

Life Improvement Programs

WINTER & SPRING, 2024

Unless otherwise indicated, all classes will take place at CFS – 1008 1st Avenue West
Check our website for updates (cfspa.ca)

AFTER THE STORM – A support group for women who are experiencing or have experienced intimate partner violence

Date: Sat. and Sun., March 2 and 3, 2024 *Transportation Available
Time: 9:00 a.m to 12 noon.
Registration: Free Funded by Community Initiatives Fund

CALMING THE STORM- Anger Management for Adults

Date: Thursdays, March 14 – April 18, 2024 *Transportation Available
Time: 6:30 p.m. to 8:00 p.m. **This class may be taken in person or by zoom**
Registration: \$25 Funded by Community Initiatives Fund

Date: Thursdays, May 9 – June 13, 2024 *Transportation Available
Time: 6:30 p.m. to 8:00 p.m. **This class may be taken in person or by zoom**
Registration: \$25 Funded by Community Initiatives Fund

HEALING HEARTS: Grief Support Group for Adults – a support group for men and women who are dealing with loss and grief

Date: Wednesdays, March 27, April 3, April 10
Time: 1:00 p.m. to 3:00 p.m. Funded by: Saskatchewan Knights of Columbus
Registration: Free Community Initiatives Fund

HOLD ME TIGHT – Relationship enrichment, enhancement and education for couples

Date: Sat. and Sun, March 2 and 3, 2024
Time: 9 am to 4 p.m. Lunch provided *Transportation available
Registration: \$25 per couple Funded by: Our Lady of the Prairies Foundation

PARENTING FROM THE HEART – Parenting Class for parents, guardians or those who work with children Full program is delivered over the week-end. This is a combination of the parenting portion of Taming the Tiger and Riding the Wave.

Date: Sat and Sun, April 6 and 7, 2024 *Childcare available
Time: 9 am to 12 noon *Transportation Available
Registration: Free Funded by: Ministry of Justice - Victims Services

Date: Sat and Sun, June 1 and 2, 2024 *Childcare available
Time: 9 am to 12 noon *Transportation Available
Registration: Free Funded by: Ministry of Justice - Victims Services



RIDING THE WAVE - A Program for Children Ages 6-13 Exposed to Violence and Trauma & their parents

Date: Sat. and Sun, April 13 - 14, 2024

Time: 9 am to 12 noon

**Transportation Available*

Registration: **FREE**

Funded by: Ministry of Justice - Victims Services

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

Program delivered over a week-end

Date: Sat and Sun, May 25 - 26, 2024

** Transportation Available*

Time: 9:00 am to 12 noon

Registration: **FREE**

STEPPING UP – Men building healthy relationships

A 12-week program (one session per week) for men who have been abusive in their relationships

Date: Tuesdays, February 27 – May 21

**Transportation Available*

Time: 6:30 to 8:00 pm

This class may be taken in person or by zoom

Registration: **\$25**

Funded by Saskatchewan Knights of Columbus

***To register or for more information,
Call/Text Rose 306 961-8410 or email programs.cfspa@sasktel.net
For information on these and other programs we offer, please go to: www.cfspa.ca***

If start dates for programs have not yet been determined, you can be put on a wait list to ensure you have a spot in the program.