



GOALS OF THE PROGRAM

- To offer culturally responsive **programming** to youth who are at risk of violence
- To provide, **safe spaces** where youth can express feelings, process experiences and develop healthy ways to manage themselves and their relationships
- To identify and minimize risk factors through **individualized planning** and support
- To ensure that participants' unique cultural strengths are identified and nurtured.
- To **promote skills** needed for positive problem solving, life management and decision-making.
- To **enhance well-being** of youth, their families and community
- To provide opportunities for youth to build and sustain **connections** and friendships.

Member Agency of:
Family Service Canada
Family Service Employee
Assistance Program
Family Service Saskatchewan

Accredited by:
Canadian Centre for Accreditation

For more information or to register
for groups, please contact the

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52° NORTH

PROMOTING YOUTH
RESILIENCE

Strengthening People,
Nurturing Relationships,
Building Communities

SERVICES OFFERED

Individual Counselling and Support

One on one counselling and support is offered to youth who are at risk of violence: including dating violence, bullying, and cyberbullying. A safe, confidential space for youth to process and work through personal, family, or relationship difficulties.

Family Supports

Individual and group interventions will be offered to families. The aim is to enhance family life and increase family bonding and attachments.

Group Therapy /Programs

Group programming will be available in school and community settings through remote or in person delivery.

Drop-In Wellness Groups.

Regular drop-in groups will be offered to support youth to build well-being. There will be in-person and zoom options available.

Youth Education Presentations

Presentations can be offered in classroom settings, community settings and group homes. Remote or in person delivery is available.

Funded by:



Public Safety
Canada

Sécurité publique
Canada

GROUPS OFFERED

Gympowerment

A 7 week program for youth experiencing challenges with bullying and violence. A combination of basketball/fitness training, group activities, and a journal to complete at home. Topics that will be covered include how to build well-being and resilience and cope with stress and trauma.

On-going Registration

Building Healthy Relationships

A 6 week program that supports youth to resist the effects of bullying, cyberbullying and dating violence on their relationships. The program will have a strong expressive arts component as well as access to self defense/martial arts training. Participants will build on their knowledge and understanding of what makes a healthy relationship.

On-going Registration

Building Youth Resilience

A 6 week program for youth to develop their strengths and resilience while dealing with the ongoing effects of COVID 19 and other challenges. Youth will practice coping strategies, develop awareness of thoughts and feelings, make plans, set achievable goals, and build positive connections.

On-going Registration

Life Skills & Effective Decision-Making

A 6-12 week program for youth that will be designed around group goals. The context of the learning will be through a community based project that will be developed based on the interests of the group. Participants will identify an issue and develop and implement a plan to address the issue.

On-going Registration

PRESENTATION TOPICS OFFERED

- Anger Management
- Bullying
- Communication Skills
- Cyberbullying
- Cyber-safety
- Cycle of Violence
- Dating Violence
- Decision Making
- Effective Conflict resolution skills
- Goal Setting
- Healthy Conflict Resolution
- Healthy Coping Skills
- Healthy Relationships
- How to be an Ally
- Leadership Skills
- Teamwork
- Parenting Programs
- Problem Solving
- Resiliency
- Self-Regulation
- Self Worth
- Social Media and Mental Health
- Well-Being

Our customised programming empowers youth to enhance their well-being, build healthy relationships, and develop skills to thrive in an everchanging world. Thus reducing the risks of violent activities such as dating violence, bullying, and cyber bullying.