

Live your best life!

shine
inclusion
employment
fitness
networking
games
life
sports
readiness
friends
life

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

Community Connections Club



Supporting Adults with Disabilities



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

Community Connections Club

- Supports adults with disabilities by providing opportunities to learn new skills and expand networks in a safe and engaging environment.
- Offers activities designed to promote independence and learning while making new friends and having fun. Special workshops offered to support job readiness, help with budgeting and personal organization, self-advocacy and systems navigation.
- Creates opportunities for skills training, volunteering, community inclusion, fitness and much more.

Monthly activities include:

- cooking and meal preparation
- helping in the community garden
- 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.

For more information, please contact Julie at the Langford office:

Phone: 778-433-2023

Email: jball@sfrs.ca

SFRS.CA

We Are

Respectful

Inclusive

Innovative

Caring

Accountable

Ethical

Collaborative

Contact Us

Empowering Personal Wellness

500 Admirals Rd.

Victoria, BC V9B 3S6

778-433-2023 Ext. 103



[sookefamilyresourcesociety](https://www.facebook.com/sookefamilyresourcesociety)



www.sfrs.ca

Our Mission

We are dedicated to caring for families and individuals of all ages and abilities in communities on Southern Vancouver Island by providing services in parenting support, child, youth, and family development, as well as mental health and addictions.

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 2065 Anna Marie Rd.

Our services are accredited through CARF.



www.carf.org

We acknowledge the
support of the
Province of British Columbia