



Life Improvement Programs SPRING 2022

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

PLEASE NOTE: Dates and times are subject to change

RIDING THE WAVE - For Children Ages 6-12 Exposed to and healing from trauma & their parents

Date: Sat. May 14 and Sun. May 15

**Transportation Available*

Time: 9 am to 12 noon

Registration: **FREE**

Funded by: Ministry of Justice - Victims Services

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

(Full program is delivered over a week-end)

Date: Sat. April 30 and May 1

**Transportation Available*

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

Registration: **FREE**

Funded by: Ministry of Justice – Victims Services

CALMING THE STORM- Anger Management for Adults

Date: Tues. and Thurs, April 26 – May 12, 2022

**Transportation Available*

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

HEALING HEARTS: Journey Through Grief – support group for adults who are dealing with loss and grief

Date: Tuesdays April 26 – May 31, 2022

**Transportation available*

Time: 6:30 – 8:00 pm

Registration: **\$25**

Funded by Community Initiatives Fund

PARENTING FROM THE HEART – Parenting Class for parents, guardians or those who work with children

Two classes are being offered:

Date: Sat., April 23 & Sun. April 24, 2022

Sat. May 28 and Sun. May 29

Time: 9:00 a.m to 12 noon

**Transportation Available*

Registration: Free

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

Date: Sat., May 28 & Sun. May 29, 2022

**Transportation Available*

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

Registration: **\$25**

Funded by: Civic Forfeiture - Corrections, Policing & Public Safety

To register or for more information,

Call or Text: Rose at CFS 306 961-8410 or email programs.cfspa@sasktel.net

For classes that are filled, you can still register and be placed on our “wait list” for the next class.



Strengthening Families Program will run a **Caregiver & Child (ages 7 – 11)** program in July and August, 2022. SFP helps families with communication, function, bonding and emotional management. It is free, fun and provides transportation, meals, babysitting & incentives. Contact Danielle by: call/text: 306-981-6882, email strengtheningfamilies.cfspa@sasktel.net, office 306-922-3202, fax 306-922-7977.