

With gratitude, we acknowledge the traditional territories of the Coast Salish Nations and Nuu-chah-nulth Nations of southern Vancouver Island



### Our Services

- Prenatal Education and Outreach
- Children and Family Programs
- Kingfisher Preschool
- Parenting Education
- Child Care Resource and Referral
- Family Support Program
- Family Development
- Youth Outreach and Navigator
- Life Skills and Community Inclusion for adults with disabilities
- Home Share Program
- Individual, Couples & Family Counselling
- Single Service Drop In Counselling
- Toy and Book Lending Library
- Community Thrift Shop

### Celebrating 40 years of caring for families and communities!



Celebrating 40 years of caring for families and communities, Sooke Family Resources Society and its Board of Directors wish to thank the exceptional staff and volunteers throughout the organization. We also extend our sincere gratitude to the many community partners, donors and funders who continue to support our ability to offer high quality programs and services.



### Contact Us

#### Main Office and Mailing Address

100-6672 Wadams Way, Sooke BC V9Z 0H3  
Monday—Friday 8:30am- 4:30pm  
Phone **250-642-5152** Fax **250-642-7663**

Colwood Services Location  
345 Wale Rd.

Langford Services Location  
2800 Bryn Maur Rd.



Sooke Family Resource Society  
SFRS Community Thrift Store

Child Care Resource and Referral  
250-940-4882

Services for Adults with Disabilities  
South Vancouver Island 778-433-2023

SFRS Community Thrift Shop  
2065 Anna Marie Rd., Sooke 778-352-3001

Visit our website  
[www.sfrs.ca](http://www.sfrs.ca)

In October 2024 SFRS announced the appointment of new Executive Director, Kelly Walker. Kelly began her career with The Society in 2013 as a front-line community support worker alongside the South Island Community Connections team based in



Langford. Since that time, Kelly moved into a supervisory role and then on to become program manager in 2020.

A born and raised 'island girl', Kelly's knowledge of the strengths and needs of South Island communities, combined with her proven leadership approach offer skills, compassion and vision as front woman for the organization's next chapter.

## Fairway Market Community Card Program

SFRS is member of the Fairway Market

Community Card Program where 5% of every dollar loaded on the card helps to support

SFRS programs & services.

To show your support through this great program please request a registered gift card directly from SFRS. The gift cards come empty and can be loaded at your convenience at your preferred Fairways Market.

Contact Julie Ball at [jball@sfrs.ca](mailto:jball@sfrs.ca) for more information and to pick up a registered card.



## SFRS Community Thrift Store

Reduce Reuse Recycle  
REINVEST

### Happy 10th Anniversary, SFRS Thrift Store!

How time has flies! It feels like just yesterday we were planning to open a thrift store, and now, here we are, celebrating a decade of service.

The SFRS Community Thrift Store is proud to offer a welcoming, friendly, and inclusive environment for treasure and bargain hunters alike. Our cheerful, dedicated and hardworking staff and volunteers create a joyful atmosphere and smooth operations even during the busiest of days.

These years have shown that the community not only benefits from the thrift store, but serves as a valuable resource for other local organizations as well. From the Sooke Food Bank to the Sooke Transition House, many rely on the thrift store to help meet their clients' needs.

We strive to engage youth, individuals with disabilities, retirees, and students through various initiatives. Grade 12 students, requiring volunteer hours to graduate, find the thrift store to be a safe and educational place to gain experience.

The Sooke Lions Club, Sooke Harbourside Lions, and the Sooke District Lioness Lions each dedicate a day of service to support the store and contribute to our community. On Wednesdays, you can spot volunteers in black tuxedo or golf shirts working diligently to keep the store buzzing. On Saturdays, the wonderful Sooke Lions are busy sorting donations and engaging with patrons.

Our famous Half Price Days are always a fun time to shop, and in 2025, we will be hosting a Customer Appreciation event to express our immense gratitude for their continued support.

Store Hours:  
Wednesday—Saturday  
9am-4pm  
2065 Anna Marie Rd.



### Items to drop off?

We accept clothing items anytime during open hours and household items on Tuesdays and Saturdays, 10am to 1pm. Please call ahead for information about dropping off larger furniture items like tables, chairs, dressers, etc. 778-352-3001



## Prenatal Education and Outreach

Prenatal Classes, One-to-one Prenatal Education and Emotional Support, Pregnancy Resources, Prenatal Vitamins, Food Vouchers



Prenatal Group classes for pregnant women and a partner  
Cost: \$200 subsidy available

Upcoming Class Dates:  
TBA

For more information  
Contact Teresa Norquay  
Phone: 250-642-5152 ext 108  
[tnorquay@sfrs.ca](mailto:tnorquay@sfrs.ca)

Member of BC Association of Pregnancy Outreach Programs  
A partnership program of Island Health Best Babies program



## Family Support Program

This is a free and voluntary program that provides support to families in Sooke and the West Shore who may be experiencing difficulties with family life and parenting.

The Family Support Program offers one-to-one support and mentoring to improve parenting skills, confidence, and self-sufficiency. Family Support Workers help families increase family life skills and create healthy home environments.

To contact a Family Support Worker

West Shore: 250-216-7453

Sooke: 250-642-5152



## Kingfisher Preschool

### Kingfisher Preschool Program Encourages

- A positive self-image
- Positive self-esteem
- A love of learning
- Independence
- Creativity
- Self-discipline
- Flexibility and resilience
- The ability to make good choices
- The ability to solve problems alone and with others



### Preschool Class Schedule:

Mon/Wed/Fri	AM	9:00am–1:00pm
Tues/Thurs	AM	9:00am–11:15am
Tues/Thurs	PM	12:45pm–3:15pm

Please call 250-642-5152 Ext. 106 or email: [kingfisher@sfrs.ca](mailto:kingfisher@sfrs.ca) for registration information



# Child Care Resource and Referral

The Sooke/West Shore CCRR is a child care support and referral program. We help parents find child care, with Affordable Child Care Benefit applications, and other child care needs. The CCRR provides set up and ongoing support for Registered License Not Required child care and support to Licensed child care facilities. We also provide support services and training for parents and child care providers.

## Resources for Parents

At the CCRR, we recognize the hard work and challenges that the parenting role may bring. Therefore, we strive to provide information in the following areas: how-to steps to select child care that best fits your family's needs, Affordable Child Care Benefit information, Toy Lending and Resource Library, as well as parenting workshops.

You may be eligible for the Affordable Child Care Benefit please find more information at:  
<https://www2.gov.bc.ca/gov/content/family-social-supports/caring-for-young-children/child-care-funding/child-care-benefit>

Phone: 1-888-338-6622, option 4

## Resources for Care Providers

The CCRR provides start-up and operating information including: obtaining insurance, professional consultation and support, start up funding information, ECE bursary funding information, referrals to community resources, facility visits, and listing on a registry of care providers.

We encourage providers to access our professional development opportunities that include: Family Child Care Training, networking opportunities, and playgroups for child care groups, as well as our Toy and Equipment Lending Library, resources, and regular CCRR newsletter.

For more Sooke/West Shore CCRR service information: [www.sfrs.ca](http://www.sfrs.ca)

[www.gov.bc.ca/ChildCareResourceReferralCentres](http://www.gov.bc.ca/ChildCareResourceReferralCentres)

or Toll-free 1-888-338-6622 (Option 4)



Funding for the CCRR is provided by the Province of British Columbia.

## CCRR Hours of Service

**Monday—Friday 8:30-4:30 at the Sooke and West Shore CCRR service locations.**

6672 Wadams Way (Sooke) / 345 Wale Road, Colwood (West Shore)

**Wednesday evenings in Sooke 4:30-6:30**

**Saturday mornings in the West Shore 8:30-12:30**

**CCRR Consultant contact information: 250-940-4882**  
[Sooke-WestShoreCCRR@sfrs.ca](mailto:Sooke-WestShoreCCRR@sfrs.ca)

**CCRR Consultants available during service hours.**  
You can book (pre-arrange) in-person and virtual appointments with a CCRR Consultant to assure their availability.





## YOUR DONATIONS HELP US TO HELP OTHERS

We need your help to continue to support local children, youth and families, and adults with disabilities.

Some of the ways you can donate:

- \* On our website [www.sfrs.ca](http://www.sfrs.ca) through Canada Helps ([www.canadahelps.org](http://www.canadahelps.org))
- \* In person at our Sooke office: 100-6672 Wadams Way
- \* In person at our West Shore office: 202-2800 Bryn Maur, Langford
- \* Fill up at any Co-Op gas station and use our co-op number 89969 to donate points.
- \* Pick up a registered Fairway Market Community Card.

The South Island Community Connections program is raising funds to purchase an accessible vehicle for outreach and inclusion services. Vehicles equipped to transport mobility devices ensure safety, dignity and above all, independence! Donations can be made in person, online [www.sfrs.ca](http://www.sfrs.ca) and Canada Helps: <https://www.canadahelps.org/en/charities/sooke-family-resource-society/campaign/>



## South Island Community Connections (SICC)

The SICC program offers support services to individuals with diverse abilities throughout southern Vancouver Island communities. Our team of caring and experienced support staff offer skill development, outreach, community inclusion activities, and employment support.

This program uses a 'wrap-around' approach by developing and maintaining person-centered care plans designed to support individuals with their goals and promote independence and self-determination.



For more information, contact:  
Julie Ball, Program Manager  
Phone: 250-642-5152 ex.123  
Email: [jball@sfrs.ca](mailto:jball@sfrs.ca)



# Empowering Personal Wellness

## Discover Your Potential—Live Your Best Life

The EPW Adult Activity Club currently runs three times a week on Tuesdays (drop-in), Wednesdays, and Thursdays. The club provides adults living with diverse abilities opportunities to make new friends, enhance skills, and have fun in a warm, welcoming environment. Club members participate in a variety of activities of their choice, attend workshops, and challenge their cooking skills. Activities include day trips and excursions, local attractions, craft and gift making, movie days, board games and fitness as well as special holiday themed activities and events.

For more information, contact:  
Julie Ball, Acting Program Manager  
Phone: 250-642-5152 ex.123  
Email: [jball@sfrs.ca](mailto:jball@sfrs.ca)



## Welcome Home Program

Welcome Home matches individuals living with developmental disabilities with a Home Share Provider and living arrangement that suits their unique needs. Living arrangements vary from a room in a family home to an independent suite. The Home Share Provider supports the individual with their goals towards independent living.

*Together*  
is a wonderful  
place to be

Support may include:  
- Personal hygiene reminders  
- Help with budgeting  
- Meal planning and preparation  
- Transportation support and  
- Community engagement

The individual and Home Share Provider share their space and aspects of daily life so finding a proper match is essential! Potential Providers undergo an extensive screening process to ensure they are the right fit for home sharing.

For more information, contact:  
Joseph Owton, Home Share Coordinator  
Phone: 250-642-5152 ex.124  
Email: [welcomehome@sfrs.ca](mailto:welcomehome@sfrs.ca)



## Caring For Community Counselling Program

Counselling fees are based on a sliding scale

The Counselling Program is here to help you with challenges you may be facing including:

- \* Depression
- \* Anxiety
- \* Relationship Conflict
- \* Grief & Loss.

We have Registered Clinical Counsellors available to support your counselling needs. We also have student counsellors available to see you at a reduced rate.

Our team works with individuals, couples, children, youth and families with confidentiality and compassion.

This service is available in Sooke and is available either virtually or in-person



# Single Session Walk in Services in Sooke! Same-Day Counselling

Our single session walk-in counselling services are offered at 6672 Wadam's Way on Mondays,

Tuesday and Thursdays from 10:00am-2:00pm. Please come in during those hours to see a counsellor the same day. Services are free and for adults 19 years and older. Virtual appointments are offered during those hours if you experience barriers to attending in person.

This service can also refer to other resources such as SFRS Short Term Clinical Counselling.



## **Cost should not be a barrier to wellness!**

Fees for this service have been waived thanks to generous funding from Island Health.

Sooke Short Term Community Counselling Program (STCC)

Free Counselling service in Sooke. Are you over 19 and suffering from mild to moderate mental health issues that you would like help with?

Call 250-642-5152 for information or walk in to our single session services for a referral.

## Youth Outreach & Navigator



A specialized **Youth Outreach** Worker is available to meet with youth who are experiencing significant life challenges, including mental health and/or substance use concerns.

The Youth Outreach Worker offers assessment and support to help youth resolve their concerns. This may involve connecting young people with appropriate services to ensure they have the skills to work through their challenges long term.

Youth Outreach Workers and SFRS recognize youth as a unique population. To better serve their needs and build meaningful connections, meeting times and locations are flexible.

For more information call our main office at  
250-642-5152

### **SOOKE**

Sooke Food Bank	250-642-7666	Goldstream Food Bank	250-474-4443
Sooke Volunteer Centre	778-365-1878	Transition House (Victoria)	250-592-2927
Sooke Shelter	250-419-3978	Service Canada	1-800-622-6232
Sooke Transition House	778-966-2591	Senior's Centre	250-474-8616
Loan Cupboard	250-389-4607	Serenity House—Colwood	250-686-9756
WorkLink	250-642-3685	WorkLink Langford	250-478-9525
Library—Sooke Branch	250-642-3022	Library—Juan de Fuca Branch	250-940-4875
WestCoast Medical Clinic	250-642-4233	St. Anthony's Urgent Care Clinic	250-519-6919
LifeLabs—Sooke	1-800-431-7206	LifeLabs—Langford	1-800-431-7206

### **WESTSHORE**

**Where to find  
help/resources  
in  
SOOKE  
and  
WESTSHORE**

Vancouver Island Crisis Line 1-888-494-3888

Are you happy with our services?  
Can we do a better job?



We want to hear from you!

In order to improve our services we need to hear about your experience with SFRS services and staff.

Please reach out to a member of our team or send us an email at [info@sfrs.ca](mailto:info@sfrs.ca)



We value your input!

## THANK YOU FROM SFRS!

Children's Health Foundation of Vancouver Island  
Public Health Agency of Canada  
Community Living BC  
Sooke School District 62  
Victoria Foundation  
Island Health  
RBC Royal Bank  
District of Sooke

United Way South Vancouver Island  
Pacheedaht First Nation  
The Province of British Columbia

And to all of the local community organizations, businesses and individuals for your support throughout the year!

### LENDING LIBRARY

Find the parenting resource that is right for you!

We regularly add parenting materials that are not easily available locally.

Resources available include:

- ◊ Infant, Child development
- ◊ Sleep/Toileting/Toddlerhood
- ◊ Relationships and Family
- ◊ Special Needs
- ◊ Mental Health
- ◊ Adolescent Development
- ◊ Guidance and discipline

**children's**  
HEALTH FOUNDATION  
OF VANCOUVER ISLAND

If you would like to borrow a book, please drop by and see us!  
Sooke Child, Youth and Family Centre  
6672 Wadams Way in Sooke.

ACCREDITED by  
CARF  
since 2009

At SFRS, we achieve or surpass more than 1,900 standards set by the Commission on Accreditation of Rehabilitation Facilities for our work serving the community.



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

# Children and Family Services in Sooke

## Child and Family Programs in Sooke

Monday Parent and Child Playgroups are REGISTRATION ONLY.  
Wednesday Parent and Child Playgroups are a drop-in model.  
Please only attend/book one playgroup per week. Thank you!

Please checkout our YouTube channel at [SFRS Family Resource Programs](#)  
to join us for food, crafts, and circle time fun!

If you would like to be on the email distribution list for updates regarding programming and resources please email Teresa at [tnorquay@sfrs.ca](mailto:tnorquay@sfrs.ca)

At the Child, Youth and Family Centre—In the Early Years Room  
6672 Wadams Way, Sooke

### Mondays

#### Parent and Child Playgroup—**online registration required**

An opportunity to play and learn with your child. Enjoy art, stories, activities and circle time. Meet other parents and children in your community.

9:30am—11:00am

Register here: <https://outlook.office365.com/book/SFRS@sfrs.ca/> or here



### Wednesdays

#### Parent and Child Playgroup—**drop in**

A facilitated group with scheduled parenting topics and child-parent activities. Children join early learning activities with qualified early years staff during most discussion times.

9:30am—11:00am

**Wednesdays—registration required** - Please email Meghan at [mdovell@sfrs.ca](mailto:mdovell@sfrs.ca)

#### Early Years Neurodiverse Playgroup

This group seeks to increase a sense of belonging and pride in Neurodiversity through supporting Neurodiverse children and their families to reduce isolation, increase parental confidence, and provide information, resources and service navigation.

12:45-2:15pm

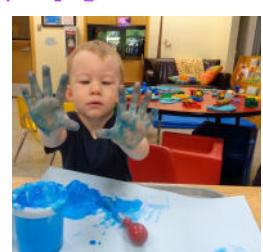
### Thursdays

#### Family Support Group—**registration required** Please email Teresa at [tnorquay@sfrs.ca](mailto:tnorquay@sfrs.ca)

This group is an extension of our Family Support Program.

The group offers support to parents with children 0-6 years who may be facing challenges in life such as single parenthood, low income, young parenthood, or anxiety. The group will focus on supportive parenting strategies. Every other Thursday.

10:00am—noon



All programs are by donation or free; snacks provided.  
Programs are for children 0-6 and their caregivers.



Sooke Family Resource Society is a member of the  
BC Association of Family Resource Programs  
and the Coalition of Neighbourhood Houses, Capital Region



# Children and Family Services in the West Shore

Child and Family Programs in the West Shore are being provided through an online registration process. See below for link. Any questions can be directed to Erin Holler at [eholler@sfrs.ca](mailto:eholler@sfrs.ca)

Please checkout our YouTube channel at [SFRS Family Resource Programs](#) to join us for food, crafts, and circle time fun!

If you would like to be on the email distribution list for updates regarding programming and resources please email Erin at [eholler@sfrs.ca](mailto:eholler@sfrs.ca)

At the Child, Youth and Family Centre—In the Early Years Room  
345 Wale Road, Colwood

## Tuesdays

### Parent and Tot Group—registration required

An opportunity to play and learn with your child. Enjoy art, stories, activities, and circle time. Meet other parents and children from your community.

Ages 0-6 years

9:30am—11:00am

## Thursdays

### Tummy Time Baby Group - registration required

This group will provide a variety of scheduled topics, guest speakers, and open discussions for parents with children 12 months and under. During this group parents will be able to connect and receive support from the Family Resource Program Coordinator, Family Support worker, as well as other parents.

9:30am—11:00am

## Fridays

### Parent and Tot Group - registration required

An opportunity to play and learn with your child.

Enjoy art, stories, activities, and circle time. Meet other parents and children from your community.

Ages 0-6 years

9:30am—11:00am



To REGISTER for any West Shore Play Group visit:

<https://www.sfrs.ca/programs/west-shore-early-years-services>

All programs are by donation or free; snacks provided.  
Programs are for children 0-6 and their caregivers.



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BC Association of Family Resource Programs  
and the Coalition of Neighbourhood Houses, Capital Region

