

## **CLASSES OFFERED IN MAY & EARLY JUNE**

**CLIMBING THE ROCK – A Program for Youths Exposed to and Healing from Trauma  
For teens between the ages of 13 and 17 years.**

**This class is being offered over two Saturday sessions**

Date: May 8 and May 15

Time: 1 p.m. to 4 p.m.

Transportation available

No fee – This class is funded by Ministry of Justice – Victim Services

**RIDING THE WAVE - A Program for Children ages 6 - 12 Exposed to Violence and Trauma  
and their families**

**This class is being offered over a week-end (Saturday and Sunday)**

Date: May 15 and 16

Time: 9 am to 12 noon

Transportation provided if needed

No fee – This class is funded by Ministry of Justice – Victim Services

**CALMING THE STORM- Anger Management for Adults**

**THIS IS A VIRTUAL CLASS.**

**A new session is posted each Monday for six weeks. The participant has the full week to  
view the lesson and complete the assignments**

Date: Week of May 24 – June 28

Time: At convenience of participant within each one-week period

Fee: \$25 – This class is partially funded by Community Initiatives Fund

**PARENTING FROM THE HEART – For parents/caregivers of children 5 – 12 years**

Date: Saturday May 29 and Sunday May 30

Time: 9 am to 1 pm

Transportation available

Fee: \$25 – This class is partially funded by Community Initiatives Fund

**AFTER THE STORM – A support program for women who have left or are leaving an abusive  
relationship**

Date: Saturday May 29 and Sunday May 30

Time: 9 am to 1 pm

Transportation available

Fee: \$25 – This class is partially funded by Community Initiatives Fund

**TAMING THE TIGER – Anger management for children 5 – 12 and their parents/guardians**

Date: Saturday June 5 and Sunday June 6

Time: 9 am to 12 noon

Transportation available

No fee – this program is funded by Ministry of Justice – Victim Services

***To register or for more information, call:***

Catholic Family Services 922-3202 or 1-877-922-3202 or email [programs.cfspa@sasktel.net](mailto:programs.cfspa@sasktel.net)

Rose Rothenburger, Director of Programs

**COVID-19 SAFETY PROTOCOLS WILL BE FOLLOWED**