

We offer you...

- Confidential counselling
- A safe and empathetic counsellor-to-client relationship
- All of our Counsellors have a Masters degree in Counselling Psychology
- The opportunity to gain skills and knowledge to overcome mild to moderate mental health concerns

We Can Help You Cope With

| | |
|---------|--------------|
| Anxiety | Depression |
| Trauma | Grief / Loss |
| Anger | Conflict |
| Stress | |

We Are....

| | |
|---------------|-------------|
| Respectful | Accountable |
| Innovative | Caring |
| Inclusive | Ethical |
| Collaborative | |

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:

- ☐ \$20/month ☐ \$25/month
☐ \$30/month ☐ Other\$_____

Your gift will be processed on the first day of the month. Tax receipts will be issued automatically for donations of \$20.00 or more.

- ☐ I prefer to give a single donation of
\$_____

- ☐ Cheque ☐ Visa ☐ MasterCard

Credit Card # CVV Code 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

THANK YOU!

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

Charitable Registration #1281 7098 RR0001

Sooke Short-Term Community Counselling Program



Accessible counselling
service for adults living in
Sooke and
surrounding areas

SOOKE
Family
RESOURCE SOCIETY
Caring for Community

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

Book your appointment

Call us at 250-642-5152 or walk in to 6672 Wadams Way during designated hours (Monday, Tuesday and Thursdays from 10-2), to book a same day session.

If spots are filled for that day, call again the next day to book same day session.

We support individuals 19 years and older who are experiencing mild to moderate mental health challenges.

Counselling Fees

We don't want cost to stand in your way

Fees for this service have been waived due to generous funding from Island Health.



Our Counsellors

Registered Clinical Counsellors with Masters Degrees

Practice a client-centered and trauma informed approach that supports personal health and well-being

Are kind, welcoming and non-judgemental

Contact Us

Sooke Office Location

100-6672 Wadams Way
Sooke, BC V9Z 0H3
Phone: 250-642-5152
Fax: 250-642-7663

 [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

- Youth Outreach & Navigator
- Prenatal Education & Outreach
- Kingfisher Preschool
- Child Care Resource and Referral
- Family Support Program
- Caring for Community Counselling Program
- Homeshare services for adults with disabilities
- Skill development, employment supports and community inclusion for adults with disabilities
- Community Thrift Shop located at 2065 Anna Marie Road, Sooke