Mission
Grounded in the Catholic tradition of service, CFS Saskatoon builds on and supports people’s inherent strengths through professional counselling, education and community programs, accessible to all.

Vision
Strong and healthy individuals, families and communities.

Groups for Children and their Parents

Taming Worry
Children ages 7-10 explore their feelings of fear, anxiety, and worry in a supportive environment, while learning skills and strategies to cope. Parent(s) attend a concurrent group.

Location: Saskatoon Community Service Village
Fee $185.00 | Wed | 6:00 pm-7:00 pm | Oct. 16—Dec. 4
No childcare available

Calming The Storm: Emotional Regulation
Children explore their emotions of anger, frustration and conflict, while learning problem solving skills on how to cope. Parent(s) attend a concurrent group.

Location: Saskatoon Community Service Village
Fee $185.00 | Tue | Ages 7-9: 6:00 pm-7:00 pm,
Ages 10-13: 7:30 pm-8:30 pm | Oct. 1—Nov. 19
No childcare available

Professional Training 2019:

When Teens Are Out Of Control: Working With Their Parents
Are you a professional working with children and/or youth? This workshop covers how to help parents set boundaries, hold teens accountable, use discipline effectively, empower parents when their teen is in trouble with the law, violent, aggressive, using drugs, not attending school, or blatantly defying household rules.

Includes manuals & lunch | Prior registration is required

Location: Saskatoon Community Service Village
Fee $330.00 | Thurs. & Fri. | 9:00 am-4:00 pm |
Oct. 24 & 25
Early Bird Registration Fee: $300.00 (paid by Sep. 19)
Registration Deadline: Oct. 10

Supporting Parents ... When Parents Experience Mental Health Challenges
Are you a professional working with parents and/or families? This workshop will provide a general overview for professionals working with parents experiencing mental health challenges. We will explore the impact on the family, look at ways to support parents in crises and build on strategies to support positive parenting skills.

Includes handouts & lunch | Prior registration is required

Fee $330.00 | Wed. & Thurs. | 9:00 am - 4:00 pm |
Nov. 20 & 21
Early Bird Registration Fee: $300.00 (paid by Oct. 9)
Registration Deadline: Nov. 6

To register or inquire about listed programs:
306.244.7773  cfssaskatoon.sk.ca

Saskatoon Community Service Village
#200 - 506 - 25th Street East
Saskatoon, SK
S7K 4A7
Phone: 306.244.7773
cfssaskatoon.sk.ca
staff@cfssaskatoon.sk.ca
Counselling

At CFS Saskatoon, we provide individual (ages 6 and up), couple and family counselling to assist in building strength and overcoming challenges across the lifespan.

CFS Saskatoon has a team of qualified counsellors who are skilled in assisting people experiencing difficulties to identify strengths, define problems, and work toward alternatives and solutions. Please call for the fee.

CFS Saskatoon provides services under a number of Employee and Family Assistance Plans (EFAP/EAP). Costs may also be covered by Extended Health Benefits (eg., Blue Cross, Manulife, etc.).

To register or inquire about listed programs:
306.244.7773  cfssaskatoon.sk.ca

Group for Adults

Couples Connection:
Marriage Preparation Workshop

This interactive, educational workshop is designed to help couples invest in their relationship for a lasting marriage. The workshop is open to couples of all religious affiliations.

Location: Greenbryre Golf & Country Club
Fee $225.00/couple | Fri. evening & Sat. all day | Oct. 4 & 5
No childcare available

Programs: Fall 2019

For Parents

Building Healthy Families-Drop In

Are you looking for tools and skills to put in your parenting toolbox? Would you like to learn more about brain based strategies that nurture your child’s developing mind? Are you interested in networking with other parents to find ways to raise confident, capable, healthy, resilient children? Join us to explore a variety of parenting topics. Everyone is welcome.

Location: John Lake School, 2606 Broadway Avenue
No Fee | Wed | 9:30 am-11:30 am | Sep. 18 | Oct. 2 & 16
Nov. 6 & 20 | Dec. 4 & 18
Drop in | No childcare available

Understanding Your Child & Youth’s Anxiety

This is a workshop for parents who have children & youth with anxiety. Topics covered include social anxiety, school & learning anxiety, panic attacks and concurrent disorders (OCD, ADHD, etc).

Location: Saskatoon Community Service Village
$100.00 | Sat | 9:00 am—4:00 pm | Nov. 2
No childcare available

For Parents (continued)

Bridging the Gap: For Parents of Challenging Teens

Are you feeling challenged by the attitudes or actions of your teen? Would you like to learn more about adolescence and how to support your child during this stage of their development? Do you feel that you are struggling to cope with your teen and are in need of support? Join us to discuss a variety of topics regarding parenting and understanding adolescence.

Location: Saskatoon Community Service Village
No Fee | Thurs | 7:00 pm-9:00 pm | Sep. 5—Dec. 19
No childcare available

Teen & Young Parents

Peaceful Parenting-Drop In

This group is designed for teen and young parents to discuss parenting issues and solutions in a safe, supportive environment.

Location: White Buffalo Youth Lodge, 602-20th St. W.
No Fee | Wed | 3:30 pm-5:00 pm | Sep. 11—Dec. 18
Childcare available | Open to parents under 30 years

Family Ties/Teen & Young Parent Program

Being a parent is hard work. With the encouragement of Family Ties staff, parents will receive support and be able to engage in educational opportunities, parent groups, and learn about other community supports.

No fee | ongoing intake | No childcare available