



# ANNUAL REPORT

## 2024-25

Family Service Saskatoon | 306.244.0127  
#102 - 506 25th St. E. , Saskatoon, SK S7K 4A7  
Charitable Registration: 107957029 RR0001

Family Service Saskatoon acknowledges that we operate on Treaty 6 Territory and the Homeland of the Metis Nation.

[www.familyservice.sk.ca](http://www.familyservice.sk.ca)

# Table of Contents

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## About Us

Mission, Vision, and End Statements.....	2
Chair and Executive Director's Report.....	3
Family Service Saskatoon Board of Directors and Leadership Team.....	4
Continuous Quality Improvement .....	4
Our Team.....	5

## Strengthening People

Counselling Services.....	6
Youth Programs.....	7

## Nurturing Relationships

Gender-based Violence Programs.....	9
Parenting Programs.....	11

## Building Communities

Diversity & Inclusion.....	12
Family Service Saskatoon Radio-thon for Mental Health.....	12

## Building for the Future

2024-25 Initiatives.....	13
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## 2024-25 Highlights.

Advocating for a Stronger Community.....	14
Successful Events.....	15

## Our Outcomes

Community Impact.....	17
Year in Review.....	18
Client Testimonial.....	19
Financial Report.....	20
Our Funders.....	21
Donors.....	22

## Partners & Affiliations

Accreditation.....	24
Memberships and Affiliations.....	24
Community Partners.....	24

# About Us

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## End Statements 2024 - 28

It is understood that all services are accessible, affordable and respectful of diverse needs.

### 1. **Fostering healthy relationships free of violence**

- a. Families, intimate partners, individuals and youth solve problems without violence
- b. Supporting families and individuals who have been exposed to family violence

### 2. **Supporting the wellbeing of families and communities**

- a. Assisting people to feel confident and competent in their parenting roles
- b. Promoting positive relationships within families
- c. Individuals and families receive supports to manage their mental health
- d. Youth develop skills to navigate challenges in a healthy way

### 3. **FSS has a clear and effectively communicated organizational identity that is respected and trusted in the community**

#### **Our Vision:**

*Fostering healthy connections for individuals and families to create safe and thriving communities.*

#### **Our Mission:**

*We engage individuals, families and the community to promote safe, healthy and respectful relationships through high quality, accessible and affordable services.*

We are honoured to present the 2024–25 Annual Report of Family Service Saskatoon. This past year has been one of growth, resilience, and renewed commitment to our mission of strengthening individuals, nurturing relationships, and building stronger communities.

Over the past twelve months, we have continued to expand our reach and deepen our impact. From enhancing our mental health supports to strengthening our family violence prevention programs, our team has worked tirelessly to meet the evolving needs of our community. We are proud to have served over 3,600 individuals this year through a wide range of programs and services.

This year saw the launch of several new initiatives, including Early Intervention and Youth Empowered (a new version of 52° North), and the continued success of our Rapid Access Counselling services. Our commitment to continuous improvement was reaffirmed through our successful reaccreditation, granting us accredited status for another four years. We also built on the momentum of last year's radio-thon with an even more impactful event, raising both awareness and critical funds to support our work. These achievements would not have been possible without the courage of our clients, who continue to inspire us with their stories of strength and healing.

We extend our deepest gratitude to our clients, funders, donors, sponsors, and community partners. Your trust and support fuel our work and make our mission possible. To our dedicated staff—thank you for your compassion, professionalism, and unwavering commitment. You are the heart of Family Service Saskatoon, and your efforts make a lasting difference every day.

To our Leadership Team, thank you for your vision and dedication in guiding our services with integrity and care. And to our Board of Directors, your governance and strategic insight continue to shape a strong and sustainable future for our organization. We also wish to recognize and thank Jessica Dorval, who is concluding her term on the Board this year, for her invaluable contributions.

We invite you to explore this report to learn more about the work we've accomplished together. Thank you for standing with us as we continue to support individuals and families across our community.

Warm regards,  
Penny Babbings, Chair, Board of Directors  
Janine Baumann, Executive Director

## CHAIR & EXECUTIVE DIRECTOR'S REPORT



**PENNY BABBINGS**  
BOARD CHAIR



**JANINE BAUMANN**  
EXECUTIVE  
DIRECTOR

## Board of Directors

**Chair** - Penny Babbings  
**Vice Chair** - Andrew Gaucher

**Treasurer** - Judy du Chalard  
**Secretary** - Ivy Armstrong

### Directors:

Sara Alonso  
Jessica Dorval  
Julia Eichholz (on leave)

Karianne Morin  
Karlee Schuzke  
Anna Singer

Leslie Stadnichuk  
Madasan Yates

## Family Service Saskatoon Leadership Team

Janine Baumann - Executive Director  
Myrna Kanigan - Director of Programs  
Kevin Kobialka - Operations Manager  
Ian Shaw - Youth Project Manager

Brandy Bayda - Manager of GBV Programs  
Tasha Moskal - Executive Assistant  
Faith Rowland - Fund Development Officer

## Commitment to Continuous Quality Improvement

Family Service Saskatoon continues to prioritize our ongoing quality improvement initiatives which provides us with the opportunity to gain valuable insight into our day-to-day operations as identified by our end-users.

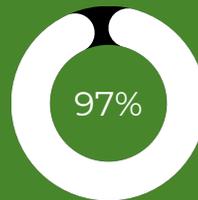
Information gained through ongoing customer surveys enables our agency to identify key strengths and opportunities for organizational improvement in a continuous way. Surveys are anonymous and all results are confidential.

2024-25 client satisfaction surveys indicate, overall, a high degree of client satisfaction with their counselling experience and Family Service Saskatoon as a whole. Respondents indicate that they feel heard, respected and understood by their counsellor and that agency and program staff treat clients with respect and in a way that is sensitive to culture (e.g., identity, ethnic background).

### 2024-25 Survey Results



I felt heard, understood, and respected by my counsellor.



I was very satisfied with the counselling I received.



I felt safe with all aspects of my counselling experience.



I would recommend Family Service Saskatoon to others.

# Our Team

## Program Supervisors

Alana Gardiner - DVCC Program  
Jody Hanson - IPV Program  
Faith Rowland – Childcare Program  
Teddy Ward – Child & Youth Support Program  
Curizma Friesen (Term) – Child & Youth Support Program

## Administrative Staff

Loretta Morin - Receptionist  
Paula Nivins - Receptionist (Part-time)

## Counsellors and Outreach Workers

Tina Bolwe	Janette Gamble	Sadie Proctor
Ashley Bradley	Julianne Gordon	Kelsey Reddekopp
Kelsey Chupa	Daisy Houle	Kayla Seel
Jillian Cowen	Chelsea Kentel	Justin Schumacher
Kelly de Geest	Natasha Knorr	Kiana Thome
Curizma Friesen	Martin Nyai	Sheena Tremeer
Cara Fox	Myron Peters	Emily Zdunich

## Child & Youth Support Workers

Mitch Dear	Nalini Ghai	Ashton Moore
Terry Fiddler	Corah Hales	Jaida Moore
Ryan Gaspar	Lindsay Jarrett	Francoise Nishimwe
Ashish Ghai	Julia Kyplain	Lee Smokeyday
Ashita Ghai	Jackie Lamirande	Braedon Whatcott
Manvi Ghai	Mike Mendoza	

## Childcare Team

Rahilah Karamini	Rashida Salahuddin
Lubna Mirza	Manju Tikoo
Samra Rai	



## Investing in Future Professionals - meet our 2024/25 interns



Samira Mohamed  
BSW Student  
University of Regina



Tracy Simpson  
BSW Student  
University of Regina



Amber Fortowsky  
MCC Intern  
Yorkville University



Allison Epp  
MCC Intern  
Yorkville University



Chantelle Swiftwolfe  
BISW Student  
First Nation University

*"My counsellor has offered me a sense of hope for my future and has been accommodating and thoughtful of my specific goals and concerns."*

*"Family Service Saskatoon is my safe space to talk about what I can never open up about with my friends or family."*

*"My counsellor is knowledgeable, kind and active listener and gives sound advice. They are excellent at their job! I leave feeling better."*

FSS Clients

# Strengthening People



## Counselling Services

**Community Counselling:** This program offers counselling based on clients' needs, and operates on a sliding scale fee system to ensure that cost is never a barrier to support. Skilled counsellors work with clients on diverse issues such as grief, self-esteem, healthy relationships, parenting, coping and mental wellness.

**Rapid Access Counselling (RAC) Clinics:** These clinics provide single-session walk-in counselling at no charge for children, youth, caregivers, couples, and families. The goal of RAC is to help address the immediate needs of the client through brief solution-focused support. In-house clinics are offered at various locations throughout Saskatoon and surrounding communities.

### Goals of Counselling

01

Help clients build and maintain healthy, meaningful relationships.

02

Support clients in strengthening their coping skills and overall resilience.

03

Encourage confident decision-making and empower individuals to reach their full potential.

**fseap:** The fseap program provides contracted counselling services to participating businesses. Employees within the program access individual and family counselling and a variety of wellness workshops.

**Group Programs:** Family Service Saskatoon provides groups and workshops designed to enhance the lives of individuals and families. Groups offered vary throughout the year depending on the needs of our clients and the community. Examples include: Depression and Anxiety, Invisible Scars, Grief & Loss, and Abuse & Beyond.

## Youth Programs

### 52° North:

In December of 2019, Family Service Saskatoon launched 52° North: Promoting Youth Resilience Initiative to build youth resilience against risk leading to violence. Through public awareness, group therapy, targeted outreach, individual counselling, and coordinated family support, project staff aimed to build empowerment, family engagement, capacity, and knowledge among program participants. The five-year project came to completion in 2024.



Over the past 5 years, the 52° North program facilitated:

- ♥ 1,612 counseling sessions for 149 individual youth
- ♥ 26 groups for 166 individuals
- ♥ 157 youth education sessions for 3,623 youth

An independent program evaluation was conducted over the five years. The evaluation results show that the key successes of the program were:

- **76%** of participants report improved or new self-monitoring skills for a better understanding of one's needs.
- **71%** of participants report improvements in 'emotional strength', 'mental control', 'confidence', 'emotional monitoring', and/or 'improved mental health'.
- **73%** of participants report improved or new self-monitoring skills around better self-awareness.
- **82%** experienced an increased knowledge score of prevention methods regarding youth dating violence.
- **82%** of participants reported improvement in resilience from when they started in the project to when they completed their involvement in the project.
- **97%** of community partners referring clients to 52° North reported satisfaction with the project, including its design, delivery and the way project staff treated and supported youth.



While the 52° North: Promoting Youth Resilience Initiative wrapped up in 2024, we are excited to announce that based upon the success of this project, we are launching a new program - 52° North: Youth Empowered. (See page 8 for more details)

***"The potential of youth knows no bounds;  
it's limitless and boundless."*** - Unknown

## Youth Programs

### 52° North: Youth Empowered:

This research project is designed to support and promote healthy relationships and prevent gender-based and youth dating violence and is funded by the Public Health Agency of Canada. This project, based on our previous successful programming framework, is an exciting new approach to promote healthy relationships for youth in our community.



### Child and Youth Support Program:

This program matches children connected to the Ministry of Social Services with Support Workers who provide social/recreational programming and emotional support for children and youth. The support workers offer compassion and care through their commitment to helping youth in our community.

**Individual and Therapeutic Group Counselling:** A specialized team of skilled counsellors provides counselling services for youth ages 12-29. Group counselling sessions focus on common themes and challenges experienced by youth, while individual counselling sessions offer youth the opportunity to focus on their individual concerns.

**Youth Exposed to Violence:** This program supports youth through individual and group counselling on issues such as mental health, violence, healthy relationships, and self-esteem.

### Youth group programs offered in 2024-25:

- ♥ Creating Lasting Relationships
- ♥ Becoming Your Own Ally
- ♥ Gympowerment
- ♥ DIY – Do it for Yourself
- ♥ Managing Anxiety & Depression

*“Lots of problems happen in people’s lives just like mine and yours. Lots of people go to therapy or counselling, and trust me, it’s good to go because therapy and counselling helps you to get through the problems you are having! It may be scary or nerve-racking for some people, but I promise everything will be okay, nothing bad will happen to you.”*

12 year-old RAC client

# Nurturing Relationships

## Gender-Based Violence Programs

Gender-based violence (GBV) is violence committed against someone based on their gender, gender expression, gender identity, or perceived gender. GBV can take many forms, including physical, sexual, societal, psychological, emotional, economic and technology-facilitated violence.

Family Service Saskatoon provides programs and services focused on supporting those that have experienced violence and on preventing family violence. Our family violence prevention and outreach services include the following:

**Domestic Violence Court (DVC) Caseworkers:** Our DVC caseworkers are dedicated to supporting victims of domestic violence throughout the legal process. They provide court updates, trial support, and advocacy, ensuring victims are informed and empowered. Additionally, they assess requests for changes to release conditions and connect individuals with essential services.

**Intimate Partner Violence Outreach Program:** This program is a trusted source of support for individuals navigating interpersonal violence. With free, confidential counselling and support, our outreach services include safety planning, individual and group counselling, and community outreach. We strive to create an environment where individuals can heal and rebuild their lives.



**Men's Working Group for Respectful Relationships:** For men committed to ending the cycle of violence in their relationships, this program provides guidance in fostering respect and safety. As a sanctioned option of the Saskatoon Domestic Violence Court, these groups support men in establishing healthy, respectful intimate relationships.

***"I got strength to move forward. My counsellor has patience to listen to me. They are empathetic, respectful, supportive."***

FSS Client

*"The first step towards breaking the cycle of violence is recognizing that no one deserves to be abused. Everyone has the right to feel safe and respected in their relationships."*

Unknown

## Gender-based Violence Programs Continued

**Early Intervention Program:** Launched this year, the Early Intervention Program represents a vital step in preventing family violence across Saskatchewan. Developed in partnership with Family Service Regina, this pilot initiative is designed to enhance family safety and well-being by supporting individuals and families at risk of violence.



*"If we are to fight discrimination and injustice against women we must start from the home for if a woman cannot be safe in her own house then she cannot be expected to feel safe anywhere."*

Aysha Taryam

The Early Intervention program focuses on strengthening behavioural health, emotional regulation, and problem-solving skills through a comprehensive case management approach. It offers support to both individuals at risk of experiencing violence and those at risk of using violence in relationships—regardless of whether criminal charges have been laid.

A key component of this initiative is our collaboration with the Saskatoon Police Service through the Intimate Partner Violence Response Team. This partnership pairs a police officer with an Intimate Partner Violence Outreach Worker to engage with high-risk families, offering immediate support and connecting them to further services. These referrals are coordinated and supported by our Early Intervention caseworker, ensuring a continuum of care and timely access to resources.

Saskatchewan remains the province with the highest rates in the country for police reported IPV. Saskatchewan RCMP statistics (largely rural communities) showing rates of intimate partner violence were 813 per 100,000 population, while family violence rates were 890 per 100,000 population in 2023. This compares to 2023 provincial rates of 710 and 741 per 100,000 population, for intimate partner and family violence.

### Group Programming for Family Violence Prevention:

- ♡ Wildflowers Drop-in Group for Intimate Partner Violence
- ♡ Men's Working Group for Respectful Relationships
- ♡ Abuse & Beyond
- ♡ Invisible Scars
- ♡ When Anger Gets in the Way of Parenting



## Parenting Programs & Resources

**Attach Parenting:** This program focuses on rebuilding and strengthening attachment between parent and child through guided activities that enhance a parent's ability to understand their own and their child's thoughts and feelings and recognize how this impacts situations.

**Teen & Young Parent Program:** A program for parents under the age of 30 that includes family support and counselling, and liaises with schools, community-based organizations, and government ministries to promote positive parenting awareness and education.

**Child, Youth, and Parent/Caregiver Rapid Access Counselling:** This program provides support and guidance for children and youth, ages 6-17, as well as caregivers through counselling services tailored to their specific needs.

**Parenting Education Saskatchewan:** This on-line resource links parenting services across the province and provides support and information to people working in the field of parenting education. Visit the Incredible Parenting Directory at [www.familyservice.sk.ca](http://www.familyservice.sk.ca).

### Group Programming for Parents:

- ♡ Effective Co-Parenting
- ♡ Nobody's Perfect
- ♡ When Anger Gets in the Way of Parenting
- ♡ Parenting after IPV

### What our participants say....

*"I am very hopeful and confident that I have learned what I need to know and grow to be better for myself, my kids, and my family."*

*"After this group I definitely feel more hopeful and I hope to communicate more positively with my children."*

*"Hearing the experience of others in group helps me feel a little less alone."*

*"This group helped me realize we are all trying our best and our best is good enough."*

# Building Communities

## Diversity and Inclusion

Family Service Saskatoon is committed to honouring Diversity and Inclusion within our agency, in our service delivery, and in the community. Our Diversity and Inclusion Committee provides leadership and recommendations for FSS to facilitate diversity and inclusion initiatives. As part of our ongoing commitment to professional development and Reconciliation, Family Service Saskatoon continues to advance the organizational priorities identified through our agency-wide mapping process in collaboration with the Truth and Reconciliation through Treaty Implementation (TRTI) team.

## Prairie Prism Reimagined

Family Service Saskatoon was pleased to once again work with the Prairie Prism Reimagined Committee. This year the committee hosted a workshop on November 30, 2024 to give people with lived refugee experience an opportunity to tell stories through art. The most significant success of the project was the opportunity to host a workshop for refugees with lived experiences in a format where they were comfortable sharing their stories and their perspective on what those new to our country may need in terms of support. The Committee will use this information to shape future events to benefit newcomers to our community.

## Family Service Saskatoon Radio-thon for Mental Health

The 2<sup>nd</sup> Annual Family Service Saskatoon Radio-thon for Mental Health was held on January 30<sup>th</sup> and 31<sup>st</sup>. In partnership with Saskatoon Media Group, 98 Cool, 600 CJWW and 92.1 The Bull, we produced 23 hours of on-air programming. Together we shared many enlightening conversations about anxiety & depression, relationships, parenting, intimate partner violence, grief & loss and the concerns of youth. We are very thankful to our stakeholders, including program participants, for sharing their stories of recovery and hope.



The event featured on-air interviews, Community Art projects, a Mental Well-Being Scavenger Hunt and a Rapid Access Counselling clinic. The Saskatoon Therapy Dogs were on site to bring their charm and comfort to visitors.

Thank you to our Radio-thon Sponsors:

- AC Flooring
- Business Furnishings
- Dakota Dunes CDC
- Deb & Joe Vidal
- Maison Design + Build
- Mallard Wealth Advisors
- Mall at Lawson Heights
- Penny Babbings
- Scharfstein LLP
- Scotiabank
- Sherwood Chev
- SIGA



# Building for the Future

## 2024-25 Initiatives

**Promoting Mental Wellness:** In response to the growing mental health challenges within our community, Family Service Saskatoon remains committed to delivering expanded programming that prioritizes emotional well-being. Through continued collaboration with Saskatoon Public and Catholic Schools, along with our valued community partners, we provided both school-based and community-focused educational modules designed to strengthen mental wellness and build resilience.

**52° North - Youth Empowered:** Launched in 2024 with funding from the Public Health Agency of Canada, Youth Empowered: Building Healthy is designed to equip at-risk youth with the knowledge and skills necessary to foster healthy interpersonal relationships and prevent youth dating violence. The project focuses on youth that have experienced trauma in their early years as well as youth that have been exposed to family and/or gender-based violence.

Many of the youth we work with have experienced trauma and face additional challenges—like difficult childhood experiences, family histories of violence, or being part of marginalized communities. These factors can make it harder to build safe, respectful relationships and increase the risk of experiencing gender-based violence or youth dating violence.

Youth Empowered is focused on creating practical, measurable outcomes that can be evaluated over time. By doing so, we aim to reduce risk factors and strengthen protective factors, helping youth heal, grow, and thrive in healthier relationships.

**Early Intervention Program:** This year, Family Service Saskatoon launched the Early Intervention Program in partnership with Family Service Regina, marking a proactive step toward preventing family violence in Saskatchewan. The pilot initiative supports individuals and families at risk—whether experiencing or using violence—by enhancing emotional regulation, behavioural health, and problem-solving skills through comprehensive case management. In collaboration with the Saskatoon Police Service, the program also includes a specialized Intimate Partner Violence Response Team, pairing officers with outreach workers to engage high-risk families and connect them to timely, coordinated support services.

# 2024-25 Highlights

## Advocating for a Stronger Community

2024-25 was a year once again filled with important events, community activities and providing a voice for the voiceless in our community. Family Service Saskatoon continues to grow our social media presence and invested in amplifying our voice in the community through participation in important community events and ongoing social media and media campaigns.

- ♥ Saskatchewan Violence Prevention / International Day for the Elimination of Violence Against Women
- ♥ Red Dress Day - National Day of Awareness for Missing & Murdered Indigenous Women and Girls and 2SLGBTQI+ people
- ♥ International Day for the Elimination of Racial Discrimination
- ♥ Orange Shirt Day / National Day for Truth & Reconciliation
- ♥ Fill the Bus for Saskatoon Food Bank
- ♥ National Social Work Month
- ♥ Domestic Violence Awareness Month
- ♥ Mental Health Week
- ♥ International Women's Day
- ♥ Pride Month
- ♥ Victims & Survivors of Crime Week
- ♥ SaskEnergy Share the Warmth Campaign



*"It feels good to be in a community. Community, above all, is bigger than individuals – we are something much more than individuals when we are part of a community. And this is how things ought to be."*

*Tony Blackshaw*



# 2024-25 Highlights

## Successful Events

**Trucktastic! Children's Expo** had another great year with excellent attendance and participation from the business community. We get such a thrill as we watch the excitement on little faces as children run from display to display, anxious to honk the horns and try out the driver's seats in their favorite equipment. The families and children were very excited to explore the expanded children's play area this year, getting out of the sun and enjoying the block pit.

There were many hands that made this event possible from the planning committee to the event day volunteers, the sponsors, and of course the companies that brought their equipment to the event for the day!



### Victims and Survivors of Crime Week

Family Service Saskatoon joined with the Saskatoon Police Service (at the plaza in front of Saskatoon Police Service) to proclaim May 12 to 18 as Victims and Survivors of Crime Week. Incoming Police Chief, Cameron McBride, and Knowledge Keeper Judy Greyeyes were on hand to assist with the proclamation. During the week, Family Service Saskatoon participated in violence prevention and education events and coordinated a media campaign to promote safe and healthy relationships.

### Sunshine Crew Fundraiser for United Way

The bright and cheerful Sunshine Crew wandered the halls and offices of the Saskatoon Community Service Village, sharing treats and coffee served with a generous helping of sunny cheer....all in support of United Way of Saskatoon. It was a great fundraiser and helped brighten everyone's day. Home-baked treats and candy bags certainly kept everyone sweet for the rest of the day!



# 2024-25 Highlights

## More Events & Special Moments



### Semi-Colon Heart Campaign

In conjunction with the 2024/25 Radio-thon, we ran a successful campaign with several Lawson Heights Mall retailers and in other locations throughout Saskatoon. The semi-colon heart has been adopted as a symbol of suicide awareness and reminds us that no matter how difficult the current circumstances may be, our story isn't over.

### Community Art for Mental Health

Family Service Saskatoon partnered with Black Spruce Gallery during the Radio-thon to offer a variety of community art projects. Visitors to the mall could add their messages of encouragement and support to a Family Service Saskatoon themed canvas. There were also two canvasses available for visitors to add their creative touches. The gallery also offered wooden hearts to be painted and sold glass hearts as a fund raiser for the Radio-thon! Thank you Black Spruce Gallery for your support!



## Memories with the Best People

*"Chance made us colleagues. Fun and laughter made us friends."*

Unknown



# Community Impact

## Counselling

- 5,258** counselling hours provided
- 81%** of counselling services offered free or for a nominal fee
- 2,035** people accessed services for the first time
- 1,633** hours of Rapid Access Counselling offered
- 249** people participated in therapeutic group sessions
- 2,186** referrals made to community supports



**3,624 People Accessed Services in 2024-25**

## Domestic & Intimate Partner Violence Support

- 4,934** supports by Domestic Violence Court (DVC) Caseworkers
- 205** Hours of Intimate Partner Violence (IPV) group programs
- 599** Individual IPV counselling sessions
- 999** DVC clients served
- 70** Hours of group programming for men who commit to ending the cycle of violence
- 44** Individuals accessed early intervention services

**Client satisfaction surveys indicate that 97% of respondents would recommend Family Service Saskatoon to others.**

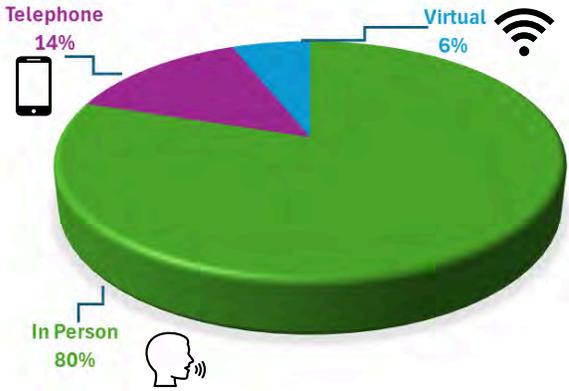
*"I am overall very satisfied with the help and service Family Service Saskatoon provides, they have offered me hope and coping mechanisms I have been unable to find elsewhere. I believe this is an incredibly important public resource."*  
FSS Client

## Services for Youth

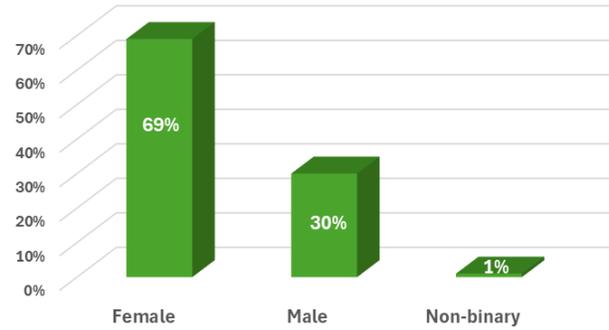
- 763** children and youth accessed services
- 10,493** hours of Child & Youth supports provided
- 131** youth accessed the Youth Exposed to Violence Program
- 585** hours of counselling provided to Teen and Young Parent participants
- 141** youth accessed the 52° North Program
- 1,903** hours of counselling provided to children and youth

# Year In Review

## Service Method

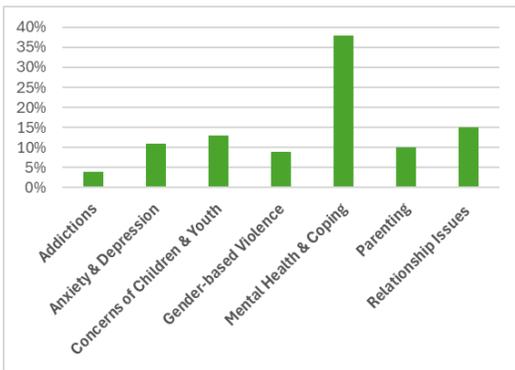


## Genders



**New Clients  
2,035**

## Presenting Issues



**Over 80% of services are subsidized or provided free of charge.**

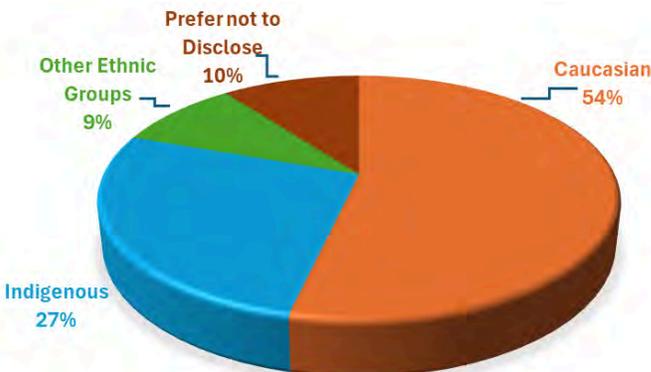
## Ages

**27% Under 18**  
**24% 18 to 30**  
**28% 31 to 45**  
**15% 46 to 60**  
**6% 60+**

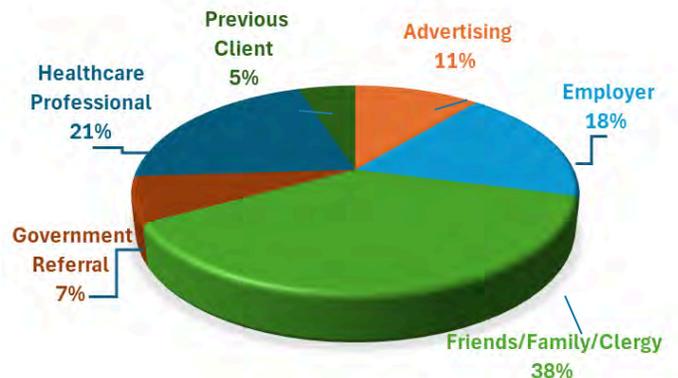


## Ethnicity

**3,624 People**



## How Do People Hear About Us?





# Client Testimonial

"I have utilized counselling services from FSS for 8 years. I was diagnosed with CPTSD from childhood sexual abuse. I received treatment off and on throughout my life, however when I became a single parent, I wanted a better life for my kids than I had. I decided to get some help. I called Family Service Saskatoon because they had a sliding scale fee schedule and being a single parent, I couldn't afford much. A place starts with reception and the receptionist was so kind, and welcoming that it eased my nerves about getting counselling. When traumatized it is difficult to seek help. Your way of life becomes normalized, and you also want to avoid pain so it's natural to want to avoid talking.

My counsellor was very kind. I spent a long time avoiding the topic that had brought me to seek out counselling. They were patient and knew when to push and when to back off. My life was a mess when I started. I struggled with work, parenting, relationships, anger, substance abuse and worse yet the great taboo, suicidal thoughts. These can be tough to talk about. Nobody wants to get sent to the psych ward. My counsellor navigated this problem well. They gave me an opportunity to talk about my thoughts while also ensuring my safety and making sure that I was following my doctor's orders. They helped me realize that these are in fact just thoughts. It's ok to talk about them. With time they became less scary, and eventually when my life got better, they vanished completely.

My counsellor was also willing to admit when they didn't know something, which I found refreshing and they were willing to expand their knowledge to find ways to help me. Throughout the years the fee for counselling never changed. It was affordable and I often thought that the services they offer were worth far more than the price they charge. However, it was thanks to these low prices that my life has turned around. I have become a better parent; I'm navigating my relationship; I know how to set boundaries and communicate with my partner. I no longer struggle with substance abuse, self-harm and suicidal thoughts. I have learned coping skills for my CPTSD. I have gotten a better job and even started tackling my weight problem. I still have miles to go but I now have the tools to get through life. This would not be possible without Family Service Saskatoon; you saved my life."

# Financial Report

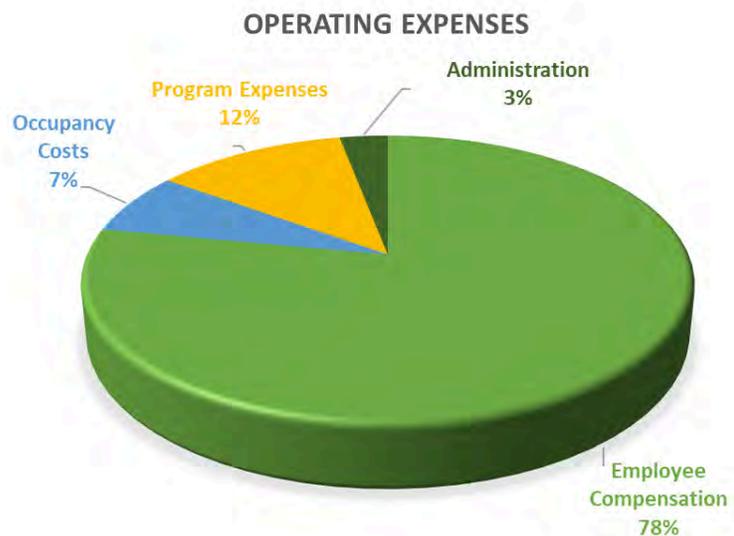
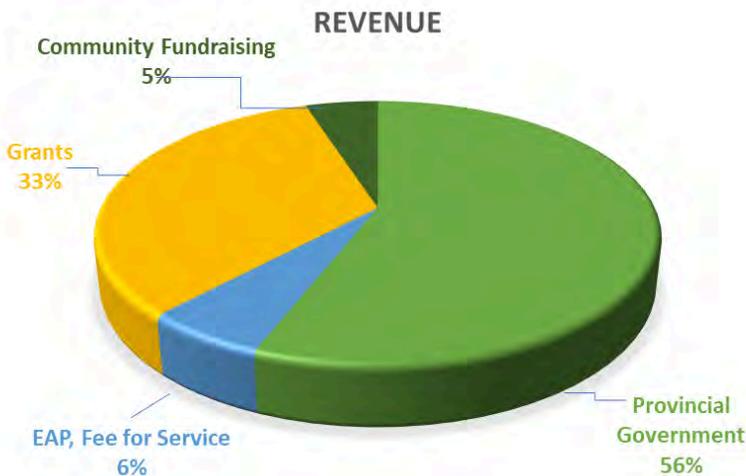
## REVENUE

Provincial Government	56%
Grants	33%
EFAP, Fee for Service	6%
Community Fundraising	5%
<b>Total</b>	<b>100%</b>

## OPERATING EXPENSES

Employee Compensation	78%
Program Expenses	12%
Occupancy Costs	7%
Administration	3%
<b>Total</b>	<b>100%</b>

\*Complete copies of the audited financial statements as prepared by Virtus Group are available upon request from Family Service Saskatoon or by visiting our website at [www.familyservice.sk.ca](http://www.familyservice.sk.ca).



# Our Funders

## Government Contracts

- Government of Canada - Public Health Agency of Canada
- Government of Canada – Public Safety Canada
- Government of Saskatchewan - Ministry of Justice and Attorney General
- Government of Saskatchewan - Ministry of Social Services

## Grant Funders

- Affinity Credit Union
- Candle Lake Fun Run
- Community Initiatives Fund
- Dakota Dunes Community Development Corporation
- Family Service Saskatchewan
- Harold Latrace Foundation
- Macro Properties Grant
- RBC Foundation
- SaskEnergy – Share the Warmth
- Sask Lotteries
- Saskatoon Community Foundation
  - Nutrien Community Grant
  - Cameco Step Up for Mental Health
  - Quality of Life Fund
  - YES Fund

- Saskatoon Collaborative Funders
  - City of Saskatoon
  - United Way
- United Way of Saskatoon & Area

## Sponsors

- AC Flooring
- Apollo Jump
- Astro Towing
- Brad's Towing
- Business Furnishings
- Dakota Dunes Community Development Corporation
- Deb & Joe Vidal Foundation
- Loraas Disposal
- Maison Design + Build
- Mall at Lawson Heights
- Mallard Wealth Management
- Penny Babbings
- Redhead Equipment
- Saskatoon Lions Club
- SaskTel
- Scharfstein LLP
- Scotiabank
- SGI
- Sherwood Chevrolet
- SIGA
- Turner Transport
- WestJet
- Wilderness Roofing



***"In every community, there is work to be done.  
In every nation, there are wounds to heal. In  
every heart, there is the power to do it."***

**– Marianne Williamson**



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# Partnerships & Affiliations

## Accreditation

- Canadian Centre for Accreditation

## Memberships & Affiliations

- Family Service Saskatchewan
- Family Service Canada
- Family Service Employee Assistance Program (fseap)
- Greater Saskatoon Chamber of Commerce
- PATHS – Provincial Association of Transition Houses and Services of Saskatchewan
- RESOLVE - Research and Education for Solutions to Violence and Abuse
- Saskatoon Community Service Village

## Community Partners

- Alliance against Violence and Adversity, University of Calgary
- CUMFI
- Evermore Centre
- Foundations Learning Skills
- Global Gathering Place
- Greater Saskatoon Catholic School Division
- International Women of Saskatoon
- Saskatoon Interval House
- Metis Addictions Council of Saskatchewan
- Nutana Collegiate - Jacoby Center
- OUTSaskatoon
- Prairie Harm Reduction
- Prairie Prism
- Restorative Action Program
- Ronald McDonald House
- Saskatchewan Intercultural Association
- Saskatchewan Prevention Institute
- Saskatoon Open Door Society
- Saskatoon Police Services
- Saskatoon Public Library
- Saskatoon Public School Division
- Saskatoon Sexual Assault & Information Centre
- STOPS to Violence
- Warman Primary Health Centre
- YWCA

# family service

SASKATOON



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[www.familyservice.sk.ca](http://www.familyservice.sk.ca)

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