

We offer you...

- a safe and empathetic counsellor-to-client relationship
- the opportunity to explore your thoughts, emotions, beliefs, and behaviours
- the opportunity to overcome your life challenges with new coping skills and extra support

We Can Help You Cope With

Anger	Depression
Stress	Self-esteem
Anxiety	Family conflict
Trauma	Life transitions
Grief/Loss	Relationships

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

Caring for Community Counselling Program



**Affordable counselling for
adults, youth, children,
couples and families**

SOOKE
Family
RESOURCE SOCIETY
Caring for Community

**We acknowledge the traditional territories of the
Coast Salish Nations and Nuuchahnulth Nations
of southern Vancouver Island**

Book your appointment

No referral needed, just call us at
250-642-5152 to set up your
Intake phone consultation

For all subsequent appointment bookings,
please contact your counsellor directly
(contact information will be given to you
at your first appointment).

We support

- Individuals
- Youth
- Children
- Couples
- Families

Counselling Fees

**We don't want cost
to stand in your way**

Fees are based on a sliding scale
your rate is determined at the time of
your intake phone consultation

1 hour counselling sessions range from
\$60.00—\$110.00

Fees may also be covered through

- Extended Health Benefits
- First Nations Health Services
- Insurance Corporation of BC

Our Counsellors

- are Registered Clinical Counsellors
- Practice a client-centered approach that supports personal health and well-being
- each have their own specialty which can be matched to support your needs

Contact Us

For services in Sooke and Langford

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
- Short Term Community Counselling Program
- Single session walk in same day free counselling service
- 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