



We are here to support the community through all of life's challenges. We offer strength-based and client-centered programs, services and groups that help people build resiliency, develop skills and gain confidence to make positive changes in their lives.

Our goal is to empower and strengthen individuals and families.



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### SERVICES OFFERED:

- COUNSELLING
- FAMILY SUPPORT PROGRAM
- DIVERSION PROGRAM
- YOUNG PARENT PROGRAM
- LIVING INDEPENDENT SKILLS
- RAPID ACCESS COUNSELLING
- DADS GROUP
- ACTIVE PARENTING  
(0-5YRS, 5-12, TEEN)
- NOBODY'S PERFECT

CHECK OUT OUR WEBSITE FOR  
MORE DETAILS.

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### CONNECT WITH US:



200 MAIN STREET S.  
MOOSE JAW, SK  
S6H 5S7  
(306) 694-8133

[contact@mjfamilyservices.ca](mailto:contact@mjfamilyservices.ca)  
[www.mjfamilyservices.ca](http://www.mjfamilyservices.ca)

# MOOSE JAW FAMILY SERVICES INC.



**STRENGTHENING INDIVIDUALS  
AND FAMILIES**

## FAMILY SUPPORT

Family Support Services are provided to build family strengths and reduce risk.

\* This program is only available through The Ministry of Social Services, Child and Family Programs.

## DIVERSION

The Diversion Program is available through self referral or community agency referral. Goals are defined by the client.

Service goals may include:

- effective parenting strategies
- problem solving / coping skills
- living a healthy lifestyle
- healthy relationships

The Diversion Program is a mitigating risk and preventative program funded by the Ministry of Social Services

## YOUNG PARENT PROGRAM

A voluntary group for young moms & dads that focuses on education and support to nourish healthy parent-child relationships.

Topics may include:

- early childhood education
- positive discipline
- self-esteem
- healthy relationships
- health-related topics

\* includes a meal and childcare (and transportation if required)

## LIVING INDEPENDANT SKILLS

A program that helps to prepare young people for living on their own.

Topics covered include:

- the Rentalsman Act
- applying for identification
- opening a bank account
- nutrition and health
- budgeting
- other topics of interest requested by the group

## COUNSELLING

Our affordable counselling services include:

- marital problems
- parent/child conflict
- separation and divorce
- loss and grief
- depression
- stress management

## RAPID ACCESS COUNSELLING

Rapid Access Counselling is a one time/accessible counselling support service offered at no-cost.

Appointments available in Gravelbourg, Assiniboia, Moose Jaw or virtual.

book through:

[www.counsellingconnectsask.ca](http://www.counsellingconnectsask.ca)

## EDUCATION AND SUPPORT GROUPS

Offered throughout the year:

- Active Parenting
- Nobody's perfect
- Dad's Group
- Mom's group