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
- Counselling
- 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

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

receipts will be

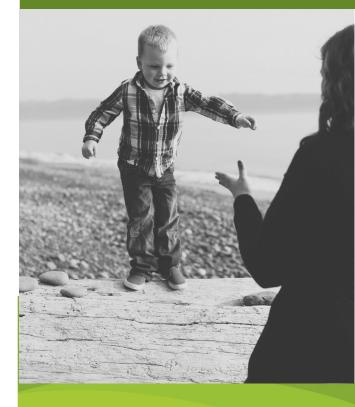
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Donate online at www.sfrs.ca

THANK YOU!

100-6672 Wadams Way
Sooke BC V9Z 0H3
250-642-5152
Charitable Registration #1281 7098 RR0001

Family Support



Supporting families in Sooke and West Shore



We acknowledge the traditional territories of the Coast Salish
Nations and Nuu-chah-nulth 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



sookefamilyresourcesociety