

SOOKE
Family
RESOURCE SOCIETY

The logo for Sooke Family Resource Society is centered on a green background. It features the word "SOOKE" in a simple, uppercase, sans-serif font at the top. Below it, the word "Family" is written in a large, elegant, cursive script. To the right of "Family" is a stylized white leaf graphic with three main lobes and a central vein. At the bottom, the words "RESOURCE SOCIETY" are written in a simple, uppercase, sans-serif font.

Renee Lormé-Gulbrandsen,
Executive Director

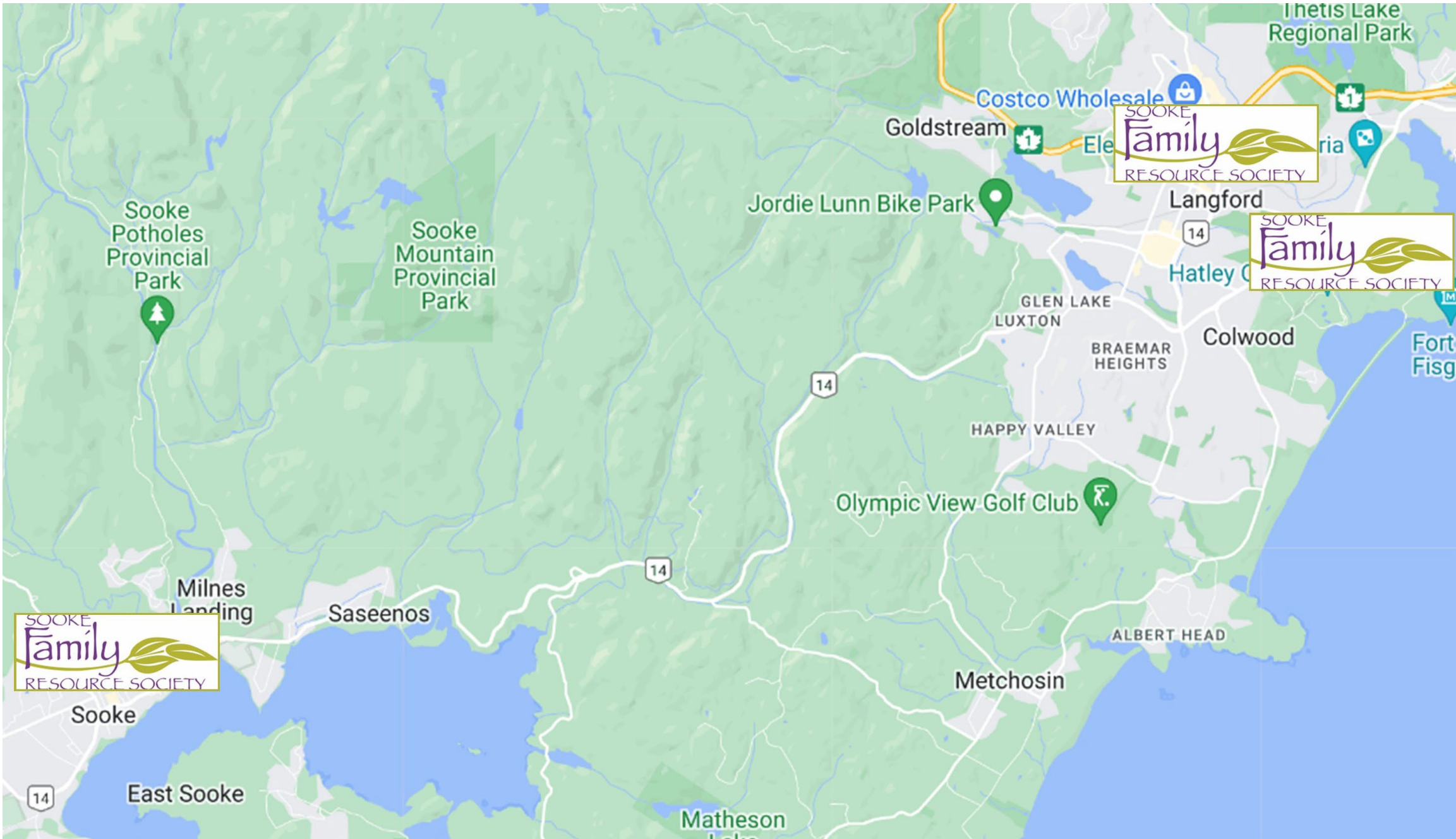
About Sooke Family Resource Society (SFRS)



SFRS is a charitable, nonprofit organization providing service throughout Southern Vancouver Island since 1984. Like many social-driven organizations, SFRS began as a seed planted through the dedication of residents looking for family-oriented activities and support services.

While we offer services across the Capital Region and Southern Gulf Islands, SFRS offices are in Sooke, Langford, and Colwood to allow us to partner in community with other social serving nonprofit organizations, government agencies, First Nations communities, local businesses, school districts, medical professionals, and other like-minded businesses.

SFRS is proudly accredited by CARF International, an independent nonprofit accreditor of health and human services, to ensure high quality programming and service delivery.



How We Help

Our services and programs enhance the knowledge, skills, and engagement of our clients to meet everyday needs, support their health and wellbeing, and have a connection to their community.

Our programs and services include:

- Pre- and Post-natal Education and Outreach
- Child Care Resource and Referral
- Early Years Drop-in Programming
- Preschool Programming Ages 3-5
- Youth Outreach and Navigation
- Family Preservation and Development
- Life-Skill Building for Adults Living with Disabilities
- Home Share Supported Living
- Counselling and Mental Health Support



We are a Neighbourhood House

Neighbourhood Houses are a community resource where residents can access services, programs, and receive referrals to meet everyday needs, supporting health and wellbeing. It also provides a connection to the community for those who experience isolation or challenging times.

The SFRS Neighbourhood House provides:

- Food Security
- Family Services
- Youth Services
- Counselling Services
- Referrals to Other Service Providers
- Volunteer Opportunities

SFRS is a member of the Coalition of Neighbourhood Houses, Capital Region.



Early Years Programming

Hosted in Sooke and the Westshore, our Early Years Programming provides services from birth to age 6.

- Drop-in Caregiver and Child Playgroup
- Kingfisher Preschool (Sooke)
- Child Care Resource and Referral Program



Youth Services

The Youth Worker supports Sooke teens who are experiencing challenging times by creating a plan towards positive change, supporting the implementation of this plan. It can include:

- Navigating the health system for mental health support
- Connecting to local resources
- Advocating on behalf of the young person
- Being a consistent, reliable presence for the young person



Family Services

Hosted in Sooke, our Family Services provide skill-building and education in support of developing families.

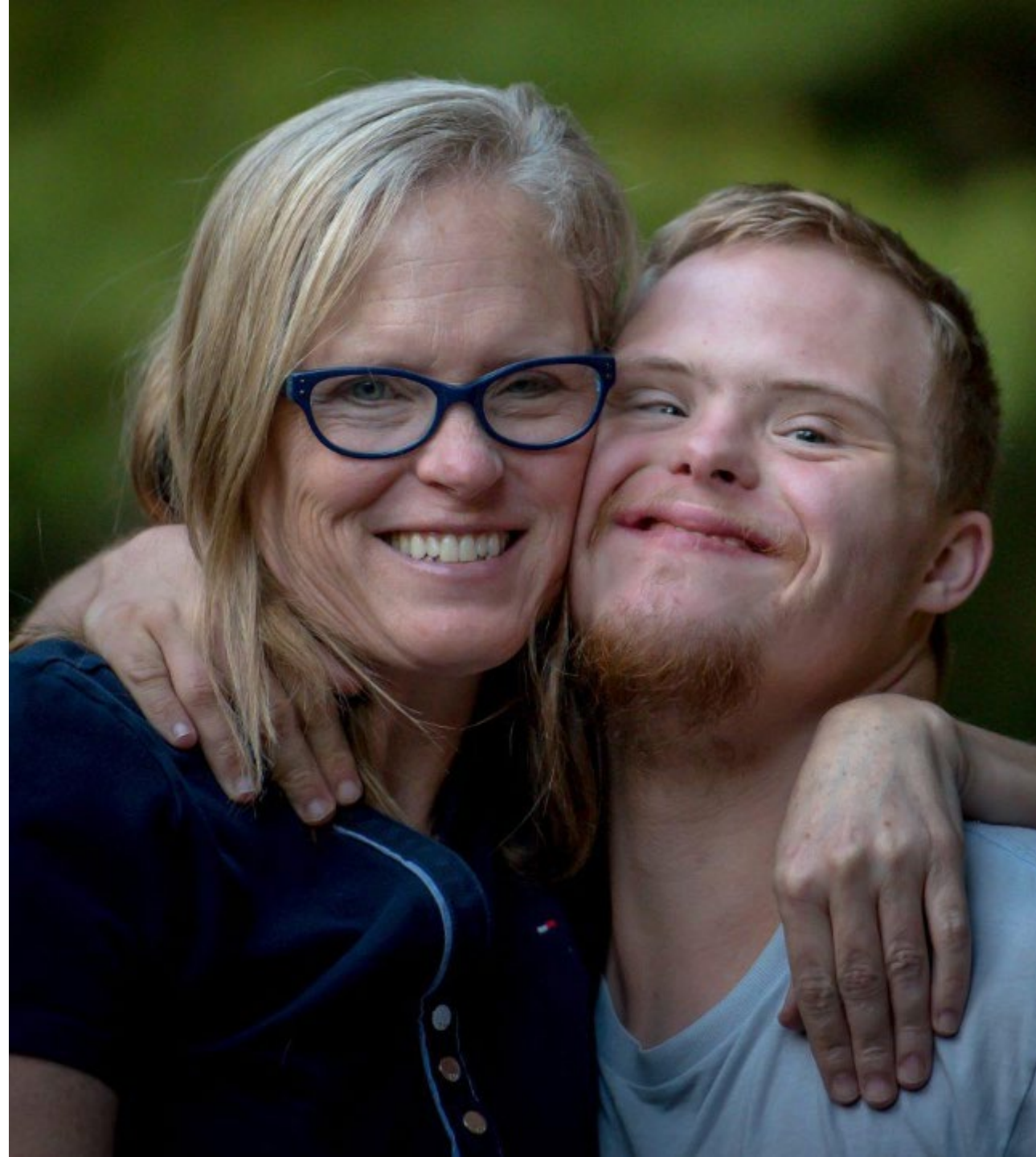
- Pre- and Post-natal Education and Outreach
- Family Support and Mentoring
- Parenting Groups
- Family Preservation and Development (MCFD)



Adults Living with Disabilities

Hosted primarily in Langford, programs and services offered for adults living with disabilities provide opportunities for life-skill building, connection to community, and housing. Supports include:

- Day Programs
- Group Outings
- Life-skill Building
- Outreach Services
- Welcome Home Homeshare Program (CRD)



Counselling

Counselling and Mental Health Services include support for individuals, couples, and families.

Caring for Community is SFRS's in-house counselling services available to residents on a sliding scale fee model.

SFRS is also a local service provider through a partnership with Island Health. The programs include:

- Short Term Community Counselling (mild to moderate care)
- Urgent Short Term Assessment and Treatment (serious and urgent care)



Our Future in Langford

- Increase capacity to serve adults living with disabilities
 - Need for a larger office with more programming space and staff offices for support services
- Programming for older adults
- Establish a daycare to open more childcare spaces in the community
- Continue engagement and partnerships with other nonprofit organizations, municipal leaders, First Nations, for-profit businesses and public agencies
 - Stewardship Committee of The Village Initiative
- Increase presence at local events
- Increase employment opportunities for residents through growth in activities



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