

## OUR SERVICES

- Counselling for individuals, couples, families, and groups including **Rapid Access Counselling (coming soon)**
- Family Support/Diversion Program
- Supervised Visits
- Teen and Young Parent Program (YPP)
- Living Independent Skills (LIS)
- Active Parenting First Five Years
- Active Parenting Middle Years
- Active Parenting of Teens
- Active Parenting of Stepfamilies
- Moms Group
- Dads Group
- Child & Youth Counselling Groups
- Maternal Mental Health (partnership)
- Regina Sexual Assault Center Satellite Office (partnership)
- Resume Program

## REGISTRATION POLICY

- Registration deadline is two weeks prior to program start date.
- Full payment of program fee is required before program begins (if applicable)
- Moose Jaw Family Services reserves the right to cancel or postpone programs if there are insufficient registrations.
- Full refund will be given if program is cancelled or postponed. Twenty dollars (\$20.00) of the registration fee will be retained if participant cancels less than one week prior to program start date.

Check out our Webpage or social media for more information or call 306-694-8133



## MEMBER AGENCY OF:

- ◆ Family Service Saskatchewan
- ◆ Family Service Canada



### Contact us at:

Moose Jaw Family Services Inc.  
200 Main Street East  
Moose Jaw SK  
S6H5S7

Ph: 306-694-8133

Email: [referrals@mjfamilyservice.ca](mailto:referrals@mjfamilyservice.ca)

Website: [www.mjfamilyservices.ca](http://www.mjfamilyservices.ca)



Check out our webpage or social media for more information



**Moose Jaw  
Family Services  
Programs  
2022/2023**

*Strengthening Individuals and Families*

## Counselling

MJFS affordable individual and group counselling supports adults, teens and children feeling overwhelmed or experiencing personal challenges life that life may throw your way. Sometimes knowing how to deal with challenges can be a challenge in itself. We offer hope, and support on a journey towards empowering, healing, and strengthening individuals and families.

Sliding Scale. By appointment only.

Call or text: 306-631-3775 or Email: [referrals@mjfamilyservices.ca](mailto:referrals@mjfamilyservices.ca)

## Family Support Program Diversion Program

Family Support Workers provide teaching and support to parents through referral from the Ministry of Social Services. Family support services are offered to reduce risk and build on family strength.

The Family Support Program supports the healthy development of families and their children to achieve the goals of safety, reunification, Family Support Program is only accessible through the Ministry of Social Services.

Diversion Program is self or community referral

Call 306-630-5699 or email: [lisa@mjfamilyservices.ca](mailto:lisa@mjfamilyservices.ca)

## Teen and Young Parent Program (YPP)

Support for parents between the ages of 13 and 21 years. The main objectives are to provide the opportunity to learn the skills necessary for independent living and parenting, promote normal development in babies, to increase the knowledge and understanding of parenting skills of young mothers and fathers, and to assist young parents in stabilizing and improving their own situation.

The support and information group is designed to meet the needs and requests of the young parents. Offered Weekly

Call 630-8349 or email: [youngparent@mjfamilyservices.ca](mailto:youngparent@mjfamilyservices.ca)

## Free Little Library

Take a book, leave a book. Variety of books including self help, adult novels, children's books and more.

## Supervised Visits

Supervised Visitation is a service where a trained third party (Family Support Worker) can help facilitate this valuable parenting time and document the quality and duration of each session.

The goals for visitation are to provide neutrality, to keep children emotionally and physically safe, and to foster and strengthen the bonds between a child and their 'absent' parent who is trying very hard to enjoy and earn more time with their child who research shows they need.

Fee for Service. Reports are provided for the visit.

Call 306-630-5699 or email: [lisa@mjfamilyservices.ca](mailto:lisa@mjfamilyservices.ca)

## Living Independent Skills

LIS is a 6-week program for 15-to-19-year old's who are living at home or living in alternative arrangements.

The purpose of this program is to prepare young people for living on their own. Topics offered are: The rentals man act, how to apply for identification, opening a bank account, nutrition, budgeting, health issues and many other topics of interest by the group.

This program is accessible by self or school referrals or by calling the office to register.

Call 306-630-8349 or email: [desiree@mjfamilyservices.ca](mailto:desiree@mjfamilyservices.ca)

## COMING SOON

### Rapid Access Counselling

Single session—NO COST!

Moose Jaw and surrounding area – Craik,  
Gravelbourg, Assiniboia as well as Zoom  
and phone options.

## Resume Program

Provides supports such as setting up an email account, how to apply for employment online, awareness of Skjobs.ca and the National Job Bank, a completed resume, and cover letter.

Call: 306-630-8349 or Email: [desiree@mjfamilyservices.ca](mailto:desiree@mjfamilyservices.ca)

## Active Parenting

### Active Parenting First Five Years

Learn how to make the most of them with Active Parenting, a program for parents and caregivers. This course will show you how to nurture your child with a "just right" combination of freedom and nonviolent discipline.

#### DATES OF PROGRAM:

1. Tuesdays May 17, 2022 – June 14, 2022
2. Tuesdays August 16, 2022 – September 13, 2022
3. Tuesdays January 24, 2023 – February 21, 2023

Time: 12:05-12:50

Where: Online – TEAMS

Register: [desiree@mjfamilyservices.ca](mailto:desiree@mjfamilyservices.ca)

Call: 306-630-8349

### Active Parenting Middle Years 5-12

This program is a research-based program that has helped millions of parents. Active Parenting will help you to raise responsible children who are able to resist negative peer pressure. Other the course you will learn non-violent discipline techniques plus effective communication and encouragement skills to build a solid foundation for the upcoming teen years.

#### DATES OF PROGRAM:

1. Thursdays April 28, 2022 – June 9, 2022
2. Thursdays September 8, 2022 – October 13, 2022
3. Thursdays January 12, 2023 – February 23, 2023

Time: 12:00-1:00 (time can change)

Where: Online – TEAMS

Register: [brenda@mjfamilyservices.ca](mailto:brenda@mjfamilyservices.ca)

Call: 306-630-8043

### Active Parenting Teens

This class will give you confidence and courage to meet the challenges and savor the joys of your children's teen years. This class will help you figure out why they do the things they do. You will learn how to open the lines of communication, encourage cooperation and responsibility and discipline effectively. You will also explore techniques for solving the inevitable problems that crop up. You will learn 10 strategies for prevention problems relating to drugs, alcohol, violence, and sexuality. .

#### DATES OF PROGRAM:

1. Wednesdays April 6 – May 4, 2022 (4:00 – 5:00)
2. Wednesdays September 7, 2022 – October 12, 2022
3. Wednesdays January 18, 2023 – February 22, 2023

Time: 12:00-1:00

Where: Online – TEAMS

Register: [kandice@mjfamilyservices.ca](mailto:kandice@mjfamilyservices.ca)

Call: 306-630-8325