

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 Youth services
 Kingfisher Preschool Other needs
 Counselling services
 Food for families

Donate online at 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

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



www.carf.org