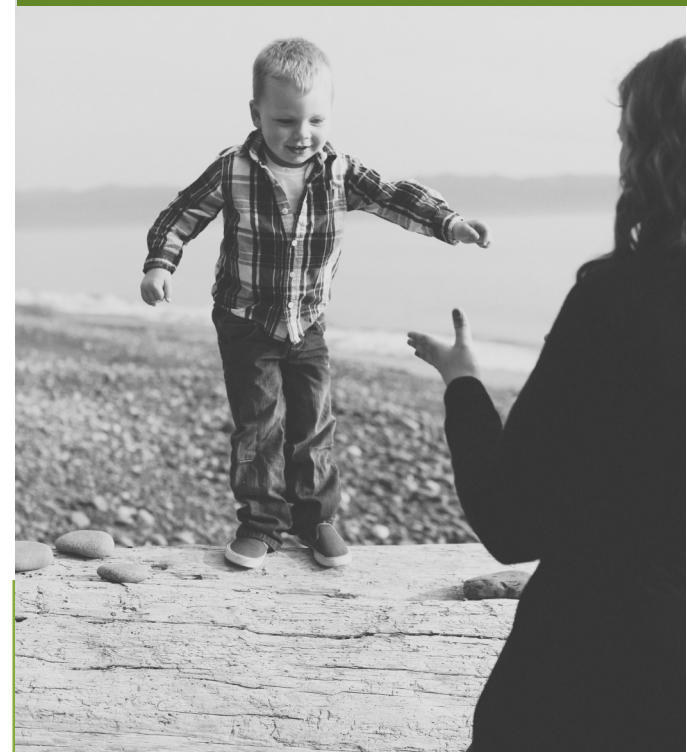
**Donate online at [www.sfrs.ca](http://www.sfrs.ca)**

**THANK YOU!**

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

Charitable Registration #1281 7098 RR0001

## Family Support Program



**Supporting families in  
Sooke and West Shore**

**SOOKE**  
**Family**  
**RESOURCE SOCIETY**  
Caring for Community

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

## Our Program

### Our Family Support Program offers:

- One-to-one support and mentoring to improve your parenting skills, confidence and self-sufficiency

### Our Family Support Worker assists with:

- Strengthening your family to create healthy life skills and home environment

We are familiar with the challenges of family life and parenting, and we're here to help you.

Please call us for an appointment

Monday—Friday

8:30am—4:30pm

\*evenings are available  
upon request



## Is this program for you?

Our free, voluntary Family Support Program offers many supports, with a central focus on:

- Building supportive relationships
- Facilitating growth
- Respecting diversity
- Improving your community connections

### We can support you with:

- Problem solving skills and tools for parenting challenges
- Parenting confidence, self-sufficiency
- Access to educational parenting resources
- Helpful information on budgeting, shopping, household skills and time management skills
- Goal oriented meetings and referrals to additional community services

## We Are...

Respectful

Accountable

Innovative

Ethical

Inclusive

Caring

Collaborative

## Contact Us

Please call for an appointment:

### Sooke

100-6672 Wadams Way

Sooke, BC V9Z 0H3

Phone: 250-642-5152

Fax: 250-642-7663

### West Shore

345 Wale Road

Phone: 250-216-7453



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



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