

Life Improvement Programs Fall 2025

Classes will be held in a different venue from the CFS building, location TBA.
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: November 15th-16th

**Transportation Available*

Time: 1pm to 4pm

Location: CFS building 3rd floor

**Childcare Available*

Registration: \$25.00

Funded by: **Sisters of St. Joseph**

Starts Soon!

CALMING THE STORM -TEENS – Anger management for Teens

Date: Wednesdays, August 20th -September 24th, 2025

Location: Catholic Family Services 3rd floor Board Room

Time: 6pm-7:30pm

Registration: \$25.00

**Transportation Available*

Completed

CALMING THE STORM- Anger Management for Adults

Date: Thursdays, Sept 11th-October 16th, 2025

Location: Calvary United Church-114 25th street east

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

Registration: \$25

**Transportation Available*

This class may be taken in person or by zoom

Funded by: **Community Initiatives Foundation**

Completed

Date: Thursdays, November 6th-December 11th 2025

Location: Calvary United Church-114 25th street east

Time: 6:30pm-8pm

Registration: \$25

Starts Soon!

Active Parenting – Parenting Class for parents, guardians or those who work with children (5yr-12yrs)

Date: September 27th-28th

Location: TBA

Time: 1pm-4pm

Registration: \$25.00/person

**Childcare available*

**Transportation Available*

Funded by: **Sisters of St. Joseph**

Completed



Active Parenting – Parenting Class for parents, guardians or those who work with children (Teens)

Date: November 15th-16th 2025

Location: TBA

Time: 1pm-4pm

Registration: \$25.00/person

Starts Soon!

**Childcare available*

**Transportation Available*

Funded by: Sisters of St.Joesph

RIDING THE WAVE - A Program for Children Ages 6-13 Exposed to Violence and Trauma & their parents

Date: November 22nd-23rd

Location: TBA

Time: 1pm to 4pm

Registration: FREE

Starts Soon!

**Transportation Available*

Funded by: Ministry of Justice – Victim Services

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

Program delivered over a week-end

Date: October 18th-19th

Time: 1pm-4pm

Registration: FREE

Location: TBA

Completed

** Transportation Available*

Funded by: Ministry of Justice – Victims Service

STEPPING UP – Men building healthy relationships

A 12-week program (one session per week) for men who have been abusive in their relationships

Date: Tuesday, October 14th, 2025- Jan 20th, 2026

Location: Catholic Family Services (3rd floor)

Time: 6:30 to 8:00 pm

Registration: \$25

In Session

**Transportation Available*

This class may be taken in person or by zoom

Funded by: Northern Lights Community Development Corporation.

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.