



## Life Improvement Programs

### PROGRAMS - FALL 2021

**STRICT COVID-19 SAFETY PROTOCOLS & SANITIZATION CONTINUE TO BE FOLLOWED**  
**Unless otherwise indicated, all classes will take place at CFS – 1008 1<sup>st</sup> Avenue East**  
**PLEASE NOTE: Dates and times are subject to change**

**RIDING THE WAVE - A Program for Children Ages 6-13 Exposed to Violence and Trauma & their parents**  
**Two sessions are being offered (full program is delivered over a week-end):**

Date: Sat. Oct 16 and Sun Oct. 17 *\*Transportation Provided if needed*  
Date: Sat. Nov 6 and Sun Nov. 7  
Time: 9:00 a.m. to 1 p.m.  
Registration: **FREE** *Funded by: Ministry of Justice - Victims Services*

**TAMING THE TIGER - Anger Management for Children Ages 6 to 12 and their Parents**  
**Two sessions are being offered (full program is delivered over a week-end):**

Date: Sat. Sept. 25 and Sun. Sept 26 *\*Transportation Provided if needed*  
Date: Sat. Oct. 23 and Sun Oct. 24  
Time: 9:00 a.m. to 1 p.m.  
Registration: **FREE** *Funded by: Ministry of Justice – Victims Services*

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

Date: Wednesdays Oct. 20 – Nov. 24 *\*Transportation Provided if needed*  
Time: 1 p.m. to 4 p.m.  
Location: To be determined  
Registration: **FREE** *Funded by: Ministry of Justice – Victims Services*

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

Date: Week of Sept. 20 – Week of Oct. 18  
Time: VIRTUAL CLASS – Participants will have one week to complete each session  
Location: On line  
Registration: **\$25**

**CALMING THE STORM FOR TEENS - Anger Management for Teens**

Date: Mondays and Wednesdays Oct. 25 – Nov. 3 *\*Transportation Provided if needed*  
Time: 5:15 – 6:15 p.m.  
Registration: **\$25** *Funded by: Community Initiatives Fund*

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### **PARENTING FROM THE HEART – Parenting Class**

**Two sessions are being offered. Full program is delivered over a week-end**

Date: Sat. Sept. 18 & Sun. Sept. 19 *\*Transportation Provided if needed*  
Date: Sun. Oct. 30 & Sun. Oct. 31  
Time: 9:00 a.m to 1:00 p.m.  
Registration: Free

### **STEPPING UP – Men Building Healthy Relationships**

**A 13 week program (one session per week) for men who have been abusive in their relationships**

Date: Tuesdays, Sept. 28 – Dec. 14 *\*Transportation Provided if needed*  
Time: 6:30 pm to 8:30 p.m.  
Registration: **\$25** *Funded by: Northern Lights Development Corp.  
Saskatchewan Knights of Columbus*

**NEW EQUINE ASSISTED LEARNING – A powerful, professional and effective approach, proven to have a positive impact on children, including those suffering from grief or trauma**

Date: Thursdays, Sept. 16 – Oct. 21 *\*Transportation Provided if needed*  
Time: 6:00 p.m. to 8:00 p.m.  
Location: Cartier Farms  
Registration: **\$25** *Funded by: Prince Albert and Area Community Foundation*

**NEW How Long Does the Sad Last – a program for children 6 – 10 who are dealing with loss and grief**

Date: Tuesdays, Oct. 5 -Nov. 9 *\*Transportation Provided if needed*  
Time: 6:30 – 7:30  
Registration: **\$25** *Funded by: Affinity Credit Union*

**NEW Grief Support Group for Adults – a support group for men and women who are dealing with loss and grief**

Date: Tuesdays, Oct. 5 -Nov. 9 *\*Transportation Provided if needed*  
Time: 6:30 – 7:30  
Registration: **\$25** *Funded by: Our Lady of the Prairies Foundation*

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

**Rose at Catholic Family Services 306 961-8410 or email [programs.cfspa@sasktel.net](mailto:programs.cfspa@sasktel.net)**

**For classes which are filled, you can still register and be placed on our “wait list” for the next class.**