

## 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
  - Healthy Relationships

## 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



## ACCREDITED BY:

Canadian Centre for Accreditation



Contact us at:

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Ph: 306-244-0127  
Fax: 306-244-1201

[info@familyservice.sk.ca](mailto:info@familyservice.sk.ca)

[www.familyservice.sk.ca](http://www.familyservice.sk.ca)



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

# family service

SASKATOON

WINTER  
& SPRING  
PROGRAMS  
2020

Strengthening People,  
Nurturing Relationships,  
Building Communities



### **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**

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:** Ongoing registration  
**Fee:** None

### **Intimate Partner Violence 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:** Spring 2020  
**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, the effects they can have on the body and the brain, how to manage symptoms, assertiveness skills, and more. Pre-registration required.

**When:** Fridays, May - June  
**Time:** 1:30 - 3:30 pm  
**Fee:** None

### **Managing Teen Anxiety - for Youth and their Parents**

This group is for youth (ages 12-20) experiencing anxiety, and their parents. This is a six-hour workshop. 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.

**When:** Saturday, March 14<sup>th</sup>, 2020  
**Time:** 10:00am – 4:00pm  
**Fee:** None \*Pre-registration required

### **Nobody’s Perfect Parenting Program**

This six-week group provides a safe place for parents to strengthen their knowledge, skills and self-confidence that are vital to healthy and effective parenting. It also encourages a strong and supportive social network among participants.

**When:** Mondays, March 16<sup>th</sup> – April 27<sup>th</sup>  
**Time:** 10:30am – 12:00pm  
**Fee:** None \*Pre-registration required

### **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:** Wednesdays, March 18<sup>th</sup> – April 29<sup>th</sup>  
**Time:** 6:15 – 8:15pm  
**Fee:** \$240.00

### **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:** Group 1 - Wednesdays, January 8<sup>th</sup> – March 4<sup>th</sup>  
          Group 2 - Wednesdays, April 1<sup>st</sup> – May 27<sup>th</sup>  
**Time:** 4:15 – 5:45pm  
**Fee:** None

### **What’s Anger Got To Do With It?**

This is a four-week group designed for people 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:** Ongoing registration  
**Fee:** \$100.00

### **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/>

**WALK-IN COUNSELLING**  
Single session—NO COST!

**Family Service Saskatoon:** Tuesdays & Thursdays 1pm-5pm  
**Legends Medical Clinic (Warman):** Tuesdays 9am – 1pm  
**Mayfair Drugs:** Wednesdays 1pm - 5pm  
**Martensville Collective Health & Wellness:**  
          Thursdays 8:30am – 12:30pm  
**OUTSaskatoon:** Thursdays 5pm - 9pm  
**Carlyle King Library:** 1<sup>st</sup> & 3<sup>rd</sup> Fridays 1pm - 5pm  
**Frances Morrison Library:** 2<sup>nd</sup> & 4<sup>th</sup> Fridays 1pm-5pm