

**Family Service Saskatoon's**  
**Healthy Relationships**  
**Program**

includes services for men, women and children designed to create or restore healthy, violence free relationships.

To find out more about the program, contact the Family Service Saskatoon office at 244-0127.

**Funded by:**

Ministry of Social Services

*Member Agency of:*

Family Service Canada  
Family Services Employee Assistance Programs  
Family Service Saskatchewan  
United Way of Saskatoon and area  
Founding Partner of the Saskatoon Community Service Village

*Accredited by:*

Canadian Family Services Accreditation Program  
Council on Accreditation

*For more information please contact us at:*

Family Service Saskatoon  
At "the Village"  
102 506-25th Street East  
Saskatoon, SK S7K 4A7

Phone: (306) 244-0127  
Fax: (306) 244-1201  
info@familyservice.sk.ca

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

**Healthy**  
**Relationships**  
**Program**

**family**  
service  
SASKATOON

## Did You Know?

1 in 4 Canadian women have experienced physical or sexual violence at the hands of a marital partner.

Abuse happens to people of all income and education levels, religions and ethnic groups.

Abuse can include emotional, verbal, sexual and economic abuse, as well as physical violence.

In many cases, children witness violence against their mothers. Witnessing violence is a form of child abuse.

## Abuse Includes...

Any of the following:

- hitting and kicking
- pushing, shoving, shaking, and restraining
- throwing objects
- forced sex and touching
- name calling
- excessive criticism and blaming
- control of money and finances
- control of activities, friends and access to family
- unwarranted accusations and threats
- stalking

## Do You Feel..

- put down?
- stupid, crazy or worthless?
- threatened with beatings if you leave?
- afraid for yourself or your children?
- hopeless and anxious?
- guilty and ashamed?
- cut off from family and friends?
- wrong - no matter what you do?

## We offer...

- education and support groups for women who have experienced violence by intimate male partners
- education and support groups for youth who have experienced violence
- individual counselling
- groups for men
- attendance at training sessions and educational presentations

## Our Goals for Women...

- to assign responsibility for the violence to the perpetrator of the violence
- to heighten women's awareness of safety issues
- to reduce isolation through the development of support networks

## Our Goals for Men...

- to encourage and support men in peaceful and non-violent life choices

## Our Goals for Youth...

- to provide information about violence in families and intimate relationships
- to provide a safe environment for discussion and expression of issues of trust, violation, loyalty and betrayal
- to develop safety plans when necessary
- to improve self-esteem
- to teach alternative methods of communication and anger expression