



STRENGTHENING FAMILIES SASKATOON

- Voluntary parent and family focused program
- To reduce problem behaviours such as delinquency
- Reduce drug and alcohol use in children and youth
- Improves social interaction and school performance
- Helps parents strengthen bonds with their children and learn more effective parenting skills

About Us

Program Details

- Strengthening Families Saskatoon is a 14 week program for at risk families
- This is a free program for selected families
- Sessions are held one night per week for 2 ½ hours
- Each session begins with a meal
- Child/youth meet with 2 facilitators for 1 hour while the parents meet with 2 other facilitators for 1 hour
- Children/youth and the parents meet with the facilitators during the second hour to practice what they have just learned
- Families will be given activities to do at home before returning to the next session



Family Benefits

- To improve my child's behavior
- To discourage my child from using drugs and alcohol
- To improve my child's social and life skills
- To improve my parenting skills
- To improve my family's communication skills
- To build a stronger family by improving the feeling of belonging within our family



Expectations

- Attend all 14 sessions
- Arrive on time
- Stay for the entire evening
- Contribute to the discussion with the facilitators and other participants
- Do the activities requested of us between sessions
- Attend the graduation ceremony
- Tell other people how the program has helped our family

Contact: Coordinator Lois Preete or Cst. Matt Lambe



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