

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 Program—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 for: Adults, Children, Youth, and those impacted by suicide

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

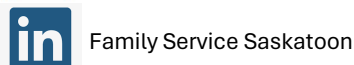
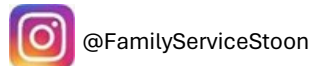


Contact us at:

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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



Spring and Summer 2024 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.

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.

A monthly sharing circle will be offered at the Tuesday evening drop-in group. Follow our Social Media channels for specific dates each month.

No registration required.

When: Tuesdays, 6:00 pm—7:30 pm. All genders.
Thursdays, 1:30 pm—3:00 pm. Women only.
No Fee

Abuse and Beyond

This eight-week group provides participants the opportunity to consider the impact of abuse in their lives and move toward healthy and positive relationships. Childcare and snacks available.

Pre-registration required.

When: Wednesdays, May 1 to June 19, 2024
Time: 1:15 pm—3:15 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.

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



When Anger Gets in the Way of Parenting: Building Blocks for Healthy, Happy Families

These two-day summer workshops are designed to provide parents and caregivers with a safe and supportive space to explore the complexities of anger and its impacts on parenting. Participants will learn about the causes and impacts of anger, the negative effects of anger on children, and how to build positive coping and parenting strategies to move towards a healthier future. Childcare and light lunch provided. Financial assistance subsidy available.

Pre-registration required.

When (choose one):

Mon & Tues, July 8 & 9, 2024, 10:00 am—4:00 pm

OR

Mon & Tues, Aug. 19 & 20, 2024, 10:00 am—4:00 pm

Fee: \$240.00

Nobody's Perfect Parenting

This group provides a safe place for parents 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. **For parents with children aged newborn to five years.** Childcare and snacks provided.

Pre-registration required.

When: Thursdays, May 9 to June 13, 2024

Time: 10:00 am—11:30 am

No Fee

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.

Interested 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.

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

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, May 2 to June 6, 2024

Time: 4:30 pm—6:00 pm

No Fee

52° North — Gympowerment (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, April 29 to June 10, 2024 (no session May 20)

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, May 1 to June 5, 2024

Time: 4:30 pm—6:00 pm

No Fee

