



# Strengthening Families

## CFSPA

- Free & fun family program!
- For Caregiver & Teen (12-16) OR Caregiver & Child (7-11)
- Must pre-register – limited spots available!
- Sessions help with communication, conflict reduction, family function & bonding
- Play bingo each session for prizes, activities & incentives
- Meals, Taxi, Babysitting help included
- Advocacy / Outreach for families
- Free counseling available upon request

### Contact us:

- 306-981-6882 (cell)
- 306-922-3202 (office)
- 306-922-7977 (fax)
- [strengtheningfamilies.cfspa@sasktel.net](mailto:strengtheningfamilies.cfspa@sasktel.net) (email)
- [cfspa.ca/strengtheningfamilies](http://cfspa.ca/strengtheningfamilies) (website)