

OUR SERVICES

- Counselling for individuals, couples, families and groups
- 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

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

306-244-0127



Member Agency of:

Family Service Saskatchewan
Family Service Canada
Family Service Employee Assistance Programs
Founding Partner of the
Saskatoon Community Service Village

Funded by:



Accredited by:

Canadian Centre for Accreditation

Contact us at:



Family Service Saskatoon
#102 – 506 25th Street East
Saskatoon, SK S7K 4A7
306-244-0127
306-244-1201 – Fax

info@familyservice.sk.ca

www.familyservice.sk.ca



Find us on

Free public parking in the YWCA parking lot.
Register your vehicle at the
front desk of the YWCA.



Fall
Programs

2018

HEALTHY RELATIONSHIP PROGRAMS

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 nine-week period.

Pre-registration required.

When: Ongoing registration

Next Group starts: Fall 2018

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

Parent Education Saskatchewan

This resource links parenting services across the province and provides support and information to those facilitating or organizing parent support or education services.

<http://parentingeducationsaskatchewan.com/>

Adult Depression & Anxiety Group

The group will be a combination of psychoeducation, group activities, and exercises to complete at home. Some topics that will be covered include an introduction to anxiety & depression and the effects it has on the body and the brain, and how to manage symptoms, assertiveness skills, and more. Pre-registration required.

When: Monday

Time: 1:30 - 3:30

Dates: Oct 15 – Nov 26

Fee: \$125.00

Intimate Partner Violence Outreach Program

This program offers support through short-term crisis intervention and counselling to individuals who are experiencing violence in their intimate partner relationships. Support groups and weekly drop-in groups are offered. No fee.

Abuse & Beyond for Women

This eight-week group provides women the opportunity to consider the impact of intimate partner violence on their lives and move toward healthy relationships.

Childcare provided. Pre-registration required.

When: Wednesday

Time: 6:00pm to 8:00pm

Dates: Feb. 6 – March 27, 2019

Fee: None

Drop-In Group

This is an open and ongoing group for women who have or are experiencing violence in their intimate relationships. Each week will explore a different topic that focuses on the general experience of intimate partner violence. No need to register. Childcare provided.

When: Tuesdays 6:00pm-7:30pm

Thursdays 1:15pm – 2:45pm

Fee: None

Calming the Volcano Within

This group is for youth ages 12-18. In this 8-week group, youth will learn and practice the skills needed to control anger and aggression. Topics will include identifying the signs of anger and triggers, examining consequences to anger, learning behavioural strategies to “let off steam”, and effective communication. Pre-registration and an interview are required.

When: Wednesdays 4:30 - 6:00pm

Dates: Sept 12- Oct 31, 2018

Fee: None

Invisible Scars: Exploring Emotional, Verbal & Psychological Abuse (Intimate Partner Violence)

Emotional abuse cuts to “the core of a person” (Engel, 2002) and leaves invisible scars. This eight week group is designed for women who have experienced intimate partner violence to gain personal awareness and understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. Childcare provided. Pre-registration required.

When: Monday

Time: 6:00pm – 8:00pm

Dates: Oct 15 – Dec 10, 2018

Fee: None

Positive Discipline in Everyday Parenting

Positive Discipline is an approach to parenting that teaches children and guides their behaviour, while respecting their right to healthy development, protection from violence and participation in their learning (Joan Durant). Pre-registration required.

When: Monday Evening

Time: 6:00 – 8:00 pm

Dates: Sept/Oct 2018

Fee: \$25.00

Nobody's Perfect Parenting

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. Pre-registration required.

When: Monday Evening

Time: 6:00pm – 8:00 pm

Dates: Nov/Dec 2018

Fee: None

Walk-in counselling available for single sessions – NO COST

Tuesday 1:00 – 4:00 pm

Thursday 1:00 – 4:00 pm

family
service
SASKATOON