

# Our Mission..

“Working to support the healing and empowerment of those who have been affected by trauma, abuse and sexual violence; and to promote change in attitudes, beliefs and social norms.”

## Need to talk?

SAFFRON	780-449-0900
Kids Help Phone	1-800-668-6868
Sexual Assault Response Team (24hr)	780-408-5465
Support network	780-482-4357
Child Abuse Hotline (24hr)	1-800-387-5437
Sexual Assault Centre	
Edmonton	780-423-4121
Emergency (RCMP)	911
Edmonton Protection	
Order Program	780-422-9222

## Government of Alberta ■ Children and Youth Services



**Strathcona**  
County



Government of Alberta ■  
Solicitor General and Public Security



Butler Family Foundation

## Contact us

By phone at **780-449-0900**  
Or **1-888-416-7722**  
By email at [info@saffron-ssac.com](mailto:info@saffron-ssac.com)  
Or online at [www.saffron-ssac.com](http://www.saffron-ssac.com)  
#44 48 Brentwood Boulevard  
Sherwood Park, AB, T8A 2H5



SAFFRON Centre Ltd.

RV8

TEEN BOYS GROUP



Lv8 is a program working with teen boys to deal with issues facing young men today in an interactive and physical program that will address the following topics:

- Communication and assertiveness
- Understanding feelings and issues of anger
- Healthy relationships and boundaries
- Internet safety – communicating safely in a digital world

Age appropriate programming designed to meet the needs of the group.

**Prevention:**  
SAFFRON is aware of the need for pro-active services in the community to address the vulnerability of today’s youth and the challenges they face. LV8 will equip youth to be better able to withstand negative influences and learn skills necessary to make positive decisions for themselves and their future.

**Physical component:**  
Becoming a true martial artist involves training the mind to make positive and healthy decisions in highly stressful situations. A martial artist learns that using the mind to think and control themselves is always the best ammunition when emotions and pressure are high. Martial arts teaches strengths, weaknesses, limitations, how to protect the self, thinking about consequences, and using a clear game-plan to adhere to long-term goals of success and healthy living. LV8 will engage youth in martial arts philosophy and teach self-defence skills, empowering them with the confidence and knowledge necessary in today’s society.

**Resiliency**  
The participants will learn healthy techniques and skills for dealing with anger, stress and other emotions. They will learn how to recognize their emotional cues (and triggers) and healthier strategies for coping with them.



The LV8 Program touches on sensitive issues for youth; thus, SAFFRON has a therapist available to all participants in need of short term intervention. This therapist can suggest a course of action, and can refer them to appropriate services within the community.

Group generally lasts 8 weeks, contact SAFFRON Centre for more details and to register for the program.