

Mental Health & Addictions

Upcoming Group Services:

Groups for Parents:

E3 (Parenting teens):

January 28, Feb 4, and 11

March 24, 31, and April 7

Parenting Your Anxious Child:

Jan 15, 22, 19

March 4, 11, 18

Beyond the Label:

February 26, March 4 and 11

Groups for Youth:

Youth Anxiety:

February 5, 12, 26, and March 4

For more information or to register, please call Mental Health Intake @ (306)691-6464



**Saskatchewan
Health Authority**



saskhealthauthority.ca

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.