

Live your best life!

shine  
inclusion  
employment  
friends  
readiness  
networking  
games  
life  
skills  
sports

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](http://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

SFRS

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

We acknowledge the  
support of the  
Province of British Columbia

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