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

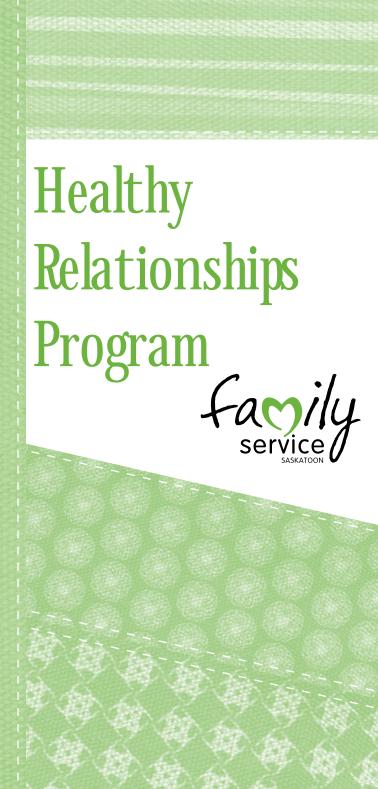
For more information please contact us at:

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



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 I ncludes...

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

