

Sooke Family Resource Society 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

- Prenatal Education & Outreach
- Kingfisher Preschool
- Child Care Resource and Referral
- Youth Outreach & Navigator
- Counselling
- Home Share services for adults with disabilities
- Skill Development, Employment supports and Community Inclusion for adults with disabilities

Community Thrift Shop located 2065 Anna Marie Road, Sooke

Our services are accredited through CARF



www.carf.org

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 ☐ 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 updates from SFRS
email ☐

Please direct my gift to

- ☐ Child and Parent programs
☐ Kingfisher Preschool
☐ Counselling services ☐ Youth services
☐ Food for families ☐ Other needs ☐

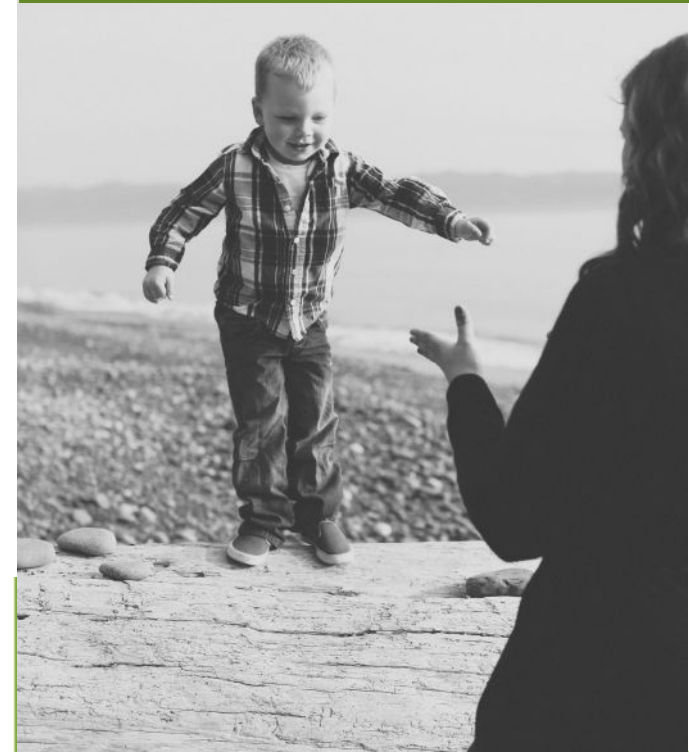
Donate online at www.sfrs.ca

THANK YOU!

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

Charitable Registration #1281 7098 RR0001

Family Support



Supporting families in Sooke
and West Shore

SOOKE
Family
RESOURCE SOCIETY
Caring for Community

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

Our Program

Our Family Support Program offers:

- One-to-one support and mentoring to improve your parenting skills, confidence and self-sufficiency

Our Family Support Worker assists with:

- Strengthening your family to create healthy life skills and home environment

We are familiar with the challenges of family life and parenting, and we're here to help you.

Please call us for an appointment

Monday—Friday

8:30am—4:30pm

*evenings are available upon request



Is this program for you?

Our **free**, voluntary Family Support Program offers many supports, with a central focus on:

- Building supportive relationships
- Facilitating growth
- Respecting diversity
- Improving your community connections

We can support you with:

- Problem solving skills and tools for parenting challenges
- Parenting confidence, self-sufficiency
- Access to educational parenting resources
- Helpful information on budgeting, shopping, household skills and time management skills
- Goal oriented meetings and referrals to additional community services

We Are...

Respectful

Accountable

Innovative

Ethical

Inclusive

Caring

Collaborative

Contact Us

Please call for an appointment:

Sooke

100-6672 Wadams Way

Sooke, BC V9Z 0H3

Phone: 250-642-5152

Fax: 250-642-7663

West Shore

345 Wale Road

Phone: 250-216-7453



www.sfrs.ca



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