

## OUR SERVICES

- Counselling for individuals, couples, families and groups including Rapid Access Counselling
- 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
- 52° North—Promoting Youth Resilience
- Presentations and Workshops available

## 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 at **306-244-0127**

### Rapid Access Counselling

Single session—NO COST!

Various locations around the greater Saskatoon area, as well as Zoom and phone options.

Sessions can be booked online at [www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca) or call our office at 306 244-0127.

## MEMBER AGENCY OF:

- ◆ Family Service Saskatchewan
- ◆ Family Service Canada
- ◆ Family Service Employee Assistance Program
- ◆ Founding Partner of the Saskatoon Community Service Village



Saskatoon Community Foundation—Cameco Fund for Mental Health

### Contact us at:

Family Service Saskatoon  
#102, 506—25th Street East  
Saskatoon SK S7K 4A7  
Ph: 306 244-0127  
Fax: 306 244-1201  
Email: [info@familyservice.sk.ca](mailto:info@familyservice.sk.ca)  
Website: [www.familyservice.sk.ca](http://www.familyservice.sk.ca)

Free parking is available in the YWCA parking lot. Please register your vehicle at the YWCA front desk.

Check out our website and social media for more information.

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



@FamilyServiceSaskatoon



@FamilyServiceStoon



@FamilyServiceSaskatoon



Family Service Saskatoon

family  
service  
SASKATOON



# SPRING AND SUMMER 2022 PROGRAMS

*Strengthening People, Nurturing  
Relationships, Building Communities*

Accredited by  
Canadian Centre  
for Accreditation



Agréé par  
Centre canadien  
de l'agrément

## 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. Support groups and weekly drop-in groups are offered.

**No Fee**

## Women's Intimate Partner Violence (IPV) Weekly

This on-going group is for women who are experiencing or have experienced violence in their intimate partner relationships. Women can join the group at any time. Childcare and snacks will be provided.

**Thursdays 1:30 pm—3:00 pm No Fee**

**\*\*Pre-registration required the morning of each session call (306) 244-0127**

## Invisible Scars: Exploring Emotional, Verbal and Psychological Abuse

This eight-week group is designed for women who have experienced intimate partner violence to gain personal awareness and to understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. Focus of the group will be healing and moving on from the effects of emotional abuse.

**When: Tuesdays, Apr. 12—May 31 No Fee**

**Time: 1:30—3:30 pm \*\*Pre-registration required.**

## What to Do if Someone You Care about is Experiencing IPV

This informal presentation/support session is aimed at providing people with ideas for supporting a friend, family member, co-worker, or employee who they know (or suspect) is experiencing IPV. Childcare and snacks will be provided.

**Date: Wednesday, July 13 No Fee**

**Time: 6:00 pm Pre-registration is required.**

## June IPV Book Club

In this book club for women who are experiencing or have experienced IPV, we will read and discuss Brené Brown's *Braving the Wilderness*. Childcare and snacks will be provided.

**When: Tuesdays (June 7, 14, 21, & 28) No Fee**

**Time: 10:00 am – 11:30 am \*\*Pre-registration required**

## Family Court, Custody, and IPV – A Lawyer Speaks about how to Get through It as Safely and Effectively as Possible

Please join us for this information session with a family court lawyer who will give generalized tools and tips on how to speak with your lawyer about IPV, how to present information, and how abuse can affect decisions. **Please note that there will not be an opportunity in this session to ask the lawyer for direct advice about your own case.** Childcare and snacks provided.

**Date: Monday, August 29 No Fee**

**Time: 5:30 pm \*\*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.**

**Next Group starts: Fall 2022**

## Teen Anxiety and Depression (ages 12 to 18)

A six-week group for those experiencing symptoms of anxiety or depression. Participants will learn about the effects of anxiety and depression and how to build positive coping strategies through facilitator-led discussions, knowledge building, and self-directed activities.

**Date: Thursdays, May 5—June 9 No Fee**

**Time: 4:30 pm—6:00 pm \*\*Pre-registration required.**

## Family Connections

This is an open summer drop-in group for parents, caregivers, and families to connect and decompress through conversation, coffee, and more. Each week will explore a different topic that focuses on parenting, caregiving, and family. Childcare will be provided on-site for families joining the group.

**Tuesdays 10:00 am—11:30 am, July & August No Fee**

**\*\*Pre-registration is required before each session.**

**Please call (306) 244-0127 on the Monday afternoon or the morning of each session.**

## Grief and Loss Group

This group offers a safe place to identify and explore the stages of grief. With empathy and honesty, we will look at aspects of grief: the vulnerability and unpredictability of our emotions; physical symptoms like fatigue; and coping with the 'day to day' as we ask 'why', and when our lives no longer seem to hold the same meaning. This group is open to anyone who has experienced loss of a loved one and/or of a dream, identity, or way of life that was important to them.

**When: Tuesdays, May 3—June 7 No Fee**

**Time: 10:00 —11:30 am \*\*Pre-registration required**

## 52° North —Gympowerment (ages 12—15)

This 6-week program teaches youth the impact that a healthy mind and body can have on challenges they may face, such as bullying, depressions, anxiety, and self-esteem/confidence.

**Mondays, May 2—June 13 No Fee**

**Time: 4:30 pm—6:30 pm \*\*Pre-registration required**

## 52° North —DIY (ages 16—21)

DIY is a 6-week group that pairs education and art to give participants the tools to help empower them to build healthier relations, explore and express their feelings, and expand their communication and self-regulation skills.

**Wednesdays, May 4—June 8 No Fee**

**Time: 4:30 pm—6:00 pm \*\*Pre-registration required.**

## Anxiety and Depression

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 and resiliency.

**Date: Wednesdays, March 30—May 4 No Fee**

**COURSE FULL**

**Check out Parenting Education Saskatchewan**  
<http://parentingeducationsaskatchewan.com/>