

What We Do

- We work with youth with mild to moderate life challenges (i.e. family conflict, school stresses, peer issues, emotional or psychological distress)
- We meet you, have a chat, and plan together to see where to go from there
- We provide support for working towards your mental health goals
- We can help you navigate the mental health system
- We can connect you to other helpful resources
- We can help you with advocacy, transportation, and representation

We help you to...

- Feel better emotionally and mentally
- Communicate and cope better
- Create your own healthy lifestyle

We acknowledge the support of the Province of British Columbia.

We thank the following program funders: Island Health, Victoria Foundation, Children's Health Foundation of 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

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

Credit Card # _____ 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

Youth Outreach and Navigator Program



Supporting our youth
in Sooke

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

Additional Service Information

Hours: 9:00 am—4:30 pm
Monday to Thursday

- If you need, our Youth Workers can be available outside of regular hours.
- Our office is located in Sooke. This is an outreach program which means meetings can happen in or out of the office (within the community of Sooke)
- We provide services to youth ages 13—19 (family involvement at the request of youth).
- We support young adults ages 19—25 with access to short term support and referral services

**For Intake and more information,
please call 250-642-5152**

What we hear...

Thank you for everything you did for me. You supported and helped me grow into an adult. I can't thank you enough. I have a great job now and everything is turning out exactly how I always wanted.

- Sooke Youth, age 20

We Are....

Respectful

Innovative

Accountable

Collaborative

Inclusive

Caring

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, call the Vancouver Island Crisis Line (TOLL-FREE): 1-888-494-3888



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
- Caring for Community Counselling Programs
- Community Thrift Shop located at 2065 Anna Marie Road, Sooke

Our services are accredited through CARF



www.carf.org