



Family Service Regina  
Healthy Families Strong Communities



## Everybody needs a hand sometime.

Family Service Regina is here for those times. When life gets to be too much and people wonder where to turn, we're here.

Since 1931, Family Service Regina's professional and caring team has been there to walk beside individuals, couples and families at life's hardest points, creating solutions together.

## TEEN PARENT PROGRAM

Provides emotional and practical support through the whole range of challenges young moms face.

## DOMESTIC VIOLENCE SERVICES

Helps victims of abuse face the situation, plan for safety, find strength and healing and choose their own path.

## INDIVIDUAL AND FAMILY COUNSELLING

Supports people navigating rough waters in their lives. We always ensure that people have access regardless of financial means.

## OLDER ADULT RESPONSE SERVICE (OARS)

Offers home visits, advocacy and flexible, practical support services to seniors who are experiencing neglect or abuse.

## WORKSHOPS AND GROUPS

Available as a resource for those facing specific life challenges. Anger management, losing a spouse through death or divorce and trauma recovery are just a few examples.

## ART FOR THE HEART

Involves participants in creative expression, building community and connecting to Indigenous cultural heritage.

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[familyserviceregina.com](http://familyserviceregina.com)