

Our Prenatal Program Philosophy

- Our program recognizes that every pregnancy has a unique and profound impact on you and your family.
- Support at this time can have long and short term benefits, so we ensure that all who need or want prenatal support can access low to no-cost services.
- This is a program that can benefit ALL pregnant women.
- Our overall goal is to enhance the health of families in our community.

Contact Us

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

We acknowledge the support of the Victoria Foundation, United Way of Greater Victoria, District of Sooke, and 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 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 service
 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

Prenatal Education and Outreach



Supporting pregnant women and their families

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

Prenatal Education

Our group **Prenatal Education** class series runs for 6 weeks. You and your partner of choice can explore the following topics together:

- Healthy lifestyle for pregnancy, nutrition, and exercise
- Late pregnancy symptoms and how to cope with them
- Signs for concern in late pregnancy and preterm labour
- Physical and emotional process of birth
- Natural pain management and medications for labour
- Common medical procedures and caesarean birth
- Life with your new baby
- Infant feeding and nutrition

Call us for more information (including our current fee) or to register. We offer a sliding scale as needed.

Our services are accredited through CARF



www.carf.org

SFRS Prenatal Education and Outreach Program is a partnership program of the Island Health Best Babies Program

Prenatal Outreach

Our **Prenatal Outreach** services are for women who have extra needs during pregnancy. Outreach services are **FREE** and include:

- One-to-one pregnancy education and support
- Nutritional support through food vouchers or healthy eating education
- Prenatal Vitamins
- Referrals to community resources and access to our resource lending library



Member of the BC Association of Pregnancy Outreach Programs

If you or someone you know needs extra support in pregnancy, please call us at 250-642-5152 or email tnorquay@sfrs.ca