

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

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 and Rapid Access Counselling for Children, Youth and their Caregivers

No-cost, solution-focused counselling sessions. 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.

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

MEMBER AGENCY OF:

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



United Way
Saskatoon & Area



Contact us at:

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Saskatoon SK S7K 4A7
Ph: 306 244-0127
Fax: 306 244-1201
Email: info@familyservice.sk.ca
Website: www.familyservice.sk.ca

Check out our website and social media for more information.

familyservice.sk.ca



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Family Service Saskatoon

family
service
SASKATOON



Winter and Spring 2024 Programs

Strengthening People, Nurturing Relationships, Building Communities

Accredited by
Canadian Centre
for Accreditation



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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.

IPV Victim/Survivor Drop-In Groups

This drop-in style group provides a space for victims/survivors of IPV to learn from and support one another through sharing and discussion. Each week will involve a different topic focusing on IPV. Childcare and snacks available.

No registration required.

**When: Tuesdays, 6:00 pm to 7:30 pm. All genders.
Thursdays, 1:30 pm—3:00 pm. Women only.**

No Fee

IPV Parenting Group

This four-week group provides support and guidance to parents who have experienced IPV with a co-parent. Through discussion and activities, this group will explore power and control, boundaries, communication, no-contact orders and safety, along with parenting techniques and skills. The goal of this group is to empower parents and promote healing. Childcare and snacks available.

Pre-registration required.

When: Wednesdays, Jan. 24 to Feb. 28, 2024

Time: 1:30 pm—3:00 pm

No Fee.

Invisible Scars

This eight-week group explores the impact of emotional, psychological, and verbal abuse on participants' lives. The group is meant to provide connection and support in healing from all forms of intimate partner violence. Childcare and snacks available.

Pre-registration required.

When: Wednesdays, Feb. 28 to April 17, 2024

Time: 1:15 pm—3:15 pm

No Fee

Stay tuned to our socials and the website for future groups!

When Anger Gets in the Way of Parenting

A six-week course offering guidance to parents or caregivers wishing to examine their parenting and understanding of the impact that anger has on their children. Participants will learn how to effectively guide their children in a respectful manner.

Pre-registration required.

When: Wednesdays, March 20 to April 24, 2024

Time: 4:00 pm to 5:30 pm

Fee: \$240.00

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 Spring 2024.

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

What's Anger Got to do With It?

This is a six-week group designed for those who want to explore their understanding and perceptions of how expressions of anger impact their life, including relationships with others. This is an interactive group with open discussions and activities related to understanding anger and anger management techniques.

Pre-registration required.

When: Tuesdays, Feb. 20 to Mar. 26, 2023

Time: 1:30 pm—3:00 pm

Fee: \$240

ATTACH® Parenting Program

This successful parenting program promotes secure attachment between parents and children. ATTACH® helps parents better understand their own and their child's feelings and behaviour.

Interesting in participating? We are looking for mothers with children aged newborn to 3 years to participate in sessions.

Registration is free; participating families receive gift card incentives.

Call 306 244-0127 to register; ongoing program.

No Fee.

Managing Anxiety and Depression for Teens (Ages 12 to 18)

This six-week group therapy program is for youth who experience symptoms of anxiety and depression. The group will include an introduction to anxiety and depression and tools for developing coping strategies. Additional topics include mindfulness, assertiveness, and self-regulation.

Pre-registration and a pre-group interview required.

When: Thursdays, Feb. 8 to Mar. 14, 2024

Time: 4:30 pm—6:00 pm

No Fee

52° North — Gypowerment (ages 12—18)

This six-week group is for youth ages 12-18 to promote a healthy body and a healthy mind, allowing youth to face challenges such as bullying and negative coping. Each week will consist of 45 minutes of physical activities and 45 minutes of learning how to build resilience and coping skills.

Pre-registration and a pre-group interview required.

When: Mondays, Feb. 5 to March 18, 2024 (no session Feb. 19)

Time: 4:30 pm—6:00 pm

No Fee

Becoming Your Own Ally (ages 12—18)

This six-week group therapy program focuses on building youth resilience through examining internalized stigma and the negative self-beliefs that may be holding us back. Working together as a group, we will challenge negative thinking patterns, and learn positive coping skills to strengthen youth resilience.

Pre-registration and a pre-group interview required.

When: Wednesdays, Feb. 7 to Mar. 20, 2024

Time: 4:30 pm—6:00 pm

No Fee

