

Life Improvement Programs

Fall 2022 & January 2023

**Unless otherwise indicated, all classes will take place at CFS – 1008 1st Avenue West**

**PLEASE NOTE: Dates and times are subject to change**

**AFTER THE STORM – A support group for women living with the aftermath of domestic violence**

Date: Sat. Jan. 21 and Sun Jan. 22, 2023 ***\*Transportation Available***

Time: 9:00 a.m to 12:00 noon

Registration: $25 *Funded by:* ***Civil Forfeiture***

**BANANA SPLITS: A PROGRAM FOR CHILDREN COPING WITH PARENTAL SEPARATION**

Date: Children ages 9-11: Date to be determined

Children ages 6 – 8: Nov. 26, 2022

Time: 10 a.m. to 4 p.m.

Registration:  **$25 per child** *Funded by:* ***Community Initiatives Fund***

**CALMING THE STORM- Anger Management for Adults**  *\*Transportation Available*

Date: Wednesdays, Nov. 9 – Dec. 14, 2022

Time: 6:30 to 8:00 p.m. ***This class may be taken in person or by zoom***

Registration:  **$25** *Funded by Community Initiatives Fund*

**CLIMBING THE ROCK – A Program for Teens Exposed to and Healing from Trauma**

**For teens between the ages of 13 and 17 years**

Date: Date to be determined (in 2023) *\*Transportation Available*

Time: 5:30 – 8:00 p.m. *\*Supper provided*

Registration:  **FREE** *Funded by:* ***Ministry of Justice – Victims Services***

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

Date: Tuesdays, Oct. 25 – Nov. 29, 2022 \****Transportation Available***

Time: 6:30 – 8:00 p.m.

Registration:  **$25** *Funded by:* ***PA & Area Community Foundation***

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

Date: To be delivered over two week-ends – Dates to be determined

Time: To be determined

Registration:  **$25** **per couple** *Funded by:* ***Community Initiatives Fund***

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**ONE HEART – TWO HOMES – Co-parenting children of divorce to a positive future**

Date: Tuesdays, January 10 – March 7, 2023

Time: 6:15 – 8:15

Registration:  **Free** *Funded by:* ***Community Initiatives Fund***

**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.***

**Two programs are being offered – complete program is delivered over one week-end**

Date: Sat. Nov 19 and Sun. Nov. 20, 2022

Sat. Jan. 21 and Sun. Jan 22, 2023

Time: 9:00 a.m to 12:00 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: Nov. 26 and 27, 2022 *\*Transportation Available*

Time: 9 am to 12 noon

**Registration: FREE *Funded by: Ministry of Justice - Victims Services***

**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, Jan. 10 – March 28, 2023 ***\*Transportation Available***

Time: 6:30 to 8:00 pm

Registration: **$25** *Funded by Civil Forfeiture*

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

Date: To Be Determined (in 2023) *\* Transportation Available*

Time: 6:30 p.m. to 8:00 pm.

Registration: **FREE** *Funded by:* ***Ministry of Justice – Victims Service***

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

**Call/Text Rose 306 961-8410 or email** [**programs.cfspa@sasktel.net**](mailto:programs.cfspa@sasktel.net)

Updated Oct 24. 2022