



2020

Annual Report

# Message from the Board Chair and Executive Director

On behalf of the Board of Directors and Executive Director of CFS Saskatoon, it is our pleasure to present to you the annual report for the year ending March 31, 2020.

Through our mission, and ends statements, staff are guided in their effort to build strong and healthy individuals in our community. Through their personal commitment and the provision of quality programs and services, people are engaged and lives improved. The ability to create positive impact in the community in this way is directly linked to the talent and dedication shown by our staff who give consistently to the individuals and families that they serve.

The commitment of the Board to provide guidance and to create a solid foundation for the Agency is crucial to the ongoing successful operations. We remain grateful for the tireless support of the Board of Directors. Thank you for the experience and expertise that each member brings to our work.

This year we have had many successes: the opportunity to collaborate with our provincial partners in a province wide Walk-In Counselling program, to expand our community programs with the addition of Anxiety Programming in schools, the implementation of Play Therapy in our clinical services department as well as Executive Coaching. We were also very happy to celebrate together with youth in our Survivor 101 program who were recognized for the development of their book Day by Day: A Handbook for Youth by Youth.

This is our story: the story of our contributions, our successes, and our community. Thank you to everyone who has worked with us this year. We remain so very grateful for your support.

Sincerely,

**Tara Turner**  
Chair of the Board

**Trish St. Onge**  
Executive Director



*CFS Saskatoon acknowledges that we operate on Treaty 6 Territory and the Homeland of the Metis Nation.*

## CFS Saskatoon Board Roster

Michael Dunphy  
Brenda Fitzgerald  
Gord Gillespie - Treasurer  
Tania Lafontaine  
Monique Leblanc - Vice-President  
Diego Monteiro

Lynn Onushko  
Fr. Matthew Ramsay  
Sherry Richert - Secretary  
Tara Turner - President  
Charlene Cote

## 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.

## Who we are:

CFS Saskatoon is a mission driven organization with a focus on positive community impact. We achieve results utilizing a variety of strategies including clinical services family & community programs as well as early learning & family centres. Our qualified staff provide professional and confidential assistance to anyone who is experiencing personal and family difficulties regardless of religious affiliation or ability to pay.

CFS Saskatoon is governed by a community based, volunteer Board of Directors who are committed to the work of the agency.



This year, the programs and services of CFS Saskatoon served

**5,016**  
individuals

CFS Saskatoon strives to make our programs and services accessible to all members of our community. We continue to have conversations internally and externally regarding emerging trends and needs. Our clinical services, family & community programs and our early learning & family centres are thriving and the demand for our programs and services continues to grow. We commit to being creative in our service delivery and to insure the best possible resource for those who come to our agency for help.

100% of our clients reported that they were satisfied or very satisfied with the service they received. Clients rated the quality of service received as very high (68%) or high (32%). 94% of clients stated that their ability to manage the situation that brought them to our service has improved (35%) or greatly improved (59%).





# Highlights

## Walk In Counselling:

This was a province wide collaboration with other Family Service agencies and the Saskatchewan Health Authority. Together with 11 other organizations, we are offering 55 clinics in 27 communities each week.

## Play Therapy:

We supported one of our staff to complete a certification in the Foundations of Play Therapy in the summer of 2019 and for the first time we are able to offer play therapy services to children younger than six years of age.



## Steps: From Anxiety to Resilience.

With the support of the Korchinski Family Foundation we were able to expand programming for children and youth who experience anxiety in ten high schools and four elementary schools.

## Executive Coaching:

After completing a Postgraduate Certification in Executive Coaching from Royal Roads University, our Executive Director is available to support senior level managers, and executives. She defines an executive coach as a skilled practitioner who is committed to a creative and collaborative partnership with a motivated individual while holding them fully capable of amazing results to become their best self. Executive coaching unlocks hope, passion and possibilities to inspire people to move towards the best version of themselves.

## Hand in Hand: By Youth for the Adults in their Lives.

Following the great success of the book Day by Day: A Handbook by Youth for Youth, of which 2,000 copies have been dispersed throughout the province. The youth developed a second book entitled: Hand in Hand: By Youth for the Adults in their Lives. We are very excited to be involved in such a wonderful and empowering project for youth and a great learning tool for the adults in their lives.



“I just looked at Hand in Hand! I think it is even better than Day-by-Day! There is just so much more variety and so many more stories from students. I feel like this book is going to really help not only my parents but others, thank you so much for giving me the chance to be a part of this project in the first place. You and all of CFS is awesome!”

- Student Contributor



# Family & Community Programs

Our Family & Community Programs provide services to children, youth, parents, couples and families through group work, as well as individual and family support. This year we offered 84 programs that varied in length from one day to eight weeks to an entire school year. One is offered throughout the year. Our family & community programs served 2,052 individuals in 2019-2020.

## The community programs and groups include:

- ✓ Reaching Out Connecting with Your Children
- ✓ Strengthening Family Bonds
- ✓ Bridging the Gap
- ✓ Understanding Your Child's/ Youth Anxiety
- ✓ Attachment and Trauma
- ✓ Parenting 101
- ✓ Family Ties Teen and Young Parent Program
- ✓ Peaceful Parenting
- ✓ Around the Kitchen Table: Support for Families of Hospitalized Children
- ✓ Building Healthy Families
- ✓ Post Adoption Support Group
- ✓ Positive Playtime
- ✓ Couples Connection
- ✓ Taming Worry
- ✓ Calming the Storm
- ✓ Survivor 101
- ✓ Anxiety: Let's Break Up
- ✓ STEPS: From Anxiety to Resilience

These groups are held in a variety of locations including Public and Catholic high schools and elementary schools, the Saskatoon Community Service Village, White Buffalo Youth Lodge, Calder Centre, the Adoption Support Centre, Elisabeth Fry Society, Friendship Inn, Ronald McDonald House, Saskatoon Family Resource Centre, the Saskatoon Tribal Council and others. Many of our programs for children have a concurrent parent component.

CFS Saskatoon believes that parents are the most important and influential people in their children's lives. We are committed to empowering parents and caregivers to develop the necessary skills to be the best they can be for their children.

The Separation & Divorce Sessions offered in partnership with the Ministry of Justice were offered 11 times, with 212 people attending.



"Our child was very positive about his experience and wanted to keep coming. He found value in the activities and lessons, which was our primary goal"

- Parent Quote

## Professional Development & Training

We value the opportunity to provide professional development opportunities to the community. Our staff and some outside speakers facilitated these events. This year we held two conferences for professionals with 106 attendees.

- ✓ When Teens are Out of Control – Working with their Parents
- ✓ Brain Storey: How Brain Science is Changing Practice to Make a Difference for Children and their Families.

We also provided 12 presentations and workshops for a variety groups with 213 people attending. Topics included:

- ✓ Becoming Trauma Informed
- ✓ Trauma Informed Care
- ✓ Financial Literacy & Communication with your Child
- ✓ Understanding your Child's Anxiety
- ✓ Facilitation Skills
- ✓ Anxiety
- ✓ Stress Management & Self-Care and Daily Wellness
- ✓ Understanding Anxiety in Youth
- ✓ Maximizing your Potential as an Individual and as a Team: Moving Forward from Stress to Empowerment

*A Project of the  
Survivor 101 Program  
CFS Saskatoon*



## Community Events

The staff at CFS Saskatoon were proud to participate in the Walk for Reconciliation that took place on June 21st, 2019. We continue to work towards being a culturally integrated organization. We endeavour to honour the purposes and characteristics of consultation, deliberation and engagement as we work towards being a reconciling organization.

Staff and/or our social work students participated in numerous community fairs and exhibitions this past year by having interactive booths at the following events:


- ✓ Dakota Dunes Casino Annual Wellness Fair
- ✓ Family Resource Centre display at Drop-In Flu Clinic
- ✓ Elim Church Provincial Youth Conference
- ✓ Prevention Matters Conference
- ✓ Now in My Day: Advocate for Children & Youth Conference
- ✓ SIAST Mental Health Fair
- ✓ Tommy Douglas Collegiate Wellness Expo

Staff and/or our social work students participated in numerous community fairs and exhibitions this past year by having interactive booths at the following events:

- ✓ Prevention Matters Conference 2019: Connecting and Collaborating, Learning from One Another for Healthy Child Development and Well-Being
- ✓ Elim's Youth Conference: Day by Day Presentation
- ✓ Now in My Day: Advocate for Children & Youth Conference. Survivor 101 students helped to plan the conference and were presenters.
- ✓ Saskatoon Sexual Assault and Information Centre.

We also collaborated with Little Warriors to present five Prevent Childhood Sexual Abuse workshops over the course of the year.



A photograph showing three young children sitting at a table in a classroom. One child in the foreground is looking down at something on the table, while two others are partially visible behind her. The room has colorful toys and furniture.

# Early Learning & Family Centres

CFS Saskatoon Early Learning & Family Centres provides play based learning opportunities that focus on the growth and development of the whole child in a safe, engaging and dynamic environment. The ability to care for the child's social-emotional, physical, spiritual and intellectual growth is rooted in the centres to insure the building of trusting, supportive, respectful and collaborative relationships with the children and their parents/caregivers. Children's developmental needs are met by incorporating the principles of Play and Exploration in the daily routine.

At our Rosewood location, we also follow the three pillars of the Joint Use School Model that include partnership, quality early learning, and family and community engagement.

**Rosewood** - 100 families were served, with 128 children attending the early learning centre.

**E.D. Feehan** - 65 families were served, of which 11 were teen parents. 79 children attended the Centre

**Bishop Murray** - 15 families were served of which 6 were teen parents. 11 children attended the Centre





# Clinical Services & Intern Program

Counselling at CFS Saskatoon is the practice of using clinical mental health principles, values and techniques to achieve a better understanding of issues and concerns. Our counselling services help individuals and families to develop the insight to recognize, prevent and change behaviours that are causing difficulty in their lives. When existing problem-solving efforts are no longer working, a counsellor can help to: enhance personal and spiritual growth, increase personal effectiveness, improve interpersonal relations, strengthen coping styles, and adjust to life transitions and to find or regain good mental health. We work with two parent families (same and opposite sex parents), blended families, individuals, couples and entire families.

The goals of our counselling program are both specific and broad as each client comes with their own needs and a plan for counselling is developed together with each client. With this understanding our counsellors and group facilitators help individuals, couples and families figure out what is really going on, how to get a new perspective, build on strengths and reconnect

with others. We believe that reaching out for help, connecting with others and finding new ways of coping is a healthy way of dealing with life's struggles. Our counsellors equip each client with the tools and self-awareness necessary to make choices and take action that support their well-being and improves their relationships.

Our counselling & intern program had a very exciting year with the addition of a play therapy offering and walk-in counselling sites as well as ongoing support for our intern and for fee counselling service. We offer clinical services at the Saskatoon Community Service Village, Saskatoon Food Bank & Learning Centre, CLASSIC Law, Elisabeth Fry Society, Delisle Health Unit and the 50+ Health Unit located in Market Mall.

In total, our counselling & intern program completed 4,380 counselling sessions serving 2,176 people.

Our Agency provided 2,711 counselling sessions to 1,537 people at our Village location and 673 sessions for 236 people at the Saskatoon Food Bank and Learning Centre from April, 2019 – March, 2020.



## “My counsellor changed my life!”

“What I like the best about CFS is the quality of the therapeutic services”

“Easy to book sessions, great parking, friendly staff”

“My life has been very stressful for years. The services I have received here have helped me not to give up or experience a complete mental breakdown”

“I am so grateful for the progress I've made in my life as a result of the counselling I have received through CFS”

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“The things I like the most about CFS are the friendly staff, the counsellors and the safe environment”

“Accessible services, lack of pressure and willing to be flexible in their approach to helping”

“My daughter has always loved being with family and friends and she has opened up much more”

“My enjoyment of my family was bad cause I was living with my grandma but now I can manage it better”

“I have a little more ability to solve problems with others”

“My kids and our family definitely seem happier overall”

“I am thankful for the low income option”



# Community Partners

## Agencies

Adoption Support Centre of Saskatchewan  
Calder Centre  
Canadian Mental Health Association: GAP (gambling) Program  
Concentra: Care Kits for Survivor 101 youth  
Elisabeth Fry Society  
Friendship Inn  
Inspire YXE  
Light of the Prairies: Walter Lane Farm  
Saskatchewan Prevention Institute  
Ronald McDonald House  
Saskatchewan Advocate for Children and Youth  
Saskatoon Community Service Village  
Saskatoon Family Resource Centre  
Saskatoon Tribal Council  
Souris Hall U of S Grad Residences  
White Buffalo Youth Lodge

## Greater Saskatoon Catholic High Schools

Bethlehem  
Bishop James Mahonney  
Bishop Murray  
E D Feehan  
Holy Cross  
Oskayak  
St. Joseph's

## Greater Saskatoon Catholic Elementary Schools

Bishop Klein  
George Vanier  
St. Michael's

## Prairie Spirit High Schools

Martensville  
Delisle

## Saskatoon Public High Schools

Aden Bowman  
Bedford Road Collegiate  
Centennial  
Evan Hardy  
Mount Royal  
Tommy Douglas  
Walter Murray

## Saskatoon Public Elementary Schools

Confederation  
John Lake  
Princess Alexandra  
Vincent Massey

# Referrals

## Agencies

601 Outreach  
Adoption Support Centre of Saskatchewan: Youth Speak Out, Advocate for Children & Youth  
Al-Anon  
Autism Services  
Boys and Girls Clubs  
CP Christmas train  
CUMFI  
Childcare Centres  
City of Saskatoon Leisure Card Program  
Continuing Adult Education Fair  
FASD Network  
Family Law Agreement maker  
Family Resource Center: My Curious Brain program.  
Friendship Inn  
Housing (various agencies and locations)  
Inter- collegiate pow-wow  
Kids Help Phone  
Legal Aide  
Mediation Services  
Mental Health & Addictions Services (Health Authority),  
Mothers Center: Breastfeeding Peer Support Program  
Occupational Therapists

Parent Aide  
Positive Parenting online conference  
QUINT  
READ Saskatoon  
SCYAP (Saskatoon Community Youth Arts Program)  
SSAIC (Saskatoon Sexual Assault Information Centre)  
Salvation Army: Christmas Hampers  
Saskatoon Crisis Intervention Services  
Saskatoon Housing Coalition  
Saskatoon Police: Strengthening Families Saskatoon  
Saskatoon Public Library  
TRC help lines  
Tee-pee raising – Friendship park Social Workers  
YWCA Shelter

## CFS Saskatoon

Family & Community programs

## Classic

ID Clinic  
Legal advice

## Counsellors

Walk In Counselling & Counsellors at CFS Saskatoon  
private counsellors  
school counsellors

## Family Service Saskatoon

Domestic Violence program  
Walk-In counselling

## Food Bank & Learning Center:

food  
garden workshops  
CFS Saskatoon no fee walk-in counselling

## OUT Saskatoon

Rainbow coffee for youth  
Youth nights

## Sask. Health Authority

Healthy Mother Healthy Baby: Food for Thought  
Westside Community Clinic: Pathways to Wellness

## STC (Saskatoon Tribal Council)

Group Programs,  
Pathways to Wellness  
Urban Family Services

## White Buffalo Youth Lodge

ID Clinic  
Family Christmas photos

## Funders and Donors

Amiskusees Semaganis Worme Family Foundation  
Assumption of Our Lady Parish  
Affinity Credit Union  
Bishop's Annual Appeal  
Catholic Women's League Councils:  
    CWL Clothing Depot Inc.  
    Our Lady of Lourdes CWL  
    Saskatoon Diocesan Council  
    St. John Bosco CWL Bingo  
Cameco Corporation  
Community Initiatives Fund  
City of Saskatoon  
CHEP Good Food Inc  
Family Service Saskatchewan  
Government of Canada

### **Government of Saskatchewan:**

Ministry of Education  
Ministry of Justice  
Ministry of Social Services  
Ministry of Immigration & Career Training

Greater Saskatoon Catholic Schools  
Korchinski Family Foundation  
Nutrien Inc.  
Prairieaction Foundation  
PARTNERS Family Services  
Saskatchewan Knights of Columbus  
Charitable Foundation Saskatoon & District Labour Council  
Sisters of our Lady of the Cross  
Tech Soup Canada  
Microsoft Software  
Intuit  
TimeLine Logistic International  
United Way of Saskatoon & Area  
Ursuline Sisters of St. Angela's Convent  
Anonymous  
Velda Beaman  
Joseph & Pauline Blatz  
Carole & Anthony Boryski  
Christopher & S. Meghan Boychuk  
Kathleen & Harvey Chatlain  
Carol & Glen Colville  
Bob Dzialo

Dr. Gordon Kasian  
Dr. Michael Krochak  
Jodi Jane Ledding  
Brent Longstaff  
Terry & Howard Lowe  
Leah & Marc Perrault  
Sharon Parker  
Gaye Peters  
Erick Preciado  
Vern & Sharon Schaab  
Marty & Clare Schneider  
Angela A Schmidt  
Rhonda & Troy Stimpson  
Marcel & Trish St. Onge  
Delphia & John Takala  
John & Patricia Thompson  
Cristina Ugolini Hill  
Gail Urquhart  
Francis & Lena Vella  
Lynne & Lorne Wright  
Tom & June Zurowski





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