

### Intimate Partner Violence Outreach Program

This program offers support through short-term crisis intervention and counselling to individuals who are experiencing violence in their intimate partner relationships. Support groups and weekly drop-in groups are offered.

**No Fee.**

### Women's Intimate Partner Violence (IPV) Weekly Group

This is an open and ongoing group for women who have or are experiencing violence in their intimate relationships. Each week will explore a different topic that focuses on the general experience of intimate partner violence.

**Thursdays 1:30 pm —3:00 pm**

**No Fee**

**\*\*Pre-registration required the morning of each session call (306) 244-0127**

### Abuse and Beyond

This eight-week group provides women the opportunity to consider the impact of abuse in their lives and move toward healthy and positive relationships. Closed group.

**When: Mondays, Jan. 24—Mar. 21 (no group Feb. 21)**

**Time: 1:30—3:30 pm**

**No Fee \*\*Pre-registration required.**

### Men's Working Group for Respectful Relationships

This group is for men who want to end their intimate partner violence and build respectful relationships. The program offers 33 hours of therapeutic group work and meets every other Saturday over a nine-week period. Pre-registration required.

**Ongoing registration;**

**Fee: \$1,500.00 includes group registration and two pre-group interviews.**

**Next Group starts: Winter 2022**

### Adult Anxiety and Depression Group

A six-week group for adults experiencing symptoms of anxiety or depression. Group discussions, information and practice activities are part of this group. Learn about the effects of anxiety and depression and how to build positive coping strategies and resiliency.

**When: Wednesdays, Mar. 2—Apr. 6**

**Time: 1:30—3:00 pm**

**No Fee \*\*Pre-registration required**

### Effective Co-parenting Group

A six-week education program that provides information about the needs of parents, children and families coping with separation and divorce. This program offers skills for improving communication, resolving conflict and managing day to day children's issues between parenting partners.

**When: Tuesdays, Feb. 15—Mar. 22**

**Time: 6:00—8:00 pm**

**No Fee \*\*Pre-registration required**

### Rapid Access Counselling

Single session—NO COST!

Various locations around the greater Saskatoon area, as well as Zoom and phone options.

Sessions can be booked online at

[www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca)

or call our office at 306 244-0127.

*Check out our website and social media for more information.*

**Check out Parenting Education Saskatchewan**

<http://parentingeducationsaskatchewan.com/>

### When Anger Gets in the Way of Parenting

A six-week course offering guidance to parents or caregivers wishing to examine their parenting and understanding of the impact anger has on their children. Participants will learn how to effectively guide their children in a respectful manner. Pre-registration required.

**When: Tuesdays, Jan. 11—Feb. 15**

**Time: 6:00—8:00 pm**

**Fee: \$240.00 \*\*Pre-registration required**

### Nobody's Perfect Parenting Program

This six-week program provides a safe place for parents to strengthen their knowledge, skills and self-confidence vital to healthy and effective parenting. It also encourages a strong and supportive social network among participants.

**When: Thursdays, Mar. 10—Apr. 14**

**Time: 1:30—3:30 pm**

**No Fee \*\*Pre-registration required**

### Gympowerment (Ages 12—16)

This six-week program is for youth to learn the impact a healthy mind and body can have on challenges that youth face such as bullying, depression, and anxiety, and the negative impacts these challenges have on their daily lives. Participants will spend one hour in the gym doing activities and one hour in group learning to build resilience and learn coping skills to address these challenges.

**When: Mondays, Jan. 31—Mar. 7**

**Time: 4:45—7:00 pm**

**No Fee \*\*Pre-registration required**

Visit our website for more information on youth programs!