

Live your best life!

shine
inclusion
employment
fitness
networking
games
life
sports
readiness
friends
skills
word
frequency

Discover your potential ...

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 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 #

CCV Code Expiry

Signature

Name

Address

City Prov. Postal Code

Phone

Email

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

Empowering Personal Wellness Adult Activity Club



Supporting Adults
with Developmental
Disabilities



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

The EPW Adult Activity Club

- Supports adults with developmental disabilities by providing opportunities to learn new skills and engage with peers in a warm and welcoming space.
- Offers activities designed to promote independence and community inclusion while having fun! Special workshops offered to support job readiness, help with budgeting and organization and accessing local resources.
- Creates opportunities for skills training, volunteering, creativity, fitness and much more.

Monthly activities include:

- cooking and meal preparation
- community inclusion
- recreation and games
- crafts and gift making
- special holiday and seasonal events

Provides a safe and supportive environment to promote personal growth and independence through real-world experience and networking. Meets twice a week. (Wednesdays & Thursdays) for 4 hours.

Located at Centennial Centre
2805 Carlow Rd. Langford, BC

We Are

Respectful

Inclusive

Innovative

Caring

Accountable

Ethical

Collaborative

Contact Us

Empowering Personal Wellness

2805 Carlow Rd.,

Langford, BC V9B 4A6

For more information contact Kelly Walker

778-433-2023 Ext. 103



sookefamilyresourcesociety



www.sfrs.ca

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 Sooke Family Resource Society:

- Homeshare services for adults with disabilities
- Skill development, employment supports and community inclusion for adults with disabilities
- Affordable counselling program
- Prenatal education & outreach support
- Kingfisher Preschool
- Child Care Resource and Referral
- Early Years programs
- Family Support and resources
- Youth Outreach and Navigator Program
- Community Thrift Shop located at 6715 West Coast Rd, Sooke

Our services are accredited through CARF.



www.carf.org

We acknowledge the
support of the
Province of British Columbia