

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

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

Funded by:



Accredited by:

Canadian Centre for Accreditation

Contact us at:



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

info@familyservice.sk.ca

www.familyservice.sk.ca



Find us on

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



Winter
Programs

2019

HEALTHY RELATIONSHIP PROGRAMS

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.

When: Ongoing registration

Next Group starts: Spring 2019

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

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/>

Adult Depression & Anxiety Group

The group will be a combination of psychoeducation, group activities, and exercises to complete at home. Some topics that will be covered include an introduction to anxiety & depression and the effects it has on the body and the brain, and how to manage symptoms, assertiveness skills, and more. Pre-registration required.

When: Thursdays

Time: 4:00 pm - 6:00 pm

Dates: Jan 10 – Feb 14, 2019

Fee: None

Walk-in counselling available for single sessions – NO COST

Tuesdays 1:00 – 4:00 pm

Thursdays 1:00 – 4:00 pm

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.

Abuse & Beyond for Women

This eight-week group provides women the opportunity to consider the impact of intimate partner violence on their lives and move toward healthy relationships. Childcare provided. Pre-registration required.

When: Wednesdays

Time: 6:00 pm to 8:00 pm

Dates: Feb. 6 – March 27, 2019

Fee: None

Drop-In 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. No need to register. Childcare provided.

When: Tuesdays 6:00 pm-7:30 pm

Thursdays 1:15pm – 2:45pm

Fee: None

Calming the Volcano Within

This group is for youth ages 12-18. In this 8-week group, youth will learn and practice the skills needed to control anger and aggression. Topics will include identifying the signs of anger and triggers, examining consequences to anger, learning behavioural strategies to “let off steam”, and effective communication. Pre-registration and an interview are required.

When: Wednesdays 4:30 – 6:00 pm

Dates: Jan 9 – Mar 6, 2019

(no class Feb. 20/19)

Fee: None

Strategies for Healing from Traumatic Events

This is a two-part program designed for First Responders such as fire fighters, EMS, emergency disaster responders, social workers, police, security, military, medical personnel, etc. The group will provide a safe supportive environment where participants can learn strategies to heal from traumatic events. Connections will occur based on strengths, competence and emotional resources.

Participants can choose to attend Part 1 and 2 or just Part 1. Part 1 -Info on trauma and understanding its effects. **Part 2** -Learn to self-regulate the effects of trauma and strategies for enhancing personal well-being. Opportunity will be given to share personal experiences.

When: Part 1 - Mar 15, 2019

Friday 6:00pm – 9:00pm

Part 2 - Mar 16, 2019

Sat 9:00 am – 3:00 pm

Fee: None

When Anger Gets in the Way of Parenting

An eight-week course offering guidance to parents or caregivers wishing to examine their parenting and understanding of the impact anger has on their children. Parents/caregivers will learn how to effectively parent children in a respectful manner. Childcare provided. Pre-registration required.

When: Mondays 6:00 – 8:00 pm

Dates: March 4 – April 22, 2019

Fee: \$240.00

Managing Teen Anxiety – for Parents and Youth

This group is for youth aged 12-20 experiencing anxiety and their parents. This is a six-hour workshop offered over 2 days. Youth and their parents will learn about anxiety and learn strategies that will help them to reduce the negative effects of anxiety in their lives. Light lunch provided Saturday.

When: Friday 4:30 – 6:30 pm

Saturday 10:00 am – 2:00 pm

Dates: February 8 – 9, 2019

Fee: None