



www.familyservice.sk.ca
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Strengthening People Nurturing Relationships Building Communities

Adult Depression & Anxiety Group

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

Pre-registration required.

When: Fridays

Time: 1:30 pm - 3:30 pm

Dates: August 23 – September 27, 2019

Fee: None

Managing Teen Anxiety – for Parents and Youth

This group is for youth (aged 12-20) experiencing anxiety and their parents. It 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 on Saturday.

Pre-registration required.

When: Friday 4:30 – 6:30 pm and Saturday 10:00 am – 2:00 pm

Dates: May 31 and June 1, 2019

Fee: None

Walk-in Counselling Available for Single Sessions – NO COST

Tuesdays 1:00 – 5:00 pm and Thursdays 1:00 – 5:00pm

This service is offered on a first come, first served basis. There may be a wait for service.

Sessions can assist with:

Personal or Job Stress, Relationship Issues, Anger Management, Trauma, Grief and Loss, Separation and Divorce, Parenting, Balancing Work and Family Life, Sexual Abuse (men and women), Lesbian, Gay, Bisexual, Transgender (LGBTQ) Issues, Anxiety and Depression, Intimate Partner Violence or Domestic Violence, Adjusting to Life in Canada, etc.

