

## OUR SERVICES

- Counselling for individuals, couples, families and groups including Rapid Access Counselling
- 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
- 52° North—Promoting Youth Resilience
- Presentations and Workshops available

## 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 at  
**306-244-0127**

### 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.

### MEMBER AGENCY OF:

- ◆ Family Service Saskatchewan
- ◆ Family Service Canada
- ◆ Family Service Employee Assistance Program
- ◆ Founding Partner of the Saskatoon Community



### Contact us at:

Family Service Saskatoon  
#102, 506—25th Street East  
Saskatoon SK S7K 4A7  
Ph: 306 244-0127  
Fax: 306 244-1201

Email: [info@familyservice.sk.ca](mailto:info@familyservice.sk.ca)  
Website: [www.familyservice.sk.ca](http://www.familyservice.sk.ca)

Free parking is available in the YWCA parking lot.  
Please register your vehicle at the YWCA front desk.



# FALL 2021 PROGRAMS

*Strengthening People, Nurturing Relationships, Building Communities*

Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

### 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.

**Tuesdays 6:00 pm—7:30 pm**

**Thursdays 2:30 pm—4:00 pm (No group Nov. 11)**

No Fee

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

### Invisible Scars: Exploring Emotional, Verbal, and Psychological Abuse

This eight-week group is designed for women who have experienced intimate partner violence to gain personal awareness and understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. Focus of the group will be healing and moving on from the effects of emotional abuse.

**When: Mondays, Oct. 4—Nov. 29**

**Time: 5:30—7:30 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: Fall/Winter 2021/2022**

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

### 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: Mondays, Oct. 18—Nov. 29 (No group Oct. 11)**

**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, Oct. 5—Nov. 9**

**Time: 6:15—8:00 pm**

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

### Managing Anxiety and Depression for Teens (12-18)

This 6-week group is for youth who experience symptoms of anxiety and depression. The group will include an introduction to anxiety and depression and tools for developing coping strategies. Additional topics include mindfulness, assertiveness, and self-regulation.

**When: Thursdays, Oct. 7—Nov. 18 (No group Nov. 11)**

**Time: 4:00—5:30 pm**

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

### Building Resilience for Youth (12-16)

A six-week program for youth wanting to develop their strength and resilience while managing the ongoing effects of COVID-19 and other challenges. Activities will enable participants to build their own characteristics of resilience. Topics will include developing awareness and compassion for our thoughts and feelings, practicing self-regulation through finding calm, and setting achievable goals for the future when there is uncertainty.

**Dates TBD. Please call our office.**

**Time: 4:00—5:30 pm**

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

### 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: Wednesdays, Nov. 10—Dec. 5**

**Time: 1:30—3:30 pm**

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

### Social Media and Mental Health for Families (Youth 12-16 and their parents/guardians)

This workshop for youth and their parents provides group discussions around healthy social media use and the negative impact social media can have on youths' mental health. These discussions will revolve around how youth and their parents can mitigate online risks, cyberbullying, positive social media use and how to develop solutions to these online challenges.

**When: Tuesdays, Nov. 16—Nov. 23**

**Time: 5:30—7:00 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, Oct. 18—Nov. 22**

**Time: 4:30—7:00 pm**

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

### DIY—Do It For Yourself (Ages 12—24)

DIY is a six-week group that will provide a space for youth have safe discussions around: how to identify healthy relationships, communication skills, conflict resolution, understanding consent and what abusive relationships look like. Using DIY crafts such as art, zine making, and spoken word to spark discussions, and learning coping techniques, youth will be empowered to develop and maintain healthy relationships with their friends, families and others.

**When: Wednesdays, Oct. 13—Nov. 17**

**Time: 4:30—6:00 pm**

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