

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
- IPV Response Team
- Domestic Violence Court Case Workers
- Early Intervention Program
- Youth Exposed to Violence Program
- Child & Youth Support Workers
- 52° North Program—Promoting Youth Resilience
- Presentations and Workshops available



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

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

www.familyservice.sk.ca

Check out Parenting Education Saskatchewan

<http://parentingeducationsaskatchewan.com/>

To register for any of our programs, call
 Family Service Saskatoon 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



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Family Service Saskatoon



Fall 2025 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, support groups and weekly drop-in groups are offered.

wildflowers: IPV Drop-In Group

This is an open ongoing group for those who have or are currently experiencing violence in their intimate relationships. Each week will explore a different topic that focuses on the general experience of intimate partner violence and healing.

No registration or fees, childcare provided
When: Tuesdays, 6:00 pm - 7:30 pm. All genders and Thursdays, 1:30 pm - 3:00 pm. Women only.

Redefining Intimacy

This group explores the sexual violence and intimate partner violence that survivors have experienced within their intimate relationships. This group will take place over an 8 week period and will provide safety for survivors to share their experiences, learn about healthy relationships, and redefine intimacy.

No Fee. Pre-registration. Childcare provided
When: Wednesday’s Sept 3rd to Oct 22nd
Time: 2:00pm to 4:00pm

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.

Ongoing registration
Two pre group interviews required

IPV and Parenting

This 6 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 and safety, along with parenting techniques and skills.

Call to register. No Fee. Childcare provided.
When: Wednesdays Nov 5th to Dec 10th
Time: 10:30 am to 12:00 pm

When Anger Gets in the Way of Parenting

A 5-week group is designed to provide parents and caregivers with a safe and supportive space to explore the complexities of anger and it’s impact on parenting. Participants will learn about the causes of and impacts of anger.

Pre-registration required. Childcare Provided
When: Wednesdays, Sept 17th to Oct 15th
Time: 10:30am to 12:00pm
Fee: \$250.00 (subsidy available)

ATTACH® Online Parenting Program

We are working with researchers at the University of Calgary to deliver the ATTACH® Online Program. This successful parenting program promotes secure attachment between parents and children. Secure attachment is important for children’s lifelong healthy development. ATTACH® helps parents better understand their own and their child’s feelings and behavior.

Interested in participating? We are looking for parents and caregivers with children aged 0-3 years to participate in online sessions.
Registration is free; participating families receive gift card incentives. Sessions occur online via Zoom. Call 306 244-0127 to register.

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

Managing Anxiety and Depression for Teens

This 5 week group is for youth who experience symptoms of anxiety and depression. The group will include an introduction to tools for developing coping strategies. Additional topics include mindfulness, assertiveness and regulation.

Pre-registration and No Fee
When: Tuesdays Oct 7th to Nov 4th
Time: 4:30 pm to 6:00 pm

Effective Co-parenting Group

A 6 week program that provides information about the needs of parents, children and families coping with separation and divorce. The group offers skills for improving communication, resolving conflict, and managing children’s issues between parenting partners.

Ongoing registration
Fee \$250.00 / sliding fee available

COMPASS: Men’s Drop-in Group

This bi-monthly drop-in group is for men who are looking to build a healthier, more respectful intimate partner relationships. Each session will focus on a different topic related to personal growth, communication, and emotional well-being. Join us in a safe, supportive, non-judgmental space.

No registration, No fee.
When: Bi-monthly on Mondays (except stats)
Time: 1:30 pm to 2:30 pm

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.

Adult Anxiety and Depression Group

A 6 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.

Ongoing registration
Fee \$250.00 / sliding fee available

Adult Grief and Loss

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: 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.

Ongoing registration
No Fee

52 North Groups

Youth Empowered is a project designed by Family Service Saskatoon to provide youth aged 10 to 22 with knowledge and skills to support and promote healthy relationships and prevent gender-based and youth dating violence through 5 week groups or single session presentations.

Come join our interactive five week group therapy programs designed for youth to explore relationships and empowerment in a supportive environment.

For more information contact us at Family Service Saskatoon at 306-244-0127.
Contact us by email to register
youth@familyservice.sk.ca