

## OUR SERVICES

- Counselling for individuals, couples, families and groups
- Employee and Family Assistance Programs – for employees and families of contracted organizations
- Teen and Young Parent Program
- Intimate Partner Violence Outreach
- Domestic Violence Court Case Workers
- Youth Exposed to Violence Program
- Child & Youth Support Workers
- Youth Resilience Program
- Presentations and Workshops
  - Domestic Violence Training for Professionals
  - Healthy Relationships

## REGISTRATION POLICY

- Registration deadline is two weeks prior to program start date
- Full payment of program fee is required before program begins
- Family Service Saskatoon reserves the right to cancel or postpone programs if there are insufficient registrations
- Full refund will be given if program is cancelled or postponed. Twenty dollars (\$20.00) of the registration fee will be retained if participant cancels less than one week prior to program start date

To register for any of our programs,  
Call Family Service Saskatoon  
**306-244-0127**



## MEMBER AGENCY OF:

Family Service Saskatchewan  
Family Service Canada  
Family Service Employee Assistance Programs  
Founding Partner of the  
Saskatoon Community Service Village



Canada

Accredited by  
**Canadian Centre  
for Accreditation**



Agréé par  
**Centre canadien  
de l'agrément**

Contact Us At:

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#102 – 506 25<sup>th</sup> Street East  
Saskatoon, SK S7K 4A7  
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[info@familyservice.sk.ca](mailto:info@familyservice.sk.ca)

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



@familyservicestoon

Free parking in the YWCA parking lot.  
Register your vehicle at the front desk of the Y

family  
service  
SASKATOON

WINTER  
PROGRAMS  
2021

Strengthening People,  
Nurturing Relationships,  
Building Communities



### **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. Virtual support groups. No fee.

### **\*\*Invisible Scars: Exploring Emotional, Verbal & Psychological Abuse**

This 8-week group explores the impact of emotional, psychological, and verbal abuse on women’s lives. Provides support in healing the “invisible scars”. Closed virtual group.

**Mondays 1-3:00pm** February 1<sup>st</sup> - March 29<sup>th</sup>  
**No Fee** Pre-registration required

### **\*\*Women’s Intimate Partner Violence (IPV) Drop-In Group**

This drop-in style virtual group provides a space for women who have experienced IPV to learn and support one another through sharing and discussion

**Tuesdays 6:00pm-7:30pm**  
**Thursdays 1:00 – 2:30pm**  
**No Fee** Pre-registration required the morning of each session at (306) 244-0127

### **\*\*Abuse and Beyond**

This 8-week virtual group provides women the opportunity to consider the impact of abuse in their lives and move toward healthy and positive relationships. Closed group. Registration required.

**Mondays 1 – 3:00pm** April 12<sup>th</sup> - June 7<sup>th</sup>  
**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.

### **\*\*Adult Depression & Anxiety 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.

**Wednesdays 1:30 – 3pm** Jan 27<sup>th</sup> - March 3<sup>rd</sup>  
**No Fee** Pre-registration required

### **\*\*Nobody’s Perfect Parenting 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.

**Mondays 2 – 4:00pm** March 15<sup>th</sup> - May 3<sup>rd</sup>  
**No Fee** Pre-registration required

### **\*\*When Anger Gets in the Way of Parenting**

A six-week course offering guidance to parents or caregivers wishing to examine the impact anger has on their children. Participants will learn how to effectively parent children in a respectful manner.

**Thursdays 6 – 8:00pm** Feb 4<sup>th</sup> - March 18<sup>th</sup>  
**Fee: \$240.00** 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.

**Wednesdays 6 – 8:00pm** Feb 24<sup>th</sup> - March 31<sup>st</sup>  
**Fee: \$240.00** Pre-registration required

### **\*\*Calming the Volcano Within (Ages 12-18)**

This eight-week group will help participants practice the skills needed to control anger and aggression. Topics will include identifying the signs of anger and triggers, examining consequences to anger, learning behavioral strategies to “let off steam”, and effective communication. Pre-registration and an interview are required.

**Tuesdays 4 – 5:30pm** Feb 9<sup>th</sup> - March 30<sup>th</sup>  
**No Fee** Pre-registration required

### **Gympowerment (Ages 12-18)**

This eight-week group supports youth who may have experienced challenges with bullying, cyberbullying or other types of violence. Topics will explore strengthening well-being and resilience through awareness, movement, belonging and connection. Light Supper provided. Transportation can be provided.

**Mondays 4:45 – 6:45pm** Jan 25<sup>th</sup> - March 22<sup>nd</sup>  
**No Fee** Pre-registration required

### **DIY - Do It for Yourself (Ages 12-24)**

This six-week group will provide a space for youth to share their voices, have safe discussions and make a DIY crafting activity. Topics about healthy relationships, boundary setting, dating violence, gender and sexuality, informed consent, communication skills, and more. Pre-registration is required.

**Wednesdays 4:30 – 6pm** Feb 3<sup>rd</sup> - March 17<sup>th</sup>  
**No Fee** Pre-registration required

### **Drop-In and Bounce Back: Resilience and Well-being (Ages 12 - 24)**

A weekly drop-in group for youth ages 12-24. A different topic will be presented and explored each week related to ways to strengthen personal resilience and well-being. Come and have some fun and meet others. 6 spaces available weekly.

**Thursdays 4:30-6pm**  
**No Fee** Pre-registration required each week

### **Parent Education Saskatchewan**

This resource links parenting services across the province and provides support and information to those facilitating or organizing parent support or education services.

<http://parentingeducationsaskatchewan.com/>

### **WALK-IN COUNSELLING**

Single session—NO COST!

Various locations around the greater Saskatoon, area, as well as Zoom and phone options  
PHONE or VISIT TODAY!!

\*\*Group delivered virtually via Zoom