

## OUR SERVICES

- Counselling for individuals, couples, families and groups
- Employee and Family Assistance Programs
- Teen and Young Parent Program
- Intimate Partner Violence Outreach
- Domestic Violence Court Case Workers
- Youth Exposed to Violence Program
- Promoting Youth Resilience Program
- Child & Youth Support Workers
- Presentations and Workshops tailored to your needs. Topic examples include:
  - Intimate Partner Violence Training for Professionals
  - Healthy Relationships
  - Cyberbullying

## 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:

Family Service Saskatoon  
#102 – 506 25<sup>th</sup> Street  
East Saskatoon, SK S7K  
4A7  
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)



@familyservicestoon

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

# family service

SASKATOON

# FALL 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. Focus of the group will be healing and moving on from the effects of emotional abuse.

When: Tuesdays, 6:00 – 8:00pm Oct 27- Dec 15

OR Thursdays, 1:15 - 3:15pm Oct 29 - Dec 17

Fee: None \*Pre-registration required

#### Intimate Partner Violence Drop-In Group: (In person drop-in groups may be limited, please call for information on our virtual ZOOM connections)

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.

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/Winter 2020/2021

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

#### Managing Anxiety and Depression for Teens (12-18)

This 7-week group is for youth who experience symptoms of anxiety and depression. The group will include an introduction to anxiety and depression and tools for developing coping strategies. Additional topics include mindfulness, assertiveness, and self-regulation.

When: Mondays, Oct 5 - Nov 23

Time: 4:15 - 5:45pm

Fee: None \*Pre-registration required

#### Building Resilience for Youth (12-16)

A six--week program for youth wanting to develop their strength and resilience while managing the ongoing effects of COVID-19 and other challenges. Activities will enable participants to build their own characteristics of resilience. Topics will include developing awareness and compassion for our thoughts and feelings, practicing self-regulation through finding calm, and setting achievable goals for the future when there is uncertainty.

When: Mondays, Oct 19 - Nov 23

Time: 4:00 - 5:30pm

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. Participants will learn how to effectively guide their children in a respectful manner. Pre-registration required.

When: Thursdays, Sept 10 - Oct 22

Time: 6:00 – 8:00pm

Fee: \$240.00 \*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, Nov 9 - Dec 21

Time: 1:30 - 4:30pm

Fee: None \*Pre-registration required

#### Gympowerment for Youth (12-16)

A seven-week program for youth who have experienced stress and trauma. Participants will spend an hour in the gym learning about themselves through basketball and training activities and then an hour building wellbeing and resilience.

Supper provided.

When: Mondays, Oct 5 - Nov 23

Time: 5:00 – 8:00pm

Fee: None \*Pre-registration required

#### Social Media and Mental Health (12-16)

A program for Youth who are wanting to be more mindful of the impact (both positive and negative) of social media on their mental health. Participants will develop strategies to cope with the increasing challenges that social media and the internet can place on their lives. Topics will include how social media affects stress, self-esteem, isolation and loneliness, and will explore boundary setting, online safety, and resources.

When: Saturdays, Oct 17 AND Oct 24

Time: 1:00 - 6:00pm.

Fee: None \*Pre-registration required

#### 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!

Free Walk-In single sessions offered at various locations. Please call (306) 244-0127 for more details.