

## What is SSWIS ?

### Single Session, Same-Day Services

Anyone, including family and care givers, can walk in or call in to Sooke Family Resource Society for single session therapy. Sessions will focus on any challenges you are facing that day, including providing referrals, therapy or connection to community services.

### What we do

- We provide a single counselling session to address immediate concerns. It is a program for anyone 19 years and older experiencing a mental health issue or other challenge and needs to see a counsellor as soon as possible.
- There is no fee for this service.

We acknowledge the traditional territories of the Coast Salish Nations and Nuuchah-nulth Nations of southern Vancouver Island

Sooke Satellite Clinic

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

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Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please direct my gift to:  
☐ Child and Parent Programs Youth ☐ Services  
☐ Kingfisher Preschool ☐ Other ☐ Services  
☐ Counselling Services ☐ Food ☐ for Families

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

## Single Session Walk-In Service



Same day walk in  
counselling service

SOOKE  
Family  
RESOURCE SOCIETY  
Caring for Community

## How to Access Service

- Call us at 250-642-5152 or walk in to 6672 Wadams Way during designated hours, to book a same day session.
- If spots are filled for that day, call again the next day to book same day session.

## When Are We Available?

- Single Session Walk In Service is available Monday, Tuesday and Thursday 10am to 2pm, excluding statutory holidays



This program is supported by funding from Island Health.

## We Are

Respectful

Inclusive

Innovative

Caring

Accountable

Ethical

## Contact Us

100-6672 Wadams Way

Sooke, BC V9Z 0H3

Phone: 250-642-5152

Fax: 250-642-7663

If you or someone you know is struggling now and needs to talk, please call

Vancouver Island Crisis Line

(TOLL-FREE): 1-888-494-3888

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

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

- Homeshare services for adults with disabilities
- Skill development, employment supports and community inclusion for adults with disabilities
- Caring for Community counselling program
- Short Term Community Counselling
- Prenatal education & outreach support
- Kingfisher Preschool
- Child Care Resource and Referral
- Family Support and resources
- Youth Outreach and Navigator Program

Our services are accredited through CARF



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