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.



- 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 Nuu-chah-nulth Nations of southern Vancouver Island 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

		oura inte to neip	
Please accept my r	monthly donation of:	:	
\$15/month	\$20/month		
\$25/month	Other \$		
Your gift will be pr for donations of \$2		of the month. Tax receipts will	be issued automatically
I prefer to giv	ve a single donation o	of \$	
I would like to give	• by:		
Cheque	Visa	MasterCard	
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Name			
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City	Prov.	Postal Code	
Phone			
 Email			
Please direct of Child and Pare Kingfisher Pre Counselling Se	ent Programs Youth school Oth		

Single Session Walk-In Service SSWIS



Single counselling session



Sooke Satellite Clinic

Sooke BC V9Z 0H3 250-642-5152

Donate online at www.sfrs.ca

THANK YOU! 100-6672 Wadams Way

Charitable Registration #1281 7098 RR0001

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.

RespectfulInclusiveInnovativeCaringAccountableEthicalCollaborative

We Are

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



sooke family resources ociety

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
- Affordable counselling program
- Prenatal education & outreach support
- Kingfisher Preschool
- Child Care Resource and Referral
- Family Support and resources
- Youth Outreach and Navigator Program
- Community Thrift Shop located at 2065 Anna Marie Road, Sooke

Our services are accredited through CARF



www.carf.org