



THE INCREDIBLE PARENT DIRECTORY

Resources and Services for Parents, Caregivers and Professionals



Emergency Numbers

9-1-1 Emergency Access to City Police, Fire, and Ambulance

8-1-1 Provincial Health Line / Health

www.sk.211.ca Online Provincial Directory of Services

Saskatoon City Police Inquiries (306) 975-8300
(non emergencies only)

Corman Park Police Service (306) 242-8808

Vanscoy Police Service (306) 668-2166

Rural RCMP Emergency Services only (306) 310-7267

Rural RCMP Inquiries and Complaints(306) 975-5173

Deaf Persons Emergency TTY (306) 975-8364

MD Ambulance (306) 975-8800

Poison Control Centre (306) 655-1010

Provincial Helpline – Health 1-877-800-0002 *

Saskatchewan Poison Centre 1-866-454-1212

Child Protection Services (306) 933-6077

Child Protection Services (Rural) (306) 955-5069

Financial Assistance (306) 933-5960

(Social) 1-866-221-5200

Saskatoon City Hospital (306) 655-8000

St. Paul's Hospital (306) 655-5000

Royal University Hospital (306) 655-1000

Mobile Crisis Line / Suicide Crisis Line

Saskatoon (306) 933-6200 *

Kids Help Phone 1-800-668-6868 *

Sexual Assault Crisis Centre (306) 244-2294 *

Farm Stress Line 1-800-667-4442 *

Problem Gambling Help Line 1-800-306-6789 *

Alcoholics Anonymous (306) 665-6727 *

Al-Anon (306) 665-3838 *

Interval House (306) 244-0185 *

Victim Services (306) 975-8400

Crisis Nursery (306) 242-2433

* These services do not subscribe to call/name display

Other Emergency Shelters and Services listed under the
“Emergency Services” Section

Support Programs

AIDS Saskatoon - 1143 Avenue F North
Free light lunch 12 noon (Mon - Fri)

CUMFI - 315 Avenue M South
Free snacks and drinks (Mon - Fri), advocacy and support services

EGADZ - 485 1st Avenue North
Street Outreach van-sandwiches to YOUTH ONLY (306) 221-3719
Supper and snacks 12-19 YOUTH ONLY (Mon - Sat)

Salvation Army - 339 Avenue C South
Coffee house free food Friday and Sunday night 7 - 9 pm and Tues-Thurs at 1:30 pm

Saskatoon Food Bank and Learning Centre - 202 Avenue C South
Emergency food baskets available, must have ID (306) 664-6565 ext 222

Saskatoon Indian and Metis Friendship Centre - 168 Wall Street
Free supper available some nights For current information (306) 244-0174

Saskatoon Native Circle Ministries - 450 20th Street West
Free sandwiches and cookies (Mon-Fri 2:45-3:45(Wed 3:00-3:30))
Free hot meal Fridays at 2:45

St. Thomas Wesley United Church - 808 20th Street West
Vouchers to the fresh food market on Wednesdays

The Bridge on 20th - 1320 20th Street West
Free breakfast 8:30am and lunch 12:00pm (Mon-Thurs, lunch only Sat)

The Friendship Inn - 619 20th Street West
Free breakfast 8:30am and lunch 11:45am (every day)

White Buffalo Youth Lodge - 602 20th Street West
Snacks during the day YOUTH ONLY

Emergency infant formula and baby food
EGADZ - 485 1st Avenue North (306) 931-6644
Saskatoon Food Bank - 202 Avenue C South (306) 664-6565
The Friendship Inn - 619 20th Street West (306) 242-5122

Clothing and Personal Supplies

The Clothes Depot (Saskatoon Food Bank) 223 Avenue B South
(306) 244-1236

The Bridge on 20th 1320 20th Street West (306) 382-2855

The Lighthouse 304 2nd Avenue South (306) 653-0538

Westside Community Clinic 1528 20th Street West (306) 664-4310

Hands On Ministry 140 Avenue F North (306) 653-4182

YWCA 506 25th Street East (306) 244-0944



The *Incredible* Parent Directory 2014

Resources and Services for Parents, Caregivers,
and Professionals within Saskatoon and area.

Welcome to **The *Incredible* Parent
Directory 2014** – a resource booklet
for parents and professionals –
created in partnership with the
Ministry of Social Services, Family
Service Saskatoon and FASD
Support Network of Saskatchewan



The use of this directory and of the services listed is the responsibility of the user. The listings in this directory are based, whenever possible, on information submitted by the service providers. The inclusion of a service or agency does not constitute an endorsement by the sponsoring agencies. The programs have not been screened by the committee for their content or competency.

Accessible Online

www.socialservices.gov.sk.ca/Incredible-Parent-Directory.pdf

www.saskatoonhealthregion.ca

Description of Icons

In order to simplify the use of this directory we have included icons to represent various important details about each organization.



Childcare available

kanawēyimāwisowin itakohn

Garde d'enfants possible

خدمات رعاية الأطفال متاحة

儿童看管服务

Имеется детский сад

Cuidado de niños disponible

خدمات نگهداری از کودکان موجود است



Counselling services available

kēskimikēwin itakohn

Les services de counselling disponible

خدمات الاستشارة متاحة

咨询服务

Предоставляются консультации психотерапевта

Servicios de asesoramiento disponible

خدمات مشاوره موجود است



Service Fee

tipaha atoskēwin

Frais de service

رسوم الخدمة

咨询费

Платная система услуг

Tasa por servicio de

سرویسهای غیر رایگان



Bus or cab service available

pimitapāsowin/posihiwin itakohn

Le service d'autobus ou taxi disponible

خدمات الحافلة أو سيارة أجرة متاحة

公交或出租车服务

Предоставляются автобусные перевозки и такси

Servicio de Autobus o Taxi disponible

امکان استفاده از اتوبوس و تاکسی



Wheelchair accessible

otāpānis phtikwēpayiwin itakohn

Accessible en fauteuil roulant

تسهيلات لدخول المعاقين

残疾人轮椅通道

Доступно для инвалидов-колясочников

Acceso de silla de ruedas

راه دسترسی مستدلی چرخدار



Resources/ Lending Library

awahiwēwin ota astēw ayamicikēwikamik

Ressources / Bibliothèque de prêt

الموارد / مكتبة لإعارة

资料 and 图书借閱

Учебно-методическая библиотека / Библиотека с выдачей книг на дом

Biblioteca prestamo de recursos

گرفتن امانت امکان کتابخانه / منابع

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Notes

ADDICTIONS

Addictions Services – Calder Center

(306) 655-4500 (24hrs)
Fax (306) 655-4545
2003 Arlington Avenue S7K 2H6



Offer a 4 week in patient treatment program for adults and youth (ages 14 +) who are struggling with alcohol or drug addiction. Programming includes school for youth, group sessions, counselling, recreation time, etc.

Adult FamilyProgram (SHR)

(306) 665-7777
2302 Arlington Avenue S7J 3L3



Provides educational groups and individual support for families affected by someone else's mental illness, substance abuse/use or gambling concerns.

Al-Anon – Al-Ateen

(306) 665-3838
(24 hrs Message manager)
8th Floor Bessborough Hotel, 601 Spadina Crescent East S7K 3J8



(some meetings)

A non professional self help recovery program based on the 12 steps of Alcoholics Anonymous with the single purpose of helping families and friends of alcoholics. This is an anonymous and spiritual program compatible with all religious or non-religious beliefs.

Alcoholics Anonymous (AA)

(306) 665-6727 (24hrs)
www.aasaskatoon.org
515 245 3rd Avenue South S7K 1M4
Volunteer phone service



(some meetings)

One alcoholic, helping another

recovering from alcoholism, using the 12 step program of Alcoholics Anonymous. The only requirement is a desire to stop drinking.

Canadian Mental Health Association - Problem Gambling Community Program

(306) 683-3669 Fax (306) 683-2246
www.cmhask.com
3-804 Dufferin Avenue
S7H 2B8



A public education and community development program that focuses on problem gambling awareness. Presentations and all resources are free of charge.

Christian Counselling Services

(306) 244-9890 Fax (306) 244-9987
www.saskatoonccs.com
617 3rd Avenue North S7K 2J8



Counselling available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's & senior's issues and grief.

Community Addictions Prevention Program (CAPP)

Saskatoon Tribal Council
(306) 956-6100 Fax (306) 956-3268
www.sktc.sk.ca/corporations/stc-health-family-services.inc/
2141 McPherson Avenue S7J 0S8



Provides individualized holistic comprehensive addiction services related to alcohol/drug use, prescription drugs, inhalents, tobacco and gambling.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201
www.familyservice.sk.ca
102 506 25th Street East S7K 4A7

Addictions



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

FASD Support Network of Saskatchewan Inc.

(306) 975-0886 Fax (306) 242-8007
1-866-673-3276

www.skfasnetwork.ca

200 510 Cynthia Street S7K 7L7



The network is a parent-led provincial organization dedicated to increasing awareness of and providing accurate information about Fetal Alcohol Spectrum Disorder (FASD). The network's Family Support Program is a voluntary program that supports families who are living with FASD by using a case planning method to achieve goals identified by the family.

Gamblers Anonymous

1-800-306-6789

Various locations

The 1-800 number will provide you with a contact name and number. A self-help 12 step program to share information and provide support to individuals with a gambling addiction.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428

loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral.
For women whose children are in

care with the Ministry of Social Services (MSS)

KidsFirst

www.education.gov.sk.ca/kidsfirst

Saskatoon* (306) 655-5399

www.saskatoonhealthregion.ca

Meadow Lake (306) 236-6441

Moose Jaw (306) 692-1204

(306) 694-8336

Nipawin (306) 862-6226

North Battleford (306) 446-6012

Northern Sk. (306) 235-5437

Prince Albert* (306) 765-6656

Regina* (306) 766-6796

Yorkton (306) 783-1946

(306) 783-0383

*Selected neighbourhoods in these communities.



A free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

Larson Intervention House Inc

(306) 655-4195 (24hrs)

Fax (306) 655-4196

201 Avenue O South S7M 2R6



A safe environment for anyone coming off of alcohol and/or drugs. They are a detoxification service where clients can stay from 5-7 days. Following their stay, clients will receive an outpatient referral to Addictions Services in their home health district.

Live Well Craving Change Group Education Program

(306) 655-6758 Fax (306) 655-6758



Group sessions for individuals who deal with emotional problematic

Addictions

eating struggling to maintain healthy eating habits.

McLeod House

(306) 665-0425 Fax (306) 665-0428
www.cumfi.org

4-101 Avenue T South S7M 3A7
 A transitional home for men recovering from addictions. Referrals come from Larson House, treatment centres and self referrals. Weekly case management meetings, in-house programming, seminars, workshops, AA groups, referrals and outreach are all part of the services offered. McLeod House is a partnership between Saskatoon Health Region – Mental Health & Addictions Services and Central Urban Metis Federation Inc.

Adult Mental Health and Addictions Services, Community Addiction Services

(306) 655-4100 Fax (306) 655-4115
 156-122 3rd Avenue North S7N 1T4



Services for substance abusing/dependent (18 yrs. +) persons and/or family and friends. Brief detox, social detox, screening, assessment including recovery planning, referral, and outpatient recovery services. Methadone assisted recovery program and problem gambling services. For children and youth, please see MHAS, Child and Youth Services.

Metis Addictions Council of Saskatchewan (MACSI)

(306) 652-8951 Fax (306) 665-0703
www.macsi.ca

335 Avenue G South S7M 1V2



A rehabilitation program for people 18 years and over recovering from alcohol or drug addiction. They offer a 28 day in patient treatment

program using the 12 step program. Participants attend outside AA or NA meetings while in treatment. This program also offers an aboriginal healing component.

Narcotics Anonymous

(306) 652-5216 (information line)
 Meeting locations vary



(some locations)

A group of recovering addicts who meet regularly to help each other stay clean. The program uses the 12 step program from Alcoholics Anonymous. Meetings are open to everyone.

Niwaapatahanaanik (NIWA)

www.cumfi.org

116 Avenue P South S7M 2V9
 NIWA is a Fostering Families home for single parent and two parent families who have children placed in foster care with MSS or who are at risk of placement. Programming offered includes creating healthy lifestyles, relationship building, positive parenting, life skills, mental health addictions, educational assessment, career counselling and recreational activities.

Problem Gambling Help Line

1-800-306-6789 (24 hrs - does not subscribe to call display)



Telephone assessment, information, and referral for either the problem gambler themselves, or family and friends. They offer province wide referrals to support groups, problem gambling counsellors, and treatment alternatives.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301
www.preventioninstitute.sk.ca

1319 Colony Street S7N 2Z1

Addictions



Focuses on primary prevention. Program areas of disabling conditions in children include: Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatoon Health Region: Child and Youth Mental Health and Addiction Services

(306) 655-7950 Fax (306) 655-7811
715 Queen Street S7K 4X4



Provides individual, family and group counselling and therapy with nurses, psychiatrists, psychologists, addiction counsellors and social workers. Individuals/parents may self refer. Referrals are also accepted from a third party.

Saskatoon Tribal Council – Urban Services Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Saskatoon Tribal Council – Urban Services Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future. Our goal is to support at risk families avoid apprehension of their children.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca/westside

631 20th Street West S7M OX8



Primary health care services including physician, nurse practitioner, nurse and counselling services. Some workers speak Cree and Saulteaux languages.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468
www.ywcaskatoon.com
510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Offering employment and learning, health and wellness, and childcare.

BEREAVEMENT

Adult Grief and Loss Support Group

(306) 955-1600 Fax (306) 955-6604
Acadia Funeral Home
915 Acadia Drive S7H 5N4



This group is for anyone grieving any type of loss.

After Suicide Support, Saskatoon

(306) 249-5666
www.salges.ca
108-322 LaRonge Road S7K 8B9



Offers one to one support as well as group support for adults and young adults ages 16-24 who have been affected by suicide. Information on suicide is provided to various community organizations as well.

Bereavement Support Group for Widows

(306) 655-3400 / (306) 655-1464
103-310 Idylwyld Drive North
S7L 0Z2

Bereavement group for widows as well as ongoing bereavement support group for those who have completed the basic five part series.

Bereavement Walking Group

(306) 655-5525
Palliative Care Services,
St Paul's Hospital,
1702 20th Street S7M OZ9

The goals include creating a social setting for bereaved people, to meet new friends and fostering a feeling of understanding for those who have experienced a loss.

Camp Circle O' Friends

(306) 374-2802
Canadian Cancer Society
Saskatchewan Division

Support group offering a 4 day camp for children with cancer and their siblings. Bereaved siblings may also attend. Ages 6-18.

Canadian Foundation for the Study of Infant Deaths

1-800-363-7437 (24hrs)
308-586 Eglinton Avenue East,
Toronto, ON M4P 1P2



Provide literature resources and videos on sudden infant death syndrome and on reducing the risk of SIDS. They also publish a quarterly newsletter and provide emotional support to families who have lost a child to SIDS. The national number can put you in touch with a support person in your area.

Candlelighters – Canadian Cancer Society

438 2nd Avenue North S7K 2C3
www.4kidswithcancer.org



A parent support group who have a child living with cancer or who have lost a child to cancer.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537
www.cfssaskatoon.sk.ca
200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No

Bereavement

fee counselling is also available at the Saskatoon Food Bank.

Christian Counselling Services

(306) 244-9890 Fax (306) 244-9987

www.saskatoonccs.com

617 3rd Avenue North S7K 2J8



Counselling available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's & senior's issues and grief.

Compassionate Friends - Saskatoon Chapter

(306) 374-8862 Fax (306) 477-2285

www.members.shaw.ca/gkachur/tcf.html

W A Edwards Centre

333 4th Avenue North S7K 2L8



A self-help bereavement group meets on the last Tuesday of every month through out the year. This group is for parents who have experienced the loss of a child at any age, for any reason, no matter of the race or religious affiliation.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Families Experiencing Exceptional Loss (FEEL)

www.exceptionalloss.com

A provincial network of families who gather to share their sorrow, remembrances and love for family members with a disability who has died.

MADD Canada (Mothers Against Drunk Driving)

905-829-8805 Fax 905-829-8860

1-800-665-6233

www.madd.ca

2010 Winston Park Boulevard, Oakville, ON L6H 5R7



For information on drinking and driving related matters. The national number can put you in touch with a local chapter. MADD Canada's mission: to stop impaired driving and to support victims of this violent crime.

Men's Grief Recovery Group

(306) 655-5868 Fax (306) 244-8873

paul.benson@

saskatoonhealthregion.ca

W A Edwards Family Centre

333 4th Avenue North S7K 2L8



Provides a six week support group for men whose spouses have died recently.

New Beginnings

(306) 668-4701 (Mary)



Offer a weekly support group for separated, divorced and widowed persons on Thursday nights 7 p.m. at the Catholic Centre (parking lot entrance).

Palliative Care Team Saskatoon City Hospital

(306) 655-8785 Fax (306) 655-8727

Saskatoon City Hospital,

701 Queen Street S7K 0M7



Grief counselling for individuals and families whose loved one was previously referred for Palliative Care follow-up in hospital.

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869
www.plea.org
 300-201 21st Street East S7K 0B8



PLEA is a non-profit, non-government organization which exists to educate, inform and empower through law related education.

Saskatoon Cancer Centre

(306) 665-2662 Fax (306) 655-2910
www.saskcancer.ca
 20 Campus Drive S7J 4E7



Offers both individual and family counselling services for children with cancer. They hold social gatherings for peer support and provide a school re-entry program. As well, they promote community education.

Saskatoon Community Contact for the Widowed

(306) 956-1417
 PO Box 7485, Saskatoon, SK
 S7K 4L4



A non-denominational, self help group that provides support to any widowed person.

Saskatoon Health Region: Adult Community Mental Health Services

Centralized Intake (306) 655-7950
 Fax (306) 655-7811
 715 Queen Street S7K 4X4



Provides individual, family and group counselling and therapy with psychiatrists, social workers, nurses and psychologists. Individuals may self refer for counselling services. A doctor's referral to psychiatry is requested. Coverage for service is provided through Saskatchewan Health and there is no direct charge to clients.

Saskatoon Health Region: Child and Youth Services

Centralized Intake (306) 655-7950
 Fax (306) 655-7811
 715 Queen Street S7K 4X4



Provides individual, family and group counselling and therapy with nurses, psychiatrists, psychologists and social workers. Individuals/parents may self refer. Referrals are also accepted from a third party.

Saskatoon Tribal Council – Urban Services Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
 2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Saskatoon Tribal Council – Urban Services Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

Bereavement

2010 7th Street S7H 5K6
Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in-home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future. Our goal is to support at risk families avoid apprehension of their children.

Shoulder to Shoulder (Canadian Forces Family Grief Support)

(306) 492-2135 1-800-866-4546
17 Wing Detachment Dundurn
General Delivery Stn Mail
Dundurn, SK S0K 1K0



Helps military families access information and link to services and supports when living with the death of a loved one.

St. Paul's Hospital Bereavement Follow Up Group

(306) 655-5525
St Paul's Hospital
1702 20th Street West S7M OZ9
Provides an interdenominational memorial service for relatives who have died at Street Paul's Hospital, as well as bereavement follow up for those served by the Palliative Care team.

St. Paul's Hospital Spiritual Care Department

(306) 655-5000 Fax (306) 655-5809
St Paul's Hospital
1702 20th Street West S7M OZ9



Offers crisis intervention with persons who have suffered losses and follow up with bereavement care, memorial services, and consultation with caregivers. They also have written and video resources on the topic of grief.

W.A. Edwards Family Centre/ Saskatoon Funeral Home

(306) 244-5577 Fax (306) 665-1095
mail@saskatoonfuneralhome.com
333 4th Avenue North S7K 2L8



The Centre is a community support service of Saskatoon Funeral Home offering a support group for children who have experienced the death of a parent or sibling. Resources focused on many aspects of grief and loss. The library is open to the community at no charge.

West Central Crisis and Family Support Centre

(306) 463-6655 Fax (306) 655-4931
www.westcentralcrisis.ca
116 1st Avenue West,
Kindersley, SK S0L 1S0



Provides free counselling, information and referrals related to loss, pension, income assistance, food, financial assistance.

Youth Resource Centre – Saskatoon Health Region

(306) 655-4900 Fax (306) 655-4931
www.saskatoonhealthregion.ca
311 20th Street S7K 0A9
Centralized Intake (306) 655-7950



Provides a variety of mental health services for youth between the ages of 12 to 18. The goal is to meet the varied needs of youth and to support healthy development in all spheres of daily living. Offers individual and group counselling and therapeutic recreation. The counselling services include coping with depression, anxiety management, disordered eating, trauma, and support to gay, lesbian and bisexual youth.

CRIME & JUSTICE

Child Find Saskatchewan

(306) 955-0070 (24hrs)

Fax (306) 373-1311

1-800-513-3463

www.childfind.sk.ca

202-3502 Taylor Street East S7H 5H9

Provides services promoting personal safety to children, parents and organizations. Assists in the locating of missing children. They work with awareness in education and search assistance. They offer a 24 hour help line.

Community Legal Assistance for Saskatoon Inner City Inc. (CLASSIC)

(306) 657-6100 Fax (306) 384-0520

www.classiclaw.ca

123 20th Street West S7M 0W7

Provides free professional and confidential legal services for low income members of the community.

EGADZ – Saskatoon Downtown Youth Centre

(306) 931-6644 (306) 665-1344

www.egadz.ca

485 1st Avenue North
Saskatoon, SK, S7K 1X5



EGADZ provides a wide range of program and supportive residential programs that offers safety, mentorship and support to youth. Programs empower youth and assist them to reach their full potential. Programs offered include:

YOUTH DROP-IN CENTRE offers recreational activities, and an on-site kitchen to teach nutrition and provide a meal every day at 5:00 p.m. The drop-in centre also operates education programs, cultural programs and employment programs.

TEEN PARENT PROGRAM provides educational outreach, medical and

crisis services, and individual and group sessions for expectant parents and their children.

STREET OUTREACH PROGRAM

connects with youth through use of an outreach van that operates after hours. Immediate assistance provided includes nutrition, clothing, condoms, personal hygiene items, baby formula and diapers.

OPERATION HELP for youth involved in the sex trade, including immediate supports upon involvement with the justice system, assistance to connect with community support, and supports to assist with lifestyle change.

JOE AND JOSIE'S GARAGE to support aboriginal youth through life skills, mentorship and elder support to build healthy interpersonal relationships.

RESIDENTIAL PROGRAMS for young women and men who are referred by MSS. Programs offer supportive living environment in a home-like setting for youth exiting high risk street lifestyle, and/or need supports to safely parent their children. Programming is offered to all individuals including life skills, parenting skills, support for addiction, education around domestic violence, and access to counselling supports.

The Residential Programs are:

13 MY HOMES - supportive independent living environment for youth involved with MSS.

BABY STEPS & MAH'S PLACE

– supportive environment where mothers can work towards having child(ren) safely returned to their care with supervision. Mothers and babies reside in a separate residence side by side, and are provided the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

MICHAEL'S PLACE – a supervised home for up to three women whose

Crime & Justice

children reside at Baby Steps. Moms are ready and actively working on return of children into parental care.

Elizabeth Fry Society

(306) 934-4606 Fax (306) 652-2933

www.elizabethfrysask.org

600-245 3rd Avenue South

S7K 1M4



An agency that works with women and girls in conflict with the law. Strives to provide programs and services which ensure fair treatment and encourage an end to recidivism.

Equal Justice For All

(306) 954-3288 After Hours

(306) 380-6261

ejasask@gmail.com

905 20th Street West S7M 0Y5



Provides advocacy services and representation to the poor and disadvantaged in areas related to social assistance, Canada pension, workers compensation, and family issues. Public education is also provided.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614

www.internationalwomen

ofsaskatoon.org

412-230 Avenue R South

S7M 2Z1



IWS is a non profit community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting programs and services.

John Howard Society

www.sk.johnhoward.ca/

REGINA (306) 584-2115

Fax (306) 584-7089

1-877-584-2115

203-2505 11th Avenue, Regina, SK

S4P 0K9

SASKATOON (306) 244-8347

Fax (306) 244-9923

202-220 3rd Avenue South S7K 1M1

MOOSE JAW (306) 693-0777

Fax (306) 692-7655

15 Hochelaga Street West,

Moose Jaw, SK S6H 2E9



Provides assistance to all persons involved either directly or indirectly with the criminal justice system. Services offered include advocacy, referrals to community service agencies, pursuit of various educational and training opportunities, as well as counselling. Clientele may be self-referred, or referred by another community agency.

Law Society of Saskatchewan

Lawyer Referral Service

(306) 359-1767

1-800-667-9886

www.lawsociety.sk.ca



Office of the Ombudsman

REGINA (306) 787-6211
1-800-667-7180
SASKATOON (306) 933-5500
1-800-667-9787
www.ombudsman.sk.ca



The Ombudsman takes complaints regarding specific organizations or groups of organizations – may investigate, mediate or help resolve complaints.

Planned Lifetime Advocacy Network (PLAN)

604-439-9566 Fax 604-439-7001
www.plan.ca
260-3665 Kingsway, Vancouver, BC
V5R 5W2



PLAN is a family-led organization founded to secure the future for people with disabilities.

Providers of Aboriginal Lifestyle Support (PALS) – Saskatoon Tribal Council Family Centre

(306) 659-2500 Fax (306) 659-2206
www.sktc.sk.ca
2141 McPherson Avenue S7J 0S8
Offers in-home counselling and support workers to families who are at risk of losing their children to Ministry of Social Services.

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869
www.plea.org
300 201 21st Street East S7K 0B8



PLEA of Saskatchewan is a non-profit, non-government organization which exists to educate, inform and empower through law related education.

Public Prosecution Division – Saskatchewan Department of Justice

(306) 787-5490 Fax (306) 787-8878
www.justice.gov.sk.ca/publicprosecutiondivision
300-1874 Scarth Street, Regina, SK
S4P 4B3

Prosecutors are agents of the Attorney General and represent the interests of the general public in the criminal justice system. Prosecutors are responsible for the prosecution of *Criminal Code* offences and Provincial Statute offences.

Regina Anti-Poverty Ministry

(306) 352-6386 Fax (306) 352-5866
www.povnet.org/node/2844
2320 Victoria Avenue, Regina, SK
S4P 0S6



Provides services to low-income persons. Also provides public education on poverty issues and systemic advocacy to promote public policy that is in the best interest of low income people.

Rentalsman – Saskatchewan Ministry of Justice (Office of Residential Tenancies)

1-888-215-2222
REGINA (306) 787-2699
Fax (306) 787-5574
120 2151 Scarth Street, Regina, SK
S4P 2H8
SASKATOON (306) 933-5680
Fax (306) 933-7030
122 3rd Avenue North S7K 2H6
www.justice.gov.sk.ca/ORT

Saskatchewan Advocate for Children and Youth (SACY)

(306) 933-6700 Fax (306) 933-8406
1-800-322-7221
www.saskadvocate.ca
315 25th Street East S7K 2H6



Crime & Justice

Promotes the interests of, and acts as a voice for children who have concerns about provincial government services. The SACY engages in public education, works to resolve disputes and conducts independent investigations. The SACY also recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone can contact the SACY if they have a concern about a child or group of children receiving services from a provincial department or agency.

Saskatchewan Human Rights Commission

REGINA (306) 787-2530

1-800-667-8577

SASKATOON (306) 933-5952

1-800-667-9249

www.shrc.gov.sk.ca



Works to discourage and eliminate discrimination through investigation of complaints regarding discrimination; promoting and approval of equity programs and educating people about human rights law in Saskatchewan.

Saskatchewan Legal Aid Commission (Saskatoon Rural Area Office)

(306) 933-7855 Fax (306) 933-7854

9th Floor Sturdy Stone Bldg.

122 3rd Avenue North S7K 2H6



Provides legal services to eligible youth and adult applicants who need assistance with criminal or family law matters.

Saskatoon City Legal Aid – Family Law Division

(306) 933-7820 Fax (306) 933-7827

www.legalaid.sk.ca

1057-122 3rd Avenue North S7K 2H6



The Family Legal Aid office provides services in areas like divorce/separation, child and spousal support, restraining orders, adoptions and other areas.

Saskatoon Fire and Protective Services – Program Firestop

(306) 975-2574 Fax (306) 975-2589

125 Idylwyld Drive South S7M 1L4



A free, voluntary, educational program for children who are curious fire-setters and their families. Our goals are to prevent children from harming themselves and others, from causing property damage and to prevent the child fire-setter from becoming an adult fire-setter.

Saskatoon Sexual Assault and Information Centre (SSAIC)

(306) 244-2294 Fax (306) 244-6099

CRISIS LINE (306) 244-2224

www.saskatoonsexualassaultcentre.com

201-506 25th Street East S7K 4A7



Offers a 24 hour crisis line service related to past or present sexual abuse. Survivors can receive support over the phone or in person. They provide emotional support, information, referrals, and will accompany victims/survivors to hospital, police station, court etc. The Centre will provide workshops and public education sessions as requested and support groups. This is a confidential service.

Saskatoon Tribal Council – Urban Services

Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155

www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future. Our goal is to help at risk families avoid apprehension of their children.

Saskatoon Tribal Council – Urban Services

Urban Justice Programs

(306) 653-7676 Fax (306) 242-7280

www.sktc.sk.ca

602 20th Street West (Located in White Buffalo Youth Lodge)

The objective of the STC Urban First Nations Services Inc. Justice Program is to provide support and assistance to youth, adults and their families throughout the duration of their involvement in the Criminal Justice System. We do this by delivering integrated services using a family-centered case management model.

Saskatoon Tribal Council Community Justice Programs

(306) 956-6100 Fax 306 244-7273

www.sktc.sk.ca

200-203 Packham Avenue S7N 4K5

Integrates services using a family-centred case management model to provide assistance to youth, adults and families of the STC member communities throughout the duration of their involvement in the justice system.

The Salvation Army Community Centre

(306) 244-6280/(306) 242-6833

Fax (306) 665-0708

www.salvationarmy.ca/sd

339 Avenue C South S7M 1N5



Short and long term residency in dorm setting and private rooms. Pastoral counselling services available. After hours emergency shelter, food hampers, clothing vouchers. Bible study groups. 12 step programs for both men and women, cooking classes for adults and children. Federal halfway house for parolees, some probation referrals.

Victims Services

(306) 975-8400 Fax (306) 975-8401

www.police.saskatoon.sk.ca/index.php7/oc=programs/victims.php

259A 3rd Avenue South S7K1M3



This agency provides information, support and referrals to victims of crime and traumatic events.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468

www.ywcasaskatoon.com

510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through three key housing areas including the Crisis Shelter, Turning Points and Margaret's Place. Offering access to services including employment and learning, health and wellness, and childcare.

Crime & Justice

Did you know...

About one-third of online teens (ages 12-17) have been cyberbullied. Girls are more likely to be targeted.

Lenhart A. Cyberbullying and Online Teens. Pew Internet & American Life Project, 2007.

Common Forms of Cyberbullying

FLAMING AND TROLLING – sending or posting hostile messages intended to “inflare” the emotions of others

HAPPY-SLAPPING – recording someone being harassed or bullied in a way that usually involves physical abuse, then posting the video online for public viewing

IDENTITY THEFT/IMPERSONATION – stealing someone’s password and/or hijacking their online accounts to send or post incriminating or humiliating pictures, videos, or information

PHOTOSHOPPING – doctoring digital images so that the main subject is placed in a compromising or embarrassing situation

PHYSICAL THREATS – sending messages that involve threats to a person’s physical safety

RUMOR SPREADING – spreading gossip through e-mail, text messaging, or social networking sites

Signs Your Child May Be a Victim of Cyberbullying

Avoids the computer, cell phone, and other technological devices or appears stressed when receiving an e-mail, instant message, or text

Withdraws from family and friends or acts reluctant to attend school and social events

Avoids conversations about computer use

Exhibits signs of low self-esteem including depression and/or fear

Has declining grades

Has poor eating or sleeping habits

Source: Hinduja, S., Patchin J. *Bullying Beyond the Schoolyard: Preventing and Responding to Cyberbullying*. Thousand Oaks: Corwin Press, 2009.

EDUCATION

ABSee Reading Program - Learning Disabilities

Association of Saskatchewan
(306) 652-4114 Fax (306) 652-3220
www.ldas.org

221 Hanselman Court S7L6A8



This is an intensive one on one literacy program aimed at children and adults with learning disabilities or at risk readers. They provide qualified teachers who stress phonological awareness. They also offer a computer literacy program.

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
www.adoptionsask.org

233 4th Avenue South S7K 1N1



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or inter-country adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

AIDS Saskatoon - 601 Outreach Centre

(306) 242-5005 Fax (306) 665-9976
1-800-667-6876

www.aidsaskatoon.ca

1143 Avenue F North S7K 4E3



Offers education, prevention, advocacy, resource center, and support to persons living with HIV infection, their families, friends and others such as a community kitchen and garden program.

Allegrò Montessori School

(306) 931-4000

www.allegromontessori.org

2417 Haultain Avenue East S7J 1R3



Offers a pre-school program for children ages 2 ½ to 6 years. They also offer a Montessori lower elementary school program for grades 1 to 3 based on the principles of Montessori education.

Alliance for Life Education Centre

(306) 244-2259

allforl@sasktel.net

716 Queen Street S7H 0A1



Offers a lending library with related internet access. Promotes awareness and educating the general public to all pertinent life issues facing society today.

Association des parents Fransaskois – French Family Support Centre

Centre d'appui à la famille et à
l'enfance(CAFÉ)-LA PASSERELLE

(306) 653-7444 Fax (306) 653-7001

www.parentsfransaskois.ca

910 5th Street East S7H 2C6



APF is a provincial Francophone association representing the parents of children attending Fransaskois school, preschools and play groups. The APF accompanies parents and their families with the help and resources of the French family support center-CAFÉ-LA PASSERELLE. CAFÉ-LA PASSERELLE.

Avenue Community Centre for Gender & Sexual Diversity

(306) 665-1224 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca

Education

201-320 21st Street West S7K 6K7



The Centre works towards building a community of acceptance and understanding. They offer phone line support and various social groups.

Boys and Girls Clubs of Saskatoon

(306) 244-7820 Fax (306) 244-0089

www.bgcsaskatoon.com

105-135 Robin Crescent S7L 6M3

Operates programs including before and after school program in a number of selected schools in Saskatoon and day camps to create a supportive atmosphere where all children succeed.

Canadian Cancer Society- Saskatoon Unit

(306) 244-4389 Fax (306) 244-5657

www.cancer.ca

101-440 2nd Avenue North S7K 2C3



Offers patient support groups, financial aid to cancer patients, research, fundraising, and educational information and presentations.

Canadian Mental Health Association - Problem Gambling Community Program

(306) 683-3669 Fax (306) 683-2246

www.cmhask.com

3-804 Dufferin Avenue S7H 2B8



A public education and community development program that focuses on problem gambling awareness. Presentations and all materials are free of charge and are offered to youth, parents, community associations, parent councils, teachers, and school administrators.

Canadian Parents for French Saskatchewan (CPF)

(306) 244-6151 Fax (306) 244-8872

1-800-561-6151

www.cpfask.com

303-115 2nd Avenue North S7K 2B1



CPF – Sask is the provincial network of volunteers which values French as an integral part of Canada and which is dedicated to the promotion and creation of French-second-language learning opportunities for young Canadians.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537

www.cfssaskatoon.sk.ca

200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services, including individual, couple, and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centres. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Child & Youth Friendly Saskatoon Inc. (C&YFS)

(306) 955-KIDS(5437)

Fax (306) 955-1425

www.childfriendlysaskatoon.sk.ca

729-601 Spadina Crescent East

S7K 3G8

C&YFS promotes child and youth friendliness in all areas of life. Programming includes: 1) The Declaration Program which encourages business and groups to be child and youth friendly in

their policies and practice, 2) Youth Volunteer Program, youth age 11-18 are guided to charities and non-profits who need volunteer assistance.

Child Find Saskatchewan

(306) 955-0070 (24hrs)

Fax (306) 373-1311

1-800-13-3463

www.childfind.sk.ca

202-3502 Taylor Street East S7H 5H9

Provide services promoting child personal safety to children, parents and organizations. Assist in the locating of missing children. They work with awareness in education and search assistance. They offer a 24 hour help line.

Children's Discovery Museum

(306) 683-2555

www.museumforkids.sk.ca

2325 Preston Avenue South S7J 2G2



The Children's Discovery Museum on the Saskatchewan is a not-for-profit, charitable organization working to establish and operate a children's museum in Saskatoon. Through exhibits, outreach and programming, our mission is to foster creativity, curiosity and a life-long love of learning in children ages 10 and under.

Eagle's Nest Youth Ranch

(306) 385-2611 Fax (306) 385-2613

www.enyr.ca

B-2410 Richardson Road S7L 4C3

Provides a therapeutic group living environment for vulnerable youth (10-21years of age) who are experiencing social, emotional and behavioural difficulties. The program provides 24-hour care, supervision, counselling, and education. The Independent School Education Program is designed to gain a clear understanding of the

youth's academic and social needs for transition into a community school setting.

EGADZ – Saskatoon Downtown Youth Centre

(306) 931-6644 (306) 665-1344

www.egadz.ca

485 1st Avenue North

Saskatoon, SK, S7K 1X5



EGADZ provides a wide range of program and supportive residential programs that offers safety, mentorship and support to youth. Programs empower youth and assist them to reach their full potential. Programs offered include:

YOUTH DROP-IN CENTRE offers

recreational activities, and an on-site kitchen to teach nutrition and provide a meal every day at 5:00 p.m. The drop-in centre also operates education programs, cultural programs and employment programs.

TEEN PARENT PROGRAM provides educational outreach, medical and crisis services, and individual and group sessions for expectant parents and their children.

STREET OUTREACH PROGRAM

connects with youth through use of an outreach van that operates after hours. Immediate assistance provided includes nutrition, clothing, condoms, personal hygiene items, baby formula and diapers.

OPERATION HELP for youth involved in the sex trade, including immediate supports upon involvement with the justice system, assistance to connect with community support, and supports to assist with lifestyle change.

JOE AND JOSIE'S GARAGE to support aboriginal youth through life skills, mentorship and elder support to build healthy interpersonal relationships.

Education

RESIDENTIAL PROGRAMS for young women and men who are referred by MSS. Programs offer supportive living environment in a home-like setting for youth exiting high risk street lifestyle, and/ or need supports to safely parent their children. Programming is offered to all individuals including life skills, parenting skills, support for addiction, education around domestic violence, and access to counselling supports.

The Residential Programs are:
13 MY HOMES - supportive independent living environment for youth involved with MSS.

BABY STEPS & MAH'S PLACE – supportive environment where mothers can work towards having child(ren) safely returned to their care with supervision. Mothers and babies reside in a separate residence side by side, and are provided the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

MICHAEL'S PLACE – a supervised home for up to three women whose children reside at Baby Steps. Moms are ready and actively working on return of children into parental care.

Epilepsy Saskatoon

(306) 665-1939 Fax (306) 665-0300

www.epilepsymatters.com

327-1702 20th Street West S7M 0Z9
(St. Paul's Hospital Residence)



Offers programs to improve education and public awareness about epilepsy, as well as support groups for people with epilepsy and their families.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Gay Line

(306) 665-1224 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca



Provides short-term support and information on resources to gay, lesbian, bi-sexual and transgendered individuals in the Saskatoon district.

German Language School

(306) 382-8158

www.germanschoolsaskatoon.com

47 Richmond Crescent S7K 1A7
German classes are offered from age 5 – 18 (kindergarten to high school credit classes). Classes are held at Aden Bowman Collegiate.

German Pre-Kindergarten Saskatoon

Bilingual preschool program
(306) 651-0436 Ulrike Hecker
Ulrike.Hecker@gmx.net

2809 Early Drive
Brevoort Park School



(city bus service only)
Provides a unique bilingual learning experience for children ages 3-5 years. Before and after school care program available at Brevoort Park School.

Children are given the opportunity to learn and develop through exploration and play within a

well structured, warm and fun environment. Our mission is to tap into children's natural curiosity for languages. Previous knowledge of German is not necessary.

Global Gathering Place Inc.

(306) 665-0268 Fax (306) 665-0440
www.globalgatheringplace.com
100 5th Avenue North S7K 2N7



A drop-in centre for immigrants and refugees to help improve their English, learn about jobs, make new friends and understand Canadian customs and traditions.

Great Plains College, Warman Campus

(306) 242-5377 Fax (306) 242-8662
www.greatplainscollege.ca
202 Central Street, Warman, SK
S0K 4S0



Provides a wide array of quality programming with reasonable classroom sizes, plenty of one-on-one instructor time, and hands-on learning with an opportunity to utilize learned skills.

Offers a generous scholarship program that is easy to access and may pay up to full tuition.

Greater Saskatoon Catholic Schools

(306) 659-7000 Fax (306) 659-2010
www.scs.sk.ca

420 22nd Street East S7K 1X3

Support families through shared beliefs and a common faith, combined with academic learning and skill development. We believe that parents, students and staff must work together to ensure that learning takes place in a safe, orderly and nurturing environment. Inspired and strengthened by the gospel, Catholic schools provide

students with the skills, knowledge and understanding that will enable them to live their faith in an increasingly complex and ever changing world.

Greater Saskatoon Catholic Schools - Consultants

(306) 659-7000 Fax (306) 659-2010
www.scs.sk.ca

420 22nd Street East S7K 1X3

Educational consultants are available to assist in planning the most appropriate education resource for your child if they have a disability.

Health Promoting Schools

(306) 715-3151

Health promoting schools is a 'whole' school approach where students, teachers and parents, school staff, community groups, agencies, and institutions work together on key priorities for improving learning and health.

A partnership between Saskatoon Health Region, Saskatoon Public School Division, Greater Saskatoon Catholic School Division, Horizon School Division, Prairie Spirit School Division, Le Réseau Santé en français de la Saskatchewan, Government of Saskatchewan Ministry of Health, Government of Saskatchewan Ministry of Education and participating schools, staff, school community councils, students and their families.

Home Based Educators of Saskatoon

(306) 931-3188 - Information line
Various contact persons depending on ones specific area of interest. An information hotline for parents who are home based educators as well as parents considering home based education.

In-School Mentoring Program

Education

(306) 244-8197 Fax (306) 244-4171
www.bbbssaskatoon.org
106 33rd Street East S7K OS2
A program matching kids in elementary schools with an adult in the community for 1 hour per week. The purpose is to boost the child's self-esteem and confidence. A project of Big Brothers/Big Sisters.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614
www.internationalwomenofsaskatoon.org
412-230 Avenue R South S7M 2Z1



IWS is a non profit community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting the programs and services.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428
loelke@sasktel.net
103 Avenue T South S7M 3A7



Requires Ministry referral. For women whose children are in care with the Ministry of Social Services (MSS).

Kumon Math & Reading Centres

1-800-ABC-MATH
Fax 403-(306) 244-0857
www.kumon.com



World's largest after school math & reading program for school aged children. There are 2 locations in Saskatoon offering the Kumon program.

Language Access For Health

(306) 655-1026 Fax (306) 655-1037
Royal University Hospital
Provides volunteers to assist patients experiencing language barriers when seeking medical service.

Learning Disabilities Association of Saskatchewan (LDAS)

(306) 652-4114 Fax (306) 652-3220
www.ldas.org
221 Hanselman Court S7L 6A8



Mandate is to advance the education, employment, social development, legal rights and general well being of people with learning disabilities. They offer the ABSee reading program, a summer day-camp for children ages 7 to 11 years, adult vocational counselling, adult upgrading programs, conferences, workshops and an information library.

Lung Association of Saskatchewan

(306) 343-9511 Fax (306) 343-7007
1-888-566-LUNG
www.sk.lung.ca
1231 8th Street East S7H OS5



The Lung Association's certified asthma educators can assist children and their families to understand the disease, learn how to best manage the disease and provide information about resources available in the community.

Maria Montessori School

(306) 955-3852
3035 Preston Avenue S7T 1C2



Offer a pre-school program for children ages 3 to 5 years and an elementary program to grade 6.

Menopause Centre of Saskatchewan

(306) 978-3888 Fax (306) 978-7801
www.menopausecentre.org
 227-230 Avenue R South S7M 2Z1



A centre to provide support and information on menopause.

North Saskatchewan Independent Living Centre

(306) 665-5508 Fax (306) 244-2453
www.nsilc.com
 237 5th Avenue North S7K 2P2



Resource Center that promotes independent living for people of all ages with disabilities. Provides support in the areas of self-empowerment, self-advocacy, self-employment and peer support.

Oxford Learning Centre

(306) 668-2223 Fax (306) 668-2223
www.oxfordlearning.com
 115-3501 8th Street East S7H 0W5



Offer supplemental education for kindergarten through grade 12 in an after school program, reading program for children ages 3 to 5, and individualized programming for adults.

Parenting Education Saskatchewan

(306) 934-2095 Fax (306) 244-1201
www.parenteducationsask.ca
 306-506 25th Street East S7K 4A7



A project supporting parent educators throughout the province through resources, conferences and networking. A project of Family Service Saskatoon.

Prairie Spirit School Division

(306) 683-2800
www.spiritsd.ca

Educational consultants are available to assist parents in planning their child's educational program.

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869
www.plea.org
 300-201 21st Street East S7K 0B8



PLEA of Saskatchewan is a non-profit, non-government organization which exists to educate, inform and empower through law related education.

Radius Community Centre

(306) 665-0362 Fax (306) 665-5579
www.radiuscentre.com
 1st Avenue North S7K 1X7



Radius is a non-profit community organization offering services to children and adults by connecting to community through education, participation and skills training. Support is provided to families with children with acquired brain injury/cognitive disabilities. Provides training/career development for the unemployed and working with businesses in employee development programs.

READ Saskatoon

(306) 652-5448 Fax (306) 652-4205
www.readsaskatoon.com
 304-1114 22nd Street West S7M 0S5



A community based volunteer organization that offers free literacy services to adults and their families and promotes literacy awareness, partnerships and development.

Education

Ready, Set, Go Preschool

(306) 655-1268/(306) 683-1268
1319 Colony Street S7N 2Z1
Located at Kinsmen Children's Center, provides a cohesive social educational setting primarily to children with moderate to severe motor impairments. Support is provided from Physiotherapists, Speech/Language Pathologists, Occupational Therapist, Special Education Teacher and an Educational Assistant. Admission to the program is through Physiotherapy Department.

Saskatchewan A.G. Bell Association for the Deaf – Summer Camp

(306) 242-7289
145 Clearwater Road S7K 3Y8



A support group for parents, children and adults who are hearing impaired and for parents of hearing impaired children. They offer conferences, workshops, support groups, and a summer camp for children kindergarten to grade 8 students who have a hearing loss.

Saskatchewan Aboriginal Literacy Network

(306) 934-2632 Fax (306) 934-2633
www.aboriginal.sk.literacy.ca
1017B 22nd Street West
Aboriginal literacy (First Nations and Metis) is a learner centered approach to life-long learning that honours the inter-connectedness of all aspects of creation for growth, personal empowerment, community development and self determination. Aboriginal literacy encompasses first languages, elder involvement, culture and community in a holistic development approach to unify mind, heart, body and spirit.

Saskatchewan Abilities Council

Saskatoon Branch – Vocational Evaluation
(306) 653-1694 Fax (306) 652-8886
www.abilitiescouncil.sk.ca
Provides individualized assessment of skills, abilities and interests to assist people with disabilities in developing a career plan. For youth 16 and over, a vocational evaluation can help them to develop a transition plan for the time when they are finished school.

Saskatchewan Association of School Councils

(306) 955-5723 phone/fax
www.schoolcouncils.com
243-221 Cumberland Avenue North
S7N 1M3



An incorporated, non profit volunteer organization dedicated to enhancing the education and general well being of children and youth, by representing the voice of parents.

Saskatchewan Brain Injury Association (SBIA)

(306) 373-1555 Fax (306) 373-5655
1-888-373-1555

www.sbia.ca

Room 336 339 230 Avenue R South
S7J 2C7

Mailing address 1702 20th Street West S7M 0Z9



SBIA is dedicated to improving the knowledge, services and quality of life of people living with acquired brain injury and their families and service providers. The SBIA offers an information and resource center in areas such as: family support, education programs, rehabilitation, advocacy services, and public awareness and prevention initiatives.

Saskatchewan Advocate for Children and Youth (SACY)

(306) 933-6700 Fax (306) 933-8406
1-800-322-7221

www.saskadvocate.ca

315 25th Street East S7K 2H6



Promotes the interests of, and acts as a voice for children who have concerns about provincial government services. The SACY engages in public education, works to resolve disputes and conducts independent investigations. The SACY also recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone can contact the SACY if they have a concern about a child or group of children receiving services from a provincial department or agency.

Saskatchewan Cultural Society of the Deaf (SCSD)

(306) 665-0729 (TTY)

Fax (306) 653-5461

chubby61@shaw.ca

511 Main Street East S7N 0C2



To give deaf Saskatchewan an opportunity to express their ideas and develop their skills and talents.

Saskatchewan Deaf Children's Society (SDCS)

(306) 343-9611 (V/TTY)

Fax (306) 343-0691

kjdit86@shaw.ca

2209 Ewart Avenue S7J 1Y1



SDCS supports the rights of parents to make informed choices concerning communication options and educational programs for their children. In Home Sign Language, SDCS Adventure Club, resources, information and newsletters.

Saskatchewan Early Childhood Association (SECA)

(306) 765-0875 Fax (306) 765-0877
1-888-658-4408

www.saskcare.ca

5-3041 Sherman Drive,
Prince Albert, SK S6V 7B7



A non-profit organization that consults on child care policy and early childhood education issues with provincial and federal governments. They serve as a support organization for early childhood educators, parents and childcare providers. They provide educational materials, seminars, retreats, conferences, and information.

Saskatchewan Education – Ministry of Education

Saskatoon (306) 933-5027

Regina (306) 787-1183

www.education.gov.sk.ca

Children with special needs may be eligible for support from the education system at age 3 years.

Saskatchewan Literacy Network

(306) 651-7288 Fax (306) 651-7287

1-888-511-2111

www.sk.literacy.ca

202-626 Broadway Avenue S7N 1A9



A provincial literacy organization that promotes and supports literacy in Saskatchewan through the following: advocacy, professional development and resource development. Literacy resource collection housed at the office in Saskatoon.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301

www.preventioninstitute.sk.ca

Education

1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatoon Cancer Centre

(306) 655-2662 Fax (306) 655-2910

www.saskcancer.ca

20 Campus Drive S7J 4E7



Offers both individual and family counselling services for children with cancer. They hold social gatherings for peer support and provide a school re-entry program. As well, they promote community education re: childhood cancer.

Saskatoon Centre of Reading Excellence (SCORE)

(306) 931-7323 Fax (306) 934-2548

mcken.score@sasktel.net

205-129 3rd Avenue North S7K 2H4



SCORE is an alternate education facility that offers testing and teaching services for school aged children and young adults with learning disabilities.

Certified teachers provide quality academic services, individualized programming and enhancement of self esteem and social skills.

Child Hunger Education Program (CHEP)

(306) 655-4575 Fax (306) 655-5512

www.chep.org

1120 20th Street West S7M 0Y8

CHEP works with the Saskatoon community to achieve solutions to child hunger and to improve access to nutritious food for all. Programs

include children's nutrition programs, collective kitchens, Good Food Box, community gardening, food policy work, Pork Links, bridges to farmers and others.

Saskatoon Community Youth Arts Programming Inc (SCYAP)

(306) 652-7760

www.scyapinc.org

253 3rd Avenue South S7K 1M3

Art and culture based programming delivered to children, adults, youth and "at risk" youth. Personal development and skill enhancement through visual arts, life skills, counselling, and employment readiness programming.

Saskatoon Fire and Protective Services – Program Firestop

(306) 934-0779 Fax (306) 975-2589

norma.mckay@saskatoon.ca or

lisa.thomasgard@saskatoon.ca

125 Idylwyld Drive South S7M 1L4



A free, voluntary, educational program for children who are curious fire-setters and their families. Our goals are to prevent children from harming themselves and others, from causing property damage and to prevent the child fire-setter from becoming an adult fire-setter.

Saskatoon Food Bank and Learning Centre

(306) 664-6565 Fax (306) 664-6563

www.saskatoonfoodbank.org

202 Avenue C South S7M 1N2



Provides 2 to 3 days of emergency food. People can use the Food Bank once every 14 days and must provide a health card and proof of Saskatoon residency (i.e letter or bill). The Learning Centre offers a literacy program and employment

program for adults. A clinical counsellor provides counselling for individuals and families at no cost. The volunteer income tax program helps low income individuals complete their income taxes.

Saskatoon French School

(306) 668-7456 Fax (306) 659-2152
www.scs.sk.ca/fre

1441 Wellington Street S7M 1L3



A non-denominational associate school of the Greater Saskatoon Catholic School Board. Families of all religious and linguistic backgrounds are welcome. Offers: the only type-A French Immersion in the province, excellent instruction in French and English, smaller class sizes, city wide school bus service, full day kindergarten, unique opportunity for parent participation.

Saskatoon Friends of Students and Kids Inc. (SAKs)

(306) 683-8379 Fax (306) 683-7587
411 11th Street East S7N 0E9



Offer support services to student parents and parents to be attending Nutana Collegiate.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Montessori School

www.montessorisaskatoon.ca/

432 10th Street East S7N OC9



The Saskatoon Montessori School offers a three-year program for children age 3.

Saskatoon Open Door Society

(306) 653-4464 Fax (306) 653-4460
www.sods.sk.ca

100-129 3rd Avenue North S7K 2H4
247 1st Avenue North S7K 1X2
(language training)



Offers services for new immigrants and refugees in Saskatoon. Services include settlement help, English classes with childcare and parenting and youth programs. Programs include Food For Thought. Open Door has a daycare open to public fee payers and participants in SODS programs. Provide a resource lending library for volunteers and members with materials related to all cultural issues. Translation and interpretation is also provided.

Saskatoon Preschool Foundation

(306) 683-8384 Fax (306) 683-7296
www.spf.sk.ca

3144 Arlington Avenue S7J 3L5

The mission of the Foundation is to advocate for and to support access to quality preschool programs for Saskatoon children through the establishment of a permanent endowment fund.

Saskatoon Public Schools

(306) 683-8200 Fax (306) 657-3965
www.spsd.sk.ca

310 21st Street East S7K 1M7

Saskatoon Public Schools provide an extensive range of student services. These include special education support, educational psychologists, counsellors, social workers, speech and language pathologists and before and after school care programs.

Education

Saskatoon Public Schools – Educational Consultants

(306) 683-8200 Fax (306) 657-3965

www.spsd.sk.ca

310 21st Street East S7K 1M7

Educational consultants are available to assist in planning the most appropriate education resource for children with a disability.

Saskatoon Tribal Council – Urban Services

Aboriginal Head Start

(306) 659-2500 Fax (306) 659-2155

www.sktc.sk.ca

2010 7th Street West S7H 5K6

The Aboriginal HeadStart (AHS) Program helps Aboriginal families in the Saskatoon area become stronger, healthier and empowered to engage in the life-long learning of their children through preschool, parent groups and home visits.

Saskatoon Tribal Council – Urban Services

Creative Healing for Urban Members (CHUMS)

www.sktc.sk.ca

2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Saskatoon Tribal Council – Urban Services

Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155

www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in

home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future.

Our goal is to support at risk families avoid apprehension of their children.

Saskatoon Tribal Council – Urban Services

Employment & Training Services Program

(306) 659-2500 Fax (306) 659-2155

www.sktc.sk.ca

2010 7th Street S7H 5K6



Provides employment counselling services and training for First Nations people seeking employment in Saskatoon. Training and youth internship funding is available only for those with Treaty Status.

Saskatoon Tribal Council

White Buffalo Youth Lodge – For Children, Youth and Families

(306) 653-7676 Fax (306) 653-7677

www.sktc.sk.ca

620 20th Street West S7M 0X7

A wide variety of social, health, recreation and educational programming designed for differing age groups is delivered daily Sunday through Saturday. The goal of these activities is to promote a healthy lifestyle, build resiliency and hope for young people and provide options for the future.

Provides a health clinic, dental care and addictions counselling. Social and emotional counselling help is available twice weekly.

Spanish School of Saskatoon

(306) 374-7416 Bill or

(306) 955-7386 Soledad

Classes held at Aden Bowman Collegiate. This school only runs on Saturdays.

Stewart Resources Centre – Saskatchewan Teacher’s Federation

(306) 373-1660 Fax (306) 374-1122
www.stf.sk.ca
2317 Arlington Avenue S7J 2H8



Offer professional materials related to kindergarten to grade 12 education. They provide curriculum materials to use directly with the students. This is mainly a teacher library but parenting materials are available for interested parents.

Student Wellness Initiative Towards Community Health (SWITCH)

(306) 956-2518 Fax (306) 934-2506
www.switchclinic.ca
1528 20th Street West S7M 0X8



SWITCH’s vision is to maintain an operating, interdisciplinary student-run health clinic in conjunction with health professionals and community partners to serve clients in Saskatoon’s core neighbourhoods.

Sylvan Learning Centre

(306) 978-7323 Fax (306) 978-5730
www.educate.com
407 1st Avenue North S7K 1X5



Helps students to improve in their reading comprehension, math, writing and study skills. All programs are personalized and developed from the initial assessment. They serve students of all ages, grade 1 through adult.

Tamarack Foundation

(306) 975-0855 Fax (306) 242-8007
www.members.shaw.ca/camptamarack
PO Box 9677, Saskatoon, SK
S7K 7G5



Camp Tamarack is an academic summer camp for children and teens with learning disabilities. We assist children that have average to above average intelligence and the ability to learn with an individualized program. This program is designed to (a) Prevent academic regression (b) Develop social skills (c) Build self-esteem (d) Develop skills for more independent living. Children’s Camp age 7 to 13 is a 4 week program and Teen Camp ages 14 to 18 is a 10 day program. The Tamarack Foundation is a registered charity.

W.A. Edwards Family Centre/ Saskatoon Funeral Home

(306) 244-5578 Fax (306) 665-1095
mail@saskatoonfuneralhome.com
333 4th Avenue North S7K 2L8



The Centre is a community support service of Saskatoon Funeral Home offering a support group for children who have experienced the death of a parent or sibling. The Centre Resource Lending Library has resources focused on many aspects of grief and loss.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
1528 20th Street West S7M 0X8



Located in the core neighborhood, offering group programs, primary health care services including physician, nurse practitioner, nurse and counselling services. Some

Education

workers speak Cree and Saulteaux languages.

White Buffalo Youth Lodge – For Children, Youth and Families – Saskatoon Tribal Council

(306) 653-7676 Fax (306) 653-7677
www.whitebuffalolodge.ca
620 20th Street West S7M 0X7



A wide variety of social, health, recreation and educational programming designed for differing age groups is delivered daily Sunday through Saturday. The goal of these activities is to promote a healthy lifestyle, build resiliency and hope for young people and provide options for the future. Provides a health clinic, dental care and addictions counselling. Social and emotional counselling help is available twice weekly.

YWCA of Saskatoon

(306) 244-7034 ext 131
Fax (306) 653-2468
www.ywcasaskatoon.com
510 25th Street East S7K 4A7



The YWCA Employment and Learning Centre provides a supportive learning environment to assist individuals experiencing barriers to employment. Through a variety of programs, individuals gain skills necessary to achieve sustainable employment.

*“Babies and
children are like
little scientists.
They gather
evidence by
observing and
experiencing the
world”*

<https://www.cornell.edu>

Vocational Planning

VOCATIONAL PLANNING – SPECIAL NEEDS CHILDREN/ YOUTH

Career Headways Inc.
(306) 352-8768

Community Advocates for Employment

(306) 634-9554
1132 4th Street East, Estevan, SK
S4A 0W7

Employment Assistance for People with Disabilities (EAPD)

(306) 787-5602
www.aeel.gov.sk.ca/eapd
Provides funding to assist adults with disabilities to prepare for, secure and maintain employment. Various supports are offered, including training-on-the-job, vocational and work assessments, psycho-educational assessments, job coaching, support for employers and disability-related costs in a wide variety of post-secondary education and training programs.

Employment Opportunities Program-Saskatchewan Association for Community Living

North Sask (306) 763-5606
Central Sask (306) 955-3344
South Sask (306) 790-5685
Rotary Partnership (306) 955-3344
www.sacl.org

Neil Squire Foundation

(306) 781-6023 Fax (306) 522-9474
Prairie Regional Office
100-2445 13th Avenue, Regina, SK
S4P 0W1
www.neilsquire.ca

Helps clients remove barriers to independent living and become active members of the workplace and society. Specializing in education and workplace empowerment through the use of computer-based

assistive technologies, research and development, and various employment programs.

Northern Saskatchewan Independent Living Inc.(NSILC)

(306) 665-5508
www.nsilc.com
237 5th Avenue North S7K 2P2



NSILC offers programs that support individuals with disabilities in learning and developing skills. NSILC provides an array of programs such as employment, literacy and support services. All are geared towards providing individuals with disabilities with the independence they need to fully integrate and participate in their communities.

Opportunities Fund for People with Disabilities

Human Resource & Skills
Development Canada (HRSDC)
www.hrsdc.gc.ca
Regina Human Resource Centre of
Canada 1-800-206-7218
Saskatoon Human Resource Centre
of Canada 1-800-206-7218

Partners of Workplace Inclusion Program (PWIP)

(306) 651-7177 Fax (306) 651-7178
www.ccrw.org/pwip

Client centered program which assists job seekers with disabilities in finding employment. We work with employer and community based organizations to enhance employment opportunities.

Portage Vocational Society

(306) 445-3752
10204 11th Avenue North, Battleford,
SK S9A 3M1
Supports people with special needs in job related and education endeavors.

Vocational Planning

Regina Work Preparation Centre

(306) 757-9096 Fax (306) 359-9044
<http://rwprep.sasktelwebhosting.com/>

2022 Halifax Street, Regina, SK
S4P 1T7

A non-profit, charitable, community-based organization which provides employment preparation, counselling, and job placement to individuals who have difficulty finding and keeping employment. Individuals who are on Social Assistance, Employment Insurance (or have been in the past three years), Provincial Training Allowance, or have a funding sponsor qualify for their services.

Saskatchewan Association of Rehabilitation Centres (SARC)

(306) 933-0616 Fax (306) 653-3932
www.sarcsarcan.ca

www.caringcareers.ca

111 Cardinal Crescent S7L 6H5
SARC is a non-profit association representing community-based organizations that provide residential, developmental, and employment supports/services to thousands of individuals with disabilities. SARC provides a variety of supports to its Members so that they can provide a quality service to persons with disabilities.

Cosmopolitan Industries Ltd.

28 34th Street East S7K 3Y2

Offers meaningful day activities and training programs for adults with intellectual and/or multiple disabilities.

Supported Employment Transition Initiative (SETI)

(306) 933-0616 Fax (306) 653-3932

Provides employment services for individuals with intellectual disabilities.

South Saskatchewan Independent Living Centre (SSILC)

(306) 757-7452 Fax (306) 757-5892
www.ssilc.ca

220 Albert Street, Regina, SK
S4P 2V2

SSILC is a consumer controlled, community based, cross disability agency that promotes the full citizenship of people with disabilities in our community. SSILC is an accredited member of Independent Living Canada, the national umbrella organization for 26 disability resource centres across Canada.

The Way to Work Program, SIAST

www.siastr.ca/programs/basic_education/readiness_bridging.shtml

An employment readiness training project for adults who have an intellectual disability.

Student Development –

Special Needs (306) 933-6350

Special Needs Counsellor for academic programs (306) 933-7510
Deaf and Hard of Hearing Program

(306) 933-7548 or (306) 933-7510

The Aroga Group

www.aroga.com

Provides systems to help individuals with disabilities perform a particular task and develops accessible workstations.

Canadian Association for Community Living Inclusive Education Resources

www.inclusiveeducation.ca

Provides support and information to those working in an educational setting with special needs children.

Vocational Planning

Canadian Council on Rehabilitation and Work (CCRW)

www.ccrw.org

Promotes and supports equal and equitable employment of job seekers with disabilities.

Department of Education for Exceptional Children

College of Education, University of Saskatchewan

(306) 966-5253

www.education.gov.sk.ca

Global Applied Disability Research and Information Network for Employment and Training (GLADNET)

www.gladnet.org

Brings together research and promotes information exchange about integrating people with disabilities in the workplace.

Independent Living Institute

www.independentliving.org

Information and resources for people with extensive disabilities, based on the principles of self determination, self respect and dignity.

Job Accommodation Network

www.jan.wvu.edu

Accommodations and resources for people with developmental or intellectual disabilities and their employers.

Saskatchewan Voice of People with Disabilities

www.saskvoice.com

Accommodation guide for employers.

Student Financial Assistance

Canada and Saskatchewan

Integrated Student Loan Program

1-800-597-8278

Offers a range of financial supports for learners.

Student Support Services, Ministry of Education

(306) 787-1183 Fax (306) 787-2265

www.education.gov.sk.ca/studentsupportservices

1st Floor 2220 College Avenue, Regina, SK S4P 4V9

Superintendents of Children's Services (Regional)

Region 1 (Weyburn) (306) 848-2429

Region 2 (Swift Crnt) (306) 778-8251

Region 3 (Regina) (306) 787-6073

Region 4 (Sktn) (306) 933-5033

Region 5 (Melfort) (306) 752-6166

Region 6 (N. Btlfrd) (306) 446-7436

N. Edu. Office (306) 425-4307

(La Ronge)

University of Regina

Disability Resources Office

(306) 585-4631

www.uregina.ca

University of Saskatchewan -

Disability Services for Students

(306) 966-5673

www.usask.ca

Emergency Services

Helping children cope: Tips for talking about tragedy

After a tragedy, you might feel helpless – but your child needs your support. Here's help knowing what to say. By Mayo Clinic Staff <http://www.mayoclinic.org/helping-children-cope/ART-20047029>

When a tragedy occurs, it can be hard to know how to talk to your child about what happened. What do you say? How much will he or she understand? Find out how to start the conversation and what you can do to help your child cope.

Do I need to talk to my child about a tragedy?

Talking to your child about a tragedy can help him or her understand what's happened, feel safe and begin to cope.

If you don't speak to your child about a tragedy, there's a good chance that he or she might hear about it from someone else – whether from the news, the radio, social media, friends or family. Not talking about a tragedy also might give your child the sense that what happened is too horrible to talk about, which could make the event seem even more threatening.

How do I start a conversation with my child about a tragedy?

There's not necessarily a right or wrong way to talk to your child about a tragic event. Start by taking time to think about what you want to say.

When you're ready, choose a time when your child is most likely to want to talk, such as at bedtime. You might start by asking your child what he or she already knows about the tragedy. What has your child heard in school or seen on TV? Ask your child what questions or concerns he or she might have. Let your child's answers guide your discussion.

Do your best to make your child feel comfortable asking questions and discussing what happened. However, don't force your child to talk if he or she isn't ready.

How do I explain the tragedy to my child?

When talking to your child about a tragedy, tell the truth. Focus on the basics, and avoid sharing unnecessary details. Don't exaggerate or speculate about what might happen. Avoid dwelling on the scale or scope of the tragedy.

Listen closely to your child for misinformation, misconceptions and underlying fears. Take time to provide accurate information. Share your own thoughts and remind your child that you're there for him or her. Also, be sure to explain to your child that the event isn't his or her fault.

Your child's age will play a major role in how he or she processes information about a tragedy. Consider these tips:

Preschool children. Get down to your child's eye level. Speak in a calm and gentle voice using words your child understands. Explain what happened and how it might affect your child. For example, after a severe storm you might say that a tree fell on electrical wires and now the lights don't work. Share steps that are being taken to keep your child safe. Give your child plenty of hugs.

Elementary and early middle school children. Children in this age range might have more questions about whether they're truly safe. They might also need help separating fantasy from reality.

Upper middle school and high school children. Older children will want more information about the tragedy and recovery efforts. They're more likely to have strong opinions about the causes, as well as suggestions about how to prevent future tragedies and a desire to help those affected.

Be prepared to repeat information that might be hard for your child to understand or accept. If your child asks the same question repeatedly, keep in mind that he or she might be looking for reassurance.

Emergency Services

EMERGENCY SERVICES

Avenue Community Centre for Gender & Sexual Diversity

(306) 665-1224 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca

201-320 21st Street West S7M 4E6



The Centre works towards building a community of acceptance and understanding. They offer phone line support and various social groups.

Bridge on 20th

(306) 382-2855 (306) 974-2855
1320 20th Street West S7M 0Z2



The Bridge exists to bring people together, unified by God's holy spirit, to meet needs within Saskatoon's inner city, so that ALL would be changed. Offers soup kitchen, youth and kids club, spiritual life ministries, clothing depot and haircuts.

Crisis Nursery

(306) 242-2433
1020 Victoria Avenue S7N 0Z8



A place that can provide help and comfort for any family experiencing a form of crisis. Parents are able to bring their children to the crisis nursery for a couple of days while they focus their energy on resolving the crisis or emergency at hand.

EGADZ – Saskatoon Downtown Youth Centre

(306) 931-6644 (306) 665-1344

www.egadz.ca

485 1st Avenue North
Saskatoon, SK, S7K 1X5



EGADZ provides a wide range of

program and supportive residential programs that offers safety, mentorship and support to youth. Programs empower youth and assist them to reach their full potential. Programs offered include:

YOUTH DROP-IN CENTRE offers recreational activities, and an on-site kitchen to teach nutrition and provide a meal every day at 5:00 p.m. The drop-in centre also operates education programs, cultural programs and employment programs.

TEEN PARENT PROGRAM provides educational outreach, medical and crisis services, and individual and group sessions for expectant parents and their children.

STREET OUTREACH PROGRAM connects with youth through use of an outreach van that operates after hours. Immediate assistance provided includes nutrition, clothing, condoms, personal hygiene items, baby formula and diapers.

OPERATION HELP for youth involved in the sex trade, including immediate supports upon involvement with the justice system, assistance to connect with community support, and supports to assist with lifestyle change.

JOE AND JOSIE'S GARAGE to support aboriginal youth through life skills, mentorship and elder support to build healthy interpersonal relationships.

RESIDENTIAL PROGRAMS for young women and men who are referred by MSS. Programs offer supportive living environment in a home-like setting for youth exiting high risk street lifestyle, and/or need supports to safely parent their children. Programming is offered to all individuals including life skills, parenting skills, support for addiction, education around domestic violence, and access to counselling supports.

Emergency Services

The Residential Programs are:
13 MY HOMES - supportive independent living environment for youth involved with MSS.

BABY STEPS & MAH'S PLACE – supportive environment where mothers can work towards having child(ren) safely returned to their care with supervision. Mothers and babies reside in a separate residence side by side, and are provided the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

MICHAEL'S PLACE – a supervised home for up to three women whose children reside at Baby Steps. Moms are ready and actively working on return of children into parental care.

Emergency Placement Program – CUMFI

(306) 975-9999 (306) 975-9156
www.cumfi.org

Provides support to families with children who are at risk of going into care of the Ministry. The home like environment is a place of safety for those families at risk, reducing the number of children going into care and preserving the family unit.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201
www.familyservice.sk.ca
102 506 25th Street East S7K 4A7



Individual, couple, child and family counselling to the community. Other programs - Young Parent Services, Domestic Abuse Groups, Volunteer Programs for Youth at Risk, groups for children or adults addressing particular needs. Variable fee scale.

Friendship Inn – Saskatoon

(306) 242-5122 Fax (306) 242-1291
www.sfinn.ca
619 20th Street West S7M 0X8



A soup kitchen that provides nutritious meals daily for the transient, homeless and less fortunate 365 days of the year. Offers social support and crisis counselling for individuals and families.

Gay Line

(306) 665-1225 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca



Provides short-term support and information on resources to gay, lesbian, bi-sexual and transgendered individuals in the Saskatoon district.

Hands On Street Ministries

(306) 653-4182

www.handsonministries.com

140 Avenue F North

Hands On Ministries is dedicated to serving the needs of Saskatoon's inner city street people. Support includes meals and clothing depot and skill developments, mentoring through the auto body shop and billiards.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428

loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral.

For women whose children are in care with the Ministry of Social Services (MSS).

Lighthouse

Partners for Rural Family Support

(306) 682-4135 Fax (306) 682-4154
1-866-682-4135

www.partnersrfs.ca

636 9th Street, Box 2741, Humboldt, SK S0K 2A0

Emergency Services



Partners offers confidentiality in a gentle, understanding atmosphere where information and support can be provided to individuals and families. Offers a lending library and programs to individuals and families living in Humboldt and the surrounding rural region. Types of programs offered: “YES” – Youth Empowerment Strategies; support group for survivors of family violence; parenting classes; children’s groups such as children who have been exposed to family violence.

Real Choices Crisis Pregnancy Centre

1(800) 395-HELP
(306) 665-7550 Fax (306) 665-0013
realchoices@sasktel.net
23-1006 8th Street East S7H 0S1



We are committed to providing love, support and acceptance to women and families experiencing a pregnancy related crisis. Striving to meet their physical, spiritual and emotional needs, we will offer real, life-affirming choices to help women continue their pregnancies to term.

Centre for Children’s Justice & Victims Services (formerly Saskatoon Child Centre)

(306) 975-8400 Fax (306) 975-1409
259A 3rd Avenue South S7K 1M3



This Centre provides a safe environment for children being interviewed for sexual or physical assault crimes. Children are referred to the Centre by the police or the Ministry of Social Services (MSS).

Saskatoon Crisis Intervention Service

(306) 933-6200 (24 hrs)
Fax (306) 664-1974
103-506 25th Street East S7K 4A7



Provides 24 hour crisis intervention, crisis counselling, and conflict management to individuals and families in distress or crisis. Service is provided in the office or in the community.

Saskatoon Fire and Protective Services – Program Firestop

(306) 975-2574 Fax (306) 975-2589
norma.mckay@saskatoon.ca or
lisa.thomasgard@saskatoon.ca
125 Idylwyld Drive South S7M 1L4



Program Firestop is a free, voluntary, educational program for children who are curious fire-setters and their families. Our goals are to prevent children from harming themselves and others, from causing property damage and to prevent the child fire-setter from becoming an adult fire-setter.

Saskatoon Food Bank and Learning Centre

(306) 664-6565 Fax (306) 664-6563
www.saskatoonfoodbank.org
202 Avenue C South S7M 1N2



The Food Bank provides 2 to 3 days of emergency food. People can use the Food Bank once every 14 days and must provide a health card and proof of Saskatoon residency (i.e. letter or bill). The Learning Centre offers a literacy program and employment program for adults. A clinical counsellor provides counselling for individuals and families at no cost. The volunteer income tax program helps low

Emergency Services

income individuals complete their income taxes. The Clothing Depot provides clothing and sundry items.

Saskatoon Interval House, Inc.
(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org
712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Sexual Assault and Information Centre (SSAIC)
(306) 244-2294 Fax (306) 244-6099
CRISIS LINE (306) 244-2224
www.saskatoonsexualassaultcentre.com

201-506 25th Street East S7K 4A7



Offer a 24 hour crisis line service related to past or present sexual abuse. Survivors can receive support over the phone or in person. They provide emotional support, information, referrals, and will accompany victims/survivors to hospital, police station, court etc. The Centre will provide workshops and public education sessions as requested, and support groups.

Saskatoon Tribal Council – Urban Services Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting

families to the resources that will sustain them in the future. Our goal is to support at risk families avoid apprehension of their children.

Saskatoon Tribal Council – Urban Services Urban Safe House

(306) 384-0004 Fax (306) 651-2644
www.sktc.sk.ca



Residential home for children and youth who are involved in the sex trade/street life or are at risk of becoming involved. They are open 24 hours a day, 7 days a week for youth aged 16 years or younger. The home provides a normalized sleeping and eating pattern by providing good role modeling and a safe place to be.

The Salvation Army Bethany Home

(306) 244-6758 Fax (306) 244-6282
www.bethanyhome.ca
203 Cruise Street S7N 2N7



Exists for the benefit of female youth in crisis from age 13 to 18, as well pregnant and parenting mothers and their children. We provide a safe, stable, nurturing residential setting. Bethany Home offers life skills education in a wide variety of areas, and support for the individual. Requires MSS referral.

The Salvation Army Community Centre

(306) 244-6280/(306) 242-6833
Fax (306) 665-0708

www.salvationarmy.ca/sd

339 Avenue C South S7M 1N5



Short and long term residency in dorm settings and private rooms.

Family Violence

Pastoral counselling services available. After hours emergency shelter, food hampers, clothing vouchers. Bible study groups. 12 step programs for both men and women, cooking classes for adults and children. Federal halfway house for parolees, some probation referrals.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468
www.ywcaskatoon.com
510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

FAMILY VIOLENCE

Adelle House

(306) 668-2761 Fax (306) 668-2769
628 10th Street East S7H 0G9



A second stage, low cost housing resource for women and children coming from abusive situations. They provide counselling and programming.

Alternatives Program – Mental Health Services

(306) 655-8989 Fax (306) 655-8806
Rm 1540 Main Floor City Hospital,
701 Queen Street S7K 0M7



Four, 16-week stage programs for men who are violent to their partners. Staff offers professional training and public speaking to the community.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537
www.cfssaskatoon.sk.ca
200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Christian Counselling Services

(306) 244-9890 Fax (306) 244-9987
www.saskatoonccs.com
617 3rd Avenue North S7H 2P8

Family Violence



Counselling available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's and senior's issues and grief

Crisis Nursery

(306) 242-2433

1020 Victoria Avenue S7N 0Z8



Welcomes children from all walks of life. It is a place that can provide help and comfort for any family experiencing a form of crisis. Parents are able to bring their children to the crisis nursery for a couple of days while they focus their energy on resolving the crisis or emergency at hand. It is also a place where a mom or dad can also find a missing child. At crisis nursery, the childcare team creates a comfortable home like environment intended to make the separation from parents as stress free as possible.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Friendship Inn – Saskatoon

(306) 242-5122 Fax (306) 242-1291

www.sfinn.ca

619 20th Street West S7M 0X8



A soup kitchen that provides nutritious meals daily for the transient, homeless and less fortunate 365 days of the year. Works closely with the School Boards, Public Health and the Healthy Mothers Healthy Babies program.

Global Gathering Place Inc.

(306) 665-0268 Fax (306) 665-0440

www.globalgatheringplace.com

100 5th Avenue North S7K 2N7



A drop-in centre for immigrants and refugees to help improve their English, learn about jobs, make new friends and understand Canadian customs and traditions.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614

www.internationalwomenofsaskatoon.org

412-230 Avenue R South S7M 2Z1



IWS is a non profit community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting programs and services.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428

loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral. For women whose children are in care with the Ministry of Social Services (MSS).

Partners for Rural Family Support

(306) 682-4135 Fax (306) 682-4154
1-866-682-4135

www.partnersfamilyservices.ca
636 9th Street Box 2741 Humboldt,
SK S0K 2A0



Partners offers confidentiality in a gentle, understanding atmosphere where information and support can be provided to individuals and families. Offers a lending library and programs to individuals and families living in Humboldt and the surrounding rural region.

Types of programs offered: "YES" – Youth Empowerment Strategies; support group for survivors of family violence; parenting classes; children's groups such as children who have been exposed to family violence.

Provincial Association of Transition Houses of Saskatchewan (PATHS)

(306) 522-3515 Fax (306) 522-0830
www.abusehelpines.org
1940 McIntyre Street, Regina, SK
S4P 2R3



An umbrella association for all of the shelter and crisis services in Saskatchewan for women who have experienced violence. PATHS provides education and information on abuse related issues, advocates for change and serves as a network for women's shelters and services in Saskatchewan. PATHS does not provide direct service.

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869
www.plea.org
300-201 21st Street East S7K 0B8



PLEA of Saskatchewan is a non-profit, non-government organization which exists to educate, inform and empower through law related education.

Saskatchewan Advocate for Children and Youth (SACY)

(306) 933-6700 Fax (306) 933-8406
1-800-322-7221

www.saskadvocate.ca
315 25th Street East S7K 2H6



Promotes the interests of, and acts as a voice for children who have concerns about provincial government services. The SACY engages in public education, works to resolve disputes and conducts independent investigations. The SACY also recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone can contact the SACY if they have a concern about a child or group of children receiving services from a provincial department or agency.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301
www.preventioninstitute.sk.ca
1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatoon Centre for Children's Justice & Victims Services Child Centre

(306) 975-1414 Fax (306) 975-1409

Family Violence

259A 3rd Avenue South S7K 3N9



This Centre provides a safe environment for children being interviewed for sexual or physical assault crimes. Children are referred to the Centre by the police or the Ministry of Social Services.

Saskatoon City Legal Aid – Family Law Division

(306) 933-7820 Fax (306) 933-7827

www.legalaid.sk.ca

1057-122 3rd Avenue North S7K 2H6



The Family Legal Aid office provides services in areas like divorce/separation, child and spousal support, restraining orders, adoptions and other areas.

Saskatoon Crisis Intervention Service

(306) 933-6200(24 hrs)

Fax (306) 664-1974

103-506 25th Street East S7K 4A7



Provides 24 hour crisis intervention, crisis counselling, conflict management to individuals and families in distress or crisis. Service is provided in the office or in the community.

Saskatoon Indian and Metis Friendship Centre

(306) 244-0174 Fax (306) 664-2536

www.simfc.ca

168 Wall Street S7K 1N4



A non-profit organization working with urban aboriginal people. They provide Elder's, adults and children with cultural, educational and recreational programs and events. The aim is to provide an environment that fosters self-

determined activities, which in turn promote positive self-esteem and overall wellness.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327

www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Men's Resource Centre

(306) 244-7950

www.saskatoonmenscenter.com

A pro-feminist, gay affirmative and male positive service for men. The center currently provides on-line resources, access to assistance through a phone-line and workshops/education on issues of relevance to adult men.

Saskatoon Sexual Assault and Information Centre(SSAIC)

(306) 244-2294 Fax (306) 244-6099

CRISIS LINE (306) 244-2224

www.saskatoonsexualassaultcentre.com

201-506 25th Street East S7K 4A7



Offer a 24 hour crisis line service related to past or present sexual abuse. Survivors can receive support over the phone or in person. They provide emotional support, information, referrals, and will accompany victims/survivors to hospital, police station, court etc. The Centre will provide workshops and public education sessions as requested and support groups. This is a confidential service.

Family Violence

Saskatoon Tribal Council – Urban Services

Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Saskatoon Tribal Council – Urban Services

Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future.

Our goal is to support at risk families avoid apprehension of their children.

Saskatoon Tribal Council – Urban Services

Urban Safe House

(306) 384-0004 Fax 651-2644
www.sktc.sk.ca



Residential home for children and youth who are involved in the sex trade/street life or are at risk of becoming involved. They are open 24 hours a day, 7 days a week for

youth aged 16 years or younger. The home provides a normalized sleeping and eating pattern by providing good role modeling and a safe place to be.

Stewart Resources Centre – Saskatchewan Teacher's Federation

(306) 373-1660 Fax (306) 374-1122
<https://www.stf.sk.ca>

2317 Arlington Avenue S7J 2H8



Offer professional materials related to kindergarten to grade 12 education. They provide curriculum materials to use directly with the students. This is mainly a teacher library but parenting materials are available for interested parents.

The Salvation Army Bethany Home

(306) 244-6758 Fax (306) 244-6282
www.bethanyhome.ca

203 Cruise Street S7N 2N7



Exists for the benefit of female youth in crisis from age 13 to 18, as well pregnant and parenting mothers and their children. We provide a safe, stable, nurturing residential setting. Bethany Home offers life skills education in a wide variety of areas, and support for the individual. Requires MSS referral.

West Central Crisis and Family Support Centre

(306) 463-6655 Fax (306) 934-2506
www.saskatooncommunityclinic.ca

116 1st Avenue, Kindersley, SK S0L1S0



We can help you deal with the trauma of sexual assault or abuse, domestic violence, financial stress, substance abuse, suicidal thoughts,

Family Violence

emotional or situational problems. We provide confidential marital, family and individual counselling.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
1528 20th Street West S7M 0Z6



Offers group programs, primary health care services including physician, nurse practitioner, nurse and counselling services. Some workers speak Cree and Saulteaux languages.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468
www.ywcasaskatoon.com
510 25th Street East S7K 4A7



YWCA Saskatoon provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

Watching, hearing or later learning of a parent being harmed by a partner threatens children's sense of stability and security typically provided by their family.

Being in an environment of anger and abuse has an impact on children in many ways.

- It affects their brain development. That in turn affects every aspect of their development: physical, mental, emotional and spiritual*
- It increases children's level of anxiety and fear*
- It affects their ability to learn*
- It affects their ability to connect with other people.*

Children Exposed to Family Violence – www.child.alberta.ca

HEALTH

Acquired Brain Injury Outreach Team

(306) 655-8448 Fax (306) 655-8454
City Hospital, 701 Queen Street
S7K 0M7



To provide individual and family support to children with acquired brain injury so that they may live successfully in their communities with improved quality of life.

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
www.adoptionsask.org
1A-527 Main Street S7N 0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or intercountry adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

AIDS Saskatoon - 601 Outreach Centre

(306) 242-5005 Fax (306) 665-9976
1-800-667-6876
www.aidsaskatoon.ca
1143 Avenue F North S7L 1X1



AIDS Saskatoon offers education, prevention, advocacy, resource center, and support to persons living with HIV infection, their families, friends and others. They offer a variety of support groups and services such as a community kitchen and garden program.

Alvin Buckwold Child Development Program

(306) 655-1070 Fax (306) 655-1449
www.saskatoonhealthregion.ca
Kinsmen Children's Centre
1319 Colony Street S7N 2Z1



Serves children's special health needs. These can include physical, intellectual, developmental disabilities and/or genetic metabolic disorders. Teams of staff work together with families to try to understand the needs of children with specific conditions and provide therapy sessions.

Arthritis Society (Saskatchewan Division)

(306) 244-4755 Fax (306) 244-9903
1-800-321-1433
www.arthritis.ca
110-2550 12th Avenue, Regina, SK
S4P 3X1



(for some programs)
Offer a lending library as well as a quarterly newsletter and a telephone support line. They provide information and education sessions for the general public and provide arthritis self management classes, land and water classes for people with arthritis, sports injury prevention workshops, and ongoing support groups.

Association des parents Fransaskois – French Family Support Centre

Centre d'appui a la famille et a l'enfance(CAFÉ)-LA PASSERELLE
(306) 653-7444 Fax (306) 653-7001
www.parentsfransaskois.ca
910 5th Street East S7H 2C6



APF is a provincial Francophone association representing the parents of children attending

Health

Fransaskois school, preschools and play groups. The APF accompanies parents and their families with the help and resources of the French family support center-CAFÉ-LA PASSERELLE.

**Audiology Department
University of Saskatchewan**
(306) 655-1327 Fax (306) 655-1316
Royal University Hospital/
Saskatchewan Cochlear Implant
Program
Room 21 Ellis Hall
103 Hospital Drive S7N 0W8



Hearing tests and counselling for all ages related to hearing loss and auditory processing skills. The Saskatchewan Cochlear Implant Program is housed in the department. Staff provide pre/post operative audiological services to recipients of the cochlear implant as part of a multi agency team.

**Avenue Community Centre for
Gender & Sexual Diversity**
(306) 665-1224 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca
201-320 21st Street West S7M 4E6



The Centre works towards building a community of acceptance and understanding. They offer phone line support and various social groups.

**Birthwise – PreNatal and Doula
Services for Women**
(306) 373-2156/(306) 668-5536
Fax (306) 477-5140
www.birthwise.ca
547 Sebestyen Crescent S7K 6W2



Birthwise is a practice of several doulas who have a wide variety of

knowledge and expertise. Assistance is provided during the sensitive time of pregnancy, childbirth and bringing a new child into the family.

**Breastfeeding Centre –
Saskatoon Health Region**
(306) 655-4806 Fax (306) 655-4899
Westwinds Primary Health Centre
3311 Fairlight Drive S7M 3Y5



Provides support in the community if you are: pregnant, wondering what breastfeeding offers you and your baby, starting to breastfeed, need some advice and hands on help, facing a challenge or have questions about breastfeeding, going back to work and need information or help with breastfeeding and returning to work or concerned about your babies weight.

**Canadian Cancer Society-
Saskatoon Unit**
(306) 244-4389 Fax (306) 244-5657
www.cancer.ca
101-440 2nd Avenue North S7K 2C3



The Canadian Cancer Society offers patient support groups, financial aid to cancer patients, research, fundraising, and educational information and presentations.

Canadian Celiac Association
(306) 652-8217
www.celiac.ca
Box 8935, Saskatoon, SK S7K 6S7



A support group for people with celiac disease and their families. Offers support in areas of diet change, general wellness, and emotional wellness.

**Canadian Cystic Fibrosis
Foundation – North**

Saskatchewan Chapter

(306) 242-6502

www.cysticfibrosis.ca

PO Box 3088, Saskatoon, SK
S7K 3S9



Provides support for families, children and young adults with cystic fibrosis. Their aim is to raise money for research. They hold monthly meetings.

Canadian Deafblind Association - Saskatchewan Chapter Inc.

(306) 374-0022 Fax (306) 374-0004

www.cdbanational.com

83 Tucker Crescent S7H 3H7



(some)

Provides individualized programs that honor the unique needs of persons with Deafblindness, while advocating for optimal independence and quality of life that ensures dignity and respect. CDBA runs 3 group homes in Saskatoon with residential and day program services using the Intervention model as a means of supporting individuals. The vision of CDBA is that all people who are Deafblind will live rich and meaningful lives.

Canadian Diabetes Association

(306) 933-1238 Fax (306) 244-2012

www.diabetes.ca

104-2301 Avenue C North S7L 5Z5



(cost for the camps)

Promotes the health of Canadians through diabetes research, education, service and advocacy. The resource centre located in the office provides basic diabetes information. Material may be sent out upon request. There is an annual camp for children with diabetes as well as a family camp.

Membership with the association will provide people with up to date information regarding research, advocacy and education.

Canadian Down Syndrome Society

1-800-883-5608 Fax (403) 270-8291

www.cdss.ca



A national organization that advocates on behalf of people with Down Syndrome and their families for equality and greater levels of inclusion.

Canadian Mental Health Association – Saskatoon Branch

(306) 384-9333 Fax (306) 978-5777

www.cmhask.com

1301 Avenue P North S7L 2X1



Provides: recreation and employment counselling, resource materials, workshops and presentations on mental health, mental illness and related topics as well as problem gambling.

Canadian Mental Health Association - Problem Gambling Community Program

(306) 683-3669 Fax (306) 683-2246

www.cmhask.com

3-804 Dufferin Avenue S7H 2B8



A public education and community development program that focuses on problem gambling awareness. Presentations and all resource materials are free of charge and are offered to youth, parents, community associations, parent councils, teachers, and school administrators.

Canadian National Institute for the Blind

Health

Saskatoon (306) 374-4545
Fax (306) 955-6224
1705 McKercher Drive S7H 5N6
Regina (306) 525-2571
Fax (306) 565-3300
www.cnib.ca/en/mb-sk



This agency is committed to providing core rehabilitation services to individuals for whom blindness or severe impairment of vision has created a serious problem in personal and social adjustment. The core services include: counselling and referrals, technical aids, career development and employment, library services, rehabilitation teaching, orientation and mobility training, and sight enhancement programs.

Canadian Paraplegic Association of Saskatchewan Inc

(306) 652-9644 Fax (306) 652-2957
www.canparaplegic.org
3-3012 Louise Street S7J 3L8



Assist individuals with spinal cord injuries and other physical disabilities to achieve independence, self-reliance and full community participation. Services offered include peer support, rehabilitation counselling, vocational counselling and employment counselling. They provide information on home modification, accessibility consulting and sensitivity training. A newsletter is published quarterly and inserted in the national magazine.

Canadian Pediatric Society

(306) 526-9397 Fax (306) 526-3332
www.cps.ca



A national association of pediatricians, committed to working

together to advance the health of children and youth by nurturing excellence in health care, advocacy, education, research and support of its membership.

Cansurmout/ CancerConnection Canadian Cancer Society,

Saskatoon Unit
(306) 244-4389 Fax (306) 244-5657
1-888-939-3333

www.cancer.ca/saskatchewan
438 2nd Avenue North S7K 2C3



Provide ongoing support to cancer patients and their families either one-to-one or in a group. They offer education for cancer patients, their families, friends, medical and social caregivers.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537
www.cfssaskatoon.sk.ca
200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Central Saskatchewan Military Family Resource Centre Inc.

(306) 492-2135 (ext.4266)
Fax (306) 492-2051

www.csmfrc.com

Box 462, General Delivery Station
Main, Dundurn, SK S0K 1K0



Offering services to Canadian Forces families (regular force and reserve force) as well as veterans of the Canadian Forces. Adult and youth programs: quality of life, employment and education support and assistance, information and referral service, crisis intervention, deployment support, lending library available. Non-profit childcare center (licensed) on site.

Child & Youth Psychiatry – Royal University Hospital – Department of Psychiatry
 (306) 966-7531 Fax (306) 966-8250
 2nd Floor Ellis Hall 103 Hospital Drive, Royal University Hospital S7N 0W8 Outpatient Clinic

Christian Counselling Services
 (306) 244-9890 Fax (306) 244-9987
www.saskatoonccs.com
 617 3rd Avenue North S7K 2J8



Counselling available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's and senior's issues and grief.

Client Patient Access Services (CPAS)
 (306) 655-4346 Fax (306) 655-4343
www.saskatoonhealthregion.ca
 201-310 Idylwyld Drive North S7L 0Z2



CPAS provides case management services to assist with access to Home Care services, therapies and respite care.

College of Physicians and Surgeons
 1-800-667-1668
www.quadrant.net/cpsp

Provides information on registration, complaints, medical profession act, committees, bylaws, governance and links.

Communicable Diseases – Saskatoon Health Region Public Health Services
 (306) 655-4612 Fax (306) 655-4723
www.saskatoonhealthregion.ca
 101-310 Idylwyld Drive North S7L 0Z2



Offer follow-up of communicable diseases for example: food and waterborne illness, animal bites, hepatitis, and whooping cough.

Community Living Association of Saskatoon, Inc. (CLASI)
 (306) 652-9111 Fax (306) 652-9112
www.clasaskatoon.org
 102-135 Robin Crescent S7L 6M3



The purpose of CLASI is to enhance the well being of all persons who have an intellectual disability by: actively promoting their training, education and choices; supporting families so that all persons may live meaningfully within our community; enriching and supporting programs which may lessen the incidence of handicapping positions. Programs offered include advocacy, summer programs for children and teens, a dance club for adults, a teen club, respite registry and family support coordinator.

Cognitive Disabilities Strategy (CDS)
www.skfasnetwork.ca/CognitiveDisabilityStrategy.html

CDS is a provincial plan for citizens with cognitive disabilities. The CDS is offered province-wide through each health region. Each

Health

region has a Cognitive Disabilities Consultant or a main contact. The CDS consultant can help individuals and families identify needs, develop plans, set goals, seek out other services, answer questions and access the strategy.

Consultants:

| | |
|---------------------------|----------------|
| Athabasca Health | (306) 439-2200 |
| Cypress | (306) 778-8476 |
| Five Hills | (306) 691-1569 |
| Heartland | (306) 778-8476 |
| Keewatin Yatthe | (306) 833-3383 |
| Kelsey Trail | (306) 752-8767 |
| Mamawetan Churchill River | (306) 425-6671 |
| Prairie North | (306) 875-3363 |
| P.A. Parkland | (306) 765-6055 |
| Regina Qu'Appelle | (306) 751-5659 |
| Saskatoon | (306) 955-3344 |
| Sun Country | (306) 786-1384 |
| Sunrise | (306) 786-1384 |

Cognitive Disabilities Strategy

Interdepartmental Working Group
Saskatchewan Ministry of Health
(306) 787-3862 Fax (306) 787-7095
www.health.gov.sk.ca/cognitive-disabilities-strategy

Crocus Co-op

(306) 655-4970 Fax (306) 655-4966
www.crocuscoop.ca
106 Avenue B South S7M 1M1



A self-help group for people who have a history of mental health problems or disabilities. They offer a drop-in activity centre which provides a casual employment program, informal recreational activities such as television, cards, pool, computers, etc. They also have a meal program 2 times per day for a minimal cost. To participate in the program, you must be 18 years and older.

Crohns and Colitis Foundations of Canada – Saskatoon Chapter

(306) 664-4420 Chapter Information Line

www.cfcf.ca

Box 430 (Sub Box 6), Saskatoon, SK S7N 0W0



(membership fee)

A national organization committed to finding the cure for inflammatory bowel disease. Offer resource information, public education, seminars, individual support and information to families affected by inflammatory bowel disease.

CUMFI Wellness Centre

(306) 975-9999 (306)975-9156

www.cumfi.org

315 Avenue M South
Saskatoon, SK S7K 2K5

Offers mentoring services to older youth and adults who have a cognitive disability such as Fetal Alcohol Spectrum Disorder (FASD) or acquired brain injury. Mentors provide support according to the unique needs and goals of each individual. Also offers mental health support with a primary focus on Trauma Recovery and Art Therapy. The Centre addresses client needs with a holistic and culturally relevant approach to developing positive mental health and improved quality of life.

Early Childhood Psychology – Saskatoon Health Region Public Health Services

(306) 655-4700 Fax (306) 655-4721
www.saskatoonhealthregion.ca
100-227 Primrose Drive S7K 5E4



Early Childhood Psychology services are available from your Saskatoon Public Health Office. The early childhood psychologist is trained to help children from birth to 5 years of age who are developmentally above or below average or who have common behavioral and developmental problems. Anyone

from the Saskatoon Health Region public can call and make a referral, including the parents.

EGADZ – Saskatoon Downtown Youth Centre

(306) 931-6644 (306) 665-1344

www.egadz.ca

485 1st Avenue North
Saskatoon, SK, S7K 1X5



EGADZ provides a wide range of program and supportive residential programs that offers safety, mentorship and support to youth. Programs empower youth and assist them to reach their full potential.

Programs offered include:

YOUTH DROP-IN CENTRE offers recreational activities, and an on-site kitchen to teach nutrition and provide a meal every day at 5:00 p.m. The drop-in centre also operates education programs, cultural programs and employment programs.

TEEN PARENT PROGRAM provides educational outreach, medical and crisis services, and individual and group sessions for expectant parents and their children.

STREET OUTREACH PROGRAM connects with youth through use of an outreach van that operates after hours. Immediate assistance provided includes nutrition, clothing, condoms, personal hygiene items, baby formula and diapers.

OPERATION HELP for youth involved in the sex trade, including immediate supports upon involvement with the justice system, assistance to connect with community support, and supports to assist with lifestyle change.

JOE AND JOSIE'S GARAGE to support aboriginal youth through life skills, mentorship and elder support to build healthy interpersonal relationships.

RESIDENTIAL PROGRAMS for young women and men who are referred by MSS. Programs offer supportive living environment in a home-like setting for youth exiting high risk street lifestyle, and/or need supports to safely parent their children. Programming is offered to all individuals including life skills, parenting skills, support for addiction, education around domestic violence, and access to counselling supports.

The Residential Programs are:

13 MY HOMES - supportive independent living environment for youth involved with MSS.

BABY STEPS & MAH'S PLACE – supportive environment where mothers can work towards having child(ren) safely returned to their care with supervision. Mothers and babies reside in a separate residence side by side, and are provided the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

MICHAEL'S PLACE – a supervised home for up to three women whose children reside at Baby Steps. Moms are ready and actively working on return of children into parental care.

Epilepsy Regina

(306) 565-0009

www.epilepsymatters.com

2125 15th Street S4P 0Z8

Epilepsy Saskatoon

(306) 665-1939 Fax (306) 665-0300

www.epilepsymatters.com

327-1702 20th Street West S7M 0Z9



Offer programs to improve education and public awareness about epilepsy, as well as support groups for people with epilepsy and their families.

Health

Eye Care Centre

City Hospital
(306) 655-8000
701 Queen Street S7K 0M7

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201
www.familyservice.sk.ca
102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Food for Thought – Saskatoon Health Region Public Health Services

(306) 655-4200 Fax (306) 655-4826
www.saskatoonhealthregion.ca
3311 Fairlight Drive North S7N 3Y5



A voluntary group program designed to support pregnant and parenting women who live with a variety of conditions that place them and their children at-risk. Using the kitchen as a venue for health teaching, the program addresses a broad range of issues. Through hand-on experience women are supported to access information and develop the skills they need to realize improved health and well-being for themselves and their children.

Friends and Relatives Of (people with) Mental Illnesses (FROMI)

(306) 955-3340 Fax (306) 955-3797
igodel@hotmail.com
306 Acadia Drive S7H 3V6



We provide hope and support to individuals who are family, friends or caregivers of someone with a mental illness.

Gay Line

(306) 665-1224 Fax (306) 665-1280
1-800-358-1833
www.avenuecommunitycentre.ca



Provides short-term support and information on resources to gay, lesbian, bi-sexual and transgendered individuals in the Saskatoon district.

Global Gathering Place Inc.

(306) 665-0268 Fax (306) 665-0440
www.globalgatheringplace.com
307-506 25th Street East S7K 4A7



A drop-in centre for immigrants and refugees to help improve their English, learn about jobs, make new friends and understand Canadian customs and traditions.

Health Canada Consumer Product Safety

1-866-662-0666
mbsk.prodsafe@hc-sc.gc.ca
www.healthycanadians.gc.ca

Provides information regarding the safe use of products, and regularly posts recalls on products that have been found to pose a danger to human health or safety. Additionally, consumers can report any health or safety incidents related to the use of consumer products or cosmetics by filling out the consumer incident report form on our website, or by calling the toll free number.

Healthy and Home – Early Postpartum Support Program

(306) 655-4860 Fax (306) 655-4899
www.saskatoonhealthregion.ca
 Westwinds Primary Health Centre
 3311 Fairlight Drive S7M 3Y5



An early postpartum support group, staffed by Maternal Child Nurses, that offers support to new families immediately following discharge from the hospital. Support is offered through home visits, office visits, and telephone assessments to new mothers and infants, mothers whose infants remain in NICU, mothers who have experienced a perinatal loss, and mothers and infants who are having challenges with breastfeeding.

Healthy Mother Healthy Baby – Saskatoon Health Region

(306) 655-4810 Fax (306) 655-4899
www.saskatoonhealthregion.ca
 Westwinds Primary Health Centre
 3311 Fairlight Drive S7M 3Y5



A prenatal program for at risk women and teens. The program offers education, nutrition counselling, milk and vitamin support, breastfeeding information, home visits, and pre-natal classes.

HIV/AIDS Information Line – Saskatoon Health Region

(306) 655-4848
www.saskatoonhealthregion.ca/sexualhealthprogram

Information and referrals are offered on HIV/AIDS topics such as testing, support services and ongoing medical care.

HOPE Cancer Help Centre

(306) 955-4673 Fax (306) 955-4678
www.hopecancerhealthcentre.com
 129D Pinehouse Drive S7K 5W1
 HOPE is dedicated to foster healing and to support people who have or have had cancer.

Huntington Resource Centre – Saskatchewan

(306) 373-3503 Fax (306) 373-7303
 Medical Genetics Royal University Hospital



The Resource Centre assists families and professionals with the many different needs and concerns associated with Huntington disease. They offer information, counselling, mutual support, referral service, social and recreational programs as well as education and consultation for professionals.

International Travel Clinic – Saskatoon Health Region Public Health Services

(306) 655-4780 Fax (306) 655-4771
www.saskatoonhealthregion.ca/yourhealth/ps_itc_about_us.htm
 108-407 Ludlow Street S7S P3



Public Health Nurses review your travel schedule and provide you with updated information, health counselling, printed materials, medication recommendations and immunization required for travel.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614
www.internationalwomenofsaskatoon.org
 412-230 Avenue R South S7M 2Z1



A non profit community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting the programs and services.

Juvenile Diabetes Research Foundation

Health

(306) 244-5335 Fax (306) 244-6674
www.jdrf.ca

3010C Arlington Avenue S7J 2J9



Provides information and literature on juvenile diabetes.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428
loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral.

For women whose children are in care with the Ministry of Social Services (MSS).

Kidney Foundation of Canada – Saskatchewan Branch

(306) 664-8588 (ext. 23)

Fax (306) 653-4883

www.kidney.sk.ca

1-2217 Hanselman Court S7L 6A8



Provide program and services for those affected by kidney disease, public and patient education, peer support, information and referral, promote organ donation, advocacy and fund research.

KidsFirst

www.education.gov.sk.ca/kidsfirst

Saskatoon* (306) 655-5399

www.saskatoonhealthregion.ca

Meadow Lake (306) 236-6441

Moose Jaw (306) 692-1204

(306) 694-8336

Nipawin (306) 862-6226

North Battleford (306) 446-6012

Northern Sask. (306) 235-5437

Prince Albert* (306) 765-6656

Regina* (306) 766-6796

Yorkton (306) 783-1946

(306) 783-0383

*Selected neighbourhoods in these communities.



A free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

Language Access For Health

(306) 655-1026 Fax (306) 655-1037

Royal University Hospital

A service that provides volunteers to assist patients experiencing language barriers when seeking medical service.

Live Well™ with Chronic Conditions

(306) 655-4437 Fax (306) 655-4425

www.saskatoonhealthregion.ca

102-310 Idylwyld Drive North
S7L 0Z2

A free program that meets 2.5 hours per week for 6 weeks. This fun and interactive program is for anyone with one or more chronic conditions. Caregivers are welcome.

Lung Association of Saskatchewan

(306) 343-9511 Fax (306) 343-7007

1-888-566-5864

www.sk.lung.ca

1231 8th Street East S7H 0S5

The Lung Association's certified asthma educators can assist children and their families to understand the disease, learn how to best manage the disease and provide information about resources available to the community.

Lupus Erythematosus Society of Saskatchewan

1-877-566-6123

www.sasklupus.com

Box 88, Royal University Hospital
103 Hospital Drive S7N 0W8



Provide information, support,

networking opportunities regarding lupus erythematosus.

Male Survivor's Group

(306) 655-7950

www.saskatoonhealthregion.ca

Bi-weekly group for men who were sexually abused while growing up. Free of charge.

Menopause Centre of Saskatchewan

(306) 978-3888 Fax (306) 978-7801

www.menopausecentre.org

227-230 Avenue R South S7M 2Z1



A centre to provide support and information on menopause.

McLeod House

(306) 665-0425 Fax (306) 665-0428

4-101 Avenue T South S7M 3A7

www.cumfi.org

A transitional home for men recovering from addictions. Referrals come from Larson House, treatment centres and self referrals. Weekly case management meetings, in-house programming, seminars, workshops, AA groups, referrals and outreach are all part of the services offered. McLeod House is a partnership between Saskatoon Health Region – Mental Health & Addictions Services and Central Urban Metis Federation Inc.

Multiple Sclerosis Society of Canada

(306) 244-2114 Fax (306) 665-3376

www.mssociety.ca

22-1738 Quebec Street S7K 1V9



Education and resources for individuals and families affected by the disease multiple sclerosis.

Muscular Dystrophy Association of Canada North

Saskatchewan Chapter

(306) 374-0625

www.mdac.ca

409 110th Street S7N 1S6



Offer support to people living with muscular dystrophy and their families. Promote public awareness about muscular dystrophy.

Neurofibromatosis Association of Saskatchewan

(306) 949-8950

www.nfinc.org

1267 Flexman Crescent, Regina, SK S4X 3C2

Provide information to families regarding neurofibromatosis.

North Saskatchewan Dystonia Association

(306) 374-6713 Fax (306) 934-0034

2611 Cascade Street East S7J 0M9



Our mandate is to give support to family and friends, increase awareness of dystonia and to raise funds for research and support to those who are afflicted with dystonia as well as parents whose children are afflicted with dystonia. Families are welcome.

North Saskatchewan Independent Living Centre

(306) 665-5508 Fax (306) 244-2453

www.nsilc.com

237 5th Avenue North S7K 2P2



Resource Center that promotes independent living for people of all ages with disabilities. Provides support in the areas of self-empowerment, self-advocacy, self-employment and peer support.

Partners for Rural Family Support

Health

(306) 682-4135 Fax (306) 682-4154
1-866-682-4135

www.partnersrfs.ca

636 9th Street, Box 2741 Humboldt,
SK S0K 2A0



The center provides various resources, a lending library and programs offered to individuals and families living in Humboldt and the surrounding rural region. Types of programs offered: "YES" – Youth Empowerment Strategies, support group for survivors of family violence, parenting classes, children's groups such as children who have been exposed to family violence.

Post Partum Depression Support Program

(306) 221-6806 Fax (306) 655-4899

www.saskatoonhealthregion.ca

Westwinds Primary Health Centre
3311 Fairlight Drive S7M 3Y5



A community program provided by Saskatoon Health Region and the Saskatoon Community Clinic. The program offers telephone and group support that provides the opportunity to gain information and, as well, share feelings and experiences with others in a facilitated group setting.

Prenatal Education – Childbirth Classes – Saskatoon Health Region

(306) 655-4800 Fax (306) 655-4899

www.saskatoonhealthregion.ca

West Winds Primary Health Centre
3311 Fairlight Drive S7M 3Y5

Offers prenatal education classes to expectant parents covering a variety of topics including nutrition, breastfeeding and the delivery of your baby. Teen classes offered.

Public Health Services, Child

Health Clinics – Saskatoon

North Health Centre

(306) 655-4700

Fax (306) 655-4721

100-227 Primrose Drive S7K 5E4

South East Health Centre

(306) 655-4686

Fax (306) 655-4720

3006 Taylor Street East S7K 4J2

West Winds Primary Health Care

(306) 655-4275

Fax (306) 655-4719

3311 Fairlight Drive S7M 3Y5

Mayfair – Mayfair United Church

902 33rd Street West

Mondays (except Stat. Holidays)

1:00-3:00pm (drop-ins welcome)

Riversdale

St. Thomas-Wesley United Church

808 29th Street West

Wednesdays (except Stat. Holidays)

1:00-3:00pm (drop-ins welcome)

Public Health Services Resource Centre – Saskatoon Health Region

(306) 655-4600 Fax (306) 655-4498

www.saskatoonhealthregion.ca

101-310 Idylwyld Drive North S7L 0Z2



Provide printed information on health issues such as nutrition, physical fitness, smoking, alcohol, drugs, sexually transmitted diseases, puberty, parenting, mental health, accident prevention, food safety, environmental health etc.

Rett Syndrome Association of Canada

(204) 668-7388

www.rettsyndrome.mb.ca

Box 24037, Winnipeg, MB R3N 2B1



Working for awareness and understanding of Rett Syndrome.

Ronald McDonald House

(306) 244-5700 Fax (306) 244-3099

www.rmh.sk.ca

1011 University Drive S7N 0K4



Ronald McDonald House is a home away from home for families of sick children up to the age of 18 who are receiving medical treatment in Saskatoon. The facilities are only available to families living outside of Saskatoon.

Saskatchewan Abilities Council

Provincial Services: (306) 374-4448

Fax (306) 373-2665

www.abilitiescouncil.sk.ca

2310 Louise Avenue S7J 2C7

Regina (306) 569-9048

Saskatoon (306) 653-1694

Swift Current (306) 773-2046

Yorkton (306) 782-2463

Prince Albert (306) 922-0225



Adaptive Technology Services

This program is dedicated to using electronics and computers to assist children and adults with disabilities to be more independent. Assessment, installation, training and repair services for communication and environmental equipment are provided on a fee-for-service basis.

Orthopedics

Orthopedics involves the provision of appliances to correct, support or prevent skeletal problems or to replace missing extremities. We serve both children and adults throughout the province.

Special Needs Equipment

The Special Needs Equipment Program funded by Saskatchewan Health provides necessary equipment for people with disabilities to maintain their personal independence at home, school or work.

Saskatchewan Association for Community Living (SACL)

(306) 955-3344 Fax (306) 373-3070

www.sacl.org

3031 Louise Street S7J 3L1



Work with and on behalf of people with intellectual disabilities and their families. They focus on developing community and supporting people with intellectual disabilities to assume their citizenship rights. They offer advocacy services, support self-advocacy, provide a family network, as well as transition planning for students. They administer an employment opportunities program and initiate a variety of special projects related to disabilities.

Saskatchewan Association for the Rehabilitation of the Brain Injured (SARBI)

(306) 373-3050 Fax (306) 373-3925

www.sarbi.ca

5-501 45th Street East S7L 5Z9



Offer a physical based program for survivors of ABI who are over the age of 16. Includes consulting therapists who assess each individual and develop individualized programs.

Saskatchewan Association of Speech-Language Pathologists and Audiologists

(306) 757-3990

www.saslpa.ca

A professional association that assures high quality accessible speech language and hearing services are provided.

Saskatchewan Association of Rehabilitation Centres (SARC)

(306) 933-0616 Fax (306) 653-3932

www.sarcsarcan.ca

111 Cardinal Crescent S7L 6H5

Health



Provide vision, leadership and support to agencies through advocacy, education, provision and development of employment opportunities.

Saskatchewan Brain Injury Association (SBIA)

(306) 373-1555 Fax (306) 373-5655
1-888-373-1555

www.sbia.org

Room 336 339 230 Avenue R South
S7J 2C7

1702 20th Street West S7M 0Z9



Dedicated to improving the knowledge, services and quality of life of people living with acquired brain injury and their families and service providers. Offers an information and resource center in areas such as: family support, education programs, rehabilitation, advocacy services, public awareness and prevention initiatives.

Saskatchewan Brain Injury Association – Saskatoon Support Chapter

(306) 477-0757



A support and education group for family members, survivors, professionals, and others interested in helping those with acquired brain injury.

Saskatchewan Cerebral Palsy Association

(306) 955-7272 Fax (306) 373-2665
1-800-925-4524

saskcpa@shaw.ca

2310 Louise Avenue S7J 2C7



(membership)

Offers a variety of services to assist children and adults with cerebral

palsy. They provide: resource material, a car seat loaner program for children with disabilities, grant assistance, equipment lending library and scholarships.

Saskatchewan Advocate for Children and Youth (SACY)

(306) 933-6700 Fax (306) 933-8406
1-800-322-7221

www.saskadvocate.ca

315 25th Street East S7K 2H6



Promotes the interests of, and acts as a voice for children who have concerns about provincial government services. The SACY engages in public education, works to resolve disputes and conducts independent investigations. The SACY also recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone can contact the SACY if they have a concern about a child or group of children receiving services from a provincial department or agency.

Saskatchewan Consumer Drug Information Service

(306) 975-3784 Fax (306) 966-2286
1-800-665-3784

www.druginfo.ca

College of Pharmacy & Nutrition
U of S 110 Science Place S7N 5C9



Their objectives are to provide consumers within the province with access to unbiased and concise information on drug therapy problems. They promote more responsible use of medications by supplementing information and advice provided by Saskatchewan physicians and pharmacists.

Saskatchewan Cultural Society of the Deaf (SCSD)

(306) 665-0729 (TTY)
 Fax (306) 653-5461
chubby61@shaw.ca
 511 Main Street East S7N 0C2



The purpose is to give deaf Saskatchewan an opportunity to express their ideas and develop their skills and talents.

Saskatchewan Deaf Children's Society (SDCS)

(306) 343-9611 (V/TTY)
 Fax (306) 343-0691
kjdit86@shaw.ca
 2209 Ewart Avenue S7J 1Y1



Supports the rights of parents to make informed choices concerning communication options and educational programs for their children. In Home Sign Language, SDCS Adventure Club, resources, information and newsletters.

Saskatchewan Physiotherapy Association

(306) 955-7265
www.saskphysio.org

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301
www.preventionInstitute.sk.ca
 1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatchewan Registered Nurses Association

(306) 358-4200
www.srna.org

Saskatchewan Society of Occupational Therapists

(306) 956-7768
www.ssot.sk.ca

Saskatchewan Voice of People with Disabilities

(306) 569-3111 Fax (306) 569-1889
www.saskvoice.com
 240 Albert Street, Regina, SK S4R 8R8



Non-profit community based organization that promotes full and equal inclusion of people with disabilities in society.

Saskatoon Breastfeeding Centre

(306) 655-4806 Fax (306) 655-4899
www.saskatoonhealthregion.ca
 3311 Fairlight Drive S7M 3Y5



The Centre, staffed by Lactation Consultants, provides support in the community to breastfeeding mothers and infants through telephone counselling and one-on-one office visits. They also offer a Breastfeeding Café, a mother-to-mother drop-in breastfeeding support group, facilitated by a Lactation Consultant and with guest speakers as requested by the group.

Saskatoon Cancer Centre

(306) 655-2662 Fax (306) 655-2910
www.saskcancer.ca
 20 Campus Drive S7J 4E7



Offers both individual and family counselling services for children with cancer. They hold social gatherings for peer support and provide a school re-entry program. As well, they promote community education re: childhood cancer.

Health

Child Hunger Education Program (CHEP)

(306) 655-4575 Fax (306) 655-5512
www.chep.org

1120 20th Street West S7M 0Y8

Works with the Saskatoon community to achieve solutions to child hunger and to improve access to nutritious food for all. Programs include children's nutrition programs, collective kitchens, Good Food Box, community gardening, food policy work, Pork Links, bridges to farmers and others.

Saskatoon Community Clinic

(306) 652-0300 Fax (306) 664-4120
www.saskatooncommunityclinic.ca

455 2nd Avenue N S7K 2C2



Provides a range of primary health care services to assist children and adults with a variety of symptoms and situations.

Saskatoon Crisis Intervention Service

(306) 933-6200 (24 hrs)

Fax (306) 664-1974

103-506 25th Street East S7K 4A7



Provides 24 hour crisis intervention, crisis counselling, conflict management to individuals and families in distress or crisis. Service is provided in the office or in the community.

Saskatoon Friends of Students and Kids Inc. SAKS

(306) 683-8379 Fax (306) 683-7587

411-11th Street East S7N 0E9



Offer support services to student parents and parents to be attending Nutana Collegiate.

Saskatoon Food Bank and Learning Centre

(306) 664-6565 Fax (306) 664-6563

www.saskatoonfoodbank.org

202 Avenue C South S7M 1N2



The Food Bank provides 2 to 3 days of emergency food. People can use the Food Bank once every 14 days and must provide a health card and proof of Saskatoon residency (i.e. letter or bill). The Learning Centre offers a literacy program and employment program for adults. A clinical counsellor provides counselling for individuals and families at no cost. The volunteer income tax program helps low income individuals complete their income taxes.

Saskatoon Health Region: Adult Community Mental Health Services

(306) 655-7950 Fax (306) 655-7811

715 Queen Street S7K 4X4



Provides individual, family and group counselling and therapy with psychiatrists, social workers, nurses and psychologists. Individuals may self refer for counselling services. A doctor's referral to psychiatry is requested. Coverage for service is provided through Saskatchewan Health and there is no direct charge to clients.

Saskatoon Health Region: Child and Youth Services

(306) 655-7950 Fax (306) 655-7811

715 Queen Street S7K 4X4



Provides individual, family and group counselling and therapy with nurses, psychiatrists, psychologists and social workers. Individuals/

parents may self refer. Referrals are also accepted from a third party.

Saskatoon Health Region Community Services

(306) 655-1464 Fax (306) 655-1465
Box 101, 103 Hospital Drive S7N 0W8



We provide occupational therapy, physical therapy and social work services to people who are unable to access outpatient or walk-in services elsewhere. Services can be initiated through Client Patient Access services at (306) 655-4346. A physician referral is not required.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org
712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Ostomy Association

(306) 343-8598
www.member.shaw.ca/saskatoonostomy/

1610 Isabella Street East S7J 0C1



Provides support and information to individuals and parents who are preparing to or have had ostomy surgery. They run a monthly support group for anyone interested.

Saskatoon Sexual Assault and Information Centre (SSAIC)

(306) 244-2294 Fax (306) 244-6099
CRISIS LINE: (306) 244-2224
www.saskatoonsexualassaultcentre.com
201-506 25th Street East S7K 4A7



Offer a 24 hour crisis line service related to past or present sexual abuse. Survivors can receive support over the phone or in person. They provide emotional support, information, referrals, and will accompany victims/survivors to hospital, police station, court etc. The Centre will provide workshops and public education sessions as requested, and support groups when demand shows needs and as funding permits. The office has a resource room with pamphlets, articles, books, and videos. This is a confidential service.

Saskatoon Transplant Support Group

(306) 384-8391
1430 McNaughton Avenue S7M 3X8



Offer education to the general public and support to individuals and families pre and post transplant. They have an ongoing support group in Saskatoon and offer public speaking to anyone who is interested.

Saskatoon Tribal Council – Urban Services Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6
The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Health

Saskatoon Tribal Council – Urban Services Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future. Our goal is to support at risk families avoid apprehension of their children.

Saskatoon Tribal Council White Buffalo Youth Lodge – For Children, Youth and Families

(306) 653-7676 Fax 653-7677
www.sktc.sk.ca

620 20th Street West S7M 0X7

A wide variety of social, health, recreation and educational programming designed for differing age groups is delivered daily Sunday through Saturday. The goal of these activities is to promote a healthy lifestyle, build resiliency and hope for young people and provide options for the future. Provides a health clinic, dental care and addictions counselling. Social and emotional counselling help is available twice weekly.

Schizophrenia Society of Saskatchewan - Saskatoon Chapter

(306) 374-2224 Fax (306) 477-5649
www.schizophrenia.sk.ca

304-506 25th Street East S7K 4A7



Committed to alleviate the suffering

caused by schizophrenia, to improve the quality of life for today, and to help find a cure for tomorrow. We offer support groups, a resource library, education and public awareness by giving presentations throughout the city and fund research.

Sexual Health Centre

(306) 244-7989 Fax (306) 652-4034

www.sexualhealthcentresaskatoon.ca

301-115 2nd Avenue North S7K 1M1



Provide information, resources, and support services regarding sexuality, pregnancy and contraception. Their aim is to encourage responsible and empowered decision making around sexuality and reproductive health. They provide clinical services once a week.

Sexual Health Clinic – Saskatoon Health Region

(306) 655-4642 Fax (306) 655-4723

100-310 Idylwyld Drive North S7L 0Z2

[www.saskatoonhealthregion.ca/
sexualhealthprogram](http://www.saskatoonhealthregion.ca/sexualhealthprogram)



Drop-in clinic offering assessment and treatment for sexually transmitted infection, testing for hepatitis, HIV and pregnancy and immunization for hepatitis A, B and Tetanus. Birth control counselling and services available. Condoms are provided at no cost.

Speech-Language Pathology Department, Royal University Hospital

(306) 655-2434 Fax (306) 655-2994

cameron.allen@

saskatoonhealthregion.ca

Speech Language Pathology

103 Hospital Drive S7N 0W8



Provides in house speech and language assessment/treatment for preschool children with isolated speech and language concerns. Parent programs provided for parents of children with difficulties in sound development, language development and fluency. Services also provided to daycare and pre-kindergarten within the KidsFirst areas.

Speech-Language Pathology – Saskatoon Health Region, Public Health Services

(306) 655-4700 Fax (306) 655-4721
www.saskatoonhealthregion.ca
 1000-227 Primrose Drive S7K 5E4



Speech language pathologists at public health provide a variety of speech and language assessment and intervention services to pre-school children and their parents in the rural communities of Saskatoon Health Region.

Spina Bifida and Hydrocephalus Association of Canada

1-204-925-3650 Fax 1-204-925-3654
 1 (800) 565-9488
www.sbhac.ca

977-167 Lombard Avenue,
 Winnipeg MB R3B 0V3



This national office provides information kits and other material on spina bifida and/or hydrocephalus. Their mission is to improve the quality of life of all individuals with spina bifida and/or hydrocephalus and their families through awareness, education and research.

Student Wellness Initiative Towards Community Health (SWITCH)

(306) 956-2518 Fax (306) 934-2506
www.switchclinic.ca
 1528 20th Street West S7M 0Z6



SWITCH's vision is to maintain an operating, interdisciplinary student-run health clinic in conjunction with health professionals and community partners to serve clients in Saskatoon's core neighbourhoods.

Street Outreach Program – Saskatoon Health Region Public Health Services

(306) 655-4642 Fax (306) 655-4723
 (306) 221-2442 Healthworks Van
www.saskatoonhealthregion.ca/sexualhealthprogram

101-310 Idylwyld Drive North S7L 0Z2



Offers testing for HIV, Hepatitis A, B and C and pregnancy, testing and treatment of sexually transmitted infections and immunization to prevent Hepatitis A and B, influenza, tetanus and pneumonia. Provides a needle exchange program, condoms, as well as counselling, health information and referrals of help to community and government services.

The Tetra Society

www.tetrasociety.org

Offers free, customized assistive devices for people with disabilities.

W.A. Edwards Family Centre/ Saskatoon Funeral Home

(306) 244-5577 Fax (306) 665-1095
mail@saskatoonfuneralhome.com
 333 4th Avenue North S7K 2L8



The Centre is a community support service of Saskatoon Funeral Home offering a support group for children

Health

who have experienced the death of a parent or sibling has resources focused on many aspects of grief and loss. The library is open to the community at no charge.

War Amps of Canada CHAMPS
1-800-250-3030 Fax 1-800-219-8988
2827 Riverside Drive, Ottawa ON
K1V 0C4

The mission of The War Amps of Canada is to assist, protect and bind together Canadian war, civilian and child amputees through financial assistance with artificial limbs and rehabilitation, counselling, emotional support, regional seminars and information on the latest prosthetic developments. Commemorates and preserves Canada's military heritage through its Never Again Program.

Wascana Rehabilitation Centre
(306) 766-5100
www.rqhealth.ca

Provides comprehensive medical rehabilitation programs for adults and children as well as specialized long term care.

West Central Crisis and Family Support Centre

(306) 463-6655 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
116 1st Avenue, Kindersley SK
S0L1S0



We can help you deal with the trauma of sexual assault or abuse, domestic violence, financial stress, substance abuse, suicidal thoughts, emotional or situational problems. We provide confidential marital, family and individual counselling.

Westside Community Clinic
(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
1528 20th Street West S7M 0Z6



The Saskatoon Community Clinic sponsors the Westside Clinic. The Westside Clinic is in the core area of Saskatoon. It offers group programs, primary health care services including physician, nurse practitioner, nurse and counselling services. Some workers speak Cree and Saukteaux languages.

**Youth Resource Centre –
Saskatoon Health Region**
(306) 655-4900 Fax (306) 655-4931
311 20th Street S7K 0A9
Centralized Intake (306) 655-7950



Provides a variety of mental health services for youth between the ages of 12 to 18. The goal is to meet the varied needs of youth and to support healthy development in all spheres of daily living. Offers individual and group counselling and therapeutic recreation. The counselling services presently offered cover a number of areas including coping with depression, anxiety management, disordered eating, trauma, and support to gay, lesbian and bisexual youth.

YWCA of Saskatoon
(306) 244-2844 Fax (306) 653-2468
www.ywcaskatoon.com
510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

HOUSING

Adelle House

(306) 668-2761 Fax (306) 668-2769
[www.saskatoonintervalhouse.org/
adelle.shtml](http://www.saskatoonintervalhouse.org/adelle.shtml)

628 10th Street East S7H 0G9



Second stage housing in which women over 18 and their children are provided with safe accommodations after they leave Interval House. Operates within a 12 unit apartment complex that is accessible, family oriented and affordable with a focus on safety. Once an application is approved, an individual and her family may stay up to one year. Rent is proportional to income.

Affordable New Home Development Foundation

1-800-667-3700 Fax (306) 652-6161
www.affordablenewhomes.ca
2308 Arlington Avenue S7J 3L3
Provides education and support to families and individuals that want to buy their first home but cannot access the traditional marketplace.

Calder Centre

(306) 655-4500
[www.saskatoonhealthregion.ca/
your_health/ps_addic_about.htm](http://www.saskatoonhealthregion.ca/your_health/ps_addic_about.htm)
2003 Arlington Avenue S7J 2H6
Assists individuals and families with recovery from chemical dependency. The Center offers a holistic, cross-cultural recovery program, provides a healthy environment conducive to meeting clients' recovery needs.

Central Urban Metis Federation Incorporated (CUMFI)

(306) 975-9999
www.cumfi.org
315 Avenue M South S7M 2K5
The following programs are delivered under the CUMFI umbrella

of services.

INFINITY HOUSE – serves women & their children

NIWAAPATAHANAAANIK (NIWA) – services female lead, male lead and/or male & female lead families.

KANAWAYIMIK HOUSE – serves women & their children.

Requires an MSS referral. A supportive family housing facility that is part of the fostering families continuum of services offered by CUMFI. Program serves families who have had their children taken into care or are at risk of coming into the care of MSS. The overall goal of the programming is to provide supports to parents so children can remain safely in parental care with supports. Programming focuses on creating healthy lifestyles, including assisting with access to mental Health and addictions counselling.

Cheshire Homes of Saskatoon

(306) 374-6191 Fax (306) 374-3206
www.cheshirehomessaskatoon.com
2901 Louise Street S7J 3L1
Provides an accessible comfortable home for young adults with physical disabilities that require personal support services.

Cress Housing Corporation

(306) 244-7747 Fax (306) 244-2444
www.sktc.sk.ca/?q=node/81
200-335 Packham Avenue S7N 4S1
Provides affordable and adequate housing for First Nations persons living in Saskatoon.

Eagle's Nest Youth Ranch

(306) 385-2611 Fax (306) 385-2613
B-2410 Richardson Road S7L 4C3
www.enyr.ca
Provides a therapeutic group living environment for vulnerable youth (10-21 years of age) who are experiencing social, emotional and behavioural difficulties. The program provides 24-hour care,

Housing

supervision, counselling, and education. The Independent School Education Program is designed to gain a clear understanding of the youth's academic and social needs for transition into a community school setting.

Infinity House - CUMFI

(306) 955-2332

127 Avenue Q South S7M 2X9

www.cumfi.org

A supportive housing facility that provides Aboriginal women and their children (4 and older) who are at risk of becoming homeless with a safe haven that protects them from having to endure an unsafe living environment. Dedicated to providing long term and emergency housing for single mothers and their children. Programming for each month is focused around the themes of the Tipi Teachings/Values.

John Howard Society

(306) 244-8347 Fax (306) 244-9923

www.sk.johnhoward.ca/locals.htm

202-220 3rd Avenue South S4K 1M1

Jay's Place

Provides housing for male youth (12-16) who are in Care of the Minister and must be attending school or working.

Cedar House

Provides housing for male youth aged 16-21. Youth that live in the house are in Care of the Minister and must be attending school or working. Youth live at Cedar House by choice as they wish to lead a life away from drugs, alcohol, gangs, violence and crime.

Juniper Housing Corporation's Juniper Manor

(306) 382-2222 Fax (306) 979-6383

www.juniperhousing.com

408 Avenue F South S7M 1T5



Operates affordable and integrated

housing units for lower and middle-income immigrants and seniors aged 55 and older. The Manor provides residents with access to numerous amenities, including a shared library room, large kitchen, sitting and dining areas, workshop rooms, and an assembly room for social and recreational activities.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428

loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral.

For women whose children are in care with the Ministry of Social Services (MSS).

Larson House and Brief Detoxification Centre

(306) 655-4195 Fax (306) 655-4196

www.saskatoonhealthregion.ca/your_health/ps_addic_social_and_brief_detox.htm

201 Avenue O South S7M 2R6

Works with adults suffering with addiction to reintegrate individuals into the community in a healthy environment.

Lighthouse Supportive Living Center

(306) 653-0538

304 2nd Avenue South S7K 1L1

Provide safe and affordable housing for low-income individuals that have mental health disorders, chronic addictions, brain injuries, physical disabilities, and learning disabilities.

Luther Family Housing

(306) 664-0377

1802 Alexandra Avenue S7K 8A6



Offers government subsidized housing for low-income families with income less than \$2,000.

Luther Care Communities

(306) 664-0366

Accommodates individuals in group homes from young adults to seniors with physical and/or cognitive disabilities.

McLeod House

(306) 665-0425 Fax (306) 665-0428
4-101 Avenue T South S7M 3A7

www.cumfi.org

A transitional home for men recovering from addictions. Referrals come from Larson House, treatment centres and self referrals. Weekly case management meetings, in-house programming, seminars, workshops, AA groups, referrals and outreach are all part of the services offered. McLeod House is a partnership between Saskatoon Health Region – Mental Health & Addictions Services and Central Urban Metis Federation Inc.

My Home - EGADZ

(306) 931-6644 Fax (306) 665-1344

www.egadz.ca

Offers supported semi independent living which utilizes a mentor who has had past knowledge and an understanding of the street lifestyle. The “My Home Too” is a home for younger children and youth 12 to 15 years of age.

Niwaapatahanaanik (NIWA)

www.cumfi.org

116 Avenue P South S7M 2V9

NIWA is a Fostering Families home for single parent and two parent families who have children placed in foster care with MSS or who are at risk of placement. Programming offered includes creating healthy lifestyles, relationship building, positive parenting, life skills, mental health addictions, educational assessment, career counselling and recreational activities.

Pleasant Hill Place (PHP)

(306) 987-4041

www.quintsaskatoon.ca

A home for women who have children that have been placed in care with the Ministry of Social Services, or women who may be at risk of having their children placed in such care.

Quint Development Corporation

(306) 978-4041 Fax (306) 683-1957

www.quintsaskatoon.ca

205-1120 20th Street West S7M 0Y8
Exists to strengthen the economic and social well being of Saskatoon's five core neighbourhoods through a community based economic development approach. The **Youth Lodge** (1505 20th Street W.) provides safe, secure transitional housing for up to 10 young males 16 to 22 years old who need a place to stay, and wherever possible, will be linked to education, training, and employment opportunities. Quint is operating two affordable rental apartment buildings. The goal is to provide affordable rental suites that include common spaces, opportunities to connect with community, common gardens, access to computers, and a daycare on site.

Rainbow Housing Cooperative

(306) 242-0604 Fax (306) 249-4010

www.rainbowhousing.ca

72-302 Berini Drive S7N 3P4

An autonomous association of persons united voluntarily to meet their common economic, social and cultural needs within the community.

Saskatoon Habitat for Humanity

(306) 343-7772 Fax (306) 343-7801

www.habitatsaskatoon.ca

519 Avenue L South S7M 2H5

Housing

Facilitates partnerships between prospective homeowners, businesses, individual donors, and volunteers to build basic affordable housing in Saskatoon. Habitat partners with families, helping them achieve the dream of homeownership through a HAND-UP, NOT A HANDOUT.

Saskatoon Housing Authority

(306) 668-2700 Fax (306) 668-2701

www.saskatoonhousingauthority.com

525 24th Street East S7K 0K9

Provides suitable and affordable housing for the benefit of low income seniors, families and individuals with disabilities.

Saskatoon Housing Coalition

(306) 665-4979

www.saskatoonhealthregion.ca

301-1702 20th Street West S7M 0Z9

A community organization that provides supportive housing to individuals living with chronic mental illnesses. The organization actively advocates for and provides safe, affordable and well-maintained housing units with support services to provide a means for independent living and improve the quality of life for clients living with chronic mental illnesses.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327

www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



An emergency temporary shelter for women and children who require safe accommodation. Provides shelter services and educational programming to victims of family violence and offers women and their children with a range of accessible, protection, sensitive and safe services specific to the needs of each client.

Saskatoon Tribal Council Cress Housing Corporation

(306) 244-7747 Fax (306) 244-2444

www.sktc.sk.ca

200-335 Packham Avenue S7N 4S1

Cress Housing is dedicated to providing affordable and adequate housing for First Nations persons living in the City of Saskatoon. We nurture and support any and all other potential housing solutions geared towards addressing the critical housing shortage facing the urban First Nations community.

SaskNative Rentals Inc.

(306) 653-0384 Fax (306) 653-0394

www.sasknativere rentals.ca

1005 22nd Street West S7M 0S2

A Métis managed non-profit corporation committed to providing, maintaining, and sustaining affordable, safe, and respectable housing for families. SaskNative Rentals places a particular emphasis and priority upon assisting those individuals and families of Aboriginal ancestry.

Social Housing Rental Program

1-800-667-7567

www.socialservices.gov.sk.ca/shrp

Provides suitable, adequate and affordable rental housing for low-income seniors and families in more than 280 communities throughout the province. Some units located in senior projects are suitable for persons with disabilities.

The Salvation Army

(306) 242-6833 Fax (306) 665-0708

www.salvationarmysaskatoon.org

Men's Hostel 341 Avenue T South
Mumford House Family Shelter
Women and Children (306) 244-6280
341 Avenue T South

A shelter, drop-in center, and a place where adults in Saskatoon's core neighborhoods can receive support. The Salvation Army provides support for homeless men/women

by offering them temporary and transitional housing and access to counsel and other services.

The Salvation Army

Bethany Home

(306) 244-6758 Fax (306) 244-6282

www.bethanyhome.ca

203 Cruise Street S7N 2N7



Exists for the benefit of female youth in crisis from age 13 to 18, as well pregnant and parenting mothers and their children. We provide a safe, stable, nurturing residential setting. Bethany Home offers life skills education in a wide variety of areas, and support for the individual. Requires MSS referral.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468

www.ywcasaskatoon.com

510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

Respite Support Services

RESPITE SUPPORT SERVICES

Respite means a short time of rest of relief and is provided to parents/guardians of children with disabilities. The respite program is administered through Community Living Service Delivery, Ministry of Social Services.

Community Living Service Delivery (CLSD)

Regional Offices

| | |
|-------------------|----------------|
| Estevan | (306) 627-4550 |
| La Ronge | (306) 425-4357 |
| Lloydminster | (306) 825-6468 |
| Meadow Lake | (306) 236-7501 |
| Melfort | (306) 752-6288 |
| Moose Jaw | (306) 694-3800 |
| Nipawin | (306) 862-1704 |
| North Battleford | (306) 446-7535 |
| North East Region | (306) 953-2668 |
| Regina | (306) 787-3848 |
| Rosetown | (306) 882-5400 |
| Saskatoon | (306) 933-6300 |
| South West Region | (306) 694-3800 |
| Swift Current | (306) 778-8219 |
| Yorkton | (306) 786-1300 |

Elmwood Respite Home

(306) 374-5151



Provides respite services for individuals with cognitive challenges. Application is required.

Grandma's (Kookum's) House

(306) 975-9999 (306) 975-9156

www.cumfi.org

Program requires an MSS referral. A live in kookum provides emergency, safe and temporary respite services for the families living within the CUMFI fostering families program. Ensures personal safety of children from abuse, neglect and/or personal crisis.

Hessdorfer House

(306) 975-9999 (306) 975-9156

www.cumfi.org

Supported independent living suites with a mentor on site for individuals and families with cognitive disabilities such as FASD or acquired brain injury. Program ensures ongoing and consistent support provided so that barriers to living in the community independently are overcome by residents in the complex.

Home Care Services

Athabasca Health Authority

| | |
|---------------------------|--------------------------|
| | (306) 439-4911 |
| Cypress | (306) 778-4911 |
| Five Hills | (306) 691-6500 |
| | 1-800-205-2273 |
| Heartland | (306) 882-4111 |
| Keewatin Yathe | (306) 235-5849 |
| Kelsey Trail | (306) 873-3100 |
| Mamawetan Churchill River | |
| | (306) 425-2422, ext.4829 |
| Prairie North | (306) 446-6445 |
| P.A. Parkland | (306) 765-6197 |
| | (306) 765-6209 |
| Regina Qu'Appelle | 1-877-800-0002 |
| Saskatoon | (306) 655-4346 |
| Sun Country | (306) 842-7211 |
| Sunrise | (306) 786-0711 |



(depending on the service)

Services may include social work, occupational therapy, physical therapy, temporary placement at a special care home or palliative care (for a terminally ill child).

Nightingale Nursing Group

(306) 652-3314

620 Duchess Street S7K 0R1



Provides homemaker, nursing and companion services on a short term (respite) or long term basis. 24 hours a day.

Prince Albert Respite Registry

(306) 922-3230 Fax (306) 922-3457

Respite Support Services

Regina Respite Registry

(306) 790-5680

Regina Residential Resource Centre

(306) 352-3223

Saskatoon Respite Registry

(306) 652-9111

Spadina Early Learning and Childcare Cooperative

(306) 382-6488

www.spadinaearlylearningandchildcare.com

1702 20th Street West

Lester B. Pearson School

(306) 683-8353

3620 Centennial Drive

Victoria School

(306) 683-8352

683 Broadway Avenue

Princess Alexandra School

(306) 683-8644

210 Avenue H South

Provides respite spaces for children from families, foster families and alternative caregivers when no other options for childcare are available.

Swift Current Respite Registry

(306) 778-4619

We Care Home Health Services

(306) 244-2273

www.wecaresaskatoon.ca

421 34th Street East S7K 0S9

(306) 757-4590

2050 Broad Street, Regina SK

S4P 1Y3

www.wecare.ca/LocationDetails.aspx?LocationID=44

Housing - Temporary Family Accommodation

Parents can access the following temporary lodging in Saskatoon while attending children's medical appointments at RUH or Kinsmen Children's Centre.

Ronald McDonald House

(306) 244-5700 (reservations)

www.rmh.sk.ca



Laura's Lodge

(306) 934-7011

1026 College Drive S7N 0W1

www.lauraslodge.com



College Drive Lodge

(306) 665-9111

1020 College Drive S7N 0W1

www.collegedrivelodge.ca

Some hotels offer special rates for families requiring medical assessment and/or treatment. Inquire prior to booking.

Parenting

PARENTING

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
1-866-869-2727

www.adoptionsask.org

1A-527 Main Street S7N0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or inter country adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

Association des parents Fransaskois – French Family Support Centre

Centre d'appui à la famille et à l'enfance (CAFÉ)-LA PASSERELLE
(306) 653-7444 Fax (306) 653-7001
www.parentsfransaskois.ca-crepe.sk.ca

910 5th Street East S7H 2C6



APF is a provincial Francophone association representing the parents of children attending Fransaskois school, preschools and play groups. The APF accompanies parents and their families with the help and resources of the French family support center-CAFÉ-LA PASSERELLE.

Avenue Community Centre for Gender & Sexual Diversity

(306) 665-1224 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca

201-320 21st Street West S7M 4E6



The Centre works towards building a community of acceptance and understanding. They offer phone line support and various social groups.

Building Independence – Investing in Families

1-888-488-6385 Fax (306) 787-4155
PO Box 2405 Station Main, Regina SK S4P 9Z9

Provides access to: Saskatchewan Child Benefit, Saskatchewan Employment Supplement, Saskatchewan Rental Housing Supplement, Family Health Benefits, Provincial Training Allowance and Child Benefit Adjustment.

Canadian Cancer Society-Saskatoon Unit

(306) 244-4389 Fax (306) 244-5657
www.cancer.ca

101-440 2nd Avenue North S7K 2C3



Offers patient support groups, financial aid to cancer patients, research, fundraising, and educational information and presentations.

Canadian Parents for French Saskatchewan (CPF)

(306) 244-6151 Fax (306) 244-8872
1-800-561-6151

www.cpfask.ca

303-115 2nd Avenue North S7K 2B1



CPF – Sk. is the provincial network of volunteers which values French as an integral part of Canada and which is dedicated to the promotion and creation of French-second-language learning opportunities for young Canadians.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537
www.cfssaskatoon.sk.ca

200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Central Saskatchewan Military Family Resource Centre Inc.

(306) 492-2135 (4266)

Fax (306) 492-2051

www.csmfrc.com

Box 462 General Delivery Station

Main. Dundurn, SK S0K 1K0



Offering services to Canadian Forces families (regular force and reserve force) as well as veterans of the Canadian Forces. Adult and youth programs: quality of life, employment and education support and assistance, information and referral service, crisis intervention, deployment support, lending library available. Non-profit childcare center (licensed) on site.

Christian Counselling Services

(306) 244-9890 Fax (306) 244-9987

www.saskatoonccs.com

617 3rd Avenue North S7K 2J8



Counselling available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's and senior's issues and grief.

Cloth for Kids

(306) 978-1636/(306) 931-2633

Fax (306) 978-1636

bselder@usa.net or ray.gailgraves@sasktel.net

808 20th Street West S7M 0Y3

Volunteers sew donated fabric into clothes for newborn to 14 years old. Items are donated freely through professionals working in the field.

Crisis Nursery

(306) 242-2433

1020 Victoria Avenue S7N 0Z8



A place that can provide help and comfort for any family experiencing a form of crisis. Parents are able to bring their children to the crisis nursery for a couple of days while they focus their energy on resolving the crisis or emergency at hand.

CUMFI Outreach

(306) 975-9999 (306) 975-9156

www.cumfi.org

Outreach, after care, and in-home supports for families that have graduated from CUMFI's fostering families program. Program supports families to parent children safely. Families are currently living in, or are past residents of Infinity House, Kanaweyimik, or NiWaaqatahanaanik (NiWaa).

Early Childhood Intervention Program (ECIP)

Ile a la Crosse (306) 833-2595

Kindersley (306) 463-6822

La Ronge (306) 425-6600

Lloydminster (306) 825-5911

Meadow Lake (306) 236-4247

Moose Jaw (306) 694-9200

North Battleford (306) 446-4545

Prince Albert (306) 922-3247

Redvers (306) 452-3730

Regina (306) 347-5021

Saskatoon (306) 655-1083

Swift Current (306) 773-3600

Parenting

Tisdale (306) 873-3411
Weyburn (306) 842-2686
Yorkton (306) 786-6988

www.education.gov.sk.ca/ECIP

A province-wide network of home and community based services provided to families with children from birth to school-age who experience or are at risk for developmental delays. The goal of the program is to help children, who experience delays in reaching age appropriate developmental milestones, reach their best potential. The program also assists families in becoming better informed and connected to their natural supports and to the service system. Services include: home visits, resource materials, parent support groups, parent education opportunities and support with transitions into school and other centre-based programs and services.

Early Childhood Psychology – Saskatoon Health Region Public Health Services

(306) 655-4700 Fax (306) 655-4721
100-227 Primrose Drive S7K 5E4



Services are available from your Saskatoon Public Health Office. The early childhood psychologist is trained to help children from birth to 5 years of age who are developmentally above or below average or who have common behavioral and developmental problems.

Early Learning and Childcare

(306) 933-6071 Fax (306) 933-7082

www.education.gov.sk.ca/elcc

9th Floor, 122 3rd Avenue North
S7K 2H6

For information about finding and choosing child care arrangement, creating new child care facilities and managing a child care

arrangement. Call or consult the website for a list of licensed childcare facilities.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Food for Thought – Saskatoon Health Region Public Health Services

(306) 655-4826 Fax (306) 655-4899

www.saskatoonhealthregion.ca

3311 Fairlight Drive North S7N 3Y5



A voluntary group program designed to support pregnant and parenting women who live with a variety of conditions that may place them and their children at risk. Using the kitchen as a venue for health teaching, the program addresses a broad range of issues. Through hands on experience women are supported to access information and develop the skills that will help them realize improved health and well being for themselves and their children.

Health Promoting Schools

(306) 715-3151

Health promoting schools is a 'whole' school approach where students, teachers and parents, school staff, community groups, agencies, and institutions work

together on key priorities for improving learning and health. A partnership between Saskatoon Health Region, Saskatoon Public School Division, Greater Saskatoon Catholic School Division, Horizon School Division, Prairie Spirit School Division, Le Réseau Santé en français de la Saskatchewan, Government of Saskatchewan Ministry of Health, Government of Saskatchewan Ministry of Education and participating schools, staff, school community councils, students and their families.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614
www.internationalwomenofsaskatoon.org
 412-230 Avenue R South S7M 2Z1



A non profit community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting the programs and services.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428
loelke@sasktel.net
 103 Avenue T South S7M 3A7



Requires Ministry referral. For women whose children are in care with the Ministry of Social Services (MSS).

KidsFirst

www.education.gov.sk.ca/kidsfirst
 Saskatoon* (306) 655-5399
www.saskatoonhealthregion.ca
 Meadow Lake (306) 236-6441
 Moose Jaw (306) 692-1204
 (306) 694-8336
 Nipawin (306) 862-6226

North Battleford (306) 446-6012
 Northern Sask. (306) 235-5437
 Prince Albert* (306) 765-6656
 Regina* (306) 766-6796
 Yorkton (306) 783-1946
 (306) 783-0383

*Selected neighbourhoods in these communities.



A free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

Maggies Childcare Centre for Teen Parents

(306) 665-5721-306-665-6619
 Fax (306) 657-3947
www.maggieschildcarecentre.org
 820 9th Avenue North S7K 2Z2



Maggie's is an infant and toddler center. We are committed to supporting teen parents to complete high school. We do provide a variety of programs to achieve this goal.

Millie's Early Learning Centre

(306) 683-7578 Fax (306) 657-3951
millies@sasktel.net
 411 11th Street East S7N OE9



Childcare for infants and toddlers of students who attend Nutana Collegiate.

Mommy Connections

Saskatoon (306) 492-2660
 Box 803, Dundurn SK S0K 1K0



www.mommyconnections.ca/saskatoon
 Post natal parent and baby program that aims to connect, support, inform and educate.

Parenting

Mount Royal Child Care Centre

(306) 683-8383

222 Rusholme Road S7L 4A4



Quality childcare provided for student parents who are attending Mount Royal Collegiate and are under the age of 22. A variety of parent programs are offered through the centre.

Newcomers Information Centre

(306) 343-8303 Fax (306) 343-1744

www.nicstoon.org

106-129 3rd Avenue North S7K 2H4



Provides up-to-date information and referral to various programs and services in the community to meet individual needs. NIC has a large selection of resources and brochures which are available to take home.

Parent Aide Program

www.parentaide.ca

502 Avenue L South S7M 2H4

(306) 974-3171



Supports healthy development of families and their children through parent support, child development information, budgeting skills development, communication skill building and knowledge of community resources. Ministry or self referral.

Parent and Tot Program – Greater Saskatoon Catholic Schools/Columbus Bosco Homes

(306) 659-7267 Fax (306) 659-2010

www.columbusboscohomes.ca

420 22nd Street East S7K 1X3



A free program for parents, relatives, caregivers and children 0-6, with weekly, two-hour morning

or afternoon session, in various elementary schools and community centres. Share a coffee, meet others with young children, and focus on positive parenting. Runs September to June, following the school calendar.

Parenting Education Saskatchewan

(306) 934-2095 Fax (306) 244-1201

www.parenteducationsask.ca

306-506 25th Street East S7K 4A7



A project supporting parent educators throughout the province through resources, conferences and networking. A project of Family Service Saskatoon.

Partners for Rural Family Support

(306) 682-4135 Fax (306) 682-4154

1-866-682-4135

www.partnersrfs.ca

636 9th Street Box 2741, Humboldt, SK S0K 2A0



Provides various resources, a lending library and programs offered to individuals and families living in Humboldt and region. Types of programs offered: “YES” – Youth Empowerment Strategies, support group for survivors of family violence, parenting classes, children’s groups such as children who have been exposed to family violence.

Post Adoption Services – Ministry of Social Services

1-800-667-7539

www.socialservices.gov.sk.ca

1920 Broad Street, Regina, SK S4P 3V6



(for some services) Provide post adoption information to individuals who were placed for

adoption in Saskatchewan through the Ministry of Social Services.

Niwaapatahanaanik (NIWA)

www.cumfi.org

116 Avenue P South S7M 2V9

NIWA is a Fostering Families home for single parent and two parent families who have children placed in foster care with MSS or who are at risk of placement. Programming offered includes creating healthy lifestyles, relationship building, positive parenting, life skills, mental health addictions, educational assessment, career counselling and recreational activities.

Public Health Services Resource Centre – Saskatoon Health Rgn.

(306) 655-4600 Fax (306) 655-4498

www.saskatoonhealthregion.ca

101-310 Idylwyld Drive North
S7L 0Z2



Provide printed information on health issues such as nutrition, physical fitness, smoking, alcohol, drugs, sexually transmitted diseases, puberty, parenting, mental health, accident prevention, food safety, environmental health etc.

Public Legal Education Association of Saskatchewan

(306) 653-1868 Fax (306) 653-1869

www.plea.org

300-201 21st Street East S7K 0B8



A non-profit, non-government organization which exists to educate, inform and empower through law related education.

Real Choices Crisis Pregnancy Centre

(306) 665-7550 Fax (306) 665-0013

www.saskatoonpregnancy.com

23-1006 8th Street East S7H 0S1



We are committed to providing love, support and acceptance to women and families experiencing a pregnancy related crisis. Striving to meet their physical, spiritual and emotional needs, we will offer real, life-affirming choices to help women continue their pregnancies to term.

Royal West Early Learning Ctr.

(306) 683-8390 Fax (306) 657-3958

441 Whitney Avenue North S7L 3M6



Quality childcare provided for children 18 months to 5 years old. Priority is given to Royal West and Mount Royal students.

Saskatchewan Aboriginal Literacy Network

(306) 934-2632 Fax (306) 934-2633

www.aboriginal.sk.literacy.ca

1017B 22nd Street West

Aboriginal literacy (First Nations and Metis) is a learner centered approach to life-long learning that honours the inter-connectedness of all aspects of creation for growth, personal empowerment, community development and self determination. Aboriginal literacy encompasses first languages, elder involvement, culture and community in a holistic development approach to unify mind, heart, body and spirit.

Saskatchewan Cultural Society of the Deaf (SCSD)

(306) 665-0729 (TTY)

Fax (306) 653-5461

chubby61@shaw.ca

511 Main Street East S7N 0C2



Their purpose is to give deaf Saskatchewan an opportunity to express their ideas and develop their skills and talents.

Parenting

Saskatchewan Deaf Children's Society (SDCS)

(306) 343-9611 (V/TTY)

Fax (306) 343-0691

kjdit86@shaw.ca

2209 Ewart Avenue S7J 1Y1



SDCS supports the rights of parents to make informed choices concerning communication options and educational programs for their children. In Home Sign Language, SDCS Adventure Club, resources, information and newsletters.

Saskatchewan Early Childhood Association (SECA)

(306) 765-0875 Fax (306) 765-0877

1-888-658-4408

www.saskcare.ca

5-3041 Sherman Drive, Prince Albert, SK S6V 7B7



A non-profit organization that consults on child care policy and early childhood education issues with provincial and federal governments. They serve as a support organization for early childhood educators, parents and childcare providers. They provide educational materials, seminars, retreats, conferences, and information.

Saskatchewan Foster Family Association, Inc.

Saskatoon 1-866-999-5125 toll free

Regina 1-888-276-2880 toll free

www.sffa.sk.ca

233 4th Avenue South S7K 1N1



Exists to improve the quality of life for children and youth in care by assisting in the development of healthy foster families. The provincial Association provides education and support services to

foster families, promotes greater understanding in the community of fostering and ensures proper process is followed should foster families encounter quality of care issues or come under investigation. Services include Support Person Program, Team Trainers, Rate Board Committee, a network of 15 local support committees, toll-free information lines, liaison with Ministry of Social Services, newsletter and Resource Centre.

Saskatchewan Literacy Network

(306) 651-7288 Fax (306) 651-7287

1-888-511-2111

www.sk.literacy.ca

202-626 Broadway Avenue S7N 1A9



A provincial literacy organization that promotes and supports literacy in Saskatchewan through advocacy, professional development and resource development. Literacy resource collection housed at the office in Saskatoon.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301

www.preventioninstitute.sk.ca

1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco & Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal & Infant Health, and Neglect & Abuse.

Saskatoon Cancer Centre

(306) 655-2662 Fax (306) 655-2910

www.saskcancer.ca

20 Campus Drive S7J 4E7



Offers both individual and family counselling services for children with cancer. They hold social gatherings for peer support, provide a school re-entry program and promote community education.

Child Hunger Education Program (CHEP)

(306) 655-4575 Fax (306) 655-5512
www.chep.org

1120 20th Street West S7M 0Y8
 CHEP works with the Saskatoon community to achieve solutions to child hunger and to improve access to nutritious food for all. Programs include children's nutrition programs, collective kitchens, Good Food Box, community gardening, food policy work, Pork Links, bridges to farmers and others.

Saskatoon Health Region: Child and Youth Services

(306) 655-7950 Fax (306) 655-7811
 715 Queen Street S7K 4X4



Provides individual, family and group counselling and therapy with nurses, psychiatrists, psychologists and social workers. Individuals/parents may self refer. Referrals are also accepted from a third party.

Saskatoon Indian and Metis Friendship Centre (SIMFC)

(306) 244-0174 Fax (306) 664-2536
www.simfc.ca

168 Wall Street S7K 1N4



Provides Elders, adults and children with cultural, educational and recreational programs and events. The aim is to provide an environment that fosters self-determined activities, which in turn promote positive self-esteem and overall wellness. These programs also help strengthen the community by inviting all members of the community to take

part. Programs include: Aboriginal Family Violence Program, Youth Works Victim Restitution Program, Family Workers Program Services, Youth Drop In Centre, Saskatoon Hepatitis C Project funded by Health Canada, a drop in centre, and a recreational facility.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon NeighborLink

(306) 477-5465 Fax (306) 477-4665
neighbourlink@sasktel.net

Box 7507 S7K 4L4



A local Resource Centre which links people in need to volunteers from a network of area churches. This is a short-term service with referrals to the long-term supports in the area of need.

Saskatoon Open Door Society

(306) 653-4464 Fax (306) 653-4460
www.sods.sk.ca

100-129 3rd Avenue North S7K 2H6
 247 1st Avenue North S7K 1X2



Offers services for new immigrants and refugees in Saskatoon. They provide settlement help, English classes with childcare and parenting and youth programs. Open Door has a daycare open to public fee payers and participants in SODS programs. Provide a resource lending library for volunteers and members with materials related to all cultural issues. Translation and interpretation is also provided.

Parenting

Saskatoon Parents of Twins and Triplets Organization

(306) 384-4234



Share survival techniques that are essential in raising multiples and share the common interests that raising multiples brings. Children are welcome at meetings.

Saskatoon Tribal Council – Urban Services Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155

www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future.

Our goal is to support at risk families avoid apprehension of their children.

Stewart Resources Centre – Saskatchewan Teacher’s Federation

(306) 373-1660 Fax (306) 374-1122

www.stf.sk.ca/src

2317 Arlington Avenue S7J 2H8



Offer professional materials related to kindergarten to grade 12 education. They provide curriculum materials to use directly with the students. This is mainly a teacher library but parenting materials are available for interested parents.

Teen-Aid Saskatchewan

(306) 244-2811 Fax (306) 244-9999

www.teen-aid-sk.org

108-2002 Quebec Avenue S7K 1W4

A chastity based organization which offers information to the public.

Resources about chastity related topics and parent workshops are available.

Teen-Aid Saskatoon

(306) 244-4997 Fax (306) 244-9999

saskatoonteenaid@shaw.ca

Box 21012, Saskatoon, SK S7H 5N9



A chastity based organization offering presentations to parent and students grades 6 to 12 on chastity and relationships.

The Salvation Army Community Centre

(306) 244-6280/(306) 242-6833

Fax (306) 665-0708

www.salvationarmy.ca/sd

339 Avenue C South S7M 1N5



Short and long term residency in dorm setting and private rooms. Pastoral counselling services available. Afterhours emergency shelter, food hampers, clothing vouchers. Bible study groups. 12 step programs for both men and women, cooking classes for adults and children. Federal halfway house for parolees, some probation referrals.

The Salvation Army Community and Family Services

(306) 242-6833 Fax (306) 665-0708

www.salvationarmy.ca/sd

339 Avenue C South S7M 1N5



Offer a variety of programs including community kitchens for parents, parenting, budgeting and shopping seminars all free of charge. They have a summer camp for children at Beaver Creek.

West Central Crisis and Family Support Centre

(306) 463-6655 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
116 1st Avenue, Kindersley, SK
S0L1S0



We can help you deal with the trauma of sexual assault or abuse, domestic violence, financial stress, substance abuse, suicidal thoughts, emotional or situational problems. We provide confidential marital, family and individual counselling.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
1528 20th Street West S7M 0Z6



Offers group programs, primary health care services including physician, nurse practitioner, nurse and counselling services. Some workers speak Cree and Saulteaux languages.

Youth Resource Centre – Saskatoon Health Region

(306) 655-4900 Fax (306) 655-4931
www.saskatoonhealthregion.ca
311 20th Street East S7K 0A9
Centralized Intake (306) 655-7950



Provides a variety of mental health services for youth between the ages of 12 to 18. The goal is to meet the varied needs of youth and to support healthy development in all spheres of daily living. Offers individual and group counselling and therapeutic recreation. The counselling services presently offered cover a number of areas including coping with depression, anxiety management, disordered eating, trauma, and support to gay, lesbian and bisexual youth.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468
www.ywcasaskatoon.com
510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

Parenting

PARENTING/ABORIGINAL

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
1-866-869-2727

www.adoptionsask.org

1A-527 Main Street S7N 0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or intercountry adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

Avenue Community Centre for Gender & Sexual Diversity

(306) 665-1224 Fax (306) 665-1280
1-800-358-1833

www.avenuecommunitycentre.ca

201-320 21st Street West S7M 4E6



The Centre works towards building a community of acceptance and understanding. They offer phone line support and various social groups.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups

addressing perceived community needs. Variable fee for service.

Federation of Saskatchewan Indian Nations (FSIN)

(306) 665-1215 Fax (306) 244-4413

www.fsin.com

100-103A Packham Avenue
S7N 4K4



Works for the protection and promotion of treaty rights.

Food for Thought – Saskatoon Health Region Public Health Services

(306) 655-4826

www.saskatoonhealthregion.ca

3311 Fairlight Drive North S7N 3Y5



A voluntary group program designed to support pregnant and parenting women who live with a variety of conditions that may place them and their children at risk. Using the kitchen as a venue for health teaching, the program addresses a broad range of issues. Participants gain hands on experience in the kitchen and develop skills to access information for improved health and well being for themselves and their children.

Friendship Inn – Saskatoon

(306) 665-1215 Fax (306) 242-1291

www.sfinn.ca

619 20th Street West S7M 0X8



A soup kitchen that provides nutritious meals daily for the transient, homeless and less fortunate 365 days of the year. Works closely with the School Boards, Public Health and the Healthy Mothers Healthy Babies program. It is our mission to offer our client's dignity and compassion,

which enables them to have the courage to take the next step. In addition we offer social support and crisis counselling for individuals and families.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428
loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral.
For women whose children are in care with the Ministry of Social Services (MSS).

KidsFirst

www.education.gov.sk.ca/kidsfirst

Saskatoon* (306) 655-5399

www.saskatoonhealthregion.ca

Meadow Lake (306) 236-6441

Moose Jaw (306) 692-1204

(306) 694-8336

Nipawin (306) 862-6226

North Battleford (306) 446-6012

Northern Sask. (306) 235-5437

Prince Albert* (306) 765-6656

Regina* (306) 766-6796

Yorkton (306) 783-1946

(306) 783-0383

*Selected neighbourhoods in these communities.



KidsFirst is a free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

McLeod House

(306) 665-0425 Fax (306) 665-0428
4-101 Avenue T South S7M 3A7

www.cumfi.org

A transitional home for men recovering from addictions. Referrals come from Larson House, treatment centres and self referrals. Weekly case management meetings, in-

house programming, seminars, workshops, AA groups, referrals and outreach are all part of the services offered. McLeod House is a partnership between Saskatoon Health Region – Mental Health & Addictions Services and Central Urban Metis Federation Inc.

Parent and Tot Program – Greater Saskatoon Catholic Schools/Columbus Bosco Homes

(306) 659-7267 Fax (306) 659-2010

www.columbusboscohomes.ca

420 22nd Street East S7K 1X3

A free program for parents, relatives, caregivers and children 0-6, with weekly, two-hour morning or afternoon session, in various elementary schools and community centres. Share a coffee, meet others with young children, and focus on positive parenting. Runs September to June, following the school calendar.

Preschool Information Registry and Service (PIRS)

(306) 374-8507 Fax (306) 242-8007/

(306) 374-3435

preschoolinosutton@yahoo.ca

joan@stockfamily.ca

Box 8151, Saskatoon, SK S7K 6C4



Provides information regarding pre-schools in Saskatchewan. Also provides support/in-services to parents and teachers in pre-school programs and assists in starting of new pre-schools.

Saskatchewan Aboriginal Literacy Network

(306) 934-2632 Fax (306) 934-2633

www.aboriginal.sk.literacy.ca

1017B 22nd Street West

Aboriginal literacy (First Nations and Metis) is a learner centered approach to life-long learning that honours the inter-connectedness of

Parenting/ABORIGINAL

all aspects of creation for growth, personal empowerment, community development and self determination. Aboriginal literacy encompasses first languages, elder involvement, culture and community in a holistic development approach to unify mind, heart, body and spirit.

Saskatchewan Foster Family Association, Inc.

Saskatoon 1-866-999-5126 toll free
Regina 1-888-276-2880 toll free
233 4th Avenue South S7K 1N1
www.sffa.sk.ca



Exists to improve the quality of life for children and youth in care by assisting in the development of healthy foster families. The provincial Association: provides education and support services to foster families, promotes greater understanding in the community of fostering and ensures proper process is followed should foster families encounter quality of care issues or come under investigation. Services include: Support Person Program, Team Trainers, Rate Board Committee, a network of 15 local support committees, toll-free information lines, liason with the Ministry of Social Services, newsletter and resource centre.

Saskatoon Indian and Metis Friendship Centre (SIMFC)

(306) 244-0174 Fax (306) 664-2536
www.simfc.ca

168 Wall Street S7K 1N4



They provide Elder's, adults and children with cultural, educational and recreational programs and events. The aim is to provide an environment that fosters self-determined activities, which in turn promote positive self-esteem and

overall wellness. These programs also help strengthen the community by inviting all members of the community to take part. Programs include: Aboriginal Family Violence Program, Youth Works Victim Restitution Program, Family Worker Program Services, Youth Drop In Centre, Saskatoon Hepatitis C Project funded by Health Canada, a drop in centre, and a recreational facility.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org
712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Tribal Council – Urban Services

Aboriginal Head Start

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street West S7H 5K6



The Aboriginal HeadStart (AHS) Program helps Aboriginal families in the Saskatoon area become stronger, healthier and empowered to engage in the life-long learning of their children through preschool, parent groups and home visits.

Saskatoon Tribal Council – Urban Services

Children First Program

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

This program is in partnership with Wanuskewin Heritage Park. A small group of parents and children are taken out to Wanuskewin twice a

week for 8 weeks, to learn about their heritage and culture. Numbers are kept small to ensure the quality time and interaction between children and their parents.

Saskatoon Tribal Council – Urban Services Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Saskatoon Tribal Council – Urban Services Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future. Our goal is to support at risk families avoid apprehension of their children.

Saskatoon Tribal Council White Buffalo Youth Lodge – For Children, Youth and Families

(306) 653-7676 Fax 653-7677
www.sktc.sk.ca

620 20th Street West S7M 0X7
A wide variety of social, health, recreation and educational programming designed for differing age groups is delivered daily Sunday through Saturday. The goal of these activities is to promote a healthy lifestyle, build resiliency and hope for young people and provide options for the future. Provides a health clinic, dental care and addictions counselling. Social and emotional counselling help is available twice weekly.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
1528 20th Street West S7M OZ6



Offers group programs, primary health care services including physician, nurse practitioner, nurse and counselling services. Some workers speak Cree and Saulteaux languages.

*“We never know
the love of a
parent till we
become parents
ourselves.”*

Henry Ward Beecher

Parenting/PRE/POST NATAL

PARENTING/ PRE/POST NATAL

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
1-800-869-2727

www.adoptionsask.org

1A-527 Main Street S7N 0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or inter country adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

Alliance for Life Education Centre

(306) 244-2259

allforl@sasktel.net

716 Queen Street S7H 0A1



A pro-life Education Resource Centre which offers a lending library of hundreds of books, videos and papers with internet access as well. Promoting awareness and educating the general public to all pertinent life issues facing society today. Areas of focus include: eugenics, embryology, abortion, euthanasia, improving palliative care and the rights of the elderly and handicapped.

Association des parents Fransaskois – French Family Support Centre Centre d'appui à la famille et à l'enfance(CAFÉ)-LA PASSERELLE

(306) 653-7444 Fax (306) 653-7001

www.parentsfransaskois.ca

910 5th Street East S7H 2C6



APF is a provincial Francophone association representing the parents of children attending Fransaskois school, preschools and play groups. The APF accompanies parents and their families with the help and resources of the French family support center-CAFÉ-LA PASSERELLE.

Birthright

(306) 343-6636

201 21st Street East S7K 0B8

A pregnancy service for those who think they may be or are facing an unplanned pregnancy. Birthright offers free pregnancy tests, maternity and infant wear. All calls are confidential.

Birth Rythms

(306) 683-0852

www.birthrythms.ca

248 3rd Avenue South S7K 1L9



In addition to the more than 40 classes, workshops and drop-in groups you will find the following onsite: daily breastfeeding support, registered dietician, nutritional consultation, private birth planning, doula services and birth trauma debriefing, massage therapy and paediatric specialists in cranio-sacral therapy and dentistry.

Birthwise – PreNatal and Doula Services for Women

(306) 373-2156/(306) 668-5536

Fax (306) 477-5140

www.birthwise.ca

547 Sebestyen Crescent S7K 6W2



Birthwise is a practice of several doulas who have a wide variety of knowledge and expertise. Assistance is provided during the sensitive

time of pregnancy, childbirth and bringing a new child into the family.

Breastfeeding Centre – Saskatoon Health Region

(306) 655-4806 Fax (306) 655-4899
www.saskatoonhealthregion.ca
3311 Fairlight Drive North S7M 3Y5



The Breastfeeding Centre, staffed by Lactation Consultants, provides support in the community to breastfeeding mothers and infants through telephone counselling and one-on-one visits. They also offer a Breastfeeding Café, a mother-to-mother drop-in breastfeeding support group, facilitated by a Lactation Consultant and with guest speakers as requested by the group.

Buckle Up Baby Program – Saskatchewan Abilities Council

(306) 653-1694 Fax (306) 652-8886
www.abilitiescouncil.sk.ca
1410 Kilburn Avenue S7M 0J8



Offers the rental of safety approved infant car seats (up to 20 lbs. - approximately 8 months) to Saskatoon residents only. \$45 cost with a refundable deposit of \$35 upon return of seat for a total cost of \$10.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537
www.cfssaskatoon.sk.ca
200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training,

marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Food for Thought – Saskatoon Health Region Public Health Services

(306) 655-4826
www.saskatoonhealthregion.ca
3311 Fairlight Drive North S7N 3Y5



A voluntary group program designed to support pregnant and parenting women who live with a variety of conditions that may place them and their children at-risk. Using the kitchen as a venue for health teaching, the program addresses a broad range of issues. Participants gain hands on experience in the kitchen and are supported to access information and develop the skills that will help them realize improved health and well being for themselves and their children.

Healthy and Home – Early Maternity Support Program – Saskatoon Health Region

(306) 655-4860 Fax (306) 655-4899
www.saskatoonhealthregion.ca
3311 Fairlight Drive S7M 3Y5



An early postpartum support group, staffed by Maternal Child Nurses, that offers support to new families immediately following discharge from the hospital. Support is offered through home visits, office visits, and telephone assessments to new mothers and infants, mothers whose infants remain in NICU, mothers who have experienced a perinatal loss, and mothers and infants who are having challenges with breastfeeding.

Parenting/PRE/POST NATAL

Healthy Mother Healthy Baby – Saskatoon Health Region

(306) 655-4810 Fax (306) 655-4899

www.saskatoonhealthregion.ca

3311 Fairlight Drive S7M 3Y5



A prenatal program for at risk women and teens, offering education, nutrition counselling, milk coupons and vitamin support, breastfeeding information, home visits, and prenatal classes.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428

loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral. For women whose children are in care with the Ministry of Social Services (MSS).

KidsFirst

www.education.gov.sk.ca/kidsfirst

Saskatoon* (306) 655-5399

www.saskatoonhealthregion.ca

Meadow Lake (306) 236-6441

Moose Jaw (306) 692-1204

(306) 694-8336

Nipawin (306) 862-6226

North Battleford (306) 446-6012

Northern Sask. (306) 235-5437

Prince Albert* (306) 765-6656

Regina* (306) 766-6796

Yorkton (306) 783-1946

(306) 783-0383

*Selected neighbourhoods in these communities.



KidsFirst is a free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

Mommy Connections

Saskatoon (306) 492-2660

Box 803, Dundurn, SK S0K 1K0



www.mommyconnections.ca/saskatoon

Post natal parent and baby program that aims to connect, support, inform and educate.

Post Partum Depression Support Program

(306) 221-6806 Fax (306) 655-4899

www.saskatoonhealthregion.ca

3311 Fairlight Drive S7M 3Y5



A community program provided by Saskatoon Health Region and the Saskatoon Community Clinic. The program offers telephone support and group support that provides the opportunity to gain information and, as well, share feelings and experiences with others in a facilitated group setting.

Prenatal Education – Childbirth Classes – Saskatoon Health Region

(306) 655-4800 Fax (306) 655-4899

www.saskatoonhealthregion.ca

3311 Fairlight Drive S7M 3Y5

Offers prenatal education classes to expectant parents covering a variety of topics including nutrition, breastfeeding and the delivery of your baby. Teen classes offered.

Real Choices Crisis Pregnancy Centre

(306) 665-7550 Fax (306) 665-0013

www.saskatoonpregnancy.com

23-1006 8th Street East S7H 0S1



Provides love, support and acceptance to women and families experiencing a pregnancy related crisis. Striving to meet their physical, spiritual and emotional needs, we

will offer real, life-affirming choices to help women continue their pregnancies to term.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301
www.preventioninstitute.sk.ca
1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco & Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health and Neglect and Abuse.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org
712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Tribal Council – Urban Services

Aboriginal Head Start

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
2010 7th Street West S7H 5K6



The Aboriginal HeadStart (AHS) Program helps Aboriginal families in the Saskatoon area become stronger, healthier and empowered to engage in the life-long learning of their children through preschool, parent groups and home visits.

Saskatoon Tribal Council – Urban Services

Children First Program

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
2010 7th Street S7H 5K6

This program is in partnership with Wanuskewin Heritage Park. A small group of parents and children are taken out to Wanuskewin twice a week for 8 weeks, to learn about their heritage and culture. Numbers are kept small to ensure the quality time and interaction between children and their parents.

Saskatoon Tribal Council – Urban Services

Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Sexual Health Centre

(306) 244-7989 Fax (306) 652-4034
www.sexualhealthcentresaskatoon.ca

301-115 2nd Avenue North S7K 1M1



Provide information, resources, and support services regarding sexuality, pregnancy and contraception. Their aim is to encourage responsible and empowered decision making around sexuality and reproductive health. They provide clinical services once a week.

Serena Saskatchewan (NFP)

(306) 934-8223
1-800-667-1637
www.serena.ca



Couple-to-couple instruction in the

Parenting/PRE/POST NATAL

Sympto-Thermal Method of Natural Family Planning: effective, natural, inexpensive and free of health risks.

The Salvation Army

Bethany Home

(306) 244-6758 Fax (306) 244-6282

www.bethanyhome.ca

203 Cruise Street S7N 2N7



Exists for the benefit of female youth in crisis from age 13 to 18, as well pregnant and parenting mothers and their children. We provide a safe, stable, nurturing residential setting. Bethany Home offers life skills education in a wide variety of areas, and support for the individual. Requires MMS referral.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506

www.saskatooncommunityclinic.ca

1528 20th Street West S7M OZ6



Offers group programs, primary health care services including Physician, nurse practitioner, nurse and counselling services. Some workers speak Cree and Saulteaux languages.

“Hugs can do great amounts of good - especially for children.”

Princess Diana

PARENTING/PRESCHOOL

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274

1-866-869-2727

www.adoptionsask.org

1A-527 Main Street S7N 0C2



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Centre d'appui à la famille et à l'enfance(CAFÉ)-LA PASSERELLE

(306) 653-7444 Fax (306) 653-7001

www.parentsfransaskois.ca

910 5th Street East S7H 2C6



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Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537

www.cfssaskatoon.sk.ca

200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple

PRESCHOOL/Parenting

and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Catholic Family Services Early Childcare Centre for Teen Parents

(306) 668-7499

Bishop Murray High School
615 Wiggins Avenue S7H 2J2

This childcare centre provides quality care for infants and toddlers for teen parents attending an educational program.

Childcare Subsidy Unit

1-800-667-7155

| | |
|---------------|----------------|
| Regina | (306) 787-4980 |
| Saskatoon | (306) 933-6071 |
| Prince Albert | (306) 953-3612 |
| Moose Jaw | (306) 694-3644 |
| Weyburn | (306) 848-2497 |
| Meadow Lake | (306) 236-7692 |
| Swift Current | (306) 778-8531 |
| Melfort | (306) 752-6164 |
| La Ronge | 1-800-667-4380 |

www.education.gov.sk.ca

For information on applications for childcare subsidy call the 1-800 number or regional office..

Cloth for Kids

(306) 978-1636/(306) 931-2633 Fax
(306) 978-1636

bselder@usa.net or ray.gailgraves@sasktel.net

808 20th Street West S7M 0Y3

Volunteers sew donated fabric into clothes for newborn to 14 years old. Items are donated freely through professionals working in the field.

Early Childhood Psychology

- Saskatoon Health Region Public Health Services

(306) 655-4700 Fax (306) 655-4721
www.saskatoonhealthregion.ca
100-227 Primrose Drive S7K 5E4



Services are available from your Saskatoon Public Health Office. The early childhood psychologist is trained to help children from birth to 5 years of age who are developmentally above or below average or who have common behavioral and developmental problems.

Emmeline Preschool Inc./ St. Luke School

(306) 659-2048

275 Emmeline Road S7J 5B7



A non-cooperative, non-denominational preschool for 3-4 year olds.

EGADZ - Saskatoon Downtown Youth Centre

(306) 931-6644 (306) 665-1344

www.egadz.ca

485 1st Avenue North
Saskatoon, SK, S7K 1X5



EGADZ provides a wide range of program and supportive residential programs that offers safety, mentorship and support to youth. Programs empower youth and assist them to reach their full potential. Programs offered include: **YOUTH DROP-IN CENTRE** offers recreational activities, and an on-site kitchen to teach nutrition and provide a meal every day at 5:00 p.m. The drop-in centre also operates education programs, cultural programs and employment programs.

TEEN PARENT PROGRAM provides educational outreach, medical and

Parenting/PRESCHOOL

crisis services, and individual and group sessions for expectant parents and their children.

STREET OUTREACH PROGRAM

connects with youth through use of an outreach van that operates after hours. Immediate assistance provided includes nutrition, clothing, condoms, personal hygiene items, baby formula and diapers.

OPERATION HELP for youth involved in the sex trade, including immediate supports upon involvement with the justice system, assistance to connect with community support, and supports to assist with lifestyle change.

JOE AND JOSIE'S GARAGE

to support aboriginal youth through life skills, mentorship and elder support to build healthy interpersonal relationships.

RESIDENTIAL PROGRAMS for young women and men who are referred by MSS. Programs offer supportive living environment in a home-like setting for youth exiting high risk street lifestyle, and/or need supports to safely parent their children. Programming is offered to all individuals including life skills, parenting skills, support for addiction, education around domestic violence, and access to counselling supports.

The Residential Programs are:

13 MY HOMES - supportive independent living environment for youth involved with MSS.

BABY STEPS & MAH'S PLACE

– supportive environment where mothers can work towards having child(ren) safely returned to their care with supervision. Mothers and babies reside in a separate residence side by side, and are provided the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

MICHAEL'S PLACE – a supervised home for up to three women whose

children reside at Baby Steps. Moms are ready and actively working on return of children into parental care.

German Pre-Kindergarten Saskatoon

Bilingual preschool program
(306) 651-0436 Ulrike Hecker
Ulrike.Hecker@gmx.net
2809 Early Drive
Brevoort Park School



(city bus service only)

Provides a unique bilingual learning experience for children ages 3-5 years. Before and after school care program available at Brevoort Park School.

Children are given the opportunity to learn and develop through exploration and play within a well structured, warm and fun environment. Our mission is to tap into children's natural curiosity for languages. Previous knowledge of German is not necessary.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614
www.internationalwomenofsaskatoon.org
412-230 Avenue R South S7M 2Z1



IWS is non profit, community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting the programs and services.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428
loelke@sasktel.net
103 Avenue T South S7M 3A7



Requires Ministry referral.

PRESCHOOL/Parenting

For women whose children are in care with the Ministry of Social Services (MSS).

KidsFirst

www.education.gov.sk.ca/kidsfirst
Saskatoon* (306) 655-5399
www.saskatoonhealthregion.ca

| | |
|------------------|----------------|
| Meadow Lake | (306) 236-6441 |
| Moose Jaw | (306) 692-1204 |
| | (306) 694-8336 |
| Nipawin | (306) 862-6226 |
| North Battleford | (306) 446-6012 |
| Northern Sask. | (306) 235-5437 |
| Prince Albert* | (306) 765-6656 |
| Regina* | (306) 766-6796 |
| Yorkton | (306) 783-1946 |
| | (306) 783-0383 |

*Selected neighbourhoods in these communities.



A free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

Maria Montessori School

(306) 955-3852
3035 Preston Avenue S7T 1C2



Offer a pre-school program for children ages 3 to 5 years and an elementary program to grade 6.

Millie's Early Learning Child Centre

(306) 683-7578
411 11th Street East S7N OE9



Childcare of infants and toddlers whose parents are students of Nutana Collegiate.

Mommy Connections

Saskatoon (306) 492-2660
Box 803, Dundurn, SK S0K 1K0



www.mommyconnections.ca/saskatoon

Post natal parent and baby program that aims to connect, support, inform and educate.

Mount Royal Child Care Centre

(306) 683-8383
2220 Rusholme Road S7L 4A4



Quality childcare provided for student parents who are attending Mount Royal Collegiate and are under the age of 22. A variety of parent programs are offered through the centre.

Parent and Tot Program – Greater Saskatoon Catholic Schools/Columbus Bosco Homes

(306) 659-7267 Fax (306) 659-2010
www.columbusboscohomes.ca
420 22nd Street East S7K 1X3

A free program for parents, relatives, caregivers and children 0-6, with weekly, two-hour morning or afternoon session, in various elementary schools and community centres. Share a coffee, meet others with young children, and focus on positive parenting. Runs September - June, following the school calendar.

Preschool Information Registry and Service (PIRS)

(306) 374-8507 Fax (306) 242-8007/
(306) 374-3435

preschoolinosutton@yahoo.ca
joan@stockfamily.ca

Box 8151, Saskatoon, SK S7K 6C4



Provides information regarding pre-schools in Saskatchewan. Also provides support/in-service to parents and teachers in pre-school programs, assists in starting of new pre-schools.

Parenting/PRESCHOOL

Royal West Early Learning Centre

(306) 683-8390 or (306) 683-7531
441 Witney Avenue North S7L 3M6



Quality childcare provided for children 18 months to 5 years old. Priority is given to Royal West and Mount Royal students.

Saskatchewan Cultural Society of the Deaf (SCSD)

(306) 665-0729 (TTY)
Fax (306) 653-5461
chubby61@shaw.ca
511 Main Street East S7N 0C2



Their purpose is to give deaf Saskatchewan an opportunity to express their ideas and develop their skills and talents.

Saskatchewan Deaf Children's Society (SDCS)

(306) 343-9611 (V/TTY)
Fax (306) 343-0691
kjdit86@shaw.ca
2209 Ewart Avenue S7J 1Y1



SDCS supports the rights of parents to make informed choices concerning communication options and educational programs for their children. In Home Sign Language, SDCS Adventure Club, resources, information and newsletters.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301
www.preventioninstitute.sk.ca
1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: alcohol, tobacco & other drugs, reproductive health, childhood injury prevention,

parenting education, perinatal & infant health, and neglect & abuse.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org
712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Tribal Council – Urban Services

Aboriginal Head Start

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca
2010 7th Street West S7H 5K6



The Aboriginal HeadStart (AHS) Program helps Aboriginal families in the Saskatoon area become stronger, healthier and empowered to engage in the life-long learning of their children through preschool, parent groups and home visits.

Speech-Language Pathology Department, Royal University Hospital

(306) 655-2434 Fax (306) 655-2994
[cameron.allen@](mailto:cameron.allen@saskatoonhealthregion.ca)

saskatoonhealthregion.ca
Speech Language Pathology
103 Hospital Drive S7N OW8



Provides in-house speech and language assessment/treatment for preschool children with isolated speech and language concerns. Parent programs provided for parents of children with difficulties in sound development, language development and fluency. Services also provided to daycare and pre-kindergarten within KidsFirst areas.

Speech-Language Pathology – Saskatoon Health Region, Public Health Services

(306) 655-4700 Fax (306) 655-4721
www.saskatoonhealthregion.ca
100-227 Primrose Drive S7K 5E4



Speech language pathologists at public health provide a variety of speech and language assessment and intervention services to pre-school children and their parents in the rural communities of Saskatoon Health Region.

Stewart Resources Centre – Saskatchewan Teacher's Federation

(306) 373-1660 Fax (306) 374-1122
www.stf.sk.ca/src
2317 Arlington Avenue S7J 2H8



Offer professional materials related to kindergarten to grade 12 education. They provide curriculum materials to use directly with the students. This is mainly a teacher library but parenting materials are available for interested parents.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506
www.saskatooncommunityclinic.ca
1528 20th Street West S7M OZ6



It offers group programs, primary health care services including physician, nurse practitioners, nurse and counselling services. Some workers speak Cree and Saulteaux languages.

YWCA Saskatoon Child Development Centre

(306) 664-1005 Fax (306) 653-2468
www.ywcasaskatoon.com
510 25th Street East S7K 4A7



The YWCA Child Development Centre is a government licensed facility providing inclusive, quality care by skilled staff in an enriching environment.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468
www.ywcasaskatoon.com
510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

*“A baby is born
with a need to be
loved - and never
outgrows it.”*

Frank A. Clark

Some things to think about when disciplining

- Consistency is important.
- Try responding to your child the same way each time. Now he knows what to expect.
- Choose how you respond.
- Be firm but fair and kind.

(Be The Best Parent You Can Be:
Why Positive Discipline Works,
CWLC)

Parenting/PRESCHOOL

PARENTING/ SPECIAL NEEDS CHILDREN

Useful Websites:

www.circleofinclusion.org

www.closingthegap.com/index.lasso

www.familyvillage.wisc.edu/index.html

www.hanan.org

www.inclusion.com

www.speciallinkcanada.org

ABSee Reading Program - Learning Disabilities

Association of Saskatchewan

(306) 652-4114 Fax (306) 652-3220

www.ldas.org

221 Hanselman Court S7L 6A8



An intensive one on one literacy program aimed at children and adults with learning disabilities or at risk readers. They provide qualified teachers who stress phonological awareness. They also offer a computer literacy program.

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274

1-866-869-2727

www.adoptionsask.org

1A-527 Main Street S7N 0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or intercountry adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

Alvin Buckwold Child Development Program

(306) 655-1070 Fax (306) 655-1449

www.saskatoonhealthregion.ca

Kinsmen Children's Centre

1319 Colony Street S7N 2Z1



Serves children's special health needs. These can include physical, intellectual and developmental disabilities and/or genetic metabolic disorders. Teams of staff work with families to try to understand the needs of children with specific conditions and provide therapy services.

Autism Services Inc.

(306) 665-7013 Fax (306) 665-7011

www.autismservices.ca

609 25th Street East S7K 0L7



Offer support to individuals with autism spectrum disorder and their families. Consultants provide information, autism education, referral support and advocacy to parents. Intensive behavior support plans, social, recreational, and therapeutic classes and programs for children, adolescents, and adults with autism are offered as well as parent groups.

Canadian Association for Community Living

(416) 661-9611 Fax (416) 661-5701

TTY (416) 661-2023,

Help Line 1-800-856-2207

www.cacl.ca



Canadian Cystic Fibrosis Foundation – North Saskatchewan Chapter

(306) 242-6502

www.ccf.ca

PO Box 3088, Saskatoon, SK

S7K 3S9



SPECIAL NEEDS CHILDREN/*Parenting*

Provide support for families, children and young adults with cystic fibrosis. Their aim is to raise money for research. They hold monthly meetings.

Canadian Deafblind Association - Saskatchewan Chapter Inc.

(306) 374-0022 Fax (306) 374-0004
www.cdbanational.com
83 Tucker Crescent S7H 3H7



(some)

The Canadian Deafblind Association - Saskatchewan Chapter Inc. provides individualized programs that honor the unique needs of persons with Deafblindness, while advocating for optimal independence and quality of life that ensures dignity and respect. CDBA runs 3 group homes in Saskatoon with residential and day program services using the Intervention model as a means of supporting individuals. The vision of CDBA is that all people who are Deafblind will live rich and meaningful lives.

Canadian Diabetes Association

(306) 933-1238 Fax (306) 244-2012
www.diabetes.ca
104-2301 Avenue C North S7L 5J6



(for the camps)

The mission of the Canadian Diabetes Association is to promote the health of Canadians through diabetes research, education, service and advocacy. The resource centre provides basic diabetes information in the form of free literature. Cookbooks and books are for sale. Material may be sent out upon request. There is an annual camp for children with diabetes as well as a family camp.

Canadian National Institute for the Blind

Saskatoon:
(306) 374-4545 Fax (306) 955-6224
1705 McKercher Drive S7H 5N6

Regina:

(306) 525-2571 Fax (306) 565-3300
2550 Broad Street, Regina, SK
S4P 3Z4



www.cnib.ca/en/mb-sk

Provides core rehabilitation services to individuals for whom blindness or severe impairment of vision has created a serious problem in personal and social adjustment.

Canadian Pediatric Society

(306) 526-9397 Fax (306) 526-3332
www.cps.ca



The National Association of Pediatricians, committed to working together to advance the health of children and youth by nurturing excellence in health care, advocacy, education, research and support of its membership.

Childcare Subsidy Unit

1-800-667-7155

| | |
|---------------|----------------|
| Regina | (306) 787-4980 |
| Saskatoon | (306) 933-6071 |
| Prince Albert | (306) 953-3612 |
| Moose Jaw | (306) 694-3644 |
| Weyburn | (306) 848-2497 |
| Meadow Lake | (306) 236-7692 |
| Swift Current | (306) 778-8531 |
| Melfort | (306) 752-6164 |
| La Ronge | 1-800-667-4380 |

www.education.gov.sk.ca

For information on applications for childcare subsidy call the 1-800 number or regional office.

Client Patient Access Services (CPAS)

(306) 655-4346 Fax (306) 655-4343
www.saskatoonhealthregion.ca

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201-310 Idylwyld Drive North
S7L OZ2



CPAS provides case management services to assist with access to Home Care services, therapies and respite care.

Cognitive Disability Strategy (CDS)

[www.skfasnetwork.ca/
cognitivedisabilitystrategy.html](http://www.skfasnetwork.ca/cognitivedisabilitystrategy.html)

The CDS is offered province-wide through each health region. CDS consultant can help individuals and families identify needs, develop plans, set goals, seek out other services, answer questions and access the strategy.

| | |
|---------------------------|----------------|
| Athabasca | (306) 439-2200 |
| Cypress | (306) 778-8476 |
| Five Hills | (306) 691-1569 |
| Heartland | (306) 778-8476 |
| Keewatin Yatthe | (306) 833-3383 |
| Kelsey | (306) 752-8767 |
| Mamawetan Churchill River | (306) 425-6671 |
| Prairie North | (306) 875-3363 |
| P.A. Parkland | (306) 765-6055 |
| Regina Qu'Appelle | (306) 751-5659 |
| Sun Country | (306) 786-1384 |
| Sunrise | (306) 786-1384 |

Community Living Association of Saskatoon, Inc. (CLASI)

(306) 652-9111 Fax (306) 652-9112
www.clasaskatoon.org



The purpose of CLASI is to enhance the well being of persons who have an intellectual disability by actively promoting their training, education and choices, support families so that all such persons may live meaningfully within our community. Offered programs include summer programs for children and teens, a dance club for adults, a teen club, a respite registry

and family support coordinator.

Community Living Service Delivery (CLSD)

Ministry of Social Services
(306) 694-3565 Central Office
(Moose Jaw)

[www.socialservices.gov.sk.ca/
community-living](http://www.socialservices.gov.sk.ca/community-living)

Complex Needs Case Management, Regional Intersectoral Committees

(306) 787-5592

www.sasked.gov.sk.ca/hsif.rics.shtml

Early Childhood Intervention Program (ECIP)

| | |
|------------------|----------------|
| Ile a la Crosse | (306) 833-2595 |
| Kindersley | (306) 463-6822 |
| La Ronge | (306) 425-6600 |
| Lloydminster | (306) 825-5911 |
| Meadow Lake | (306) 236-4247 |
| Moose Jaw | (306) 694-9200 |
| North Battleford | (306) 446-4545 |
| Prince Albert | (306) 922-3247 |
| Redvers | (306) 452-3730 |
| Regina | (306) 347-5021 |
| Saskatoon | (306) 655-1083 |
| Swift Current | (306) 773-3600 |
| Tisdale | (306) 873-3411 |
| Weyburn | (306) 842-2686 |
| Yorkton | (306) 786-6988 |

www.education.gov.sk.ca/ECIP

A province-wide network of home and community based services provided to families with children from birth to school-age who experience or are at risk for developmental delays. The goal of the program is to help children who experience delays in reaching age appropriate developmental milestones reach their best potential. The program also assists families in becoming better informed and connected to their natural supports and to the service system. Services include: home visits, resource materials, parent support groups, parent education opportunities and

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support with transitions into school and other centre-based programs and services.

Early Childhood Psychology – Saskatoon Health Region Public Health Services

(306) 655-4700 Fax (306) 655-4721
www.saskatoonhealthregion.ca
100-227 Primrose Drive S7K 5E4



Services are available from your Saskatoon Public Health Office. The early childhood psychologist is trained to help children from birth to 5 years of age who are developmentally above or below average or who have common behavioral and developmental problems.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201
www.familyservice.sk.ca
102-506 25th Street East S7K 4A7



Individual, couple, child and family counselling to the community. Special programming: Teen and young parents, Youth exposed to violence, Abuse and beyond for women, Teen Drama, Volunteer programs for youth at risk, Educational and therapy groups addressing perceived community needs. Variable for services.

FASD Support Network of Saskatchewan Inc.

(306) 975-0886 Fax (306) 242-8007
1-866-673-3276
www.skfasnetwork.ca
200-510 Cynthia Street S7K 7L7



The network is a parent-led provincial organization dedicated to increasing awareness of and providing accurate information

about Fetal Alcohol Spectrum Disorder (FASD). The network's Family Support Program is a voluntary program that supports families who are living with FASD by using a case planning method to achieve goals identified by the family.

Food for Thought – Saskatoon Health Region Public Health Services

(306) 655-4826 Fax (306) 655-4899
www.saskatoonhealthregion.ca
3311 Fairlight Drive North S7N 3Y5



A voluntary group program designed to support pregnant and parenting women who live with a variety of conditions that may place them and their children at risk. Using the kitchen as a venue for health teaching, the program addresses a broad range of issues. With an emphasis on good nutrition, participants gain hands on experience in the kitchen and are supported to access information and develop the skills that will help them realize improved health and well being for themselves and their children.

KidsFirst

www.education.gov.sk.ca/kidsfirst
Saskatoon* (306) 655-5399
www.saskatoonhealthregion.ca
Meadow Lake (306) 236-6441
Moose Jaw (306) 692-1204
(306) 694-8336
Nipawin (306) 862-6226
North Battleford (306) 446-6012
Northern Sask. (306) 235-5437
Prince Albert* (306) 765-6656
Regina* (306) 766-6796
Yorkton (306) 783-1946
(306) 783-0383

*Selected neighbourhoods in these communities.

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A free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age, as well as pregnant women, are eligible.

Lung Association of Saskatchewan

(306) 343-9511 Fax (306) 343-7007
1-888-566-LUNG
www.sk.lung.ca
1231 8th Street East S7H 0S5



The Lung Association's certified asthma educators can assist children and their families to understand the disease, learn how to best manage the disease and provide information about resources available to the community.

Moose Jaw Family for Change

(306) 693-2271 Fax (306) 692-3683
www.mjffc.com
Provides opportunities for intellectually challenged adults.

Muscular Dystrophy Association of Canada North Saskatchewan Chapter

(306) 374-0625
www.mdac.ca
409 110th Street S7N 1S6



Offer support to people living with muscular dystrophy and their families. Promote public awareness about muscular dystrophy.

Newcomers Information Centre (NIC)

(306) 343-8303 Fax (306) 343-1744
www.nicstoon.org
106-129 3rd Avenue North S7K 2H4



NIC staff will provide up-to-date information and referral to various programs and services in the community to meet individual needs. NIC has a large selection of resources and brochures which are available to take home.

North Saskatchewan Independent Living Centre

(306) 665-5508 Fax (306) 244-2453
www.nsilc.com
237 5th Avenue North S7K 2P2



Resource Center that promotes independent living for people of all ages with disabilities. Provides support in the areas of self-empowerment, self-advocacy, self-employment and peer support.

Parents Forever – CLASI

(306) 652-9111 Fax (306) 652-9112
www.clasaskatoon.org
102-135 Robin Crescent S7L 6M3



This is a support group for parents who have a learning disability or who do not feel comfortable participating in other parenting programs.

Ready, Set, Go Preschool

(306) 655-1268/(306) 683-1268
1319 Colony Street S7N 2Z1
Located at Kinsmen Children's Center. Provides a cohesive social educational setting primarily to children with moderate to severe motor impairments. Support is provided from physiotherapists, speech/language pathologists, occupational therapist, special education teacher and an educational assistant. Admission to the program is through Physiotherapy Department.

Regina and District Association for Community Living

(306) 790-5680 Fax (306) 586-7899

www.rdacl.ca



Ensures that people with intellectual disabilities can participate fully as valued citizens in our community.

Saskatchewan A.G. Bell Association for the Deaf – Summer Camp

(306) 242-7289

145 Clearwater Road S7K 3Y8



A support group for parents, children and adults who are hearing impaired and for parents of hearing impaired children. They offer conferences, workshops, support groups, and a summer camp for children kindergarten to grade 8 students who have a hearing loss.

Saskatchewan Abilities Council

Provincial Services:

(306) 374-4448 Fax (306) 373-2665

www.abilitiescouncil.sk.ca

2310 Louise Avenue S7J 2C7

Regina (306) 569-9048

Saskatoon (306) 653-1694

Swift Current (306) 773-2076

Yorkton (306) 782-2463

Prince Albert (306) 922-0225



Adaptive Technology Services

This program is dedicated to using electronics and computers to assist children and adults with disabilities to be more independent. Assessment, installation, training and repair services for communication and environmental equipment are provided on a fee-for-service basis.

Orthopedics

Orthopedics involves the provision of appliances to correct, support

or prevent skeletal problems or to replace missing extremities. We serve both children and adults throughout the province.

Special Needs Equipment

The Special Needs Equipment Program funded by Saskatchewan Health provides necessary equipment for people with disabilities to maintain their personal independence at home, school or work.

Saskatchewan Aids to Independent Living program (SAIL)

(306) 787-7121 Fax (306) 787-8679

www.health.gov.sk.ca/aids-independent-living



Provides benefits for people with longterm disabilities or illnesses that leave them unable to function fully.

Saskatchewan Association for Community Living (SACL)

(306) 955-3344 Fax (306) 373-3070

www.sacl.org

3031 Louise Street S7J 3L1



Work with and on behalf of people with intellectual disabilities and their families. They focus on developing community and supporting people with intellectual disabilities to assume their citizenship rights. They offer advocacy services, support self-advocacy, provide a family network, as well as transition planning for students. They administer an employment opportunities program and initiate a variety of special projects related to disabilities.

Saskatchewan Association of Optometrists

1-877-660-3967

www.optometrists.sk.ca

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Saskatchewan Brain Injury Association (SBIA)

(306) 373-1555 Fax (306) 373-5655
1-888-373-1555

www.sbia.org

Room 336 339 230 Avenue R South
S7J 2C7

1702 20th Street West S7M 0Z9



SBIA is dedicated to improving the knowledge, services and quality of life of people living with acquired brain injury and their families and service providers. The SBIA offers an information and resource center in areas such as family support, education programs, rehabilitation, advocacy services, public awareness and prevention initiatives.

Saskatchewan Cerebral Palsy Association

(306) 955-7272 Fax (306) 373-2665
1-800-925-4524

www.skcerebralpalsy.ca

2310 Louise Avenue S7J 2C7



Offers a variety of services to assist children and adults with cerebral palsy. They provide: resource material, a car seat loaner program for children with disabilities, grant assistance, equipment lending library and scholarships.

Saskatchewan Advocate for Children and Youth (SACY)

(306) 933-6700 Fax (306) 933-8406
1-800-322-7221

www.saskadvocate.ca

315 25th Street East S7K 2H6



Promotes the interests of, and acts as a voice for children who have concerns about provincial government services. The SACY engages in public education, works to resolve disputes and conducts independent investigations. The SACY

also recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone can contact the SACY if they have a concern about a child or group of children receiving services from a provincial department or agency.

Saskatchewan Cultural Society of the Deaf (SCSD)

(306) 665-0729 (TTY)

Fax (306) 653-5461

chubby61@shaw.ca

511 Main Street East S7N 0C2



Their purpose is to give deaf Saskatchewan an opportunity to express their ideas and develop their skills and talents.

Saskatchewan Deaf Children's Society (SDCS)

(306) 343-9611 (V/TTY)

Fax (306) 343-0691

kjdit86@shaw.ca

2209 Ewart Avenue S7J 1Y1



SDCS supports the rights of parents to make informed choices concerning communication options and educational programs for their children. In Home Sign Language, SDCS Adventure Club, resources, information and newsletters.

Saskatchewan Family Network (a branch of the Sk. Assoc. for Community Living)

(306) 955-3344 Fax (306) 373-3070

www.sacl.org

3031 Louise Street S7J 3L1



A provincial network of families who have children with disabilities. The primary purpose is to promote family connections for mutual support and information sharing.

Saskatchewan Foster Family Association, Inc.(SFFA)

1-866-999-5125 toll free Saskatoon
1-888-276-2880 toll free Regina
www.sffa.sk.ca

233 4th Avenue South S7K 1N1



The SAFFA exists to improve the quality of life for children and youth in care by assisting in the development of healthy foster families. The provincial association: provides education and support services to foster families, promotes greater understanding in the community of fostering and ensures proper process is followed should foster families encounter quality of care issues or come under investigation. Services include: Support Person Program, Team Trainers, Rate Board Committee, a network of 15 local support committees, toll-free information lines, liason with Ministry of Social Services, newsletter and resource centre.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301
www.preventionInstitute.sk.ca

1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatoon Cancer Centre

(306) 655-2662 Fax (306) 655-2910
www.saskcancer.ca

20 Campus Drive S7J 4E7



Offers both individual and family

counselling services for children with cancer, their parents, siblings and other support people. They hold social gatherings for peer support and provide a school re-entry program. As well, they promote community education re: childhood cancer.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Ostomy Association

(306) 343-8598

www.member.shaw.ca/saskatoonostomy/

1610 Isabella Street East S7J 0C1



Provides support and information to individuals and parents who are preparing to or have had ostomy surgery. They run a monthly support group for anyone interested.

Saskatoon Tribal Council – Urban Services Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families, to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Parenting/SPECIAL NEEDS CHILDREN

Speech-Language Pathology Department, Royal University Hospital

(306) 655-2434 Fax (306) 655-2994

[cameron.allen@](mailto:cameron.allen@saskatoonhealthregion.ca)

saskatoonhealthregion.ca

Speech Language Pathology

103 Hospital Drive S7N OW8



Provides in house speech and language assessment/treatment for preschool children with isolated speech and language concerns. Parent programs provided for parents of children with difficulties in sound development, language development and fluency. Services also provided to daycare and pre-kindergarten within the KidsFirst areas.

Speech-Language Pathology – Saskatoon Health Region, Public Health Services

(306) 655-4700 Fax (306) 655-4721

www.saskatoonhealthregion.ca

100-227 Primrose Drive S7K 5E4



Speech language pathologists at public health provide a variety of speech and language assessment and intervention services to pre-school children and their parents in the rural communities of Saskatoon Health Region.

Spina Bifida and Hydrocephalus Association of Canada

(204) 925-3650 Fax (204) 925-3654

1-800-565-9488

www.sbhac.ca

977-167 Lombard Avenue,

Winnipeg, MB R3B 0V3



This national office provides information kits and other material on spina bifida and/

or hydrocephalus. It raises public awareness and offers scholarship programs. Their mission is to improve the quality of life of all individuals with spina bifida and/ or hydrocephalus and their families through awareness, education and research. They can put you in touch with a spina bifida chapter in or near your community.

Stewart Resources Centre – Saskatchewan Teacher's Federation

(306) 373-1660 Fax (306) 374-1122

www.stf.sk.ca/src

2317 Arlington Avenue S7J 2H8



Offer professional materials related to kindergarten to grade 12 education. They provide curriculum materials to use directly with the students. This is mainly a teacher library but parenting materials are available for interested parents.

SWADD – System Wide Admissions and Discharge Department

(306) 766-7200

1-800-667-1242

www.rqhealth.ca/programs/swadd/swadd_services.shtml

A SWADD coordinator or social worker can assess a client's care needs, arranging for services such as home care, long-term care, or a wide range of other community services.

Tamarack Foundation

(306) 975-0855 Fax (306) 242-8007

[www.members.shaw.ca/](http://www.members.shaw.ca/camp_tamarack)

[camp_tamarack](http://www.members.shaw.ca/camp_tamarack)

PO Box 9677, Saskatoon, SK

S7K 7G5



Camp Tamarack is an academic summer camp for children and teens with learning disabilities. We

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assist children that have average to above average intelligence and the ability to learn with an individualized program. This program is designed to prevent academic regression, develop social skills, build self-esteem and develop skills for more independent living. Children's Camp age 7 to 13 is a 4 week program and Teen Camp ages 14 to 18 is a 10 day program.

The Tetra Society

www.tetrasociety.org

Offers free, customized assistive devices

United Ostomy Association – Bragg Creek Camp – Alberta

(306) 343-8598

www.member.shaw.ca/saskatoonostomoy/index.htm

The Saskatoon Ostomy Association will sponsor children up to age 12 for a one-week summer camp. Parents may also choose to send their children to the camp using their own financial means.

Wascana Rehabilitation Centre

(306) 766-5100

www.rqhealth.ca

Provides comprehensive medical rehabilitation programs for adults and children, as well as specialized long term care.

War Amps of Canada CHAMPS

1-800-250-3030 Fax 1-800-219-8988

www.waramps.ca

2827 Riverside Drive, Ottawa, ON K1V 0C4

The mission of The War Amps of Canada is to assist, protect and bind together Canadian war, civilian and child amputees through financial assistance with artificial limbs and rehabilitation, counselling, emotional support, regional seminars and information on the latest prosthetic developments.

Commemorates and preserves Canada's military heritage through its Never Again Program.

YWCA Saskatoon Child Development Centre

(306) 664-1006 Fax (306) 653-2468

www.ywcasaskatoon.com

510 25th Street East S7K 4A7



The YWCA Child Development Centre is a government licensed facility providing inclusive, quality care by skilled staff in an enriching environment.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468

www.ywcasaskatoon.com

510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

PARENTING SPECIAL NEEDS – INCOME SUPPORTING PROGRAM

Canada Revenue Agency

1-800-668-9364 or 1-204-984-4477

www.cra-arc.gc.ca

Qualifying for the Disability Tax Credit will reduce your income tax - ``you are eligible to apply for the disability tax credit if you have severe and prolonged mental or physical impairment such that you are markedly restricted in your ability to perform a basic activity of daily living.``
Disability Tax Credit Certificate (DTC) form T2201 Obtain this

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form from the Social Workers at the Kinsmen Children Centre or download at www.cra.gc.ca.

Monthly Disability Allowance (Child Disability Benefit) Social Development Canada

Income based, paid as part of the National Child Tax Benefit (NCTB).
www.cra.sdc.gc.ca
1-800-277-9914

Health Benefits

Family Health Benefits

Enables children whose families receive Sk Child Benefit and/or Sk employment supplement to receive dental services, prescription drugs and ambulance services
1-800-266-0695 Dental Coverage/Optometric Services/Emergency Ambulance/Medical Supplies.
Chiropractic Services
1-800-667-7581 Drug Coverage: application and approval required. \$100. deductible for prescription drugs. 100% coverage for dependents under 18.

Supplementary Health Program

1-800-266-0695
Information on coverage to those nominated by social services for Supplement Health Program

Prescription Drug Plan

Prescription Drug Inquiries
1-800-667-7581
Special support under the provincial drug plan form determines eligibility. Approval is based on family income and medication costs.

Health Canada

First Nations & Inuit Health Branch
Regina (general inquiries)
(306) 780-5449 or (306) 780-7661
Dental 1-877-780-5458
Optical 1-877-667-6558
Pharmacy 1-800-667-3515

Infants are covered under their parents for the first year of life. During that year parent must register their child and apply for a treaty number in order to receive benefits beyond the first year.

Human Resources and Skills Development Canada (HRSDC) (Employment Insurance)

1-800-206-7218
www.hrsdc.gc.ca

Ministry of Social Services. Income Security

1-866-221-5200
1-866-995-0099 TTY
www.socialservices.gov.sk.ca/income-assistance

Regina Tax Services Office

1-800-959-8281
www.cra-arc.gc.ca/cntct/prv/tsc/rgn-eng

Registered Disability Savings Plan (RDSP)

www.forthefuture.ca
Assists families to plan for a secure financial future. Based on family income (must be less than \$23,855/year), the Federal government could grant up to \$3 for each \$1 saved.

Saskatchewan Assured Income for Disability (SAID)

1-888-567-7243
1-866-995-0099 TTY
www.socialservices.gov.sk.ca/SAID

Saskatchewan Pension Plan

1-800-667-7153
www.saskpension.com

Saskatoon Tax Services Office

1-800-959-8281
www.cra-arc.gc.ca/cntct/prv/tstc/ssktn-eng.html

Tax Court of Canada

www.tcc-cci.gc.ca

Home Modification Program

1-800-667-7567

The Home Modification for the Disabled Program provides grants of up to \$2,000 for modifications made to a permanent residence in order to assist with daily living. Any Saskatchewan resident certified as a physically disabled person may apply for this grant.

Residential Rehabilitation Assistance Program (RRAP)

CMHC 1-800-668-2642

www.cmhc-schl.gc.ca/en/co/prfnas/prfnas_003.cfm

Canada Mortgage and Housing Corporation (CMHC) offers financial assistance to allow homeowners and landlords to pay for modifications to make their property more accessible to persons with disabilities. These modifications are intended to eliminate physical barriers, imminent safety risks and improve the ability to meet the demands of daily living within the home.

ORGANIZATIONS FUNDING SPECIAL NEEDS

Children`s Wish Foundation

(306) 955-0511

Will provide once in-a-lifetime experience for children suffering from a high-risk life threatening disease.

Cognitive Disabilities Strategy (CDS)

| | |
|------------------|----------------|
| La Ronge | (306) 425-6671 |
| Prince Albert | (306) 765-6578 |
| Saskatoon | (306) 955-3344 |
| Regina | (306) 751-5659 |
| North Battleford | (306) 446-7624 |
| Swift Current | (306) 778-8426 |
| Nipawin | (306) 694-0203 |

CDS provides a framework for supporting individuals with cognitive disabilities and their families.

Kinsmen Foundation (Telemiracle)

(306) 244-6400 Fax (306) 653-5730

www.telemiracle.com

2217C Hanselman Court S7L 6A8

May provide financial assistance for a special need related to a child's disability (e.g. transportation, travel \$).

President's Choice Children's Charity Financial Assistance Program

1 (866) 996-9918

www.presidentschoice.ca/

LCLOnline/aboutUsCharity.jsp

3225 12th Street North East, Calgary, AB T2E 7S9

Dedicated to helping children who are physically or developmentally challenged. Financial support is provided in purchasing mobility equipment, environmental modifications, physical therapy and more.

Saskatoon Kidsport Fund

(306) 975-0830

www.saskatoonsportscouncil.ca/kidsport.html

510 Cynthia Street S7L 7K7

Provides financial help to overcome obstacles that may prevent young people from participating in sport activities through the provision for programs.

Sunshine Foundation of Canada

1-800-461-7935

www.sunshine.ca

1710-148 Fullerton Street, London, ON N6A 5P3

Makes dreams come true for children who have a life-threatening condition or severe physical disability.

The Shrine Club (Shriners)

(306) 653-4666

www.wawashriners.org/index.html

Provides financial assistance for

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a child under 18 with orthopedic conditions to attend a Shriner Hospital in North America.

PARENTING SPECIAL NEEDS – RECREATION

Access 2 Entertainment

(306) 655-6871

www.access2entertainment.ca

Provides free admission or a discount for support person accompanying a person with a disability at member movie theatres across Canada. Applications are available via the website.

Autism Services Inc.

(306) 665-7011

www.autismservices.ca

Saskatoon based. Offers recreation and other family support programs.

Boy Scouts

www.scouts.ca

Boys and Girls Clubs of Saskatoon

(306) 244-7820 Fax (306) 244-0089

105-135 Robin Crescent S7L 6M3
Welcomes individuals with diverse needs but does not have specially trained leaders.

Canadian Therapeutic Riding Association



Regina T.R.A. (306) 781-2477

Equilibrium Therapeutic Riding Osler

(306) 225-2041

Yorkton T.R.A. (306) 786-3364

www.cantra.ca

A form of therapy using horses to help persons with disabilities.

Girl Guides

www.girlguides.ca

Canadian National Institute

for the Blind

1-800-563-2642

Saskatchewan Division Office

(306) 525-2571

Saskatoon District Office

(306) 374-4545

www.cnib.ca

Provides services to those with impaired vision as well as individuals with vision loss.

City of Saskatoon –

Leisure Services

(306) 975-3381

www.saskatoon.ca/DEPARTMENTS/Community_Services/LeisureServices/Leisure_Online/Pages/default.aspx

Persons of all ages with special needs are invited and encouraged to participate in all leisure programs. Assistance at parks, pools, or leisure centers may be provided. Accompanying support persons may be admitted free of charge.

Little League Baseball, Challenger Division

(306) 374-8286

www.srklittleleague.ca

Fundamental goal is to give everyone a chance to play, regardless of limitations.

Saskatchewan Abilities Council

www.abilitiescouncil.sk.ca

Camp Easter Seal

(306) 653-1694

One week camps throughout the summer for specific age and disability groups. Programs are for children 6 years and up free of charge.

Summer Fun

Saskatoon (306) 653-1694

Swift Current (306) 773-2076

Yorkton (306) 782-2463

Regina (306) 569-9048

Recreational day program for children with disabilities ages 6-12 and 13-16.

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Saskatchewan Wheelchair Sports Association

(306) 975-0824

www.swsa.ca

510 Cynthia Street S7L 7K7

Saskatchewan Camping Association

www.saskcamping.ca

Saskatchewan Cerebral Palsy Association

Adapted Aquatics Program

(306) 955-7272 1-800-925-4524

Saskatchewan Special Olympics

Saskatoon (306) 934-2402

Regina (306) 780-9247

Sports, fitness, physical recreation programs for all ages of individuals with an intellectual disability.

SASKI – Ski for the Disabled

Saskatoon (306) 374-7745

Regina (306) 780-9236

www.saski.ca/

All aspects of winter skiing instruction for individuals who are physically disabled, sensory impaired or intellectually disabled.

Saskatoon Figure Skating Club

(306) 373-4466

University of Saskatchewan Department of Kinesiology

(306) 966-1001

www.usask.ca/kinesiology

Physical Activity for Active Living (PAAL) provides programs for children and youth with physical and intellectual disabilities. Some programming provides volunteers to assist the children during activities.

University School of Dance

Angel Wings – children 5 and up with cerebral palsy and confined to a wheel chair.

Kids in Motion Dance Team – children 7 and up with mobility challenges whose primary mode of transportation is a wheelchair.

Spirit Flyers – children/youth 7 years and up who have intellectual and/or physical challenges.

University of Saskatchewan – Extension Division

(306) 966-5625

Music program for children.

YMCA

(306) 652-7515

www.ymca.saskatoon.org



An inclusive organization. Fitness consultants are available at no charge.

YWCA of Saskatoon

(306) 244-2844 Fax (306) 653-2468

www.ywcasaskatoon.com

510 25th Street East S7K 4A7



Provides shelter and supports to women, children and youth at risk through the Crisis Shelter, Turning Points and Margaret's Place. Those who access these services also have access to services that include employment and learning, health and wellness, and childcare.

PARENTING SPECIAL NEEDS – TRANSPORTATION

Parking Program

Saskatchewan Abilities Council Canadian Paraplegic Association

(306) 652-9644

Coordinates a special parking identification permit entitling vehicles to park in designated areas. A physician must sign the application form. There is a fee for this service. Forms available at www.saskabilities.sk.ca

Car Seat Loaner Program

Parenting/SPECIAL NEEDS CHILDREN

Saskatchewan Cerebral Palsy Association

(306) 955-7272

www.skcerebralpalsy.ca

The car seat loaner program is for children who have outgrown regular car seats but still require head and trunk support to sit independently when using a seat belt. A \$50 refundable deposit is required providing the seat is returned in good condition.

PROVINCIAL RESOURCES

Saskatchewan Transportation Company (STC)

www.stcbus.com

1-800-663-7181 (within Sask. only)

Provides for the purchase of a medical pass for frequent out of town travel.

Saskatoon (306) 933-8000

Regina (306) 787-3340

Prince Albert (306) 953-3700

SASKATOON RESOURCES

City of Saskatoon, Public Transit

Access Transit (306) 975-3555

Wheelchair Accessible Taxi

Saskatoon Radio Cab

(306) 242-1221

Accessible Wheelchair Service

(306) 220-5444

United Blue Line (306) 652-2222

Accessible Wheelchair Service

(306) 652-7505

AIR TRAVEL FOR MEDICAL PROCEDURES OUTSIDE OF HOME COMMUNITY/PROVINCE

Hope Air

1-877-346-4673

www.hopeair.org

Provides transportation for patients and families requiring specialized medical treatment or diagnosis outside of their own community.

Kinsmen Foundation (Telemiracle)

(306) 244-6400 Fax (306) 653-5730

www.telemiracle.com

2217C Hanselman Court S7L 6A8
May provide financial assistance for a special need related to a child's disability (e.g. equipment, travel).

Kids Horizons – Air Canada

[www.aircanada.com/en/about/
community/kids/index.html](http://www.aircanada.com/en/about/community/kids/index.html)

Kids' Horizons is a central part of Air Canada's commitment to giving back to the community, and a source of pride for all Air Canada employees. Kids' Horizons works in partnership with charities and non-profit organizations to offer effective programs that make a difference in the lives of young Canadians. Kids' Horizons is especially focused on the health of Canadian youth, alleviating child poverty, and answering the wishes of seriously ill children.

PARENTING/YOUTH

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
1-866-869-2727

www.adoptionsask.org

1A-527 Main Street S7N 0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or intercountry adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

Association des parents Fransaskois – French Family Support Centre Centre d'appui à la famille et à l'enfance (CAFÉ)-LA PASSERELLE

(306) 653-7444 Fax (306) 653-7001
www.parentsfransaskois.ca
910 5th Street East S7H 2C6



APF is a provincial Francophone association representing the parents of children attending Fransaskois school, preschools and play groups. The APF accompanies parents and their families with the help and resources of the French family support center-CAFÉ-LA PASSERELLE.

BridgePoint – Center for Eating Disorders

(306) 935-2240 Fax (306) 935-2241
www.bridgepointcenter.ca

BridgePoint Center is a non-profit, community-based organization. We work in partnership with Heartland Health Region and Saskatchewan Health. BridgePoint is a part of the

continuum of services for eating disorders offered in the Province of Saskatchewan and is funded by Saskatchewan Health.

Canadian Diabetes Association

(306) 933-1238 Fax (306) 244-2012

www.diabetes.ca

104-2301 Avenue C North S7L 5J6



(for the camps)

The mission of the Canadian Diabetes Association is to promote the health of Canadians through diabetes research, education, service and advocacy. The resource centre provides basic diabetes information in the form of free literature. Cookbooks and books are for sale. Material may be sent out upon request. There is an annual camp for children with diabetes as well as a family camp.

Canadian Parents for French Saskatchewan (CPF)

(306) 244-4389 Fax (306) 244-8872
1-800-561-6151

www.cfpsask.com

303-115 2nd Avenue North S7K 2B1



CPF – Sk. is the provincial network of volunteers which values French as an integral part of Canada and which is dedicated to the promotion and creation of French-second-language learning opportunities for young Canadians.

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537

www.cfssaskatoon.sk.ca

200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series,

Parenting/YOUTH

community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

EGADZ – Saskatoon Downtown Youth Centre

(306) 931-6644 (306) 665-1344

www.egadz.ca

485 1st Avenue North

Saskatoon, SK, S7K 1X5



EGADZ provides a wide range of program and supportive residential programs that offers safety, mentorship and support to youth. Programs empower youth and assist them to reach their full potential. Programs offered include: **YOUTH DROP-IN CENTRE** offers recreational activities, and an on-site kitchen to teach nutrition and provide a meal every day at 5:00 p.m. The drop-in centre also operates education programs, cultural programs and employment programs.

TEEN PARENT PROGRAM provides educational outreach, medical and crisis services, and individual and group sessions for expectant parents and their children.

STREET OUTREACH PROGRAM connects with youth through use of an outreach van that operates after hours. Immediate assistance provided includes nutrition, clothing, condoms, personal hygiene items, baby formula and diapers.

OPERATION HELP for youth involved in the sex trade, including immediate supports upon involvement with the justice system, assistance to connect with community support, and supports to assist with lifestyle change.

JOE AND JOSIE'S GARAGE

to support aboriginal youth through life skills, mentorship and elder support to build healthy interpersonal relationships.

RESIDENTIAL PROGRAMS for young women and men who are referred by MSS. Programs offer supportive living environment in a home-like setting for youth exiting high risk street lifestyle, and/or need supports to safely parent their children. Programming is offered to all individuals including life skills, parenting skills, support for addiction, education around domestic violence, and access to counselling supports.

The Residential Programs are:

13 MY HOMES - supportive independent living environment for youth involved with MSS.

BABY STEPS & MAH'S PLACE – supportive environment where mothers can work towards having child(ren) safely returned to their care with supervision. Mothers and babies reside in a separate residence side by side, and are provided the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

MICHAEL'S PLACE – a supervised home for up to three women whose children reside at Baby Steps. Moms are ready and actively working on return of children into parental care.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk,

educational and therapy groups addressing perceived community needs. Variable fee for services.

Friends and Relatives Of (people with) Mental Illnesses (FROMI)

(306) 955-3340 Fax (306) 955-3797
igodel@hotmail.com
 306 Acadia Drive S7H 3V6



We provide hope and support to individuals who are family, friends or caregivers of someone with a mental illness.

International Women of Saskatoon (IWS)

(306) 978-6611 Fax (306) 978-6614
www.internationalwomenofsaskatoon.org
 412-230 Avenue R South S7M 2Z1



IWS is non profit, community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling and support is offered as well as public discussions on policies affecting the programs and services for the settlement and integration of immigrants and refugees in Canada.

Saskatchewan Abilities Council – Saskatoon Branch – Vocational Evaluation

(306) 653-1694 Fax (306) 652-8886
www.abilitiescouncil.sk.ca



Provides individualized assessment of skills, abilities and interests in order to assist people with disabilities who are developing a career plan. For youth 16 and over, a vocational evaluation can help them to develop a transition plan for the time when they are finished school.

Saskatchewan Abilities Council

Saskatoon Branch – SLYP-Out
 (306) 653-1695 Fax (306) 652-8886
www.abilitiescouncil.sk.ca



A social and recreational program for youth with disabilities offered during the school year (fall/winter). The program provides scheduling, transportation and support for participants, and it operates with the help of a team of trained youth volunteers. The program is meant to ensure that young people with disabilities, ages 12-19 are afforded some of the same opportunities as other young people.

Saskatchewan Cultural Society of the Deaf (SCSD)

(306) 665-0729(TTY)
 Fax (306) 653-5461
chubby61@shaw.ca
 511 Main Street East S7N 0C2



Their purpose is to give deaf Saskatchewan an opportunity to express their ideas and develop their skills and talents.

Saskatchewan Deaf Children's Society (SDCS)

(306) 343-9611 (V/TTY)
 Fax (306) 343-0691
kjdit86@shaw.ca
 2209 Ewart Avenue S7J 1Y1



SDCS supports the rights of parents to make informed choices concerning communication options and educational programs for their children. In Home Sign Language, SDCS Adventure Club, resources, information and newsletters.

Saskatchewan Foster Family Association, Inc.(SFFA)

1-866-999-5126 toll free Saskatoon

Parenting/YOUTH

1-888-276-2880 toll free Regina

www.sffa.sk.ca

233 4th Avenue South S7K 1N1



The SFFA exists to improve the quality of life for children and youth in care by assisting in the development of healthy foster families. The provincial Association: provides education and support services to foster families, promotes greater understanding in the community of fostering and ensures proper process is followed should foster families encounter quality of care issues or come under investigation. Services include: Support Person Program, Team Trainers, Rate Board Committee, a network of 15 local support committees, toll-free information line, liaison with Ministry of Social Services, newsletter and resource centre.

Saskatchewan Prevention Institute

(306) 651-4300 Fax (306) 651-4301

www.preventioninstitute.sk.ca

1319 Colony Street S7N 2Z1



Focuses on primary prevention. Program areas include: Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatoon Friends of Students and Kids Inc. SAKS

(306) 683-8379 Fax (306) 683-7587

411 11th Street East S7N 0E9



Offer support services to student that are parents and/or parents to be attending Nutana Collegiate.

Saskatoon Indian and Metis Friendship Centre

(306) 244-0174 Fax (306) 664-2536

www.simfc.ca

168 Wall Street S7K 1N4



A non-profit organization working with urban aboriginal people. The Centre provides Elders, adults and children with cultural, educational and recreational programs and events. The aim is to provide an environment that fosters self-determined activities, which in turn promote positive self-esteem and overall wellness. These programs also help strengthen the community by inviting all members of the community to take part. Programs include: Aboriginal Family Violence Program, Youth Works Victim Restitution Program, Family Worker Program Services, Youth Drop In Centre, Saskatoon Hepatitis C Project funded by Health Canada, a drop in centre, and a recreational facility.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327

www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Tribal Council – Urban Services

Creative Healing for Urban Members (CHUMS)

(306) 659-2500 Fax (306) 659-2155

www.sktc.sk.ca

2010 7th Street S7H 5K6

The Creative Healing for Urban Members (CHUMS) programs work to increase opportunities to strengthen individuals, and families,

to empower them to improve the quality of their personal and family life. Our principles incorporate values that are common across many Aboriginal cultures as core concepts in its programming.

Saskatoon Tribal Council – Urban Services Urban Justice Programs

(306) 653-7676 Fax (306) 242-7280
www.sktc.sk.ca

602 20th Street West (Located in White Buffalo Youth Lodge)
The objective of the STC Urban First Nations Services Inc. Justice Program is to provide support and assistance to youth, adults and their families throughout the duration of their involvement in the Criminal Justice System. We do this by delivering integrated services using a family-centered case management model.

Stewart Resources Centre – Saskatchewan Teacher’s Federation

(306) 373-1660 Fax (306) 374-1122
www.stf.sk.ca/src
2317 Arlington Avenue S7J 2H8



Offer professional materials related to kindergarten to grade 12 education. They provide curriculum materials to use directly with the students. This is mainly a teacher library but parenting materials are available for interested parents.

Teen-Aid Saskatchewan

(306) 244-2811 Fax (306) 244-9999
www.teen-aid-sk.org
108-2002 Quebec Avenue S7K 1W4
A chastity based organization which offers information to the public. Resources and parent workshops are available.

Teen-Aid Saskatoon

(306) 244-4997 Fax (306) 244-9999
saskatoonteenaid@shaw.ca
Box 21012, Saskatoon, SK S7H 5N9



A chastity based organization offering presentations to parents and students grades 6 to 12 on chastity and relationships.

The Salvation Army Bethany Home

(306) 244-6758 Fax (306) 244-6282
www.bethanyhome.ca
203 Cruise Street S7N 2N7



Exists for the benefit of female youth in crisis from age 13 to 18, as well pregnant and parenting mothers and their children. We provide a safe, stable, nurturing residential setting. Bethany Home offers life skills education in a wide variety of areas, and support for the individual. Requires MSS referral.

Youth Resource Centre – Saskatoon Health Region

(306) 655-4900 Fax (306) 655-4931
www.saskatoonhealthregion.ca
311 20th Street S7K 0A9
Centralized Intake (306) 655-7950



Provides a variety of mental health services for youth between the ages of 12 – 18. The goal is to meet the varied needs of youth and to support healthy development in all spheres of daily living. Offers individual and group counselling and therapeutic recreation. The counselling services presently offered cover a number of areas including coping with depression, anxiety management, disordered eating, trauma, and support to gay, lesbian and bisexual youth.

Parenting/IMMIGRANT

PARENTING/IMMIGRANT Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274
1-866-869-7274

www.adoptionsask.org

1A-527 Main Street S7N 0C2



ASCS provides information, support and referrals to expectant parents inquiring about pregnancy options, birth parents and adoptees needing search information, prospective and adoptive parents considering domestic, private or intercountry adoption. Membership includes full library privilege, bi-monthly magazine, Adoption News and conference/workshop discounts.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Food for Thought – Saskatoon Health Region Public Health Services

(306) 655-4826 Fax (306) 655-4899

www.saskatoonhealthregion.ca

3311 Fairlight Drive North S7N 3Y5



A voluntary group program designed to support pregnant and parenting women who live with a variety of conditions that may place them and their children at

risk. Using the kitchen as a venue for health teaching, the program addresses a broad range of issues. With an emphasis on good nutrition, participants gain hands on experience in the kitchen and are supported to access information and develop the skills that will help them realize improved health and well being for themselves and their children.

Global Gathering Place Inc.

(306) 665-0268 Fax (306) 665-0440

www.globalgatheringplace.com

100 5th Avenue North S7K 2N7



A drop-in centre for immigrants and refugees to improve their English, learn about jobs, make new friends and understand Canadian customs and traditions.

International Women of Saskatoon (IWS)

(306) 978-6612 Fax (306) 978-6614

www.international

womenofsaskatoon.org

412-230 Avenue R South

S7M 2Z1



IWS is non profit, community based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, support and public discussions on policies affecting the programs and services.

Newcomers Information Centre (NIC)

(306) 343-8303 Fax (306) 343-1744

www.nicstoon.org

106-129 3rd Avenue North S7K 2H4



NIC staff will provide up-to-date information and referral to various

programs and services in the community to meet individual needs. NIC has a large selection of resources and brochures which are available to take home.

all cultural issues. Translation and interpretation is also provided.

Parent and Tot Program – Greater Saskatoon Catholic Schools/Columbus Bosco Homes

(306) 659-7267 Fax (306) 659-2010
www.columbusboscohomes.ca

420 22nd Street East S7K 1X3

A free program for parents, relatives, caregivers and children 0-6, with weekly, two-hour morning or afternoon session, in various elementary schools and community centres. Share a coffee, meet others with young children, and focus on positive parenting. Runs September to June, following the school calendar.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
www.saskatoonintervalhouse.org

712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Saskatoon Open Door Society

(306) 653-4464 Fax (306) 653-4460
www.sods.sk.ca

247 1st Avenue North S7K 1X2

100-129 3rd Avenue North S7K 2H4



Offers services for new immigrants and refugees in Saskatoon. They provide settlement help, English classes with childcare and parenting and youth programs. Open Door has a daycare open to public fee payers and participants in SODS programs. Provide a resource lending library for volunteers and members with materials related to

Parenting/FRANCOPHONE

PARENTING/FRANCOPHONE

Association des parents Fransaskois – French Family Support Centre

Centre d'appui a la famille et a l'enfance(CAFÉ)-LA PASSERELLE

(306) 653-7444 Fax (306) 653-7001

www.parentsfransaskois.ca

910 5th Street East S7H 2C6



APF is a provincial Francophone association representing the parents of children attending Fransaskois school, preschools and play groups. The APF accompanies parents and their families with the help and resources of the French family support center-CAFÉ-LA PASSERELLE, a meeting place for French and bilingual parents, offering a variety of services promoting physical activity, healthy eating and literacy through activities for families with children ranging from birth to adolescence.

Association Jeunesse Fransaskois

(306) 653-7447

ajf1424@sasktel.net

302 Pacific Avenue

An association for youth francophones in Saskatchewan. It provides activities for youth leadership, cultural, sport and recreational events for youths between 14 to 25.

Canadian Parents for French Saskatchewan (CPF)

(306) 244-6152 Fax (306) 244-8872

1-800-561-6151

www.cpfask.com

303-115 2nd Avenue North S7K 2B1



CPF – Sk. is the provincial network of volunteers which values French as an integral part of Canada and

which is dedicated to the promotion and creation of French-second-language learning opportunities for young Canadians.

Saskatoon French School

(306) 659-7490 Fax (306) 659-2152

www.scs.sk.ca/fre

1441 Wellington Street S7M 1L3



Saskatoon French School is a non-denominational associate school of the Saskatoon Catholic School Board. We welcome families of all religious and linguistic backgrounds. Offers: the only type-A French Immersion in the province, excellent instruction in French and English, smaller class sizes, city wide school bus service, full day kindergarten, unique opportunity for parent participation

*“Parenting style
refers to the
overall attitude
and pattern of
behaviour that a
parent uses when
interacting with
his or her child.”*

Did you know that friends are important to teens not just for socialization but as a normal part of growing up. As teens become more independent from parents, the close emotional relationships tend to move more toward their peers. Teens will largely find their needs for understanding, support and guidance coming more from friends than from family. It is a natural part of growing up, but can be a little disconcerting for a parent.

QUESTION: How can I reach my teenager and get him to understand me?

ANSWER: You can't listen while you are speaking. If you want your kids to talk to you, try biting your tongue and really hear what they are saying. Parents are more successful when they try to get in the shoes of the teen they are trying to reach. What are teens concerned about? Usually they are concerned about their personal development – who they are, where they are going, who they are going there with. They usually like the latest trends in music and clothing. Learn something about their friends. Use these ideas to approach teens. Observe them to see what their interests are and use their interests to reach them.

Separation/Divorce

SEPARATION/DIVORCE

Big Brothers Big Sisters Association of Saskatoon

(306) 244-8197 Fax (306) 244-4171
www.bbbsaskatoon.org
106 33rd Street East S7K 0S2



“Every Child Who Needs a Mentor Will Have One.”

Catholic Family Services (CFS)

(306) 244-7773 Fax (306) 244-8537
www.cfssaskatoon.sk.ca
200-506 25th Street East S7K 4A7



CFS is open to everyone in the community, offering a wide range of services including individual, couple and family counselling, family education and wellness programs, a Building Healthy Families series, community programs, workshops, seminars, professional training, marriage preparation, teen parent program and early childhood centre. Employee and Family Assistance Programming is also available. No fee counselling is also available at the Saskatoon Food Bank.

Christian Counselling

(306) 244-9890 Fax (306) 244-9987
www.saskatoonccs.com
617 3rd Avenue North S7K 2J8



Counselling available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's & senior's issues and grief.

Collaborative Law Group

1-866-347-8545
www.collabsask.com
Box 653, Regina, SK S4P 3A3



Lawyers who utilize a process for resolving issues with the advice and assistance of lawyers but without going to court. All parties and their lawyers sign a contract agreeing not to go to court. They commit to work together in meetings in a non-adversarial, respectful way to find solutions that work for everyone involved in the conflict. This process is useful in all kinds of disputes, such as divorce, wills and estates, and business disagreements.

Crisis Nursery

(306) 242-2433
1020 Victoria Avenue S7N 0Z8



A place that can provide help and comfort for any family experiencing a form of crisis. Parents are able to bring their children to the crisis nursery for a couple of days while they focus their energy on resolving the crisis or emergency at hand.

Dispute Resolution Office

(306) 787-5747 Fax (306) 787-0088
www.justice.gov.sk.ca/disputeresolutionoffice/
3rd Floor 3085 Albert Street, Regina, SK S4S 0B1

The Dispute Resolution Office believes in people's ability to resolve issues with dignity and respect in a safe environment. The Dispute Resolution Office provides and encourages the provision of dispute resolution/mediation services to the public. We have mediated thousands of disputes in many areas.

Family Justice Services

(306) 964-4401 Fax (306) 933-5535
701-224 4th Avenue South S7K 2H6
To register for a group call
1-888-218-2822



Separation/Divorce

Offer public information sessions on separation and divorce to help people who are considering or may be involved in the separation/divorce process. Sessions provide information on coping alone and with children and parenting after separation/divorce.

Family Service Saskatoon

(306) 244-0127 Fax (306) 244-1201

www.familyservice.sk.ca

102-506 25th Street East S7K 4A7



Offers individual, couple, child and family counselling to the community. Special programming: Teen and young parents, youth exposed to violence, abuse and beyond for women, teen drama, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Fairway Divorce

(306) 664-3247 Fax (306) 664-3248

www.fairwaydivorce.com



Available to help couples through Fairway's Independently Negotiated Resolution™ process. This step by step Fairway Process™ is a new model used to achieve a win-win outcome in all areas of divorce. While mediation and collaborative law have brought us this far, Fairway Divorce Solutions is changing the way divorce happens and is fast becoming the preferred alternative.

Kanaweyimik Home

(306) 370-9771 Fax (306) 665-0428

loelke@sasktel.net

103 Avenue T South S7M 3A7



Requires Ministry referral.
For women whose children are in

care with the Ministry of Social Services (MSS).

Maintenance Enforcement Office – Family Justice Services Branch – Department of Justice

(306) 787-8961 Fax (306) 787-1420

1-866-229-9712 Toll Free

Automated InfoService (306) 787-9931

1-866-247-7838 Toll Free

www.saskjustice.gov.sk.ca/

[FamilyJustice](#)

100-3085 Albert Street, Regina, SK S4S 0B1

Helps collect maintenance or support payments ordered by the court or agreed to by two parties. The Family Justice Services Branch registers, receives and processes payments. If necessary, the Office also enforces the payment of court orders or agreements for maintenance. Anyone who has a court order or agreement for child or spousal support can use these services. Claimants (people receiving maintenance) and respondents (people paying maintenance) can both register with the Office.

Men's Resource Centre-Saskatoon

(306) 244-7950

www.saskatoonmenscenter.com

A pro-feminist, gay affirmative and male positive service for men. The Centre currently provides on-line resources, access to assistance through a phone-line and workshops/education on issues of relevance to adult men.

New Beginnings

(306) 668-4701 (Mary)



Offer a weekly support group for separated, divorced and widowed persons on Thursday nights 7 p.m. at the Catholic Centre (parking lot entrance).

Separation/Divorce

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869
www.plea.org
300-201 21st Street East S7K 0B8



A non-profit, non-government organization which exists to educate, inform and empower through law related education.

Saskatchewan Legal Aid Commission (Saskatoon Rural Area Office)

(306) 933-7855 Fax (306) 933-7854
9th Floor Sturdy Stone Bldg.
122 3rd Avenue North S7K 2H6



Provides legal services to eligible youth and adult applicants who need assistance with criminal or family law matters.

Saskatoon City Legal Aid – Family Law Division

(306) 933-7820 Fax (306) 933-7827
www.legalaid.sk.ca
1057-122 3rd Avenue North S7K 2H6



Provides services in areas like divorce/separation, child and spousal support, restraining orders, adoptions and other areas.

Saskatoon Community Mediation Services

(306) 244-0440 Fax (306) 244-0512
[http://mediate.sasktelwebsite.net/
contact.html](http://mediate.sasktelwebsite.net/contact.html)
208-220 3rd Avenue South S7K 1M1



Our goal is to reduce conflict and violence in community and institutional settings by strengthening people's ability to respond to conflicts before they escalate

and also to provide a restorative approach when conflict does happen. One of our strategies is to establish alliances with like minded community groups and individuals to make these changes together.

Saskatoon Crisis Intervention Service

(306) 933-6200 (24 hrs)
Fax (306) 664-1974
103-506 25th Street East S7K 4A7



Provides 24 hour crisis intervention, crisis counselling, conflict management to individuals and families in distress or crisis. Service is provided in the office or in the community.

Saskatoon Tribal Council – Urban Services

Providers of Aboriginal Life Supports (PALS)

(306) 659-2500 Fax (306) 659-2155
www.sktc.sk.ca

2010 7th Street S7H 5K6
Providers of Aboriginal Life Supports (PALS), includes a range of family-centered strategies, including in home visitation, advocating for improved conditions for families, stabilizing those in crisis, reunifying those who are separated, building new families, and connecting families to the resources that will sustain them in the future.

Our goal is to support at risk families avoid apprehension of their children.

Saskatoon Interval House, Inc.

(306) 244-0185 Fax (306) 244-0327
info@saskatoonintervalhouse.org
www.saskatoonintervalhouse.org
712 Victoria Avenue S7N 0Z2



Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing family violence.

Separation/Divorce

Society of Stepfamilies – Saskatchewan

(306) 933-0146 Fax (306) 933-0147
415 Mallin Crescent S7K 7W8
A self-help group that focuses on
the needs of all persons affected by
remarriage.

Stewart Resources Centre – Saskatchewan Teacher’s Federation

(306) 373-1660 Fax (306) 374-1122
[www.stf.sk.ca/services/stewart
resources_centre/index.html](http://www.stf.sk.ca/services/stewart_resources_centre/index.html)
2317 Arlington Avenue S7J 2H8



Offer professional materials
related to kindergarten to grade 12
education. They provide curriculum
materials to use directly with the
students. This is mainly a teacher
library but parenting materials are
available for interested parents.

West Central Crisis and Family Support Centre

(306) 463-6655 Fax (306) 655-4931
www.westcentralcrisis.ca
116 1st Avenue West
Kindersley, SK S0L 1S0



Provides free
counselling, information and
referrals related to loss, pension,
income assistance, food, financial
assistance.

Although we have attempted to provide a broad resource base, we realize that there may be some errors or omissions of various groups and organizations. We welcome any feedback regarding the contents of this directory. These may be made by calling Bev Digout at Parenting Education Saskatchewan, 306.934.2095 or by completing the following form and sending it to:

Family Service Saskatoon

c/o Bev Digout 306-506 25th Street East, Saskatoon, SK S7K 4A7
(306) 934-2095 bevd@familyservice.sk.ca

Yes! I would like my organization/agency in the next edition of The *Incredible* Parent Directory

MY ORGANIZATION/AGENCY NAME:

ADDRESS/PHONE/FAX/EMAIL/WEB:

A BRIEF DESCRIPTION OF MY PROGRAM:

CONTACT PERSON:

ICONS TO BE USED:

      (CIRCLE DESIRED ICONS)

CATEGORY: (Addictions, Bereavement, etc.)

PLEASE CORRECT/CHANGE THE EXISTING LISTING IN THIS EDITION OF THE INCREDIBLE PARENT DIRECTORY FOR THE NEXT EDITION.

MY ORGANIZATION NAME:

PLEASE CORRECT/CHANGE AS FOLLOWS:
