

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

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



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
Website: 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

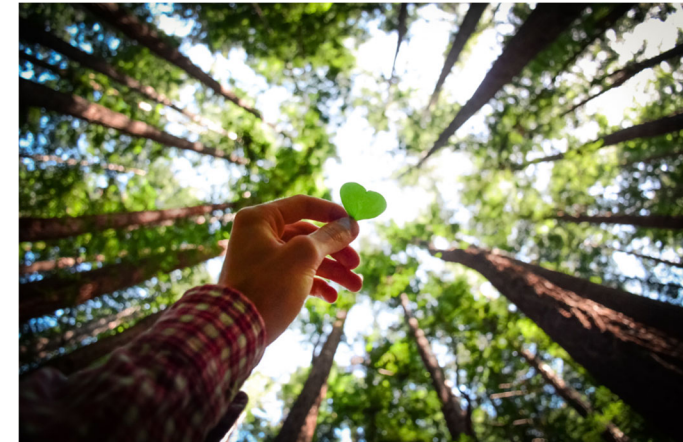
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Spring and Summer 2023 Programs

Strengthening People, Nurturing Relationships, Building Communities

Accredited by
Canadian Centre
for Accreditation



Agréé par
Centre canadien
de l'agrément

Intimate Partner Violence (IPV) Outreach

This program offers support through short-term crisis intervention and counselling to individuals who are experiencing violence in their intimate partner relationships. Individual counselling, weekly drop-in groups and support programs are offered.

Women's IPV Weekly Drop-In Group

This drop-in style group provides a space for women who have experienced IPV to learn from and support one another through sharing and discussion. Each week will involve a different topic that focuses on the general experience of intimate partner violence. Monthly sharing circle. Childcare and snacks available.

When: Thursdays, 1:30 pm—3:00 pm **No Fee**

Spring into YOU (May 2023) Summer Lovin' (July 2023)

This four-week self-care mini-series is for individuals who have experienced intimate partner violence. This is a safe space to connect to self and others while focusing on ways to reclaim identity. Topics include: Practice of self-care, self-compassion & grounding, Handling stress & challenging thoughts, Gratitude & positive self-regard. Childcare and snacks will be available.

When: Wednesdays, May 3, 10, 24, 31, 2023

Time: 1:30 pm—3:30 pm

OR

When: Wednesdays, July 5, 12, 19, 26, 2023

Time: 9:30 am to 11:00 am

Fee: No fee ****Pre-registration required**

Healing Hurt Group (in collaboration with OUTSaskatoon) - Ages 18 and above

This 6-week group will explore different types of abuse and the impacts of trauma and violence on our lives and selves. The group will unpack trauma narratives, and work together on healing from the ongoing impacts of gender-based intimate partner and/or domestic violence.

When: Tuesdays, May 16 to June 20, 2023

Time: 6:00 pm to 8:00

Location: OUTSaskatoon, 213 Ave C South

**Pre-registration required—by email to
support@outsaskatoon.ca by April 28, 2023**

No Fee

Family Court and IPV – A Lawyer Speaks

We are pleased to host an information session with a lawyer who will discuss such topics as IPV and family court, how violence might impact court decisions, litigation abuse, and support for getting through the process. Please note that there will NOT be an opportunity in this session to ask the lawyer for direct advice about your own case.

When: Monday, May 15, 2023

Time: 7:00 pm—8:30 pm

No Fee

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 9-week period.

****Pre-registration required — on-going registration for fall 2023**

Fee: \$1,500.00 includes group registration and two pre-group interviews.

Strategies for Adult 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.

When: Tuesdays, May 9 to June 13

Time: 3:30 pm to 5:00 pm

No Fee ****Pre-registration required**



Nobody's Perfect Parenting Group

Provides a safe place for parents of 0—5-yr-olds to strengthen their knowledge, skills and self-confidence that are vital to healthy and effective parenting. It also encourages a strong and supportive social network among participants. Childcare and snacks will be available.

When: Tuesday AND Wednesday, July 18 and 19

Time: 1:00 pm to 4:00 pm BOTH DAYS

OR

When: Tuesday AND Wednesday, August 15 and 16

Time: 9:30 am to 12:30 pm BOTH DAYS

No Fee ****Pre-registration required**

52° North — Gympowerment (ages 12—22)

This 8-week group is for youth ages 12-22 who may have experienced challenges with bullying, cyberbullying or other types of violence in their relationships. A combination of fitness training, group activities, and home journaling will highlight some of the group activities. Topics will explore strengthening well-being and resilience through awareness, movement, belonging and connection.

When: Mondays, May 1 to June 12, 2023

Time: 4:30 pm—6:00 pm

No Fee ****Pre-registration and a group interview required. Light supper provided. Transportation can be provided.**

52° North —DIY (ages 12—24)

This 6-week group will include education, discussion, and a DIY crafting activity. The crafting portion will give youth a platform to share their voices and to speak about what matters to them. Topics covered will be about identifying what a healthy relationship looks like, boundary setting, dating violence, gender and sexuality, informed consent, communication skills, and more.

When: Wednesdays, May 3 to June 7, 2023

Time: 4:30 pm—6:00 pm

No Fee ****Pre-registration required**

Check out Parenting Education Saskatchewan

<http://parentingeducationsaskatchewan.com/>

