



Spring 2020 Programs



CALMING THE STORM - Anger Management for Adults

Date: Thursdays March 05 to April 09, 2020

**Transportation Provided*

Time: 6:30 to 8:00 p.m.

Location: CFS – 3rd Floor

Registration: \$ 20/person

Funded by: Community Initiatives Fund

CALMING THE STORM FOR TEENS - Anger Management for Teens

Date: Wednesdays March 18 to April 29, 2020

**Transportation Provided*

Time: 4:30 – 6:00 p.m.

Location: TBA

Registration: \$ FREE

Funded by: Affinity Credit Union

CLIMBING THE ROCK – A Program for Young Adults Exposed to and Healing from Trauma

Date: Fridays March 27 to May 22, 2020

**Transportation Provided*

Time: noon – 2 p.m.

Location: CFS Second Floor

Registration: \$ FREE

Funded by: Ministry of Justice – Victims Services

GOOD GRIEF – A Group for Children ages 6 – 12 who have experienced Loss

Date: Wednesdays February 26 to April 01, 2020

**Transportation Provided*

Time: 6:30 – 8:00 p.m.

Location: Vincent Massey School

OR

Date: Wednesdays April 15 to May 20, 2020

**Transportation Provided*

Time: 6:30 – 8:00 p.m.

Location: Vincent Massey School

Fee: \$20/person

Funded by: Community Initiatives Fund

PARENTING from the HEART (formerly Active Parenting)

Date: Wednesdays February 26 to April 01, 2020

**Transportation and Childcare Provided*

Time: 6:30 – 8:30 p.m.

Location: Vincent Massey School

Fee: \$ 20/person

Funded by: Community Initiatives Fund

RIDING THE WAVE - A Program for Children and Families Exposed to Violence and Trauma

Date: Tuesdays March 17 to April 28 (no group Apr 14), 2020

**Transportation & Childcare Provided*

Time: 6:30 – 8:00 pm

Location: Queen Mary Public School 1010 – 15th St. West

Registration: \$ FREE

Funded by: Ministry of Justice - Victims Services

TAMING THE TIGER - Anger Management for Children Ages 6 to 12 their and Parents

Date: Thursdays March 19 to April 30 (no group Apr 16), 2020

**Transportation & Childcare Provided*

Time: 6:30 p.m. to 8:00 p.m.

Location: Queen Mary Public School 1010 – 15th St. West

Registration: \$ FREE

Funded by: Ministry of Justice – Victims Services

To register or for more information, call:

Catholic Family Services 922-3202 or 1-877-922-3202 or email

pederson.cfspa@sasktel.net



Strengthening Families
CFSPA

STRENGTHENING FAMILIES

A Family Program for Caregivers and their Children Ages 6-12

Families work to improve communication, bonding, emotional management & structure

Date: July and August 2020

Time: TBD, 14 sessions held 2x a week

Location: TBD

Registration: FREE (Funded: Public Safety Canada)

** Transportation, childcare and meals provided as well as other incentives*

** All participants have free, rapid access to counselling services at CFSPA upon request*

** An elder is present at each session*

To register or for more info, contact Strengthening Families @ Catholic Family Services:

Office: 306-922-3202 or 1-877-922-3202

Cell/Text: 306-981-6882

Email: strengtheningfamilies.cfspa@sasktel.net

Website: www.cfspa.ca/strengtheningfamilies

Facebook: SF PA

BRIDGES PROGRAM

Bridges is an employment and training initiative, assisting individuals who have recently transitioned out of the Provincial Correctional System back into the community. Students receive certificates and workplace skills from multiple training opportunities, classroom work, guest speakers and volunteer work experiences, all with the intent of bridging into meaningful employment upon completion.

This 10-week program is PTA (Provincial Training Allowance) eligible. All participants must be referred from either a Probation Officer, or an Addictions/Mental Health counselor, and must have been released from the corrections systems in the last year (ex. All participants in 2019 must have been released in 2018 or 2019). Intakes and interviews are conducted prior to program start, and seating is limited. Upcoming sessions are:

2020: March 30-June 12

For more information, please contact Bridges by:

Office Phone: 306-922-2243

Facebook: Bridges Saskatchewan