

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
- Youth Resilience Program
- Presentations and Workshops
 - 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**



Agréé par
**Centre canadien
de l'agrément**

Contact Us At:

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

info@familyservice.sk.ca

www.familyservice.sk.ca



@familyservicestoon

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



**WINTER
PROGRAMS
2021**

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. Virtual support groups. No fee.

****Invisible Scars: Exploring Emotional, Verbal & Psychological Abuse**

This 8-week group explores the impact of emotional, psychological, and verbal abuse on women’s lives. Provides support in healing the “invisible scars”. Closed virtual group.

Mondays 1-3:00pm February 1st - March 29th
No Fee Pre-registration required

****Women’s Intimate Partner Violence (IPV) Drop-In Group**

This drop-in style virtual group provides a space for women who have experienced IPV to learn and support one another through sharing and discussion

Tuesdays 6:00pm-7:30pm
Thursdays 1:00 – 2:30pm
No Fee Pre-registration required the morning of each session at (306) 244-0127

****Abuse and Beyond**

This 8-week virtual group provides women the opportunity to consider the impact of abuse in their lives and move toward healthy and positive relationships. Closed group. Registration required.

Mondays 1 – 3:00pm April 12th - June 7th
No fee Pre-registration required

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.

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

****Adult Depression & Anxiety Group**

A six-week group for adults experiencing symptoms of anxiety or depression. Group discussions, information and practice activities are part of this group. Learn about the effects of anxiety and depression and how to build positive coping strategies.

Wednesdays 1:30 – 3pm Jan 27th - March 3rd
No Fee Pre-registration required

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

Provides a safe place for parents to strengthen their knowledge, skills and self-confidence vital to healthy and effective parenting. It also encourages a strong and supportive social network among participants.

Mondays 2 – 4:00pm March 15th - May 3rd
No Fee Pre-registration required

****When Anger Gets in the Way of Parenting**

A six-week course offering guidance to parents or caregivers wishing to examine the impact anger has on their children. Participants will learn how to effectively parent children in a respectful manner.

Thursdays 6 – 8:00pm Feb 4th - March 18th
Fee: \$240.00 Pre-registration required

****Effective Co-parenting Group**

A six-week education program that provides information about the needs of parents, children and families coping with separation and divorce. This program offers skills for improving communication, resolving conflict, and managing day to day children’s issues between parenting partners.

Wednesdays 6 – 8:00pm Feb 24th - March 31st
Fee: \$240.00 Pre-registration required

****Calming the Volcano Within (Ages 12-18)**

This eight-week group will help participants practice the skills needed to control anger and aggression. Topics will include identifying the signs of anger and triggers, examining consequences to anger, learning behavioral strategies to “let off steam”, and effective communication. Pre-registration and an interview are required.

Tuesdays 4 – 5:30pm Feb 9th - March 30th
No Fee Pre-registration required

Gympowerment (Ages 12-18)

This eight-week group supports youth who may have experienced challenges with bullying, cyberbullying or other types of violence. Topics will explore strengthening well-being and resilience through awareness, movement, belonging and connection. Light Supper provided. Transportation can be provided.

Mondays 4:45 – 6:45pm Jan 25th - March 22nd
No Fee Pre-registration required

DIY - Do It for Yourself (Ages 12-24)

This six-week group will provide a space for youth to share their voices, have safe discussions and make a DIY crafting activity. Topics about healthy relationships, boundary setting, dating violence, gender and sexuality, informed consent, communication skills, and more. Pre-registration is required.

Wednesdays 4:30 – 6pm Feb 3rd - March 17th
No Fee Pre-registration required

Drop-In and Bounce Back: Resilience and Well-being (Ages 12 - 24)

A weekly drop-in group for youth ages 12-24. A different topic will be presented and explored each week related to ways to strengthen personal resilience and well-being. Come and have some fun and meet others. 6 spaces available weekly.

Thursdays 4:30-6pm
No Fee Pre-registration required each week

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!

Various locations around the greater Saskatoon, area, as well as Zoom and phone options
PHONE or VISIT TODAY!!

**Group delivered virtually via Zoom