

## 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 Programs
- Intimate Partner Violence (IPV) 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
- Other presentations and workshops

## Registration Policy

- The registration deadline for our programs is 2 weeks prior to program start date.
- Full payment of the program fee is required before the 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.



## Contact Us

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



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

-  @FamilyServiceSaskatoon
-  @FamilyServiceStoon
-  Family Service Saskatoon
-  @FamilyServiceSaskatoon

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



# Winter 2026 Programs

Strengthening People, Nurturing Relationships, Building Communities

Check out Parenting Education Saskatchewan: [familyservice.sk.ca/parenting-education-saskatchewan/](http://familyservice.sk.ca/parenting-education-saskatchewan/)



## 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 individuals who have experienced, or are currently experiencing, violence in their intimate relationships. Each week focuses on a different topic related to the experience of intimate partner violence and healing.

**All Genders:** Tuesdays (6:00pm - 7:30pm)  
**Women Only:** Thursdays (1:30pm - 3:00pm)  
**Cost:** No Cost.

*\*No registration. Childcare provided.*

## Abuse and Beyond

This 6-week group provides women the opportunity to consider the impact of abuse in their lives and move toward building healthy and positive relationships.

**April 20 - June 2**  
**When:** Wednesdays (6:00pm - 7:30pm)  
**Cost:** No Cost.

*\*Pre-registration required*

## Nobody's Perfect

This 5-week group provides a safe place for parents of 0–5-year-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.

**March 25 - April 22**  
**When:** Wednesdays (10:30am - 11:30am)  
**Cost:** No Cost.

*\*Pre-registration required. Childcare provided.*

## Invisible Scars

This 8-week group explores the impact of emotional, psychological, and verbal abuse on participants' lives. The group provides connection and support in healing from all forms of intimate partner violence.

**February 9 - April 22**  
*\*No sessions on February 6, March 23, or April 6*

**When:** Monday (1:30pm-3:00pm)  
**Cost:** No Cost.

*\*Pre-registration required. Childcare provided.*

## When Anger Gets in the Way of Parenting

This 5-week group is designed to provide parents and caregivers with a supportive space to explore the complexities of anger and its impact on parenting. This program also discusses how to manage emotions in a safe and respectful manner.

**February 11 - March 11**  
**When:** Wednesdays (10:30am - 12:00pm)  
**Cost:** \$250.00 (subsidy available)

*\*Pre-registration required. Childcare Provided.*

## ATTACH® Online Parenting Program

We are working with researchers at the University of Calgary to deliver the ATTACH® Online Program. This successful parenting program fosters secure attachment between parents and children, supporting healthy development throughout a child's life. ATTACH® helps parents gain a deeper understanding of their child's feelings and behaviors, as well as their own.

**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.***

## Managing Anxiety and Depression for Teens (Ages 12-15)

This 5-week group is for youth (12-15 years old) who experience symptoms of anxiety and depression. The group introduces practical tools for developing coping strategies, with a focus on mindfulness, assertiveness, and emotional regulation.

**When:** Ongoing registration.  
**Cost:** No Cost.

*\*Call for details.*

## Effective Co-parenting Group

This 6-week program provides information about the needs of parents, children, and families coping with separation and divorce. The group focuses on building skills for effective communication, conflict resolution, and collaborative management of children's issues between parenting partners.

**When:** Ongoing registration.  
**Cost:** \$250.00 (sliding fee available).

*\*Call for details.*

## COMPASS: Men's Drop-in Group

This bi-monthly drop-in group is for men who are looking to build healthier and 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.

**When:** January 26, February 9, February 23, March 9, March 16, April 13, and April 20 (1:30pm - 2:30pm)  
**Cost:** No Cost.

*\*No registration required. Call for details.*

## How to Register:

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

## Men's Working Group for Respectful Relationships

This 5-week group is for men who want to end intimate partner violence and build respectful relationships. This program offers 33 hours of therapeutic group work and meets every other Saturday.

*\*Ongoing registration. Two pre-group interviews required.*

## Rapid Access Counselling

Rapid access, solution-focused counselling for adults, children, youth, and individuals impacted by suicide.

**Where:** Available in various locations around Saskatoon and area, as well as virtually on Zoom, or by telephone  
**Cost:** No Cost.

Sessions can be booked online at:  
**[www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca)**  
or call our office at **306-244-0127**.

## 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 5-week group therapy programs designed for youth to explore relationships and empowerment in a supportive environment.

For more information contact Family Service Saskatoon at **306-244-0127**. Contact us by email to register **[youth@familyservice.sk.ca](mailto:youth@familyservice.sk.ca)**