

## Our 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 SFRS

- Homeshare services for adults with disabilities
- Caring for Community Counselling Programs
- Youth Outreach & Navigator
- Prenatal Education & Outreach
- Kingfisher Preschool
- Child Care Resource and Referral
- Family Support program
- USTAT—(Urgent Short Term Assessment and Treatment) for mental health
- Community Thrift Shop located at 2065 Anna Marie Road, Sooke

Offered throughout southern Vancouver Island, SICC is a program of Sooke Family Resource Society

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:

- ☐ \$20/month    ☐ \$25/month  
☐ \$30/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  
\$ \_\_\_\_\_

- ☐ 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](http://www.sfrs.ca)

**THANK YOU!**

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

Charitable Registration #1281 7098 RR0001

## South Island Community Connections (SICC)



**Supporting adults with  
disabilities living on  
southern Vancouver Island**



**We acknowledge the traditional territories of the  
Coast Salish Nations and Nuu-chah-nulth Nations  
of southern Vancouver Island**

## What is South Island Community Connections?

The South Island Community Connections program is a person-centered service offered to eligible adults referred by CLBC. Services are designed to support greater independence at home and in the community.

Services offered focus on skill development, community inclusion, and outreach

The SICC team is proud to offer individualized, one-to-one supports as well as our popular twice per week Empowering Personal Wellness Adult Activity Club. Services offered focus on skill development, community inclusion, and outreach within your home or the community.

### Activity Club

The Empowering Personal Wellness Adult Activity Club provides a safe and supportive environment for adults to engage with peers, develop new skills, and access community activities and resources.

Monthly activities may include:

- Arts and crafts
- Tourist attractions and recreation
- Movies and hot lunch
- Day trips and up-island adventures
- Beach days and CRD park outings
- Special Holiday and theme days
- Skill workshops and presentations

## Specific Support

### We help you with ...

- Personal health and hygiene
- Budgeting and time management
- Shopping and meal planning
- Kitchen safety and food preparation
- Problem solving and resources
- Community inclusion and social networking
- Self advocacy and mindfulness
- Independent living skills

### Hours and Location

One-to-one support services are available 8:30 am to 5:30 pm Monday to Friday. Appointments outside regular service hours available by request.

The Empowering Personal Wellness Adult Activity Club runs Wednesday and Thursday from 11:30 am to 3:30 pm. Special Events may be held during different hours.

**Langford**

202-2800 Bryn Maur Road

Phone 778-433-2023

(off Goldstream Ave above Fountain Diner)

For more information please email [jball@sfrs.ca](mailto:jball@sfrs.ca)

## We Are....

**Respectful**

**Innovative**

**Collaborative**

**Inclusive**

**Caring**

**Ethical**

South Island Community Connections is funded by

Community Living British Columbia (CLBC)

To find out if you are eligible for services

contact CLBC at

250-952-4203

[www.communitylivingbc.ca](http://www.communitylivingbc.ca)



[www.carf.org](http://www.carf.org)