



SASKATOON FAMILY SUPPORT CENTRE Winter 2007 PARENT EDUCATION BROCHURE

Please feel free to photocopy this information or, access this information on-line at <http://www.cr.gov.sk.ca/regional/offices.html> and click on *FSC Parent Groups* next to the Saskatoon office link.

ALL GROUPS AND CHILD CARE ARE PROVIDED FREE OF CHARGE.

Child care is available on a first-come-first-serve basis. Please refer to the back of this brochure for more details.

FOR FURTHER INFORMATION OR TO REGISTER FOR GROUPS PLEASE CALL 933-6830.
THE REGISTRATION COORDINATOR WILL BE AVAILABLE TUESDAYS, WEDNESDAYS & FRIDAYS UNTIL
FEBRUARY 28, 2007; AFTER THAT DATE PLEASE CALL 933-7751 FOR INFORMATION.
NOTE: REGISTRATION IS NOT REQUIRED FOR DROP-IN GROUPS.

CERTIFICATES OF ATTENDANCE WILL BE PROVIDED TO ALL PARTICIPANTS OF REGISTERED GROUPS UPON COMPLETION

MONDAY GROUPS

Families First Partnership Program: Dad's Group

Location: Spadina Childcare Cooperative
1702 - 20th Street West (basement)
Day/Time: Mondays, 5:30 - 8:00 p.m., ONGOING
Childcare: YES AS AVAILABLE
Facilitator: Dean Hoscheit

This Monday group is open to dads, grandfathers and males raising children. This is an opportunity to meet, talk, and hang out with other guys. Bus tickets, childcare and supper are provided. Supper begins at 5:30 p.m. and group begins at 6:00 p.m. To register call Dean Hoscheit at 382-3697.

Developing Healthy Parent-Child Relationships

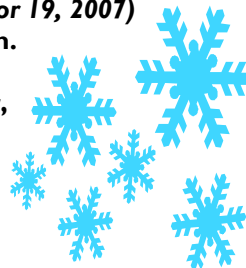
Location: Family Support Centre, 315 Avenue M South
Dates: January 8 to March 26, 2007
(NO groups February 12 or 19, 2007)
Day/Time: Mondays, 6:30 - 8:30 p.m.
Childcare: YES AS AVAILABLE
Facilitator: Sue McCart, Certified Adlerian Facilitator

The principals learned through this 10-week program provide excellent tools in improving parent's confidence and building more mutually responsible, respectful, and healthy parent-child relationships.

Call 933-6830 to register.

Resolving Conflict Between You and Your Teen (*Empowering Yourself & Your Teen in the Process*)

Location: Family Support Centre, 315 Avenue M South
Dates: January 22 to March 26, 2007
(NO groups February 12 or 19, 2007)
Day/Time: Mondays, 6:30 - 8:30 p.m.
Childcare: YES AS AVAILABLE
Facilitator: Bev Stroeder McMaster,
Certified Adlerian Facilitator



Do you feel like you're losing ground in your relationship now that he's a teen? Afraid of losing her to drugs, or peer group pressures? Feel like a failure? Has your home become a battleground? Or do you just want to practice preventative maintenance? This 8-week course focuses on *empowering* you, the parent! Only in the process of learning to empower ourselves can we truly empower others. Requirements for this group are a commitment to keeping a (guided) journal, attend each session, a willingness to dig deep, be real and work at making real and lasting changes toward empowering yourself.
Call 933-6830 to register.

TUESDAY GROUPS

Anger - The Misunderstood Emotion

Location: Family Support Centre, 315 Avenue M South
Dates: January 9 to March 19, 2007

During this 10-week interactive group we will explore what anger means to us, why we get angry and how it affects us. We will look at situations that make us

(NO group February 13, 2007)

Day/Time: Tuesdays, 6:30 - 8:30 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Bev Stroeder McMaster, Certified Adlerian Facilitator

Basic Parenting (DROP-IN GROUP)

Location: Family Support Centre, 315 Avenue M South

Dates: January 9 to March 27, 2007

**** (CHANGE in group date to Feb. 14 instead of Feb 13)****

Day/Time: Tuesdays, 6:30 - 8:30 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Sherrie Michalishen, Certified Adlerian Facilitator



angry, and work to understand the thoughts, feelings and reactions we have when we are angry. This group is based on the book, "When Anger Hurts." Be prepared to journal your progress throughout the 10 weeks. Call 933-6830 to register.

This group is offered on an 8-week rotational cycle. Participants can join at any time to learn about basic parenting skills and a certificate will be provided upon completion. This group will be offered for 12 weeks on a drop-in basis.

- January 9 (module 5) - Problem Solving Skills
- January 16 (module 6) - Encouragement / Cooperation
- January 23 (module 7) - Consequences
- January 30 (module 8) - Relationships
- February 6 (module 1) - Discipline / Birth Order
- ****February 14 (module 2) - Goals of Behaviour**
- February 20 (module 3) - Communication Skills
- February 27 (module 4) - Communication Skills (continued)
- March 6 (module 5) - Problem Solving Skills
- March 13 (module 6) - Encouragement / Cooperation
- March 20 (module 7) - Consequences
- March 27 (module 8) - Relationships

Drop-in group, registration is NOT required.

"Food for Thought" Program

This cooking, nutrition and prenatal health program is open to prenatal mothers who would benefit from additional support and teaching, for a healthier pregnancy and newborn infant. Groups are offered at the various locations, for information regarding registration, dates, times, transportation and locations. To register for Food For Thought please call 655-4826.

Location: Family Support Centre, 315 Avenue M South
Dates: January 9 to March 20, 2007
(NO group January 30, February 13, February 20)
Day/Time: Tuesdays, 1:00 - 3:15 p.m.
Childcare: YES AS AVAILABLE

Location: Westside Community Clinic, 631 - 20th Street West
Dates: March 29 to June 7, 2007
Day/Time: Thursdays, 1:00 - 3:15 p.m.
Childcare: YES AS AVAILABLE

Location: West Winds Primary Health Centre, 3311 Fairlight Drive
Dates: January 8 to June 4, 2007
Day/Time: Mondays, 1:00 - 3:15 p.m.
Childcare: YES AS AVAILABLE



WEDNESDAY GROUPS

Parent Talk (DROP-IN GROUP)

Location: Family Support Centre, 315 Avenue M South

Dates: January 10 to March 28, 2007
(NO group February 14, 2007)

Day/Time: Wednesdays, 1:15 - 3:15 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Bev Stroeder McMaster, Certified Adlerian Facilitator

During this drop-in group we will explore why kids do the things they do, how to encourage problem solving, what to do when tempers flare and when to walk away. Through interventions with your children, many of the every day problems we encounter can be eliminated. This group will be offered for 11 weeks on a drop-in basis.

Drop-in group, registration is NOT required.

WINGSPAN



This is an ongoing group for women (age 18 years of age and up) who have experienced multiple problems in life, including substance abuse and addictions. WINGSPAN offers group sessions for women on a broad range of issues.

Location: Family Support Centre, 315 Avenue M South
Day/Time: Wednesdays, 9:15 – 11:30 a.m. (ONGOING)
Transportation: Bus tickets provided
Childcare: None

REGISTRATION IS REQUIRED. To register, call Kori Regan, 244-0127, at Family Service Saskatoon and leave a message.

Raising Your Spirited Child

Location: Family Support Centre, 315 Avenue M South

Dates: January 24 to March 21, 2007
(NO group February 14, 2007)

Day/Time: Wednesdays, 6:30 - 8:30 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Bev Stroeder McMaster, Certified Adlerian Facilitator

This 8-week group is for parents whose children are "just a little bit more." Reactions are often more extreme; sad becomes devastated, happy becomes ecstatic, stubborn becomes defiant, angry becomes explosive. This program explores alternatives and support for parenting the 'spirited child'. Call 933-6830 to register.

When Anger Hurts Your Kids

Location: Family Support Centre, 315 Avenue M South

Dates: January 31 to March 28, 2007
(NO group February 14, 2007)

Day/Time: Wednesdays, 6:30 – 8:30 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Judy Hill, Certified Adlerian Facilitator

Based on the books "When Anger Hurts Your Kids" and "There's a Volcano in My Tummy". During this 8-week interactive group for children ages 7-12, you will be introduced to some tips and skills that will help you through the Family minefield of anger. Children will be included in the first half of the program so that families learn the skills together. The second half will follow up with additional topic discussion and a time to share your progress as we go through the skills. Journaling will be required, so come prepared to really focus on your anger for the 8 weeks and beyond. Call 933-6830 to register.



THURSDAY GROUPS

Yours, Mine And Ours: Parenting In Blended Families

Location: Family Support Centre, 315 Avenue M South

Dates: February 1 to March 15, 2007
(NO group February 15, 2007)

Day/Time: Thursdays, 1:15 - 3:15 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Judy Hill, Certified Adlerian Facilitator

Blended families are very common today, which often leads to new experiences and issues needing to be dealt with. This 6-week group uses Step Family resources. Tried and true suggestions will be explored and discussed to assist families in understanding ways to meet the needs of each member of the family. Call 933-6830 to register.

Positive Aboriginal Parenting

Location: Family Support Centre, 315 Avenue M South

Dates: January 18 to March 15, 2007
(NO group February 15, 2007)

Day/Time: Thursdays, 1:15 – 3:15 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Betsy Henderson

This 8-week group will look at the positive ways Aboriginal culture has maintained health and respect in families throughout the generations. Traditional ways of parenting will be looked at with the aim of learning what can be positively and creatively used by parents. Call 933-6830 to register.

Boundaries/Creating Healthy & Loving Relationships

Location: Family Support Centre, 315 Avenue M

During this 8-week session, group topics include: co-

South

Dates: February 1 to March 29, 2007
(NO group February 15, 2007)

Day/Time: Thursdays, 6:30 - 8:30 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Gwen O'Reilly

Anger - The Misunderstood Emotion

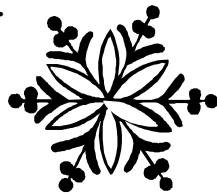
Location: Family Support Centre, 315 Avenue M South

Dates: January 18 to March 29, 2007
(NO group February 15, 2007)

Day/Time: Thursdays, 6:30 - 8:30 p.m.

Childcare: YES AS AVAILABLE

Facilitator: Bev Stroeder McMaster,
Certified Adlerian Facilitator



dependency, self esteem, personal responsibility, assertiveness, individual rights, addictive behaviours, and creating new relationships. You will learn to go from awareness of how to set boundaries, to changing and maintaining new lifestyles.
Call 933-6830 to register.

During this 10-week interactive group we will explore what anger means to us, why we get angry and how it affects us. We will look at situations that make us angry, and work to understand the thoughts, feelings and reactions we have when we are angry. This group is based on the book, "When Anger Hurts." Be prepared to journal your progress throughout the 10 weeks. Call 933-6830 to register.

GROUPS FOR PARENTS WITH OUT OF CONTROL TEENS

(groups offered at Saskatoon Community Services Village)

The following groups are for parents whose adolescent is having severe behaviour and/or relational difficulties. Some of the areas the adolescent could be experiencing difficulties in are: violence and aggression, trouble with the law, school issues, substance abuse, self-harm, anger, running away, mental health diagnosis, blatant disregard of family rules, deviant peer group, family relationships, and low self-esteem. There is no fee for these groups.

To register please call Carol Jabusch at 933-5109.

**• REACHING OUT: WHEN TEENS GO BEYOND THE LIMITS
(An Educational & Skill Building Group)**

Location: Saskatoon Community Services Village,
506 - 25th Street East

Dates: January 25 to March 29, 2007

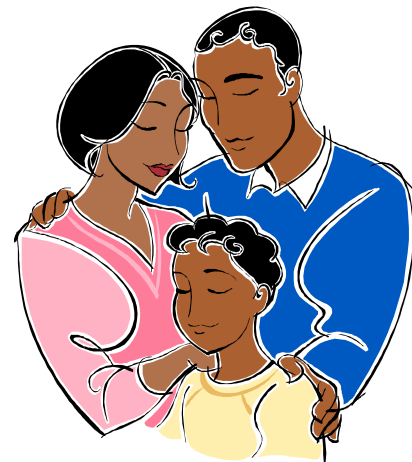
Day/Time: Thursdays, 7:00 - 9:00 p.m.

• BRIDGING THE GAP

Location: Saskatoon Community Services Village,
506 - 25th Street East

Dates: ONGOING

Day/Time: Thursdays, 7:00 - 9:00 p.m.



*****DOMESTIC VIOLENCE OUTREACH*****

Call 933-7751 and ask for a Domestic Abuse Intake Worker at the Family Support Centre to obtain information about groups and other services available. Transportation is available as well as on-site childcare for younger children not attending this group.

Educational Groups for Women

Weekly educational groups (Wednesday evenings and Thursday afternoons) include the following topics:

- ♦ Cycle of Abuse

Support Group for Children Who Have Witnessed Domestic Violence

This group for children ages 8 - 11 years provides children who have witnessed domestic violence with a safe place in

- ◆ Emotional Abuse
- ◆ Grieving
- ◆ Sexuality and Relationships
- ◆ Myths of Abuse
- ◆ Why Women Stay in Abusive Relationships
- ◆ Why Men Abuse
- ◆ What is a Healthy Relationship
- ◆ Effects of Domestic Abuse on Children Sexualized Violence in Relationships

which to talk about their experiences, and to learn and practice new skills. Topics include building self-esteem, dealing with anger in healthy ways, problem solving, labeling and expressing feelings, and how to stay safe.

Parent Component: Parents are expected to attend the parents' group which runs in conjunction with the children's group. Parents receive information about the effects of domestic violence on children, and healthy ways to meet their own needs and the needs of children.

In addition to support and educational groups, we offer:

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| <ul style="list-style-type: none"> ◆ Aboriginal Women's Talking Circle ◆ Groups for Immigrant and Refugee Women ◆ Older Women's Support Group ◆ Support Group for Children | <ul style="list-style-type: none"> ◆ Effective Parenting for Women ◆ Individual Counselling, Advocacy Services and Practical Assistance at no cost ◆ Presentations and Workshops in the community ◆ On-site childcare for all groups as available |
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ADDITIONAL COMMUNITY RESOURCES



Addiction Services	655-4100
Adult Community Mental Health Services (Intake) ..	655-7950
Catholic Family Services.....	244-7773
Child and Youth Services (Intake).....	655-7950
Crisis Nursery	242-2433
EGADZ - Downtown Youth Centre	931-6644
Family Healing Circle Lodge.....	653-3900
Family Justice Services.....	933-5930
Family Service Saskatoon.....	244-0127
Healthy Mother Healthy Baby	655-4633
Infinity House	955-2332
Interval House.....	244-0185
Indian and Metis Friendship Centre.....	244-0174
Kids Help Phone (24 hours).....	1-800-668-6868
Metis Addictions Council (MACSI)	652-8951
Mobile Crisis	933-6200
Parent Help Line (24 hours).....	1-888-603-9100
Public Health Offices:	
North	655-4700
Idylwyld	655-4620
South East	655-4686
West.....	655-4668
Saskatoon Open Door Society	653-4464
Saskatoon Sexual Assault Centre (24 hours)	244-2224
Saskatoon Tribal Council (STC) Family Centre	978-7400
Sexual Health Clinic - Saskatoon Health Region.....	655-4642
Tamara's House: Services for Sexual Abuse Survivors .	683-8667
U of S, Dept. of Psychology Preschool Clinic	966-6682
Victim Services	975-8400
Westside Community Clinic	664-4310
White Buffalo Youth Lodge	653-7676
Youth Resource Centre.....	655-4900
YWCA (24 hours)	244-2844

CHILD CARE SERVICES

Available to:

Children from birth to age 12 whose parents are involved in programs offered by the Family Support Centre for which child care has been arranged.



PLEASE NOTE:

Due to provincial guidelines for daycare service ratios, if there is a shortage of Child Care Service workers on any given day, some of the children, namely the babies and toddlers, may have to remain with you in your group.

CHILD CARE WILL BE PROVIDED ON A FIRST-COME FIRST-SERVE BASIS.

Our Goals:

- ♥ To provide children with a safe, hygienic, nurturing environment.
- ♥ To treat all children equally and with respect.
- ♥ To prohibit the use of physical and verbal punishment in managing children's inappropriate behaviours.
- ♥ To promote confidence, cooperativeness and self-reliance in children.
- ♥ To demonstrate effective and appropriate parenting and child care skills.
- ♥ To focus on the special needs of children through individual and group programs.

We Offer Children:

- ♥ Quality care and supervision in a warm, friendly atmosphere.
- ♥ The opportunity to interact and socialize with other children.
- ♥ A play area with age appropriate toys to encourage different learning experiences.
- ♥ Activities which allow for individual expression of feelings and creativity - crafts, art, exercise and body movement, music and stories.
- ♥ Nutritional snacks.
- ♥ A rest/sleep area.
- ♥ Children's groups throughout the year.

Responsibilities of the Parent:

To assist child care staff in providing children with a healthy environment and an enjoyable stay, we need parents to:

- ♥ Assist child with removal of outer clothing and boots prior to entering the child care area. Hooks are available for hanging coats, scarves, etc.
- ♥ Complete the registration form posted on the door to the child care area when child arrives and leaves.
- ♥ Complete waiver form on first visit.
- ♥ Share any information concerning child's health (allergies, contagious diseases) likes/dislikes, favourite toys/activities with child care staff or note them on the registration form.
- ♥ Bring disposable diapers or a change of pants (labelled) if the child is recently toilet-trained.
- ♥ Attach child's soother (if they use one) to their clothing with a safety clip and short ribbon.
- ♥ Allow child to bring their favourite blanket or "snugly". However, do not bring treats or toys that cannot be shared with all the children in the Centre.
- ♥ Make alternate arrangements for care if child is ill. **We do not administer medication.** If child becomes ill during their stay in our centre, the parent will be informed in order to make appropriate plans.
- ♥ Notify child care and leave emergency contact number if they are leaving the Centre with their worker and the children are remaining in the child care area.

**For more information regarding the Children's Services Program at the Family Support Centre, please call:
Melinda LaRose at 933-8020.**