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



Government of Canada Government U Canada Canada

Accredited by Canadian Centre for Accreditation Agréé par Centre canadien de l'agrément

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

info@familyservice.sk.ca www.familyservice.sk.ca



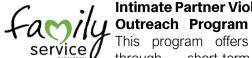
@familyservicestoon

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



WINTER Programs 2021

Strengthening People, Nurturing Relationships, Building Communities



Intimate Partner Violence

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 1st - March 29th 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 Bevond

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 12th - June 7th

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 nineweek 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 27th - March 3rd 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 15th - May 3rd 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 4th - March 18th 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 24th - March 31st 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 No Fee

Feb 9th - March 30th 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.

Mondavs 4:45 - 6:45pm Jan 25th - March 22nd 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 3rd - March 17th No Fee Pre-registration required

Drop-In and Bounce Back: Resilience and Wellbeing (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.

Thursdavs 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!!