

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

Check out our website and Facebook page for workshops and courses

 [sookefamilyresourcesociety](https://www.facebook.com/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

Donate online at www.sfrs.ca

THANK YOU!

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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

Ethical

Accountable

Collaborative

Inclusive

Caring

Innovative

- 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



We acknowledge the support of the
Province of British Columbia

About our Family Resource Programs

Parent & Tot 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.

