

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
- Presentations and Workshops tailored to your needs. Topic examples include:
 - Domestic Violence Training for Professionals
 - Anxiety in children and youth

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:



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



Fall
Programs

2019

HEALTHY RELATIONSHIP PROGRAMS

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/>

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.

Invisible Scars: Exploring Emotional, Verbal & Psychological Abuse (Intimate Partner Violence)

Emotional abuse cuts to “the core of a person” (Engel, 2002) and leaves invisible scars. This eight-week group is designed for women who have experienced intimate partner violence to gain personal awareness and understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. Childcare provided. Pre-registration required.

When: Mondays Sept 30-Dec 2/19

***Excluding stat holidays**

Time: 6:00-8:00 pm

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 6:00pm-7:30pm

Thursdays 1:15 – 2:45pm

Fee: None

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: Fall 2019

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

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: Fridays Aug 23-Sept 27/19

Time: 1:30 -3:30 pm

Fee: None

Managing Teen Anxiety-for Parents and Youth

This group is for youth (ages 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 discover strategies that will help them to reduce the negative effects of anxiety in their lives. Light lunch provided Saturday.

When: Friday Nov 22/19 6:30-8:30

Saturday Nov 23/19 10:00 am-2:00 pm

Fee: None *Pre-registration required

Now offering Walk-In Counselling!

Single session—**NO COST!**

Family Service Saskatoon: Tuesdays and Thursdays

1:00-5:00 pm

Mayfair Drugs: Wednesdays 1:00-5:00 pm

OUTSaskatoon: Thursdays 5:00-9:00 pm

Carlyle King Library: 1st & 3rd Fridays 1-5:00 pm

Frances Morrison Library: 2nd & 4th Fridays 1-5:00 pm

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 Sept 18-Nov 6/19

Time: 4:30-6:00 pm

Fee: None

When Anger Gets in the Way of Parenting

A six-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: Tuesdays Oct 1-Nov 12/19

Time: 1:30-3:30 pm

Fee: \$240.00

What’s Anger Got To Do With It?

This is a four-week group designed for **men** who want an opportunity to explore their understanding and perceptions of how expressions of anger impact their life including relationships with others. The group activities will include video clips, group discussions, working in pairs and small groups. Homework will be an important aspect of the group. Handouts will be provided each week for future reference. Pre-registration required.

When: Thursdays Oct 3-24/19

Time: 6:00-8:00 pm

Fee: \$120.00