

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**



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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#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


Check out our website and social media for more information on future programs and happenings at Family Service Saskatoon.

www.familyservice.sk.ca

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SASKATOON



Winter And Spring 2025 Programs

Strengthening People, Nurturing Relationships, Building Communities

Accredited by
Canadian Centre
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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.

Wildflowers IPV 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.

A monthly sharing circle will be offered the last Tuesday evening drop-in group of the month.

No registration required. Childcare provided

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 8-week group provides women the opportunity to consider the impact of abuse in their lives and move toward healthy and positive relationships.

Pre-registration required

When: Wednesdays, January 15 to March 5
Time: 10:30 am to 12:00 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 Spring 2025.

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

Invisible Scars

This six-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.

Pre-registration required. Childcare provided.

When: Thursdays, March 13 to May 1, 2025
Time: 9:30 am to 11:30 am
No Fee

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, January 22 to February 26
Time: 1:30 pm to 3:00 pm
Fee: \$240.00

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.

To register for any of our programs, call
Family Service Saskatoon at
306-244-0127

Managing Anxiety and Depression for Teens (Ages 12 to 15)

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.

Pre-registration and a pre-group interview required.

When: Thursdays, February 20 to March 17, 2025
Time: 4:30 pm—6:00 pm
No Fee

52° North—Youth Empowerment

The 52° North is currently on pause as we are updating the program.

Individual youth counselling is now facilitated through our Child and Youth Rapid Access program.

New 52° North Youth Education Presentations & Groups will resume in Winter 2025.

Keep an eye out for program updates on our social media channels.

Nobody's Perfect Parenting Group

This 5-week 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.

Pre-registration required. Childcare provided

When: Wednesdays, April 2 to April 30
Time: 10:30 am to 12:00 pm
No Fee

Rapid Access Counselling

**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.