

 Life Improvement Programs

 Winter, 2023

 **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 living with the aftermath of domestic violence**

**Full program is delivered over the week-end**

Date: Sat. March 4 and Sun. March 5, 2023 **\**Transportation Available***

Time: 9:00 a.m to 12:00 noon *\*Childcare Available*

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

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

Date: Wednesdays, March 15 to April 19, 2023 *\*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: Tuesday March 7 and March 14, 2023 \****Transportation Available***

Time: 1:00 p.m. to 4:00 p.m.

Registration:  **$25**

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

Date and time::

Sat. March 4: 9 am to 12 noon

Sun. March 5: 1pm to 4 p.m.

Sat. March 11: 9:am to 4 p.m. (lunch will be provided)

You must attend all sessions to complete the program

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

**\*\*\*Grief program for teens:**

**HOW LONG DOES THE SAD LAST – a program for children 13 – 17 who are dealing with loss and grief**

Date: Sat. and Sun, April 29 – 30, 2023 \****Transportation Available***

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

Registration: FREE *Funded by:* ***Northern Lights Development Corporation***

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**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. March 4 and Sun. March 5, 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 6-12 Exposed to Violence and Trauma & their parents**

Date: Sat. and Sun, Feb. 11 and 12 *\*Childcare available*

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, Feb. 25 and 26, 2023 *\* Transportation Available*

Time: 9:00 am to 12 noon *\*Childcare Available*

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**

**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. Please check our website cfspa.ca to see all the programs we offer.**

***PARTICIPANTS IN OUR PROGRAMS ARE ELIGIBLE TO BOOK APPOINTMENTS WITH OUR MENTAL HEALTH COUNSELLORS AT NO FEE***

Updated: Feb. 8, 2023