

## Youth Exposed to Violence Program

Our programming addresses a broad range of violence and its impact on youth including: family violence, dating violence, bullying, gang violence, effects of war and trauma among refugee youth and general community violence that is endemic to our society.

### Funded by:

Saskatchewan Ministry of Justice and the Attorney General.

### Member Agency of:

Family Service Canada  
Family Services Employee Assistance Programs  
Family Service Saskatchewan  
United Way of Saskatoon and area  
Founding Partner of the Saskatoon Community Service Village

### Accredited by:

Canadian Family Services Accreditation Program  
Council on Accreditation

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With support from:



Saskatchewan  
Ministry of  
Justice and  
Attorney General



family  
service  
SASKATOON

The logo for Family Service Saskatoon, with the word "family" in a large, white, cursive font, "service" in a smaller, white, sans-serif font, and "SASKATOON" in a very small, white, sans-serif font below it. A green heart shape is integrated into the letter "i" in "family".

# Youth Exposed to Violence



## Goals of the Program

- To understand how violence affects us.
- To provide a safe place to express feelings honestly and directly, and to deal with emotional issues.
- To enhance self-esteem and connection with others.
- To realize we are not alone in our experiences.
- To teach and support nonviolent problem-solving skills.
- To begin a dialogue about the taken for granted practices in our society that support violence against women and marginalized groups.

**Ages:** 13 - 18 years

## Group Sessions

### All groups are free.

The topics covered vary depending on the needs identified by the youth. By being flexible and inviting the youth to choose topics most relevant to them, we hope to engage them in creating an environment of shared purpose, trust and respect.

### Topics Include

- Cycle of violence
- Types of violence
- Identifying emotions
- Anger and awareness of emotion
- Cyber-bullying
- Self-esteem
- Gang violence
- Conflict resolution
- Dating violence
- Sexual exploitation
- Healthy relationships
- Substance abuse
- Mental Health
- Gender role socialization

## Immigrant and Refugee Youth

- Groups for youth who have experienced war and/or torture.

**Groups can be offered in classroom settings upon request.**

For more information, or to register, please contact Family Service Saskatoon at (306) 244-0127.

