

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 Program—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 for: Adults, Children, Youth, and those impacted by suicide

No-cost, solution-focused counselling sessions. Various locations around the greater Saskatoon area, as well as Zoom and phone options. Sessions can be booked online at www.counsellingconnectsask.ca or call our office at 306 244-0127.

Check out Parenting Education Saskatchewan
<http://parentingeducationsaskatchewan.com/>

MEMBER AGENCY OF:

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



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Email: info@familyservice.sk.ca
Website: www.familyservice.sk.ca

Check out our website and social media for more information.

familyservice.sk.ca

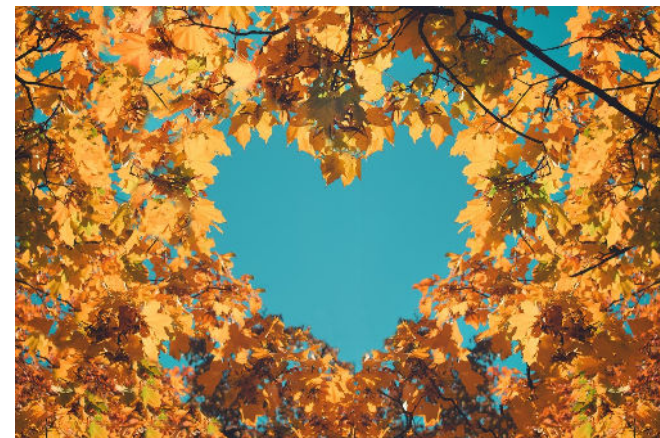
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Fall 2024 Programs

**Strengthening People, Nurturing
Relationships, Building
Communities**

Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément

Intimate Partner Violence (IPV) Outreach

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

IPV Victim/Survivor Drop-In Groups

This drop-in style group provides a space for victims/survivors of IPV to learn from and support one another through sharing and discussion. Each week will involve a different topic focusing on IPV. Childcare and snacks available.

A monthly sharing circle will be offered at the Tuesday evening drop-in group. Follow our Social Media channels for specific dates each month.

No registration required.

When: Tuesdays, 6:00 pm—7:30 pm. All genders. Thursdays, 1:30 pm—3:00 pm. Women only.

No Fee

IPV Parenting Group

This six-week group provides support and guidance to parents who have experienced IPV and are now working on co-parenting with their former partner. Through discussion and activities, this group will explore power and control, boundaries, communication, safety, along with parenting techniques and skills. The goal of this group is to empower parents and promote healing. All genders welcome. Childcare and snacks available.

Pre-registration required.

When: Wednesdays, Oct. 9 to Nov. 20, 2024; no group October 23.

Time: 10:00 am—Noon

No Fee

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 9-week period.

Pre-registration required — on-going registration.

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

Invisible Scars

This six-week group explores the impact of emotional, psychological, and verbal abuse on participants' lives. The group is meant to provide connection and support in healing from all forms of intimate partner violence. Childcare and snacks available.

Pre-registration required.

When: Wednesdays, Oct. 30 to Dec. 4, 2024

Time: 1:15 pm—3:15 pm

No Fee

RAC—Rapid Access Counselling

Rapid Access Counselling is available for:

- Adults
- Children and Youth
- Those impacted by suicide

RAC offers no-cost, solution-focused counselling sessions at a variety of locations around the greater Saskatoon area, as well as Zoom and phone options.

Sessions can be booked online at

www.counsellingconnectsask.ca, or call our office at 306 244-0127.

ATTACH® Parenting Program

This successful parenting program promotes secure attachment between parents and children. ATTACH® helps parents better understand their own and their child's feelings and behaviour.

Interested in participating? We are looking for mothers with children aged newborn to 3 years to participate in sessions.

Registration is free; participating families receive gift card incentives.

Call 306 244-0127 to register; ongoing program.

No Fee.

Stay tuned to our socials and website for future groups!

Managing Anxiety and Depression for Teens (Ages 12 to 16)

This six-week group therapy program 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.

Pre-registration and a pre-group interview required.

When: Thursdays, Oct. 10 to Nov. 21, 2024; no group Oct. 31

Time: 4:30 pm—6:00 pm

No Fee

52° North—Youth Empowerment

The 52° North is currently on pause until January 2025 as we are updating the program.

Individual youth counselling is now facilitated through our Child and Youth Rapid Access program.

New 52° North Youth Education Presentations & Groups will resume in Winter 2025.

Program updates will be announced later this fall. Keep an eye out for more details.

To register for any of our programs, call
Family Service Saskatoon at
306-244-0127

