

Life Improvement Programs

FALL, 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., Oct. 19 and 20, 2024

**Transportation Available*

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

**Child care Available*

Registration: Free

Funded by Sask. Knights of Columbus

CALMING THE STORM- Anger Management for Adults

Date: Thursdays, Sept. 19 – Oct. 24, 2024

**Transportation Available*

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

Registration: \$25

This class may be taken in person or by zoom

Funded by Our Lady of the Prairies Foundation

Date: Thursdays, Nov. 14 – Dec. 19, 2024

**Transportation Available*

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

Registration: \$25

This class may be taken in person or by zoom

Funded by Our Lady of the Prairies Foundation

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

Date: Sat. and Sun, Oct. 19 and 20, 2024

**Childcare available*

Time: 9 am to 4 p.m. *Lunch provided*

**Transportation available*

Registration: **\$25 per couple**

Funded by: Prince Albert & Area Community 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, Aug. 10 and 11, 2024

**Childcare available*

Time: 9 am to 12 noon

**Transportation Available*

Registration: Free

Funded by: Ministry of Justice - Victims Services

Date: Sat and Sun, Sept. 28 and 29, 2024

**Childcare available*

Time: 9 am to 12 noon

**Transportation Available*

Registration: Free

Funded by: Ministry of Justice - Victims Services



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Date: Sat and Sun, Nov. 30 and Dec. 1, 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, Oct. 5 and 6, 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, Oct. 26 and 27, 2024 * Transportation Available
Time: 9:00 am to 12 noon Funded by: Ministry of Justice - Victims Services
Registration: **FREE**

The following class will be delivered in Jan. 2025:

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, Jan. 21 – April 8, 2025 *Transportation Available
Time: 6:30 to 8:00 pm
Registration: **\$25**

To register or for more information,
Call Amanda at 306 922-3202 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.