


## 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

 [www.sfrs.ca](http://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

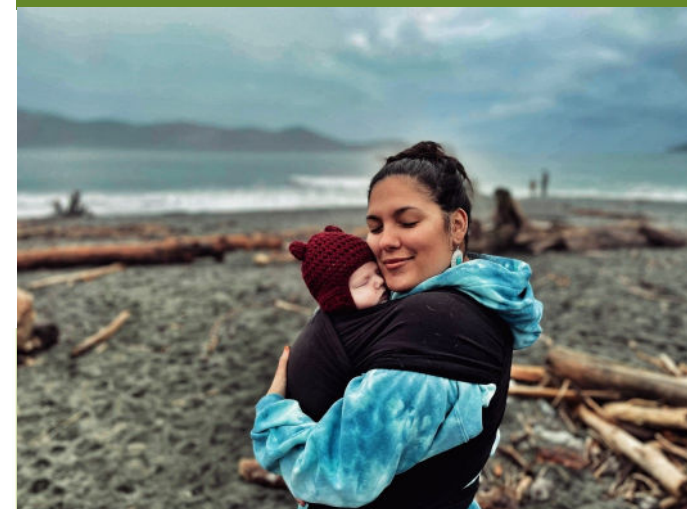
- ☐ Child and Parent programs  
☐ Kingfisher Preschool  
☐ Counselling services    ☐ Youth service  
☐ Food for families    ☐ Other needs

**Donate online at [www.sfrs.ca](http://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](http://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](mailto:tnorquay@sfrs.ca)