



Support Services in Prince Albert

wīchwāwina
kistapinānīk

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This booklet and corresponding poster, brochure, and maps available at www.princealberthomelesservices.com

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Access Place Sexual Health Clinic (HIV, Hepatitis, STIs, etc.).....	1
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Addictions Services (Substance abuse and gambling education).....	1
Bernice Sayese Centre (Relationship Building Workshop, First Aid & CPR, Good Eats Cooking).....	2
Canadian Mental Health Association (Mental Health education).....	4
Catholic Family Services (Life Improvement Programs (anger, grief, parenting, etc.)).....	4
Children's Haven (Parenting class, Budgeting class, Nutrition & Health Awareness Class).....	4
Community Connection Centre (YWCA) (Stage One English Classes).....	5
Community Service Centre (Budgeting).....	6
Cooperative Health Centre (Senior education).....	6
Family Futures (Parenting Classes & income tax assistance).....	7
Gabriel Dumont Institute (Adult Skills Training and University-Based Education).....	8
Holistic Wellness Centre (PAGC) (Communication, Anger, Trauma, Assertiveness, etc. courses).....	8
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Metis Women's Association (Michif Language Training).....	12
Ministry of Immigration and Career Training (Career planning and skills training).....	12
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Prince Albert Grand Council (Literary, Language, & Library Services).....	15
Prince Albert Multicultural Council (English Classes).....	16
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Youth Peer Homes (YWCA) (Parenting Programs, Cooking Classes, Budgeting).....	22
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 **Mental Health/Addictions - misigkonihakosiwin / machi pītwa machimaskīki wīcīwāwin**

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Note: use 306 area code for all phone numbers

Detailed Information on all Organizations

Access Place (Sexual Health Clinic)

765-6544, #3 – 101 15th St East



Objective: To offer services focusing on Sexual Health, Hepatitis, HIV Care, and Harm Reduction.

Programs & Services Offered:

- Testing and treatment for Sexually Transmitted Infections (STIs) and Blood Borne Pathogens (Hepatitis & HIV)
- Hepatitis A & B Immunizations
- Birth Control & Free Condoms
- Pregnancy testing, Prenatal Care, & Physicals
- Take Home Naloxone Kits to prevent death from opioid overdose (heroin, morphine, fentanyl, etc.)
- Educational presentations for any audience on STIs, HIV, & Hepatitis
- **Hepatitis C and HIV Positive Care Program:** clinical care, education, support, and advocacy for individuals living with Hepatitis C and/or HIV, their family, and loved ones.
- **The Gate Program:** Drop-in resource center for those living with or at risk for HIV
- **Straight to the Point Program:** regional needle exchange program
- Peer Support Programming

Appointments are not required.

Hours: Mon, Wed, Thurs, Fri. 8am-12pm and 1pm-4:30pm; Tues. 1-4:30pm

Website: <http://paphr.ca/locations/clinics/sexual-health-clinic>

Acquired Brain Injury Outreach Team

765-6631, 1521 6th Ave West



Objective: To bridge the gap in service between acute care/rehabilitation and the community by assisting the survivor through the reintegration process while focusing on quality of life.

Programs & Services Offered:

- Education on Acquired Brain Injuries and the effects they may have on functioning and behaviour to clients, family/caregivers, and other service providers
- Case management: Helping develop client-driven goals, coordinating health services, providing referrals and planning a return to work or school
- Consultation: Providing information to others regarding specific client care (i.e., other service providers, family/caregivers)
- Assistance with home functioning (coping strategies, assistive aids, ADL's through assessment)
- Identifying and supporting appropriate residential options

Website:

www.abipartnership.sk.ca/html/abi-survivors-and-families/map-of-services/index.cfm

Addictions Services

765-6550, 101 15th St East



Objective: To offer confidential community-based mental health assessment, treatment/counselling, and consultative services.

Programs & Services Offered:

- Addiction Services and Mental Health/Holistic Services
- Family support, suicide prevention, youth suicide services, addictions, NNADAP workers, mental health therapists

- Screening, assessment, counselling, treatment planning, support, & follow-up counselling
- Education, support, and counselling for people affected by someone else's substance abuse or problem gambling
- Information to the public (videos, fact sheets, self-help lists, and community educator))

Walk-in Services: Mon-Fri 9am-11am and 1pm-4pm. (Please use west door by Bus Depot)
Rural Services available in Shellbrook, Spiritwood, Big River, Meath Park, Birch Hills, and Kinistino

Website: <http://paphr.ca/services/addiction-mental-health>

Al-Anon
930-0993



Objective: To help families of alcoholics by practicing the Twelve Steps, welcoming and giving comfort to families of alcoholics, and by giving understanding and encouragement to the alcoholic.

Programs & Services Offered:

- Group support meetings for individuals with alcohol dependence and their family

Meeting times and locations are available here: https://sk-alanon.ca/includes/meetings_page4.php

Website: https://sk-alanon.ca/includes/sk-alanon_index4.php

Alcoholics Anonymous
764-9449



Objective: Treatment, recovery, and maintenance of alcoholism usually based on 12 step programs and AA meetings.

Programs & Services Offered:

- Group support meetings for individuals with alcohol dependence
- Meeting times and locations available online

Website: www.aasask.org

As Good As New Thrift Store
763-0220, 1320 Central Ave



Objective: To provide second-hand clothing and services in Prince Albert.

Programs & Services Offered:

- Sells used and new liquidated clothing at great prices

Hours: Tues - Fri 9:30am – 4:30pm

Bernice Sayese Centre
763-9378, 1350 15th Ave West



Objective: To provide a hub for recreational activities and programming in the West Flat area of the city. The community centre is operated by the West Flat Citizens Group Inc. and includes a gymnasium, hall, meeting facility with kitchen, community preschool, and outdoor playground.

Programs & Services Offered:

- Addiction Services: Counselling sessions, referrals, assessments, and consultations
- Public Health Clinic: Immunizations, flu shots, breastfeeding, dental health, etc.

- Sexual Health Clinic
- Child Nutrition (After the Bell Program)
- Tween Mentorship
- Bread Depot: Free bread and pastries to community residents (Friday at 1:30pm)
- Summer Playground Program: Supervision and fun activities for children
- Good Eats cooking program
- West Flat Child Care Centre
- Fine option and alternative measures
- 4Cores Fitness Bootcamps and Paddle Boarding
- Library Services and Programs (in partnership with John M. Cuelenaere Library)
- Community Christmas Dinner
- Other resources and community activities such as craft and bake sales, first aid and CPR training, prenatal gathering, cultural events, couple's relationship building workshops, and more.

Big Brothers Big Sisters

922-1299, 129 - 11th Street East



Objective: To provide Canada's young people with the highest quality, volunteer based, mentoring programs. Each Big Brother Big Sister agency provides direct service to children by matching volunteers and youths in quality mentoring relationships.

Programs & Services Offered:

- Supports mentorship partnerships (one-to-one, in school, and groups)
- Go Girls! Group Mentorship Program for girls ages 12 to 14 (Focuses on physical activity, balanced eating, and self-esteem)
- Game On! Group Mentorship Program for boys (Focuses on physical activity, healthy eating, communication, and emotional health)
- Refers families to agencies that provide other services

Website: <https://princealbert.bigbrothersbigsisters.ca/>

Canadian Cancer Society

764-4808, 54 11th Street East



Objective: A national, community-based organization of volunteers whose mission is the eradication of cancer and the enhancement of the quality of life of people living with cancer.

Programs & Services Offered:

- Cancer Information Service: provides answers to questions about all types of cancer, diagnostic tests, treatments, side effects, clinical trials and many other cancer-related topics. 1-888-939-3333
- Peer Support Service: connects people living with cancer and caregivers with trained volunteers. visit match.cancer.ca to register or for more information or call 1-888-939-3333
- Online Cancer Community: helps people who have cancer, cancer survivors and caregivers share their experiences and build supportive relationships. CancerConnection.ca
- Wheels of Hope - volunteer driver program: can help cancer patients get to their treatment appointments who are unable to drive themselves or arrange rides with a family member, friend or neighbour. Based in Regina and Saskatoon, drivers can also pick up people coming from rural communities at private bus company drop off locations or if person is staying in Regina or Saskatoon. Call 1-800-263-6750
- Smokers' Helpline: Offers proven tips and tools to help quit smoking. 1-877-513-5333 or smokershelpline.ca

Website: cancer.ca/sk

Canadian Mental Health Association

763-7747, 1322 Central Ave



Objective: The CMHA PA Branch is a non-profit community-based organization that provides educational workshops for the community, and programs for people coping with mental health issues and illnesses.

Programs & Services Offered:

- Nest Drop-In Centre/Lunch Program: A mental health drop-in centre that provides a hot lunch to those in need. Drop-In times are Mon - Fri 8:30am - 3:30pm. Not wheelchair accessible.
- Homestead Quilting Program: Supports hands-on vocational training for local residents living with mental illness as they craft memory quilts in honour of a loved one.
- Independent Living Program: Safe, affordable housing (two 8-unit apartments), medication management, employment support, money management, and systems navigation.
- As Good As New Store Program: Second-hand clothing and services in Prince Albert. Mental health participants gain valuable skills working in the store.

Catholic Family Services

922-3202, 1008 1st Ave West #300



Objective: To assist individuals and families to build on their strengths and find positive ways to understand and act when faced with challenges in their lives.

Programs & Services Offered:

- Counselling Services
- Life Improvement Programs (generally 6 to 9 weeks and range in cost from free to \$45)
 - Active Parenting: parenting skills for parents of children between age 5 and 12
 - Calming the Storm for Teens: safe and effective ways to express anger
 - Calming the Storm for Adults: safe and effective ways to express anger
 - Climbing the Rock: for teens who have experienced interpersonal violence
 - Riding the Wave: for parents and their children on understanding violence and abuse
 - Taming the Tiger: for parents and children (ages 6-13) about dealing with anger
 - Two Hearts, One Home: positive co-parenting for separated or divorced parents
 - Good Grief: for children ages 6-12 impacted by loss or trauma
 - After the Storm: support group for survivors of intimate partner violence
- Bridges Program: Employment Initiative program assisting individuals with transition from the Provincial Correctional System into the community
- Strengthening Families Program: A free skills building for the the entire family - parents and children aged 5-11 yrs and 12-17 yrs. Childcare, transportation and meals are provided. Families can also access a mental health counsellor through the program.
- Before it Happens: is a community effort spearheaded by CFS with a purpose of reducing violence against women and girls in Prince Albert and area.

More information on Life Improvement programs available here: <https://www.cfspa.ca/programs-1>

Website: www.cfspa.ca

Children's Haven

922-4454 , 3 Elmwood Ave



Objective: To provide emergency care for children when a family crisis occurs.

Programs & Services Offered:

- A 24-hour, 365 day / year safe haven for children up to 12 years of age for short-term stays
- One-on-one or group consultation and support for parents and families

- Life Skills/Parenting Classes
 - Positive Discipline Parenting Class
 - Nobody's Perfect Parenting Class
 - Budgeting Class
 - Nutrition & Health Awareness Class

Virtual Tour of Children's Haven: https://www.youtube.com/watch?v=x8makA7s_4w

Website: www.pachildrenshaven.ca

Community Connection Centre (YWCA)

765-2530, 1895 Central Ave



Objective: To assist Newcomers to the Prince Albert area in settling in their new community by linking them with the vast array of local services and programs, while also offering direct support.

Programs & Services Offered:

- **Settlement advisor for Newcomers to Canada:** Welcome and assist new immigrants, help navigate government documents, assist in income tax filing for low-income families, and referrals.
- **Settlement Counsellor for Rural, Remote, First Nations Peoples:** Address settlement barriers of First Nations and Metis individuals, employment support, support with achieving personal goals, assist Canadians in obtaining birth certificates and photo ID, and assist in income tax filing.
- **Occupational Development Counsellor:** Employment Services for everyone, not just newcomers, who have barriers to obtaining and/or maintaining employment including employment exploration, one-on-one counselling, goal setting and action plan writing, resume, cover letter writing assistance, interviewing skills and practice, referrals to address other barriers to employment (anger management, addictions, parenting skills, etc), life skills training and employment supports.
- **Stage One English:** For Temporary Residents and New Canadians who have been in Canada for less than 8 years.

Website: www.ywcaprincealbert.ca/regional-newcomer-centre.html

Community Gardens

953-4800, 15th Ave East



Objective: To provide residents the opportunity to become engaged in a healthy recreation activity while growing nutritious food, meeting neighbours, building community, and beautifying open space.

Programs & Services Offered:

- The City of Prince Albert provides tilling, staking, water, and compost clean-up
- The Prince Albert Food Coalition offers assistance to gardeners by providing garden tools, supplies, and equipment.
- Costs: Full Plot (25 x 25') = \$36; Half Plot (12.5 x 25') = \$18; Quarter Plot (12.5 x 12.5') = \$9

Garden Plot Rental Agreement is due in May for new gardeners: <http://citypa.ca/Portals/0/Garden%20Plot%20Rental%20Agmt%202018.pdf?ver=2018-04-25-092027-443>

Website: <http://citypa.ca/Things-to-Do/Parks-And-Trails/Community-Gardens>

Community Networking Coalition

764-3389



Objective: To provide the Prince Albert community with as many tools as possible to network, share information/resources, and access services.

Programs & Services Offered:

- Monthly gatherings held in a central location
- Opportunity to learn about the latest programs and initiatives happening in Prince Albert
- Two annual events: knowledge exchange and agency showcase (open to community)

Community Service Centre953-4460, 101 15th St West

Objective: To provide a range of social services for Prince Albert residents. The agency works with many community partners and volunteers to achieve its organizational mandate.

Programs & Services Offered:

- Seniors Transportation
- Special Needs Transportation
- Prince Albert Supported Employment: employment support for adults with a disability
- Work Preparation: assist with employment and training needs
- Budget Counselling
- Guiding Futures: provides opportunities to parents entering the workforce
- SARCAN: providing employment and recycling plastic and glass
- Job Finding Club: group of individuals who work together to learn the best job search techniques

Website: www.pacsc.com

Cooperative Health Centre763-6464, 110 8th Street East

Objective: To provide quality primary health care in partnership with the community and service area.

Programs & Services Offered:

- Health Services: Family Physicians, Nursing services, Pain Clinic, Diagnostic testing, Laboratory services, Nutrition services, Physiotherapy services
- Mental Health services
- Opiate Recovery program
- Community Respiratory program
- Support Groups (e.g., Alzheimer Caregiver support group)
- Transportation services to and from clinic
- Educational programs and events for seniors
- Community Cupboard: Free non-perishable food, clothing, household items, and children's toys and books

Website: www.coophealth.com

Dental Health Promotion Program

765-6502



Objective: To promote optimal oral health for people of all ages. Dental Health Educators collaborate with health professionals, schools, community groups, and dental service providers to support optimum oral health and the connection to healthy foods and overall health and wellbeing.

Programs & Services Offered:

- Supports and promotes healthy public policy such as Community Water Fluoridation
- Creates supportive environments for new parents to build oral health skills and knowledge
- Promotes awareness of importance of baby teeth and of baby's first dental visit by age 1
- Dental Health Assessment and Fluoride Varnish Clinics for children in school and daycare

- Promote awareness of common oral health issues such as Early Childhood Tooth Decay
- Provides follow-up resources to families of young children who have had Dental Surgery
- Provides oral health consultation and assessments all ages

Website: <http://paphr.ca/services/public-health/dental-health>

Detox Centre

765-6700, 1200 24th St West



Objective: To provide a recovery-based program focusing on the management of physical withdrawal symptoms while engaging in a recovery process.

Programs & Services Offered:

- **Brief Detox Unit:** A 8-bed unit which provides a safe place to sleep for individuals under the influence of alcohol or drugs where they can be supervised until no longer intoxicated from their alcohol or substance use.
- **Social Detox Unit:** A recovery based, medically supported inpatient unit where clients often begin or reconnect with their recovery process. Clients may self-refer to schedule an admission.

Website: www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/Brief-SocialDetox.aspx

Family Futures Inc

763-0760, 196 9th Street East



Objective: To provide support services to pregnant women and their families to enhance and support their health and well-being.

Programs & Services Offered:

- Outreach Work Home Visits: Delivers milk coupons, information, referrals and transportation to access healthcare and other services; provides information on pregnancy, breast-feeding, infant care, and parenting; and, interventions / support for addictions, violence, criminal involvement, etc.
- Emergency and Crisis Services
- Dietitian Services
- Licensed Childcare
- Moms 4 Life: Weekly prenatal workshops
- Parenting Classes
- Income tax assistance
- Access to laundry facilities, used maternity & baby clothing depot

Website: www.familyfuturespa.ca/index.php

Family Treatment Centre

765-6375, 1200 24th St West



Objective: To provide holistic, gender responsive, trauma informed care and addictions treatment in a safe, supportive environment.

Programs & Services Offered:

- 6-week inpatient addictions treatment for females with dependent children where childcare is a barrier to treatment. Mothers and children live together as a single-family unit and professional daycare is offered during the day.
- Life skills coaching and parenting support during the inpatient stay.

- **Referral Process:**

- Acute withdrawal must be completed before intake
- Parent must have custody of children (ages 0 to 12 years)
- Children must be able to stay with parent for the 6-week stay
- Clients can actively be receiving methadone treatment

Virtual Tour: www.youtube.com/watch?v=bZY7wrGIAN4

Food Bank

763-5040, 64 11th Street East (food hampers)



Objective: To support the community with a focus on families and children through food security and education initiatives.

Programs & Services Offered:

- Food hampers available to anyone who is in need of a 3-day emergency supply of food and who has not received a hamper in that calendar month.
 - Apply for a hamper between 1pm and 2:30pm Monday to Friday
 - Valid ID required (e.g., Saskatchewan health card, driver's license, treaty card, etc.)
- Provides hygiene products (shampoo, conditioner, toothpaste, feminine products, deodorant, etc.)

Website: www.pafoodbank.ca

Gabriel Dumont Institute

763-8013, 48 12th Street East



Objective: To offer a variety of university based, skills training, and basic education programs in partnership with other educational institutions. All programs incorporate a Métis cultural component.

Programs & Services Offered:

- Adult Basic Education (Levels 1-4, GED, ESWP)
- Skills Training (e.g., Health related: practical nursing, continuing care assistant, etc.; Trades related: heavy equipment truck transport mechanic, scaffolding, carpentry, Class 1A truck driver training, etc.; Business related: office administration, etc.)
- University-Based programming (e.g., Saskatchewan Urban Native Teacher Education Program, Gabriel Dumont College, Community-based Master's Program)
- Career Counselling, Resume & Interview workshops
- Internet & Fax Machine Access
- Wage subsidy programs (for eligible Metis individuals)
- Metis-specific library system
- Testing services
- Driver training
- Scholarship & Bursaries

Website: <https://gdins.org/programs-and-courses/what-we-offer/>

Holistic Wellness Centre (PAGC)

953-7285, 2300 – 10th Ave West (cottage 3)



Objective: To provide a variety of programs using the holistic cornerstones of treatment, spiritually, emotionally, physically and mentally, as well as using the concept of “living therapy” where treatment of care is integrated into all interactions in which individuals/families and communities participate.

Programs & Services Offered:

- Education and Training Programs: Asset Mapping, Self Esteem, Mental Health First Aid, Co-dependency, Anger Education, Communication, Relationships, Assertiveness, Grief & Loss, Alcohol

- Education, Conflict Resolution, Gambling, FASD, Trauma, Honoring Our Traditions.
- Drug Talks: Marijuana, Mushrooms, Acid/LSD, Salvia, Cocaine/Crack, Crystal Meth, Prescription Drugs, Heroin, etc.
- Suicide Education and Awareness: Suicide Talk, safeTALK, ASIST, The Power to Prevent Suicide: Empowering Teens to Help Teens
- Self Help Groups: Gamblers Anonymous

Website: www.pagc.sk.ca/health/programs-and-services/holistic-wellness-centre

Homeward Bound (YWCA)

922-6155, 1169 Branion Drive



Objective: To move people who are chronically and episodically homeless as rapidly as possible from the street or emergency shelters into permanent housing with supports that vary according to needs.

Programs & Services Offered:

- Individual needs assessment
- Connecting and supporting participants in permanent housing
- Intensive outreach services to participants including home visits and crisis intervention
- Independent living skills development aimed at promoting community integration and improving quality of life
- Building and maintaining relationships with landlords including mediating during times of conflict
- Participant advocacy
- Set-up of initial home (furniture, household supplies, groceries etc.)
- Assistance with government applications and forms

Website: www.ywcaprincealbert.ca/homeward-bound--kindred-spirit.html

Hope's Home

922-2025, 550 1st Ave East



Objective: To provide a variety of services for families and caregivers and to provide the necessary care for children, including those with complex medical needs, in a fun, safe, and inclusive environment.

Programs & Services Offered:

- Daycare Services: For children with complex medical needs, their siblings, as well as typically developing children from the community. Available Monday-Friday from 7:00am – 5:30pm. Costs between \$385 to \$830/month depending on age of child.
- Respite Services: Fun-filled “sleep-over” for children with complex medical needs and their siblings, available 24/7 (\$50/night).
- Supportive Living: provides foster children with complex medical needs as a long-term solution for housing. Includes 24-hour nursing care as well as physical, occupational, and/or speech therapy.

Website: <http://hopeshome.org/>

Housing Support Program

960-6113



Objective: To prevent individuals and families from becoming homeless and to assist those who are homeless to find housing.

Programs & Services Offered:

- Facilitating “A Place to Call Home” workshop
- Educating clients on the Residential Tenancies Act (i.e., the rights of tenants and landlords)
- Home visits
- Budget Counselling

- Referrals to link clients to services that will assist them to maintain housing
- Assistance with the application process and obtaining supporting documents (references)

Indian Métis Friendship Center

764-3431, 1409 1st Ave East



Objective: To promote understanding, trust and co-operation between people while catering to the social, cultural, and recreational needs of aboriginal people living in Prince Albert and surrounding districts.

Programs & Services Offered:

- Elder Cooking Classes
- Free Day of Culture
- Cultural Pow Wow Night
- Events and Festivities (Halloween concert, Texas Hold ‘em, Youth Program Evenings, etc.)
- Homelessness Action Week
- Newcomers Round Dance
- Cultural Camp for Kids
- National Aboriginal Day Celebration
- FASD Peer Support

Hours: Mon-Fri 8:30am to 4:30pm

Website: www.facebook.com/PAIMFC

Jessy’s Garden

922-3103, 20 km East of PA on Hwy 302



Objective: A Memorial Community Garden that provides fresh, locally grown, pesticide free, produce affordable for everyone, regardless of income level.

Programs & Services Offered:

- Produce includes: carrots, corn, sweet potatoes, leeks, beets, cabbage, kale, swiss chard, tomatoes, peppers, cucumbers, squash, zucchini, beans, onions, potatoes, green onions, and more.
- Cost is \$12.50 per bag of produce picked or \$0.80 per pound or free if low income
- Also delivers fresh eggs
- Garden Learning Program: Elementary grade students volunteer to help harvest the crop and bring home fresh vegetables for their family

Website: www.facebook.com/pages/category/Farmers-Market/Jessys-garden-291784474248413/

John Diefenbaker Recreation Care Program

981-3774, 1090 Branion Drive



Objective: To provide safe before-and-after school care for students attending John Diefenbaker School

Programs & Services Offered:

- Before-and-after school care for students attending John Diefenbaker School. The program is run directly out of the school at a nominal cost to families and provides supervised activities and nutritional snacks. Drop-off time begins at 7:40am and pick-up time is by 5:30 pm
- Registration forms available at the main office

Website: <https://jd.srsd119.ca/wp-content/uploads/2015/04/JD-Handbook.pdf>

KidsFirst Prince Albert765-6656, 421 23rd St East

Objective: To assist families to become the best parents they can be by providing support and education to help increase knowledge of healthy early child development and attachment.

Programs & Services Offered:

- Weekly one-on-one home visits (Priority to prenatal moms or families with a baby under 6 months)
- Life skills, goal setting, and parent groups
- Prenatal / postnatal support
- Developmental learning and play
- Fun family events and activities

Website: www.kidsfirstprincealbert.com

Legal Aid Saskatchewan

953-2850, 800 Central Avenue



Objective: To provide accessible, professional legal services in criminal and family law to those eligible.

Qualification for Legal Aid: https://www.legalaid.sk.ca/legal_help/index.php

Website: www.legalaid.sk.ca/contact/office_list.php

Literacy Network

922-6736, Unit 525 - 1403 Central Ave.



Objective: To help people increase their level of literacy and to promote and support family literacy.

Programs & Services Offered:

- Family Literacy Lending Library: Reading resources, games, videos, and more that users can borrow
- Tutor Learner Connections: Provides a tutor to help an adult learner improve their English language speaking, writing, reading, or basic math
- A Place to Call Home: Resource for Housing Agencies, Community Services, Renters & Landlords Rights and Responsibilities
- Financial Literacy: Four workshops on spending plans, banking basics, borrowing money, and RESPs and other ways to save money

Hours: Tues., Wed, Thurs. from 1pm to 4:30pm

Website: www.princealbertliteracy.ca

Mental Health Outpatient Service765-6055, 2345 10th Ave West

Objective: To provide confidential community-based Mental Health assessment, treatment/counselling, and consultative services.

Programs & Services Offered:

- Mental Health Assessment
- Treatment, counselling, and consulting

Website: https://sk.211.ca/service/13091148_9742176/mental_health_outpatient_services

Métis Addictions Council of Saskatchewan Inc.953-8250, 334 19th St East

Objective: To welcome Métis, First Nations and non-Aboriginal people who are seeking support to live safer, healthier lives free of the harmful effects of addictions. To offer programming informed by knowledge of Métis heritage, traditional Aboriginal teachings, the 12-step recovery model, Sask's Clinical Principles for Alcohol and Drug Misuse, and current research and emerging trends in the addictions field.

Programs & Services Offered:

- **In-Patient Treatment:** A 28-day residential option for adults that provides an abstinence-based healing environment where individuals can focus on recovery from substance addictions. Individuals participate in holistic programming, therapeutic group workshops, one to one counselling, educational sessions, self-help meetings, cultural teachings, recreational programming and more.
- **Outpatient Services:** Addiction screening, assessment, pre-treatment readiness counselling, relapse prevention, after care counselling and community referrals.
- **Stabilization Program:** A short-stay social detox service of 7-14 days. Individuals may self refer or be referred by others but must not be under the influence of substances upon entry.

Website: <http://macsi.ca>

Métis Women's Association763-5356, 54 10th St East

Objective: To promote community engagement through a wide variety of community-based activities

Programs & Services Offered:

- After School Disabilities Program: support to persons with disabilities and their families
- Cancer Project: Information sharing with Saskatchewan Cancer Agency
- Elder's Activities Program: physical, social, and recreational activities
- Employment Support Program for Youth: 12-week program to assist individuals between 18 and 29 years of age in gaining employment
- HIV/AIDS Health Promotions: support for individuals living with HIV/AIDS
- Indigenous Women's Economic Security Project: Identifying barriers and potential solutions to Indigenous Women's Economic Security
- Just Workers': helps ensure youth between 12 and 18 years who have been in conflict with the law complete their court ordered work hours
- Michif Language Training: teaches Michif language among Metis communities
- Prince Albert Cosmopolitan Lodge
- School Mediation: assist community schools in teaching conflict resolution techniques
- Targeted Initiative for Older Workers: Employment supports and work placements for workers aged 55 - 64
- Transitional Housing for Youth (6 units)

Website: www.pamwa.ca

Ministry of Immigration and Career Training

953-2488, 100-1288 Central Ave



Objective: To provide help planning a career, improving education or job skills, finding a job or filling a job vacancy. One of 20 Career and Employment Services offices open around the province.

Programs & Services Offered:

- Written materials on resume writing and occupations

- Counsellor-assisted career planning
- CD ROM software and videos
- Job Postings
- Access to skills training and employment programs
- Income Support programs

Website: www.saskatchewan.ca/government/news-and-media/2000/march/06/canadasaskatchewan-career-and-employment-services-grand-opening-in-prince-albert

Narcotics Anonymous

652-5216



Objective: To offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

Programs & Services Offered:

- Local Meetings: www.csana.org/meetings/?tsml-day=5&tsml-region=pana

Website: www.csana.org

Native Coordinating Council

764-1652, 118 12th Street East



Objective: To provide a range of community-based programming in Prince Albert.

Programs & Services Offered:

- Family Services
- Parent Aides
- Parent Aide Specialists
- In-home support: Education on basic parenting, age/stage development, age appropriate discipline, nutrition, and budgeting
- Mediation
- Homebuilder programming
- Transportation to active clients for medical, legal, Ministry and grocery needs
- VST Program (where supervised visits are held for children in care of the Ministry)
- 24 hour crisis centre which provides services to children (see Children's Haven)

Hours: Mon–Fri, 8:30am–4:30pm

Northern Spruce Housing Corporation

922-4122, 31 13th St East



Objective: To provide subsidized and affordable housing throughout Prince Albert.

Programs & Services Offered:

- 192 units in Prince Albert and 8 in Nipawin

Our House (YWCA)

922-6162, 94 15th St East



Objective: To provide shelter for adult women and men in need.

Programs & Services Offered:

- **Crisis Shelter:** Provides emergency accommodation 24 hours / day. No referral is necessary.
- **Transitional Shelter:** Seven rooms where clients may stay up to a year.

- **Cold Weather Shelter:** A 10-bed cot program open over the winter months from 8:00pm to 8:00am, accessible through the building's rear door. Beds are provided on a first come basis.
- Emergency hygiene supplies
- LGBTQ sensitive programming
- Access to education and learning
- Crafts and activities

Website: www.ywcaprincealbert.ca/our-house.html

Parkland Integrated Health Centre
747-2603 (Shellbrook)



Objective: To provide emergency and long-term health care in the Shellbrook area.

Programs & Services Offered:

- Hospital, with Emergency Department and 20 inpatient beds
- Special Care Home: 34 units in three separate houses, 1 respite bed.
- Long Term Care: 33 permanent beds and 1 respite
- Laboratory and X-ray services
- Community-based programs
- Home Care
- Public Health
- Addiction and Mental Health Services (outpatient)
- Dietitian Services

Website: <http://paphr.ca/locations/care-homes/parkland-integrated-health-centre>

Police Service
953-4222, 45 15th St West



Objective: To service mankind, safeguard lives and property, to protect the innocent against deception, the weak against oppression or intimidation, and the peaceful against violence or disorder, and to respect the rights of all persons to life, liberty and security.

Programs & Services Offered:

- Online or In-Person Criminal Records Check
- Report a Crime Online
- Crime Map
- Access to Information Request
- Community Initiatives / Mobilization
 - Family Safety: Domestic violence options include Emergency Intervention Order, Peace Bond, and Restraining Order
 - River Runners: Includes a team building day, a two-day First Aid/CPR course and a 3-day River trip using canoes and kayaks (community funded and no cost to applicants).
 - Impaired Driving: testimonials from individuals who have been personally affected by the impacts of impaired driving.
- Alcohol Strategy

Website: <https://papolice.ca/>

Prince Albert Community Housing Society Inc.922-5440, 401 13th St East

Objective: To provide subsidized, affordable, and transitional rental units for the Métis community.

Programs & Services Offered:

- Currently Owns and Maintains: 218 houses; 12 family fourplexes; 6 duplexes; one 18-unit townhouse complex; 4 apartment blocks; 2 senior homes; one 4-unit senior garden apartment; several vacant properties for future development
- Employment & Job Skills Training:
 - Partners with Gabriel Dumont Institution to provide a wage subsidy for persons of Metis ancestry for on the job maintenance training
 - Partners with Riverbend Institution under their integration back into society program

Applications for housing can be found here: <https://pachsi.ca/applications-2/>

Website: <https://pachsi.ca/>

Prince Albert Grand Council953-7200, 2300 9th Ave West

Objective: A tribal council representing twelve First Nation band governments in Saskatchewan.

Programs & Services Offered:

- Addiction, Mental Health and Gambling Services
- Community-based programs
- Dietitian Services
- Early Literacy
- Home Care
- Language and Cultural Programs (Dene & Cree)
- Library Services
- Physical Activity Services
- Public Health

Website: www.pagc.sk.ca

Prince Albert Housing Authority953-7420, 230 8th Street East

Objective: To manage affordable homes in well-established neighbourhoods, close to schools, buses, and shopping centres on behalf of the Saskatchewan Housing Corporation.

Programs & Services Offered:

- Manages 953 apartments, semi-detached units, fourplexes, townhouses and houses, each offering clean, comfortable and secure surroundings. A number of units are wheelchair accessible, providing independent living and privacy for people with disabilities.
- Income-Based rent for both seniors and families

Housing Application Form: <http://www.pahousingauthority.com/documents/Application-Final-PA.pdf>

Website: www.pahousingauthority.com

Prince Albert Multicultural Council

922-0400, 1410 C Central Ave



Objective: To serve newcomers to Canada and to create an awareness, understanding, appreciation, respect and acceptance of the various cultures that compose our community.

Programs & Services Offered:

- Free English Classes
 - English for Employment Class (morning): Learn about getting a job and Saskatchewan's workplace safety and culture in addition to boosting your English skills.
 - STAGE 2 English Class (evening): Personalized English skills development.
- Settlement Employability Support
- Skills Training for Achievement and Gainful Employment Program
- Multicultural Events (e.g., Diversity Nights, Canada Day, Tapestrama, Multicultural Potluck, Christmas at City Hall)
- Connections and referrals to different community organizations

Website: www.pamcsk.com

Prince Albert Outreach Program

763-3552, 2005 4th Ave East



Objective: To provide a safe environment for youth through community-based, inter-agency partners.

Programs & Services Offered:

- Circle of Courage:
 - Belonging: All youth within the circle share a sense of belonging to the program and their community
 - Mastery: To provide a safe environment where youth can build on strengths and accomplish goals
 - Independence: To provide meaningful opportunities to experience and learn, allowing youth to make choices on their own, to solve problems, and be responsible
 - Generosity: Youth will give back to the community by sharing their strengths and becoming positive role models for others.

Prince Albert Pride

princealbertpride@gmail.com



Objective: Prince Albert Pride Inc. is an organization established to support and advocate for the Gender and Sexual Diverse community of Prince Albert and area.

Programs & Services Offered:

- Support, activities, and events for members of the Gender and Sexual Diverse community
- Educate members and others of issues relevant to Gender and Sexual Diverse community
- Promote positive and healthy lifestyles among members of the Gender and Sexual Diverse community

Website: www.facebook.com/PrinceAlbertPride

Public Health

765-6500, 800 Central Ave



Objective: To prevent disease, prolong life, and promote human health through organized efforts and informed choices of society, organizations, public and private, communities and individuals.

Programs & Services Offered:

- Prenatal / Pregnancy Education: Pregnancy, breastfeeding, labour & birth, baby care, etc.

- Postnatal: Follow-up support to families with a newborn, support with breastfeeding goals, etc.
- Preschool Children: Health screening, fluoride varnish, etc.
- School Services: Health education, nutrition support, communicable disease screening, etc.
- Immunizations for adults, children, and pre-natal
- Travel health
- Referring clients to physicians
- Investigating animal bites

Website: <http://paphr.ca/services/public-health>

Public Library (John M Cuelenaere)

763-8496, 125 12th Street East



Objective: To provide the wide range of library collections and programming to the West Side of PA.

Programs & Services Offered:

- Adult computer classes
- Lifelong learning programming
- Public internet access
- Access to computers (with library card)
- Other activities: author readings, book club, movie nights, writers group, drop-in board game night
- Children/Teen Programming: Summer Reading Club, Story Times, Movie Matinees, Read with the Raiders, Drop-in Fun/Four O'clock Fun, Anime Club, Creative Writing, Crafts

Website: www.jmcpl.ca

River Bank Development Center

763-7457, 1350 15th Ave West



Objective: To provide housing to low income families and individuals unable to afford market rents.

Programs & Services Offered:

- 90 affordable housing units located in different neighbourhoods in Prince Albert.

Housing List: https://riverbankdevelopment.ca/PDFs/CURRENT_Prince_Albert_Housing_List.pdf

Application: https://riverbankdevelopment.ca/PDFs/Application_Form.pdf

Website: <https://riverbankdevelopment.ca/>

Sacred Heart Cathedral CWL Thrift Shop

763-2319, 1401 4th Ave West



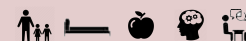
Objective: To manage a Thrift Shop for Prince Albert residents.

Programs & Services Offered:

- Affordable merchandise, including: clothing of all sizes, footwear, fabrics, handbags, curtains, etc.
- Open Thursdays

Safe Shelter for Women

764-7233



Objective: To serve the needs of women and children who require safety and support due to an abusive relationship.

Programs & Services Offered:

- 24 Hour crisis line: 764-7233

- Temporary shelter for 26 residents (open 24/7)
- Protection, liaisons to police and victim services
- Home-like atmosphere with healthy balanced meals for women and their children
- Non-judgmental listening, exploration of choices and options as well as assisting women in making connections to meet their needs.
- Group and individual sessions on a wide range of topics

Domestic Abuse Information: <http://www.pasafeshelter.ca/domestic-violence-and-abuse/>

Website: www.pasafeshelter.ca

Salvation Army - Prince Albert

763-6078, 900 Central Ave



Objective: To provide non-governmental relief after natural or man-made disasters and to alleviate suffering and help people rebuild their lives.

Programs & Services Offered:

- Food Services
- Emergency Disaster Services
- Social Services (addiction rehabilitation, after school programs, camps, life skills classes)
- Thrift Stores

Website: <https://salvationarmy.ca/>

Settlement Services (YWCA)

763-0736, 65-11th Street East



Objective: To provide services to newly-landed immigrants and refugees locating to Prince Albert.

Programs & Services Offered:

- Access to interpreters and translators
- Face-to-face para-counselling services
- Orientation to Canadian culture
- Financial information
- Links to education, training, and employment
- Referrals for mental health and medical needs
- Public transit orientation
- Assistance with accessing affordable housing
- Computer and internet access
- English as a subsequent language classes
- Settlement services in schools for newcomer children

Website: www.ywcaprincealbert.ca/settlement-services-refugees-immigrants--newcomers.html

SHARE

922-0255



Objective: To offer residential and vocational programs for people with severe and persistent mental health and dual diagnosis issues.

Programs & Services Offered:

- **Residential Rehabilitation:** Services for adults who are challenged by a mental illness and are in need of housing, assistance with daily living, personalized programming, social skills training or supportive counselling.
- **Respite Program:** A safe secure, supervised environment for care givers to receive respite for their

clients while they are away.

- **Vocational Program:** Employment opportunities for the SHARE members.
- **Way to Work Project:** Provides pre-employment and employment skills to adults with disabilities.

Website: <http://shareprincealbert.ca/>

Smart Families Food Co-operative
763-0242



Objective: To increase convenient access to nutritious food while promoting nutritional awareness.

Programs & Services Offered:

- Food box program: Individuals / organizations pre-order food boxes and the coordinator purchases the food in bulk and delivers to a location of choice.
 - Large Food Box (\$25): 2-3 different fruits, 4-5 different vegetables, and 1 or more staple items
 - Small Food Box (\$15): 2-3 different fruits, 3-4 different vegetables, and 1 or more staple items

Website: www.pafoodbox.ca

Social Services (Child Protection)
953-2422, 800 Central Ave



Objective: To ensure child protection services are available for all children who are believed to be in need of protection from abuse, neglect, and interpersonal violence.

Programs & Services Offered:

- Receiving and screening reports of child maltreatment
- Investigations of physical and sexual abuse or neglect
- Family support (Parent Aide services)
- Foster Home Recruitment
- **Children Exposed to Violence Program:** Assists children and youth who have witnessed or experienced interpersonal violence or abuse, with a goal of preventing them from becoming victims or perpetrators of violence and abuse in the future. In partnership with Catholic Family Services.
- **Counsel for Children program:** May appoint a lawyer for children and youth involved with the Ministry of Social Services or First Nations Child and Family Services agencies in proceedings under The Child and Family Services Act (e.g., following the apprehension of a child, variation of existing child protection orders, investigations leading to supervision orders, etc.
- Mobile Crisis (see separate listing) does after hours coverage for Child protection services and emergencies

Hours: Mon– Fri, 8am– 5pm,

Services Manual: <http://publications.gov.sk.ca/documents/17/88038-Child-Protection-Manual.pdf>

Website: www.saskatchewan.ca/residents/justice-crime-and-the-law/child-protection

Social Services (Income Assistance Program)
953-2345, 3rd Floor 1288 Central Ave



Objective: To invest in positive outcomes for people in areas of income support by working with citizens as they build better lives for themselves through economic independence, strong families, and strong community organizations.

Programs & Services Offered:

- Assistance accessing Ministry of Social Services supports

Hours: Mon-Fri, 8am-5pm.

Directory:

www.saskatchewan.ca/government/directory?ou=f27990a9-0b22-4d52-959d-e8c764e7f3fd

Spiritual Healing Lodge (PAGC)

953-2498, Wahpeton Reserve 94



Objective: To provide traditional teachings in a cultural environment to help support inmates on their healing journey.

Programs & Services Offered:

- Accommodation for low security male inmates and offenders from the federal institutions
- Individuals & Group Addiction Counselling
- Family Violence Prevention
- Life skills programming: Parenting Skills, Grief & Loss, Anger Management, Safe Food Handling, Literacy Upgrading, Carpentry Projects
- Cultural activities: Talking Circles, Weekly Sweats, Smudging, Fire Keepers teachings, Medicine wheel teachings, Pow Wows
- STD Clinics

Website: www.pagc.sk.ca/spiritual-healing-lodge/

The Gate

764-2744, #2 101 15th Street



Objective: To provide a place to meet and socialize, enjoy a cup of coffee or tea and share stories of the journey to health. To provide a welcoming space for HIV clients to wait and to talk in confidence.

Programs & Services Offered:

- Drop in and resource centre
- Life Skills Classes: Parenting, Healthy Personal Boundaries, Anger Management, Simple Cooking
- HIV Peer Support
- Sharing Circles
- Spiritual Support
- Assistance with resume writing, tax forms, etc.
- Food and clothing depot
- Library

Hours: Monday - Friday 9:30am - 4:00pm, Closed for lunch 12:00 - 1:00 pm

Website: www.gatewaycovenant.ca/the-gate

The Nest (Drop In)

763-8843, 1322 Central Ave (upstairs)



Objective: To provide a safe space for adults and youth with mental health issues.

Programs & Services Offered:

- A mental health drop-in centre for adults and youth.
- Hot lunch

Drop-In times: Mon - Fri 8:30am - 3:30pm. Not wheelchair accessible

Two Bears First Nations Institute

940-4622, RR 5 Site 28, Comp 26



Objective: To research Indigenous, First Nation, Metis, and Inuit cultural practices and traditions, and to teach this through environmental Land Based Healing methods and traditional ceremonies.

Programs & Services Offered:

- Land Based Healing methods through authentic traditional ceremonies, customs, and traditions to anyone in search of spiritually enhancing their relationship with Creator, Mother Earth and the Universe for healing in a safe and confidential environment.

Website: www.facebook.com/pg/2bearsinc/about/?ref=page_internal

Valley Hill Youth Treatment Centre764-2311, 2101 10th Ave West

Objective: To provide treatment to youth experiencing problems primarily related to drug and/or alcohol misuse.

Programs & Services Offered:

- Alcohol and drug treatment program for youth (12-17 yrs): six-week, 15 single occupancy bed co-ed
- In-house and outside self-help groups (Alcoholics Anonymous, Narcotics Anonymous, and Alateen)
- First Nations cultural activities, smudge, and prayer room
- Classroom time to keep up on school assignments
- Clinical Supervisor, Community Liaison Worker, Teacher, Cultural/Recreation Support, Addiction Counselors, Youth Care Workers, and Night Support workers

Website: www.vhytc.ca

Value Village

922-5870, Cornerstone Mall, 800-15th Street East



Objective: Apply a Rethink Reuse business model of purchasing, reselling, and recycling to give communities a smart way to shop and reduce the portion of used goods in landfills.

Programs & Services Offered:

- For-profit, thrift retailer offering great quality, gently used clothing, accessories and household goods
- Purchasing donated goods from non-profit organizations which provides a source of revenue to help support other vital community programs and services.
- Hours: Mon-Sat: 9:00 am - 9:00 pm, Sun: 10:00 am - 7:00 pm

Website: www.localmint.com/ca/value-village-prince-albert-hours-455461

Victoria Hospital765-6000, 1200 24th St. West

Objective: To provide quality healthcare to Prince Albert and area.

Programs & Services Offered:

- Emergency Department
- Ambulatory Care & Day Surgery
- Specialized services: general surgery, internal medicine, orthopedics, pediatrics, obstetrics and gynecology, psychiatry, and anesthesiology.
- Regular hours for guests: 2 – 8 p.m. daily.

Website: <http://paphr.ca/locations/hospitals/victoria-hospital>

Youth Peer Homes (YWCA)

765-2520, 133 20th St West



Objective: To provide a safe, supportive home environment for youths aged 16-21, including those who are expecting a child or have children and are involved with the Ministry of Social Services.

Programs & Services Offered:

- Rendalyn Home, Terrance Place, and Harmony Home
- Each is staffed 24 hours a day. Residents receive individual case management that empowers them to become successful young women, while providing a nurturing environment for their children.
- Parenting programs
- Nutritious meals and cooking classes
- Budgeting
- Cultural and LGBTQ* programming
- Action planning and life skills
- Youth specific activities and outings
- Crisis Intervention
- Assistance with education, the court system, and job searching

Website: www.ywcaprincealbert.ca/rendalyn-home.html

YWCA

763-8571, 1895 Central Ave



Objective: To provide shelter, food, and assistance to marginalized populations, helping to break the cycle of poverty. To provide advocacy, support, and help to individuals transitioning from emergency homeless shelters to transitional housing programs and into permanent housing.

Programs & Services Offered:

- **Central Avenue:** Emergency shelter and transitional housing for women, children and youth as well as Settlement Services, a multilingual program for Newcomers to Canada
- **Youth Peer Support Home:** Supportive and transitional housing for young women and men (16 - 21 years). Advocacy, life skills building, assistance with resumes, job searches and education, etc.
- **Power of Being a Girl/Strength in Being a Boy:** A day of fun in a safe and moderated environment with informative and educational programming on a variety of topics focused on developmental needs to prevent violence (e.g., self-esteem, healthy relationships, dating, discrimination, body image, sexual health, bullying, and Internet safety)
- Advocacy and support

Included as separate listings above:

- **Community Connection Centre:** Programs for Newcomers to Canada and the PA region.
- **Homeward Bound:** Housing First initiative to help transition into permanent housing.
- **Our House:** Crisis, transitional, and cold weather shelter. Also offers programming.
- **Settlement Services:** Services to newly-landed immigrants and refugees.
- **Youth Peer Homes:** Rendalyn Home, Terrance Place, and Harmony Home.

Website: www.ywcaprincealbert.ca

This booklet and corresponding poster, brochure, and maps available at
www.princealberthomelesservices.com