



2022-23 ANNUAL REPORT



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FAMILY SERVICE SASKATOON | 306.244.0127
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CHARITABLE REGISTRATION: 107957029 RR0001

Family Service Saskatoon acknowledges that we operate on
Treaty 6 Territory and the Homeland of the Métis Nation.

TABLE OF CONTENTS

Mission, Vision, and End Statements.....	2
Chair and Executive Director's Report.....	3
Family Service Saskatoon Board of Directors	4
Continuous Quality Improvement	4
Our Team.....	5
Strengthening People	
Counselling Services.....	6
Youth Programs.....	7
Nurturing Relationships	
Family Violence Prevention and Outreach.....	8
Parenting Programs.....	9
Building Communities	
Diversity & Inclusion.....	10
Prairie Prism.....	10
Building for the Future	
2022-23 Initiatives.....	11
Investing in Future Professionals.....	12
2022-23 Highlights	13
Our Outcomes	
Community Impact.....	15
Client Testimonials.....	16
Financial Report.....	17
Our Funders.....	18
Partners & Affiliations	
Accreditation.....	19
Memberships and Affiliations.....	19
Community Partners.....	19

OUR MISSION

Family Service Saskatoon (FSS) serves individuals, families, and the community to nurture safe, healthy, and respectful relationships.

OUR VISION

Healthy individuals and families contributing to a strong community.



The Ends Policies Adopted in the Strategic Plan for 2020-2025

1. Solving problems without violence
 - a. Families, intimate partners, and youth solve problems without violence.
2. Building stronger families
 - a. Families manage separation and divorce in a healthy way.
 - b. People in parenting roles are competent and confident in their parenting skills.
 - c. Individuals and families receive supports to manage their mental health.
 - d. Youth experiencing challenges develop resilience.
3. Programming meets the unique needs of clients in minority groups.
4. FSS is recognized and respected as a prominent organization serving the community.





CHAIR & EXECUTIVE DIRECTOR'S REPORT

We are delighted to present the 2022-23 Annual Report of Family Service Saskatoon. The report is a summary of the work provided to the community over the last year. From continuing our work around Reconciliation, to raising awareness around Violence Prevention in Saskatchewan, to ensuring our values align with the work of our agency, Family Service Saskatoon is proud to have provided services in dozens of program areas and to over 3,800 people in the last year.

It is by working together – with each other, our clients, our funders, and our community – that Family Service Saskatoon is able to continue to provide hope to those who reach out for support. As Anne Frank stated:

*"Where there's hope, there's life.
It fills us with fresh courage and makes us strong again."*

We were pleased to introduce various new initiatives this year such as Book Clubs, Drop-In Support Groups for parents, and therapeutic groups on a variety of topics. We also expanded our office hours to include evening sessions on Tuesdays and Wednesdays to better meet the needs of our clients.

FSS extends heartfelt thanks to our clients, donors, funders, and community partners; we so appreciate your continued support of our agency and the work we do. Thank you as well to our dedicated employees – your commitment to your clients and the work you do continually inspires hope. Our sincere appreciation is also extended to the Leadership Team for your insights, solutions, and continued efforts to implement lasting change. Thank you as well to our Board of Directors for your on-going support of the agency. Your oversight and contributions to our strategic plan and our mission will serve us well into the future.

We invite you to explore the Annual Report for more details on the programs and services we provided this past year and thank you again for your continued support of Family Service Saskatoon and our work of strengthening people, nurturing relationships, and building communities.

Warm Regards,

Kyle Christopherson,
Board Chair

Janine Baumann,
Executive Director



Kyle Christopherson,
2022-23 Board Chair



Janine Baumann,
Executive Director





BOARD OF DIRECTORS

Chair - Kyle Christopherson

Vice Chair - Julia Eichholz

Treasurer - Amanda Anderson

Secretary -Ivy Armstrong

Directors:

Penny Babbings

Andrew Gaucher

David Nwosu

Kayla Oishi

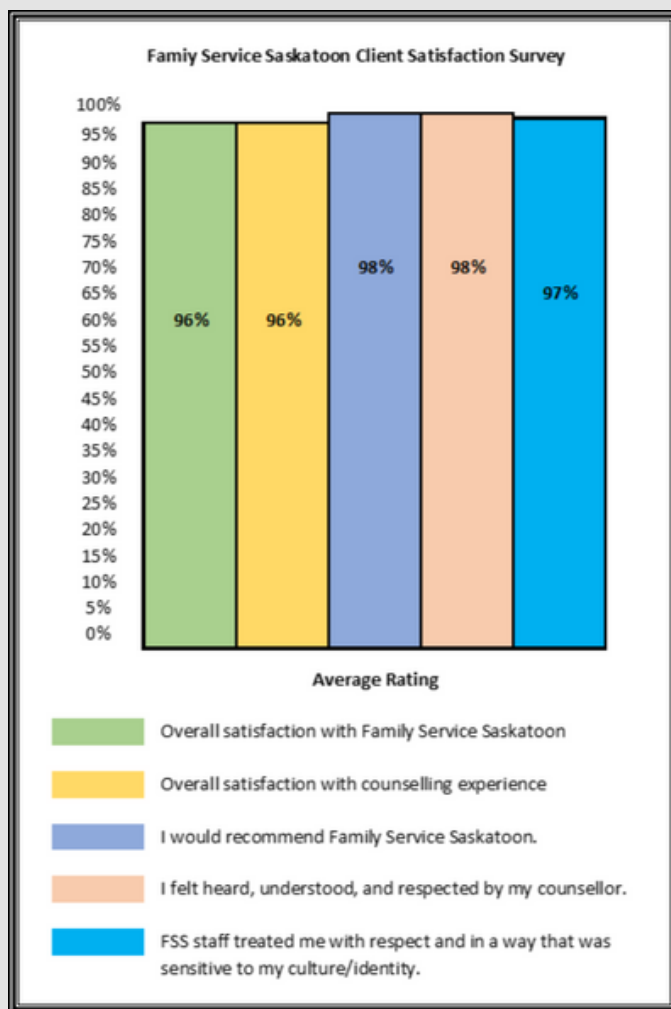
Aarondeep Shokar

Janvi Tuteja

Jessica Wasylanka

Madasan Yates

Continuous Quality Improvement



Family Service Saskatoon has implemented an ongoing quality improvement initiative which provides us with the opportunity to gain valuable insight into our day-to-day operations as identified by our end-users. Information gained through ongoing customer surveys enables our agency to identify key strengths and opportunities for organizational improvement in a continuous way. Surveys are anonymous and all results are confidential.

2022-23 client satisfaction surveys indicate, overall, a high degree of client satisfaction with their counselling experience and Family Service Saskatoon as a whole. Respondents indicate that they feel heard, respected and understood by their counsellor and that they would recommend Family Service Saskatoon to others.

OUR TEAM

Leadership Team

Janine Baumann - Executive Director
Myrna Kanigan - Director of Programs
Kevin Kobialka - Operations Manager
Ian Shaw - Youth Project Manager
Martha Hollinger - Executive Assistant
Faith Rowland - Fund Development Officer

Administrative Staff

Loretta Morin - Receptionist
Paula Nivins - Receptionist (Part-time)

Program Staff

Youth Counsellors

Bri Manton
Kelsey Reddekopp
Sheena Tremeer

Youth Outreach Worker

Martin Nyai

Youth Exposed to Violence

Jillian Cowen

Rapid Access Counsellors

Marley Berge
Jillian Cowen

Counsellors

Hélène Davis
Julianne Gordon
Kat Lanctôt
Kayla Marques
Teresa Mead
Myron Peters
Gwen Roulette

Intake Counsellor

Janette Gamble

Teen & Young Parent Counsellor

Kayla Seel

Program Staff Continued

Domestic Violence Court Caseworkers

Alana Gardiner - Coordinator
Tera Cooper
Taryn Domanko
Melissa Fuhr
Sadie Proctor

IPV Outreach

Jody Hanson - Coordinator
Cara Fox
Chelsea Kentel

Program Coordinators

Faith Rowland - Childcare Program
Teddy Ward - Child and Youth Support Program

Childcare Team

Shelly Bazowski	Rahilah Karimi
Lubna Mirza	Samra Rai
Karli Sundby	Manju Tikoo

Child & Youth Support Workers

Breanna Bochek	Jackie Lamirande
Mitch Dear	Mike Mendoza
Sarah Elliott	Ashton Moore
Terry Fiddler	Jaida Nelson
Ryan Gaspar	Robin Robertson
Ashish Ghai	Namandeep Singh
Ashita Ghai	Evan Stack
Manvi Ghai	Lucas Terlesky
Nalini Ghai	Braedon Whatcott
Corah Hales	Heather Whatcott

"My counsellor at Family Service Saskatoon has helped me to manage difficult areas of my life, foster healthy communication, and strengthen the bond I have with my fiancé."



STRENGTHENING PEOPLE

Counselling Services

Community Counselling: This program offers counselling based on clients' needs, and operates on a sliding fee scale to ensure that nobody is turned away. Skilled counsellors work with clients on issues as diverse as grief, self-esteem, healthy relationships, parenting, coping and mental wellness.

fseap: The fseap program provides contracted counselling services to participating businesses. Employees within the program access individual and family counselling and a variety of wellness workshops.

Rapid Access Counselling Clinics: Family Service Saskatoon continued providing single-session walk-in counselling at no charge for individuals, couples, and families in 2022/2023. The main goal of rapid access counselling is to help address the immediate needs of the client through brief solution-focused support. In-house clinics were offered at various locations throughout Saskatoon and surrounding communities.

RAC Locations:

Family Service Saskatoon
OUTSaskatoon

Saskatoon Public Library
The Evermore Centre

Group Programs Focused on Wellness: Family Service Saskatoon provides groups and workshops designed to enhance the lives of individuals and families. Groups offered vary throughout the year depending on the needs of our clients and the community. Examples include: Depression and Anxiety, Invisible Scars, Grief & Loss, and Abuse & Beyond

Goals of Counselling

01

Improving the client's ability to establish and maintain relationships.

02

Enhancing the client's effectiveness and ability to cope.

03

Promoting the decision-making process and facilitating client potential.



Youth Programs

52° North: This program focuses on increasing participant wellbeing, building healthy relationships, and strengthening family supports for youth who are at risk of engaging in violence in our community. The program goal is the prevention of youth violence, specifically cyberbullying, bullying and dating violence.

52° North in the Community: This year 52° North increased their community outreach activities, providing 63 school and community presentations on topics related to mental wellness for youth.

Youth Exposed to Violence: This program supports youth through individual and group counselling on issues such as mental health, violence, healthy relationships, and self-esteem.



Child and Youth Support Program: This program matches children connected to the Ministry of Social Services with Support Workers who provide social/recreational programming and emotional support for children and youth. The support workers continue to offer compassion and care in their commitment to helping youth in our community.

Individual and therapeutic group counselling: A specialized team of skilled counsellors provides counselling services for youth ages 12–29. Group counselling sessions focus on common themes and challenges experienced by youth, while individual counselling sessions offer youth the opportunity to focus on their individual concerns.

Youth group programs offered in 2022-23:

- Raising Resiliency – Summer Program
- Becoming Your Own Ally
- Gympowerment
- DIY – Do it for Yourself
- Teen Anxiety & Depression

NURTURING RELATIONSHIPS

Family Violence Prevention & Outreach

Domestic Violence Court Caseworkers: Domestic violence court caseworkers ensure that victims of domestic violence are supported through the legal system process. The workers provide supports such as court updates, trial support, reports to assess requests for changes to release conditions, advocacy, and referrals to other services.

Intimate Partner Violence Outreach Program: The program provides individuals affected by interpersonal violence a place to come for confidential individual counselling and support in a safe and secure environment. Services in this program are delivered free of charge and include individual counselling, safety planning, outreach, and group counselling programs.

Men's Working Group for Respectful Relationships: For men that want to end the cycle of violence in their relationship, this program offers support in establishing a culture of respect and safety in intimate relationships. The program is a sanctioned option of the Saskatoon Domestic Violence Court.

When Anger Gets in the Way of Parenting: This program is focused on helping parents explore anger, learn to cope with anger, understand how anger impacts their children, and learn alternative parenting skills.

Group Programming for Family Violence Prevention:

- Intimate Partner Violence Drop-in Group
- When Anger Gets in the Way of Parenting
- Abuse & Beyond
- Men's Working Group for Respectful Relationships
- Invisible Scars

"The program makes you reflect on yourself as a person, forces you to look at your actions and words, look at how they effect everyone around you.

[The program helps you to] know and understand when you are doing wrong so you can fix it to become the best man you can be."

"I feel like a new person, with a way better attitude, not just towards my life, but helping others when they are in a situation."

"I am proud that I quit drinking after 20 years and I am learning skills so that I can have a healthy relationship one day."

Men's Working Group for Respectful Relationships Participants

Parenting Programs & Resources

Attach Parenting: This program focuses on rebuilding and strengthening attachment between parent and child through guided activities that enhance a parent's ability to understand their own and their child's thoughts/feelings and recognize how this impacts situations.

Teen & Young Parent Program: A program for parents under the age of 30 that includes family support and counselling, and liaises with schools, community-based organizations, and government ministries to promote parenting awareness and education.

Parent Drop-In Support Group: 52° North offers a monthly drop-in support group for parents to provide a supportive space in which parents can have open discussions about their teens and the challenges they may face in parenting.

Parenting Education Saskatchewan: This on-line resource links parenting services across the province and provides support and information to people working in the field of parenting education. Visit the Incredible Parenting Directory at www.familyservice.sk.ca.

Group Programming for Parents:

- Effective Co-Parenting
- Nobody's Perfect
- Teen Young Parent Summer Drop-In

"My experience working with a counsellor from Family Service Saskatoon has been amazing. My counsellor has helped me in one of the hardest times of my life and each week helped me to see the light, to find myself again. My counsellor offers great advice, options to help, and is always a calm voice of reason. I'd not have gotten to where I am now without her and her guidance."

Program Participant



BUILDING COMMUNITIES

Diversity and Inclusion

Family Service Saskatoon is committed to honouring Diversity and Inclusion within our agency, in our service delivery, and in the community. Our Diversity and Inclusion Committee provides leadership and recommendations for FSS to facilitate diversity and inclusion initiatives.

As part of our commitment to both professional development and Reconciliation, Family Service Saskatoon continues to act on the organization priorities identified during our organization-wide mapping exercise with the Truth and Reconciliation through Treaty Implementation (TRTI) team. We continue to explore opportunities to implement activities and staff development experiences that advance truth, reconciliation and Treaty implementation into our operations and programming. Together we seek to forge a path towards a new, shared future for our children and grandchildren involving four key elements:

- A shared understanding of our history
- Vibrant cultures and worldviews
- Systems that benefit us all
- Authentic relationships



Prairie Prism



Family Service Saskatoon is one of 20+ partners that produce Prairie Prism. Prairie Prism is a multi-cultural event which highlights the diversity and rich mosaic of cultures that exist within Saskatoon. The goal is to help build cultural connections between newcomers and established community residents and to provide opportunities for people and cultures to mix, mingle and learn from each other. This year the event was held at Confederation Mall on September 28, 2022.

BUILDING FOR THE FUTURE

2022-23 Initiatives

Promoting Mental Wellness for Youth: Recognizing the unique pressures faced by youth, Family Service Saskatoon partnered with Saskatoon Public and Catholic Schools to offer school-based learning modules focusing on mental wellness. FSS also presented on Healthy Relationships at the Restoring Community Balance: a Restorative Justice gathering conference at Whitecap First Nations and presented on Resiliency at the ED Feehan Wellness Conference.

Counselling for Students: Family Service Saskatoon continued to partner with Fresh Start and Great Plains College to provide on-site counselling services for students at the college's Martensville & Warman campuses.

Rapid Access Counselling: Family Service Saskatoon and our partners through Family Service Saskatchewan continue to expand upon the successful Rapid Access Counselling initiative. The launch of an on-line booking platform for clients allows people to search for the nearest available counselling locations, available times and modalities (phone, virtual or in-person), and book their sessions immediately. Visit <https://www.counsellingconnectsask.ca> to book appointments.

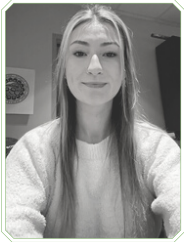
Building Stronger Parents through Community Partnerships: Family Service Saskatoon, through the Teen Young Parent program established two exciting partnerships with community-based programs to offer additional supports and parent education programming. Family Connections, a weekly drop-in group for parents, is offered in partnership with Ronald McDonald House. This group provides much needed supports for parents accessing RMH and focuses on topics related to parenting and mental wellness. In partnership with The Jacoby Centre and Nutana Collegiate, Family Service Saskatoon offers regular programming for young parents attending Nutana Collegiate. This programming focuses on mental health, healthy relationships, parenting, and developing coping skills.

*I [now] have hope
that I can find
happiness if I use
what I have learned
and apply it daily"*



Investing in Future Professionals

Family Service Saskatoon is pleased to support our partners in education by providing practicum experiences for students of social work, counselling, marriage and family therapy, education or counselling psychology.



"Throughout my practicum with Family Service Saskatoon, I have had the opportunity to grow both professionally and personally. The support and relationships I have built will be something I take into the profession with me."

Shawnti

Shawnti Gratton
University of Regina
BSW Program



Justin brought his passion for working with youth to his practicum with the 52° North team. He enjoyed the opportunity to hone his skills in both individual counselling and leading therapeutic group counselling activities. We wish Justin well in his future professional endeavours.

Justin Schmacher
University of Regina
BSW program



Rachal Andal

Yorkville University
Master of Arts in
Counselling Psych. (MACP)

"I feel honoured and privileged to have found a practicum placement that is supportive and provides a robust learning environment. The counsellors at FSS hold a wealth of knowledge and are open to discussing alternative approaches that would best serve the client. Counsellors and staff at FSS are welcoming and truly care about the community of Saskatoon."

Rachel

"The opportunity to complete my practicum in person at Family Service Saskatoon gave me the chance to connect and learn from local counsellors in the field, and provided a safe environment for me to grow my skills as a counsellor. I feel very fortunate to have found such a welcoming and supportive environment in my educational and professional journey"

Kat



Kat Lancôt

Yorkville University
Master of Arts in Counselling
Psych. (MACP)



2022-23 Highlights

It seemed like 2022-23 was a year filled with important events, community activities and providing a voice for the voiceless in our community. Family Service Saskatoon increased our social media presence and invested in amplifying our voice in the community through participation in important community events and ongoing social media and media campaigns.



Saskatchewan Violence Prevention / International Day for the Elimination of Violence Against Women: We donned our purple T-shirts and used our social media platforms to highlight community programs and supports for violence prevention and those experiencing violence.



National Indigenous People's Day / Rock Your Roots Walk: Family Service Saskatoon reaffirmed our commitment to Truth and Reconciliation by participating in the Flag Raising event. We acknowledge the past and commit to helping to forge a stronger future for Indigenous peoples.

Orange Shirt Day / National Day for Truth & Reconciliation: Our agency closed on September 30th to honour residential school survivors, those who didn't make it home from residential schools, and those who experience the inter-generational impacts of residential schools.



Pink Shirt Day: Our team donned pink to recognize anti-bullying and to reaffirm our commitment to stand against bullying.

National Social Workers Month: We celebrated the amazing work of our social workers both at Family Service Saskatoon and within our partner network across the province through social media channels.

Domestic Violence Month: Family Service Saskatoon hosted a variety of activities and ran a social media campaign to increase community awareness during Domestic Violence Awareness month.

Mental Health Week: Once again, we lifted our voices against the stigma of mental illness and championed the pursuit of mental wellness through a social media campaign that raised awareness of the importance of mental health.



" My counsellor made me feel safe and in turn , this is how I am able to heal. They are absolutely, aside from myself, the reason I am where I am today and getting better day by day."

"I am so grateful for Family Service Saskatoon. I was unable to afford help anywhere else and this program makes it so other mothers in my situation can get access to the support they are wanting."

Just a Few More Highlights



Mystery Night at the WDM: In November, we polished up our sleuthing skills at a family-friendly mystery night at the Western Development Museum. We partnered with Mini-Fridge Dinner theatre to offer guests a wonderful evening of mystery, good food, entertainment, and activities for the whole family. The evening wrapped up with the exciting 50/50 raffle draw! Once again the on-line auction was a great success and the intense bidding at the event kept everyone busy until the very last minute. A big thank you to the over 60 businesses that contributed to the success of the event.

Trucktastic! Children's Expo: We were excited to bring back Trucktastic! Children's Expo this year. With record attendance and participation from the Saskatoon business community, the event was an overwhelming success. It was such a blast to see the excitement of the young attendees and their families as they raced to visit all their favorite heavy equipment, trying out the driver's seats and honking the horns. There were many hands that made this event possible from the planning committee to the event day volunteers, the sponsors and of course the companies that brought their equipment to the event for the day!



Celebrating Life



Prairie Prism



Staff Development Days



Treats from Style & Graze



Mystery Night at the WDM

*Team work makes
the dream work!*



The Great Chili Cook-Off

COMMUNITY IMPACT



**3,808 PEOPLE ACCESSED
SERVICES IN 2022-23**



DOMESTIC & INTIMATE PARTNER VIOLENCE SUPPORT

4,389 supports by Domestic Violence Court Caseworkers
891 individual counselling sessions
1,793 referrals made to community supports
157 hours of Intimate Partner Violence Group Programs
70 hours of group programming for men who commit to ending the cycle of violence



COUNSELLING

4,947 counselling hours provided
77% of counselling services offered for free or at a nominal fee
1,946 people accessed services for the first time
842 hours of Rapid Access Counselling offered
291 people participated in therapeutic group sessions
296 referrals made to community supports



SERVICES FOR YOUTH

609 children and **633** youth accessed services
14,966 hours of Child & Youth Supports provided
144 youth accessed the Youth Exposed to Violence Program
171 Teen and Young Parent participants accessed services
193 youth accessed the 52° North program

"The warmth and care from every person in the organization has been very evident. I very much appreciate the commitment from everyone involved."

FSS Client

Client satisfaction surveys indicated that 98% of respondents would recommend Family Service Saskatoon to others.

In May 2022 I was going through an extremely difficult time after a severe instance of Intimate Partner Violence (IPV). I was left alone and supporting two children completely by myself for the first time in my life. My life felt as though I was constantly in the middle of an enormous storm.

One of the most beneficial things to happen to me was being invited to join groups supporting victims of IPV. I started out in a book club and I felt like such a mess the first day. I was very concerned that I didn't belong because I am a man and I recognize the importance of women's only spaces for IPV - I really didn't want to intrude on anyone getting the help they needed.

I cannot give enough thanks to everyone at Family Service Saskatoon for everything they have given me and the many ways they have supported me. I can confidently say I would be in a much worse place if I did not have all the supports this organization has given me. I am a huge believer in the mission of this organization, and I want to continue to support Family Service Saskatoon in any small way I can. Thank you to everyone who helped me get through the storm.

What Our Clients Say about Us



FINANCIAL REPORT

REVENUE

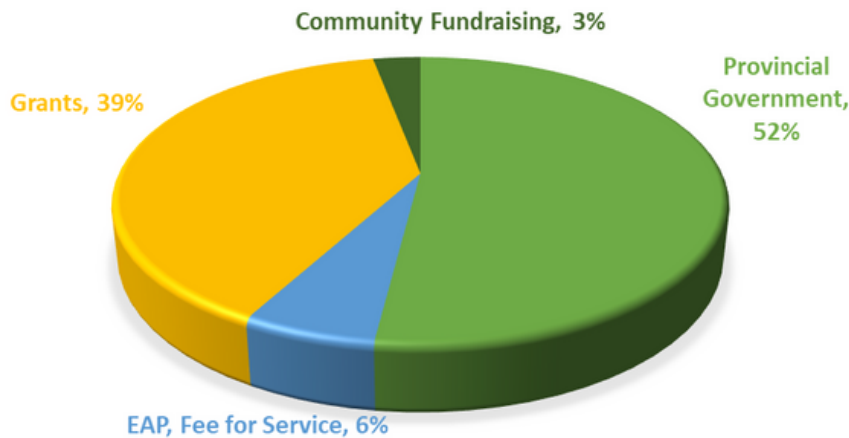
Provincial Government	52%
Grants	39%
EFAP, Fee for Service	6%
Community Fundraising	3%
Total	100%

OPERATING EXPENSES

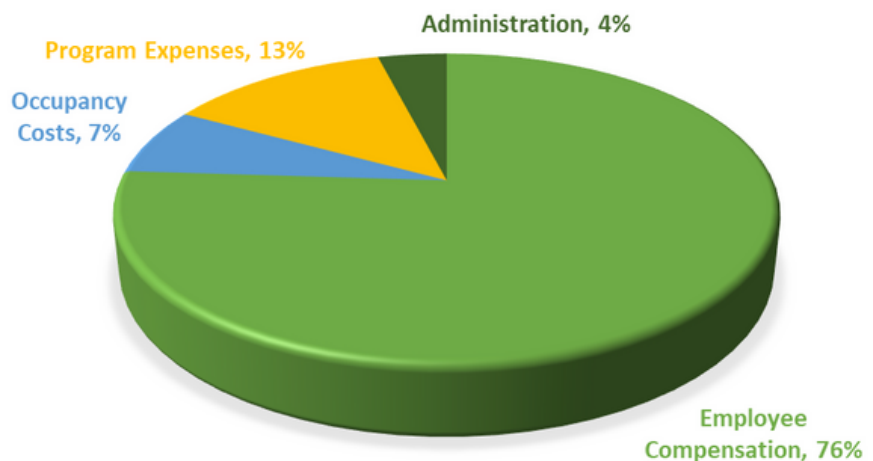
Employee Compensation	76%
Program Expenses	13%
Occupancy Costs	7%
Administration	4%
Total	100%

*Complete copies of the audited financial statements as prepared by Virtus Group are available upon request from Family Service Saskatoon or by visiting our website at www.familyservice.sk.ca.

REVENUE



OPERATING EXPENSES



OUR FUNDERS

Government Contracts

- Government of Canada – Public Safety Canada
- Government of Canada – Department of Women and Gender Equality
- Government of Saskatchewan – Ministry of Justice and Attorney General
- Government of Saskatchewan – Ministry of Social Services

Grant Funders

- Affinity Credit Union
- Community Foundations of Canada
 - Healthy Communities Grant
 - Investment Readiness Program funded by the Government of Canada's SI/SF Strategy
- Canadian Women's Foundation
- City of Saskatoon
 - Saskatoon Collaborative Funders
- Community Initiatives Fund
- Family Service Saskatchewan (via Saskatchewan Health Authority)
- Saskatoon Community Foundation
 - Cameco Mental Health Fund
 - Quality of Life Fund
 - Yes – Youth Endowment Fund
- Community Initiatives Fund Grant – United Way of Saskatoon & Area

Donors & Sponsors

Corporate Donors

- Astro Towing
- Boost Strategic Coaching
- Brainsport Athletics
- Cherry Insurance
- Charitable Impact Foundation Canada
- Channegel
- Costco
- Delta Construction Group
- Government of Saskatchewan – Ministry of Highways
- Loraas Disposal
- Pure Living Yoga
- Royal Bank of Canada
- Saskatoon Downtown Lions
- Saskatoon Media Group
- ScotiaMcLeod Charitable FDN.
- Style & Graze
- Tapper Family Foundation
- The RENT-IT Store Ltd

Individual Donors

- Anonymous Donors
- Amanda Anderson
- Penny Babbings
- Janine & Kevin Baumann
- Kyle Christopherson
- Thomas Eastman
- Robin Foster
- Julie Hershey
- Martha & Glenn Hollinger
- Margaret Johnson
- Bobbi Johnstone
- Malori Keller
- Holly Ann Knott
- Margaret Lowry
- Dawn Mann
- Carol McGibney
- Darwin Parkinson
- Arlene Peltier
- Lisa & Mike Sands
- Carol Thomson
- Riley Woodman
- Terri Woods

*We
Thank
you!*

PARTNERSHIPS & AFFILIATIONS

Accreditation

- Canadian Centre for Accreditation

Memberships & Affiliations

- Family Service Saskatchewan
- Family Service Canada
- Family Service Employee Assistance Program (fseap)
- Greater Saskatoon Chamber of Commerce
- PATHS – Provincial Association of Transition Houses and Services of Saskatchewan
- RESOLVE – Research and Education for Solutions to Violence and Abuse
- Saskatoon Community Service Village

Community Partners

- | | |
|---|--|
| • Aboriginal Friendship Centres of Saskatchewan | • OUTSaskatoon |
| • Evermore Centre | • Prairie Harm Reduction |
| • Fresh Start | • Prairie Prism |
| • Friendship Inn | • Restorative Action Program |
| • Global Gathering Place | • Ronald McDonald House |
| • Greater Saskatoon Catholic School Division | • Saskatoon Indian & Metis Friendship Centre |
| • Great Plains College | • Saskatoon Open Door Society |
| • International Women of Saskatoon | • Saskatoon Police Services |
| • Interval House | • Saskatoon Public Library |
| • Metis Addictions Council of Saskatchewan | • Saskatoon Public School Division |
| • Nutana Collegiate – Jacoby Center | • STOPS to Violence |
| • Office of the Treaty Commissioner | • YWCA |

The team at Family Service Saskatoon would like to thank everyone who made this year memorable and who supported our efforts during the last year. It is an honour to contribute to the Family Service Saskatoon vision of a community where families and individuals can live peaceful lives and nurture healthy relationships in communities built from the strength of their people.





Strengthening People | Nurturing Relationships | Building Communities

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