

January—June 2012

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## What makes a Healthy Community?



The value statement posted in the SFRS main office that seems to catch my eye often reads: “We work collaboratively and inclusively to make effective change.” For many of us here, that means that we work each day with community partners to make people and places healthier.

Almost 30 years ago, the Lalonde Report “A New Perspective on the Health of Canadians” gave rise to new understanding about the need for a holistic approach to being “healthy.” We began to look at the concept of “care” versus “cure,” the idea that we have the power to make effective change in our state of health. Today, we recognize the key factors - factors we can improve upon with individual or collective action.

**Income and Social Status** - People are healthier where societies are prosperous and wealth is distributed equitably.

**Social Support Networks**—People are healthier who have positive relationships with friends and family.

**Education and Literacy**— People are healthier who have higher levels of education and literacy.

**Employment/Working Conditions**— People are healthier who have safe, stress free and secure paid work.

**Social Environments**— People are healthier who live in safe homes and have strong community networks.

**Physical Environments**— People are healthier who have clean air, water, food, and soil.

**Personal Health Practices and Coping Skills**— People are healthier who make safe and healthy lifestyle choices in their diets and self-care activities.



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## Our Services

- ◆ Prenatal Education and Outreach
- ◆ Children and Family Programs
- ◆ Kingfisher Preschool
- ◆ Child Care Resource and Referral
- ◆ Youth Outreach and Navigator
- ◆ Parenting Education
- ◆ Family Development
- ◆ Individual, Couple, and Family Counselling
- ◆ Home Share Program
- ◆ Community Inclusion
- ◆ Urgent Short Term Treatment and Assessment (USTAT)
- ◆ Toy and Book Lending Library
- ◆ Clothing Exchange

## SFRS Staff

### Children and Family Services

**Daphne Raymond** — Manager  
**Sharon McIntosh** — Westshore Family Resource Program Coordinator  
 & Childcare Resource & Referral Consultant  
**Erin Holler**— Sooke Childcare Resource & Referral Consultant  
 & Family Resource Program Support Worker  
**Teresa Norquay** — Sooke Family Resource Program Coordinator  
 & Prenatal Education and Outreach  
**Paulina Hakkarainen** - Family Resource Program Support Worker  
**Anne Cox** — Children’s Programs Assistant  
**Sue White** — Children’s Programs Assistant  
**Laurel Stodola** — Kingfisher Preschool Educator  
**Toni Tata** — Kingfisher Preschool Educator

### Administration

**Nicky Logins** — Executive Director  
**Fleur Harvey-Kelly** — Manager of Finance  
**Lauren Anderson**— Reception  
**Cheryl Smith**— Admin/Accounting Clerk

### South Island Community Connections

**James Cowan**—Support Worker  
**Natasha Cook**—Support Worker  
**Greg Enkle**—Support Worker  
**Alex Merrick**—Support Worker  
**Karin Piche**— Support Worker  
**Tracey Wilson**—Support Worker

### Counselling Services

**Cathy Hack** — Manager  
**Kristina von Ilberg** — Family Development Worker & Home Share Coordinator  
**Jason Walsh** — Youth Outreach & Navigator & Community Connection Case Manager  
**Sandi Brumovsky** —Youth Outreach & Navigator  
**Niki Munro** — Mental Health Clinician  
**Victoria Gort**—Family Support Worker  
**Jessica Watkins** — Family Development Worker  
 Natasha Cook— Supported Access Worker



## What makes a Healthy Community?...Continued

**Healthy Child Development**– People are healthier who are born drug and alcohol free, have secure early attachment, and stimulating, positive interactions in early childhood.

**Biology and Genetic Endowment**– People are healthier who have inherited predisposition to positive health.

**Health Services**– People are healthier where they have access to health promotion, disease prevention education, and affordable health care.

**Gender**– People are healthier in societies where there is less gender differential in determining health care priorities and practices.



What are we doing at SFRS to ensure positive health impacts in our communities?  
Are we using our power to CARE while we wait for the CURE?  
How do we live up to our value to "... make effective change?"

Are we making sure our programs are easy to access?  
Are we providing stimulating, positive interactions for children in their early years?  
Do we facilitate strong community networks?  
Are we doing our best to support and develop positive relationships in families?  
Are we sharing our knowledge about safe choices and the importance of self-care?  
Are we paying attention to the voices of our seniors and our youth?

**IF YOU ARE AN INDIVIDUAL OR FAMILY RECEIVING SERVICES AT SFRS, PLEASE LET US KNOW:**

**HOW ARE WE DOING ?**

**YOU CAN FILL OUT A COMMENT FORM AT THE RECEPTION DESK ,  
TALK TO ANY SFRS EMPLOYEE OR GIVE US A CALL. WE WANT TO HEAR WHAT YOU HAVE TO SAY!**

*Thank you, Nicky Logins, SFRS Executive Director*

**Sooke Family Resource Society works with the local Integrated Health Network  
to offer helpful workshops for people with chronic illness.**



**Ask about IHN Workshops:  
Sonder Sleep,  
Calming the Body and Mind and  
Cognitive Behaviour Therapy for Insomnia**



Call Sooke's new Westcoast Medical Clinic at  
250-642-519-5291.

### FAMILY ROOTS ADVENTURE THERAPY: WRAP-UP

**Family Roots has now completed** three years of successful Adventure Therapy for Sooke and Westshore families!  
This year the program supported 5 families (15 clients) in working through family struggles while having fun in an outdoor setting.

Activities included kayaking, canoeing, challenge courses, rock climbing, hiking, camping, and a wide variety of therapeutic games.

Families in the program reported that the Adventure Therapy days, and the counselling support offered between the full day sessions, helped them to make positive change in their family's ability to resolve conflict, understand each other's needs, and have fun together.  
Thank-you to Joey Worthington, our Family Roots Counsellor, and our community partners who shared in this endeavor!

## Counselling Services

### Caring for Community Counselling Program

We are happy to announce that we are offering an affordable counselling service once again through Sooke Family Resource Society. We have Registered Clinical Counsellors available to support a variety of counselling needs including individual, couples and family therapy. We will be offering our first group session this year, Exploring your Anger, starting January 16, 2012. It will run for 8 weeks.



To register or for more information, contact Cathy Hack: [chack@sfrs.ca](mailto:chack@sfrs.ca) or 250-642-5152

### Family Development

Family Development workers are available to families through a MCFD social worker referral. The Family Development Program continues to offer a drop-in group in the West Shore. This group allows families to visit with their children who are in care. It is on Fridays from 3 pm- 6 pm. Questions? Contact Cathy Hack: [chack@sfrs.ca](mailto:chack@sfrs.ca).

### Family Support Program

This is a voluntary program for families in Sooke and the West Shore. Referrals come from various community sources. The Family Support Worker offers one on one support and mentoring to improve parenting skills, confidence and self-sufficiency.



For more information contact Victoria Gort: [vgort@sfrs.ca](mailto:vgort@sfrs.ca)

### South Island Community Connections

This program matches Support Workers with individuals diagnosed with PDD and/or FASD and assessed through CLBC as eligible for PSI services. The support workers provide one to one outreach, community inclusion activities, skill development and employment skills as outlined in their personal support plan. This program provides services to individuals in the South Vancouver Island. area.

### Welcome Home Program

The Welcome Home Program provides individuals diagnosed with PDD and/or FASD and eligible for PSI services, support toward living independently. Living situations are varied and unique and may include living within a family home, living within a suite in the home, or in a self-contained suite.

Contact: Kristina von Ilberg [kvonilberg@sfrs.ca](mailto:kvonilberg@sfrs.ca)

### USTAT Program

#### Urgent Short Term Assessment and Treatment Program

If you are experiencing serious and urgent mental health issues, you may be eligible for FREE short term psychotherapy and/or intervention. Services are provided in collaboration with physicians, psychiatrists and other mental health practitioners. This program requires a referral. Ask your doctor about a referral to USTAT.

### Youth Outreach & Navigator Program

This service provides youth experiencing significant life challenges, especially with mental health and/or addiction concerns, the opportunity to meet with a specialized Youth Outreach Worker. The Youth Outreach Worker offers assessment and support toward assisting the youth in resolving their concerns. This often involves connecting the youth with more specialized services to ensure the youth have the skills to work through their challenges long term. The team works in the schools and the community, offering a flexible schedule and point of access. The Youth Navigator Program recognizes Youth as a unique population, accordingly, attempts to adapt to their needs towards building a meaningful connection.



For more information, contact Sandi Brumosky at (250)642-5152 or [sbrumosky@sfrs.ca](mailto:sbrumosky@sfrs.ca)

## Children and Family Services



**We all know, kids don't come with instructions so chances are, if you're a parent or caregiver, you are seeking support with specific issues, like tantrums, sleeping, or bullying.**

Perhaps you don't have a specific problem just wanting some easy to understand information or tips on parenting or what to expect at your child's stage of development

Whatever your need, no matter how simple or complex, Triple P has the information to support you.

### Triple P Course

**WHEN:** January 23, 2012- March 12, 2012

**TIME:** Mondays, 1pm-3pm

**CALL:** 250-642-5152 to register, child-minding available

### Prenatal Education and Outreach Service

Prenatal Classes

One-to-one Prenatal Education

and Emotional Support

Pregnancy Resources

Nutritional Support:

Prenatal Vitamins, Food Vouchers



Phone Teresa at 250-642-5152  
for more information

Member of BC Association of  
Pregnancy Outreach Programs

## Sooke On-Going Programs

### **Mondays**

**Parent and Preschooler Drop-In: 25 months-6years**

**1st, 3rd, 5th Monday**

**Parent and Baby/ Toddler Drop-In: 0-24 months**

**2nd and 4th Monday**

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

parents and children in your community.

**9:30-11:00 am**



### **Wednesdays**

**Parent Discussion Group**



A facilitated group with scheduled parenting topics and child-parent activities. Early learning activities with qualified child-minding staff is available during most discussion times.

**9:30-11:00 am**

### **Thursdays**

**Young Parents' Discussion Group**

A group for parents under 25 years old, supported by SFRS and VIHA with scheduled parenting topics. At this group you can find support and friends for you and your child. Lunch provided!

Every other Thursday.

Call for dates.

**11:00am-1:30pm**



**Young Parents' Play Group**

A drop-in playgroup for Young Parents and their children. Activities focus on healthy development and social time for children and parents.

**12:30-2:00pm**

Every alternate Thursday to the group above.

### **Fridays**

**Playgroup for Daycare Providers**

A great way for your daycare children to socialize and participate in activities while you receive support and ideas from the CCRR Consultant. Enjoy art activities, crafts, and circle time.

**9:30-11:00 am**

**All programs are free/by donation; snacks provided.**

**Programs are for children 0-6 and their caregivers. Closed on statutory holidays.**

## Upcoming Children and Family Programs in Sooke!

Registration dates are noted below for programs requiring registrations. SFRS reserves the right to cancel programs when not enough participants have registered within one week of start date. All programs are free unless otherwise noted.  
Please call (250) 642-5152 to register.

### January

#### Head Start Music Program

every other Friday, starting February 3—June 27, 2012

#### 4/5 Year Old Program

11:30-12:30pm

Music based activities—singing, moving, listening and instruments.

\*\*Registration begins January 4

#### Positive Parenting Program

Mondays, January 23, - March 12, 2012, 1pm-3pm

\*\*see page 4 for details

### February

#### SFRS Staff Training Day

Friday, February 24, 2012

No programming

#### Prenatal Classes

Wednesdays, Feb. 8- Mar. 14, 2012, 6:30-8:30pm

Group classes for pregnant women and a partner. Cost: \$100, subsidy available

Call Teresa Norquay to register at 250-642-5152 or email tnorquay@sfrs.ca

### March

#### Parent-Child Mother Goose

Dates To Be Announced

Ages 0-18 months with parent/ caregiver.

Learn songs, rhymes and stories to promote attachment and support early literacy.

### April

#### My Tween and Me

Thursdays, April 26 - May 17, 2012, 6:30-9:00pm

My Tween and Me is a free 4 week parenting program that helps parents build strong relationships with their preteens.

### May

#### Prenatal Classes

Wednesdays, May 16– June 20, 2012 6:30-8:30pm

Group classes for pregnant women and a partner. Cost: \$100, subsidy available .

Call Teresa Norquay to register at 250-642-5152 or email tnorquay@sfrs.ca

### June

#### Parent-Child Mother Goose

Dates To Be Announced

Ages 18 months—3 years old with parent/ caregiver.

Learn songs, rhymes, and stories to promote attachment and support early literacy.

## Kingfisher Preschool Program

### Kingfisher Preschool Program Encourages:

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



### Preschool Class Schedule:

Mon/Wed/Fri AM, 9:00-11:30 am  
 Tues/Thurs AM, 9:00-11:30 am  
 Tues/Thurs PM, 12:30-3:00 pm



Please call (250)642-5152  
 for registration information.

## Did You Know? SFRS Facts...

### Did You Know...

Through the months of December, January and February, **Sooke Family Resource Society will be conducting a Feasibility Study** to assess the need and sustainability of a Sooke Laundromat as a social enterprise.

Community members may be asked to support the study with their knowledge and opinions about this service.

We hope you will welcome questions from our consultant, Lois Gabitous, or respond to our survey, which will be distributed throughout the community. SFRS thanks Enterprising Non Profits for funding to complete the study. We are certain that important and useful community information will be gathered, and our final report will be available for community use.



### **The SFRS Clothing Exchange had 5085 visits last year.**

We distributed clothing, toys, books, and household goods through this program.



Through a contract with the Ministry of Social Development (MSD), **SFRS distributes bus tickets, and food vouchers**

to families and individuals who receive Income Assistance. The services also include phone access, fax and photocopying for MSD clients.



## Child Care Resource and Referral



The Sooke/Westshore CCRR is a childcare support and referral program. We assist parents in finding childcare, with subsidy applications, and other daycare needs.

The CCRR provides set up and ongoing support for Registered License Not Required daycare and support to Licensed child care facilities. Additionally, we provide support services and training for parents and 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 select a daycare that best fits your family's needs, subsidy information, Toy Lending and Resource Library, as well as parenting workshops.

### Resources for Care Providers

The CCRR provides start-up and operating information including: obtaining insurance, professional consultation and support, 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, First Aid Courses, networking opportunities, and playgroups for daycares, as well as a Toy and Equipment Lending Library, resources and regular newsletters.

### Child Care Subsidy

You may be eligible for Child Care Subsidy. The subsidy eligibility evaluator can be found at [www.mcf.gov.bc.ca/childcare/subsidy](http://www.mcf.gov.bc.ca/childcare/subsidy). Subsidy can be used for all types of childcare including in-home care and preschool. You do not have to be working or looking for work to be eligible for a preschool subsidy. Applications are available at the CCRR offices in Sooke and the Westshore.

Additional CCRR Information can be found at: [www.islandfamilyinfo.ca](http://www.islandfamilyinfo.ca) and [www.crr.bc.ca](http://www.crr.bc.ca)

## Child Care Checklist

Choosing Child Care can not only be challenging but also daunting. Here are a few questions that may help with the decision making process so that your family finds a good fit with a potential daycare.

- What are your **first impressions** of the center? Is the facility warm, inviting, bright, clean, special and organized?
- Is the caregiver welcoming, calm, positive and enthusiastic?**
- How many **staff members have training** early childhood education?
- How many staff have a valid **First Aid Certificate** and CPR for children and infant CPR training?
- Are children who do not need naps allowed to play quietly during naptime?
- Is the **play area safe** and designed with the space and equipment appropriate for the ages of the children in mind?
- Do meals and snacks follow **Canada's Food Guide**? Are menu plans posted?
- Are the washrooms **clean** and easy to use?
- What are the **facility's policies** for administering medications?
- Are **toys checked regularly** to ensure safety?
- Can **parents visit** unannounced to see their child whenever they want during the day?
- Is the facility licensed with the child care licensing office or registered with the local CCRR?**

If you have additional questions regarding the process for finding quality childcare please call either one of our CCRR Consultants. For Westshore information, please call Sharon McIntosh at 250-391-4324 and for Sooke information, please call Erin Holler at 250-642-5152.

## TRAINING CORNER For Continuing Education Hours

Jan 7-Feb 29	Family Child Care Course (2012)
Jan 18	Guiding Children's Behaviour
Jan 25	Kids Have Stress Too!™
Feb 22	StoryYoga
March 17	CCRR Mini-Conference
April 18	Welcoming a Child with Special Needs
May 23	CCRR Network/Appreciation Gathering

Please call SFRS reception at 250-642-5152 for fees and registration.



## Contact Us: [www.sfrs.ca](http://www.sfrs.ca)

**Sooke Site**  
105-2145 Townsend Road  
Sooke, BC V9Z 0H3  
Tel (250) 642-5152  
Fax (250)642-7663  
Email: [sfrsadmin@sfrs.ca](mailto:sfrsadmin@sfrs.ca)

**Westshore (Colwood) Site**  
(Family Resource Programs and  
Child Care Resource and Referral)  
345 Wale Road  
Victoria, BC  
Tel (250)391-4324  
Email: [sfrsadmin@sfrs.ca](mailto:sfrsadmin@sfrs.ca)

**Westshore (Langford) Site**  
(Family Resource Centre behind Ruth King  
Elementary—parking on Matson Rd)  
2764 Jacklin Road  
Victoria, BC  
Tel (250)588-5154  
Email: [sfrsadmin@sfrs.ca](mailto:sfrsadmin@sfrs.ca)



## The SFRS Clothing Exchange

The SFRS Clothing Exchange in Sooke is open to all community members, and provides clean, seasonal clothes for all ages and sizes **FREE** of charge.

Items accepted for donation need to be clean and in good condition.

We accept the following items ONLY:

- ◆ *clothing*
- ◆ *shoes*
- ◆ *bedding*
- ◆ *towels*

**HOURS**  
**Mondays, Wednesdays, Fridays**  
**9am-2pm**



## TD Book Bank for Kids



The CASA lending library is for you!  
We recently added a new selection for parenting school-aged children.  
If you would like to borrow a book or are looking for parenting and child development resource materials please feel free to drop by SFRS in Sooke.



## Are you happy with our services? We Want To Hear From You!

In order to improve our services we need to hear about your experience with our organization. We encourage you to discuss quality of service with our staff or provide your feedback in the suggestion box SFRS Reception.



**Thank you!**

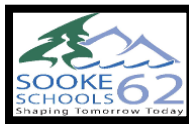
## Thank You from SFRS!

The Sooke Family Resource Society would like to extend a **BIG THANK YOU**

to all of the local community organizations, businesses, and individuals for their support throughout the year.

**A special Thank You to Home Depot Grant Foundation for their generous support of our Community Kitchen Renovation which enabled SFRS to purchase a new refrigerator and freezer and cupboards .**

**Your support is greatly appreciated!**



The Province  
of  
British Columbia



Success Starts Here.  
[www.successby3victoria.ca](http://www.successby3victoria.ca)

The Sooke Family Resource Society would like to thank all of its funders.