



LIFE IMPROVEMENT PROGRAMS

WINTER 2026

CALMING THE STORM - Anger Management for Adults (6-week Program)

1st Session Dates: January 15th – February 19th, 2026 – **IN PROGRESS**

2nd Session Dates: February 26 - April 2, 2026

3rd Session Dates: April 9 - May 14, 2026

Location: Calvary United Church - 114 25th Street East

**Transportation Available*

Time: 6:30 PM to 8:00 PM every Thursday

This class may be taken in person or by zoom

Registration: \$25/person

Funded by: *Northern Lights Community Development*

ACTIVE PARENTING CHILDREN 5-12yrs – Parenting class for parents, guardians or those who work with children Weekend Program

Date: Saturday February 21st - Sunday February 22nd 2026

Location: TBA

**Childcare available*

Time: 1:00 PM -4:00 pm both days

**Transportation Available*

Registration: \$25.00/person

Funded by: *Community Initiative Fund*

ACTIVE PARENTING TEENS - Parenting class for parents, guardians or those who work with teens Weekend Program

Date: Saturday March 7th - Sunday March 8th 2026

Location: TBA

Time: 1:00 PM -4:00 pm both days

**Transportation available*

Registration: \$25.00/person

Funded by: *Community Initiative Fund*

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

Date: Saturday March 7th – Sunday March 8th 2026

Location: Calvary United Church 114 25th Street East

Time: 1:00 pm to 4:00 pm both days

**Transportation Available*

Registration: FREE

Funded by: *Ministry of Justice – Victim Service*

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

Date: Saturday February 14th- Sunday February 15th 2026

Time: 1:00 pm-4:00 pm both Sat and Sun

**Transportation Available*

Registration: FREE

Funded by: *Ministry of Justice – Victims Service*

Location: Calvary United Church 114 25th Street East

To register or for more information:
Call 306-922-3202 or email cfspa@sasktel.net
Check out our website: www.cfspa.ca

If start dates for programs have not been determined, we will put you on a waitlist!