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.

Contact Us

Sooke

100-6672 Wadams Way

Sooke, BC V9Z 0H3

Phone: 250-642-5152

Fax: 250-642-7663

Colwood

345 Wale Road

Phone: 250-642-5152 ext. 107

Check out our website and Facebook page for workshops and courses

sookefamilyresourcesociety

www.sfrs.ca

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

☐ $25/month ☐ Other$_____

Your gift will be processed on the 15th 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

$_____

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 ☐

100-6672 Wadams Way
Sooke BC V9Z 0H3
250-642-5152
Charitable Registration #1281 7098 RR0001

Family Resource Programs in the West Shore



Where families access support, opportunities for engagement, and community resources

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.

Family Resource Programs in the West Shore

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Parent & Tot Playgroup 9:30- 11:00am		Tummy Time Baby Group 9:30-11:00	Parent & Tot Playgroup 9:30—11:00am

All programs require pre-registration to attend.

Please visit our website at www.sfrs.ca under the West Shore Early Years program tab to register online

We Are...

Respectful
Inclusive
Ethical
Caring
Accountable
Innovative
Collaborative

- Our Parent & Tot playgroups provide a healthy snack, unless otherwise specified
- Parent & Tot playgroups are provided for children 0-6 years old with a parent/caregiver.
- Tummy Time Baby Group is a program for parents and their children 0-12 months

BC Association of Family Resource Programs

We acknowledge the support of the Province of British Columbia

About our Family Resource Programs

SFRS Playgroup

- Have fun with your child and other parents and children from your community
- Our fun playgroup offers activities to promote healthy development for your child
- Our staff can provide suggestions or referrals to resources you may need

Tummy Time Baby Group

- Join this group for a variety of scheduled topics, guest speakers, and open discussion.
- This group will focus on supportive parenting strategies and early childhood development
- This group is for parents with children 12 months and under only.
- At group you can connect and receive support from the Family Resource Program Coordinator and Family Support Worker
- Meet with other parents to make connections in your community.