

# A SAFE PATH FORWARD

The Early Intervention Program helps individuals and families navigate relationship conflict, trauma, and life stressors.

We offer trauma-informed, culturally safe, and non-judgmental support focused on:

- Building healthier relationships
- Strengthening emotional regulation
- Promoting healing and accountability

**Our approach is grounded in respect, cultural safety, and the belief in everyone's capacity for safer, healthier relationships.**

@familyserviceregina



## EARLY INTERVENTION PROGRAM

Support for individuals and families impacted by or at risk of relationship violence.

Compassionate, trauma-informed care to help build safer homes and healthier relationships.

If you're in crisis after hours, please call Mobile Crisis Services at 306.757.0127, or 911

2505 11<sup>th</sup> Avenue, Regina SK S4P 0K6  
306.757.6675 | [familyserviceregina.com](http://familyserviceregina.com)

## OUR APPROACH



### Cognitive Behavioural Intervention

Helping shift harmful patterns of thinking and behaviour.



### Community Support & Outreach

Connecting individuals to local services and networks of care.



### Legal System Collaboration

Supporting accountability to enhance safety.



### Education & Awareness

Focused on healthy relationships, parenting, and early intervention.

## KEY FOCUS AREAS

### Emotional Regulation & Conflict Management

Supporting individuals in developing skills to manage emotions and resolve conflict.

### Healing from Trauma & Adverse Childhood Experiences (ACE's)

Addressing past traumas to promote long-term well-being and break cycles of violence.

### Substance Use, Financial Stress & Housing Support

Providing guidance and referrals for challenges related to addiction, economic hardship, and housing instability.

### Healthy Relationships & Parenting

Building respectful, supportive connections and fostering confident, positive parenting skills.

## COMPASS GROUP

A Guided Path Toward Change

**Compass** is a supportive group within the Early Intervention Program, helping participants explore values, understand the impact of abuse, and take steps toward lasting change.

Topics include:

- Defining values and interrupting escalation
- Safety planning
- Emotional awareness and distress tolerance
- Strengthening communication and creating healthy boundaries
- Accountability

**Compass offers a space for self-reflection, growth, and possibility—led with compassion and the belief that change is possible.**