

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
Collaborative

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

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