

HEALTH

AIDS Saskatoon – 601 Outreach Centre

(306) 242-5005 Fax (306) 665-9976

1-800-667-6876

www.aidssaskatoon.ca

1143 Avenue F North S7K 4E3

Offers education, prevention, advocacy, programs, education, resource center, and support to persons living with HIV infection, their families, friends.

Alvin Buckwold Child Development Program

(306) 655-1070

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.

Breastfeeding Centre – Saskatoon Health Region

(306) 655-4806

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

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

Toll Free 1(800) 363-7296

www.celiac.ca

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

Canadian Deafblind Association – Saskatchewan Chapter Inc.

(306) 374-0022

www.cdbanational.com

110 Anderson Crescent S7H 4C2

The Canadian Deafblind Association 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.

Diabetes Canada

(306) 933-1238 Toll Free 1(800) 996-4446

www.diabetes.ca

104-2301 Avenue C North S7L 5Z5

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

www.cdss.ca

The Canadian Down Syndrome Society (CDSS) is a national non-profit organization providing information, advocacy, and education about Down syndrome. CDSS supports self-advocates, parents, and families through all stages of life.

Canadian Mental Health Association – Saskatoon Branch (306) 384-9333

www.saskatoon.cmha.ca

1301 Avenue P North S7L 2X1

CMHA-Saskatoon Branch, Inc. is a non-profit organization, which assists and supports people with mental illness to maximize their potential and to achieve positive mental health in their lives as community members. The enhancement of mental health in the community is achieved through programs and services, public education and advocacy.

Canadian National Institute for the Blind

(306) 374-4545

201-3301 8 St E SK S7H 5K5

www.cnib.ca

The CNIB Foundation provides an opportunity for limitless possibilities, providing you with the knowledge, skills, and confidence to smash barriers in pursuit of the life you choose. Our programs are designed to address the needs of people of all ages across five areas: Life, play, work, education and tech.

Spinal Cord Injury Saskatchewan Inc.

(306) 652-9644

311 38 Street East SK S7K 0T1

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.

Canadian Pediatric Society

(306) 526-9397

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.

Client Patient Access Services (CPAS)

(306) 655-4346

www.saskatoonhealthregion.ca 201-310 Idylwyld Drive North S7L OZ2

Client Patient Access Services exist to provide a single point of entry to health care services both in the community and in the hospital. Professional staff members work with individuals, their families, and other health care providers to ensure appropriate access to and throughout the continuum of care within the Saskatoon Health Region.

Communicable Diseases – Saskatoon Health Region Public Health Services

(306) 655-4612

www.saskatoonhealthregion.ca 101-310 Idylwyld Drive North S7L OZ2

Public Health staff strive to improve protection against communicable disease for people in the health region. Staff investigate diseases transmitted by animals, insects, blood, food,

water and respiratory contact. Staff also investigate community and institutional outbreaks. They provide counselling, group education and immunization.

Community Living Association of Saskatoon, Inc. (CLASI) (306) 652-9111

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.

Cognitive Disabilities Strategy (CDS)

(306) 694-3568

<https://www.saskatchewan.ca/residents/family-and-social-support/people-with-disabilities/financial-help-and-support-for-people-with-cognitive-disabilities>

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

Crocus Co-op

(306) 655-4970

www.crocuscooperative.org

135 Avenue B South S7M 1M2

Crocus provides safe and accepting drop-in centre for adults who have been diagnosed with a mental illness. Anyone accessing Crocus must first become a member of Crocus. Members are able to participate in various programs throughout the day, purchase a healthy meal or snacks from our canteen, and find casual work through our Transitional Employment program.

CUMFI Wellness Centre

(306) 975-9999

www.cumfi.org

315 Avenue M South Saskatoon, SK S7K 2K5

CUMFI is a community-based Métis owned and operated non-profit charitable organization. CUMFI strives to improve social and economic conditions for the Métis and works to improve the quality and standards of life for Métis both young and old.

LiveWell Clinical Health Psychology – Early Childhood Psychologist

(306) 655-2341

Room 223, Ellis Hall

Royal University Hospital S7N 0W8

Early Childhood Psychology services. 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 Authority 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.

TEENPARENT 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

youth in the care of the 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.

Epilepsy Saskatoon

(306) 665-1939

Toll Free: 1-866-EPILEPSY

www.epilepsymatters.com

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

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.

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 Program – Saskatoon Health Region

(306) 655-4860

www.saskatoonhealthregion.ca Westwinds Primary Health Centre 3311 Fairlight Drive S7M 3Y5

The Healthy and Home Program is for newborn babies up to 2 weeks of age and their families. The program provides support and follow-up once families are discharged from hospital. Families living in Saskatoon and surrounding rural areas are eligible. Healthy and Home will: Contact you by telephone or do a home visit within 1-2 days after hospital discharge, assess mom's recovery after birth, assess baby's health and weight, assist with breastfeeding, provide health information, and answer questions that you may have and make referrals as needed.

Healthy Mother Healthy Baby – Saskatoon Health Region

(306) 655-4810

www.saskatoonhealthregion.ca Westwinds Primary Health Centre 3311 Fairlight Drive S7M 3Y5

The program offers information, education, advocacy, and support in clients' homes, Saskatoon Collegiates, West Winds Primary Health Centre, and other venues. The program offers milk, prenatal supplements and CHEP good food inc. fruit and vegetable vouchers for pregnant teens and women whose diets are insufficient and whose incomes are inadequate to meet basic daily requirements. The program strives to be respectful and culturally sensitive to its clients and their families. The program is designed for pregnant teens and women living in the community with risk factors such as: food insecurity, low income, isolation, substance use, inadequate housing, mental health issues, abusive relationship and pregnant and parenting students attending the Saskatoon Collegiates.

International Travel Clinic – Saskatoon Health Region Public Health Services

(306) 655-4780

www.saskatoonhealthregion.ca
108-407 Ludlow Street S7S P3

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

International Women of Saskatoon (IWS)

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

www.iwssaskatoon.org

301-336 5th Avenue North SK S7K 2P4

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 and support.

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, Invisible Scars for women, educational and therapy groups addressing perceived community needs. Variable fee for services.

Food for Thought – Saskatoon Health Authority Public Health Services

(306) 655-4826

www.saskatoonhealthregion.ca

3311 Fairlight Drive North S7N 3Y5

Food for Thought is a prenatal support program that assists pregnant women and their children to achieve improved health and wellness. With a focus on cooking low-cost nutritious food, women come together and have an opportunity to share ideas, make friends, and talk about their lives. The food that is cooked is sent home with the participants to be shared with their families. A participant-driven discussion on pregnancy related topics follows each cooking session. The program is facilitated by an interdisciplinary team consisting of a social worker, nutritionist, and program assistant. Peer leaders assist in the delivery of the program.

**Kidney Foundation of Canada –
Saskatchewan Branch**

(306) 664-8588

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

Saskatoon (306) 655-3301

<https://www.saskatchewan.ca/residents/family-and-social-support/child-care/kidsfirst>

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

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.

Womans Mid-Life Health Program

(306) 655-7681

www.womensmidlifehealth.ca

701 Queen Street S7K 0M7

Improving women's lives through better health during mid-life and beyond.

Multiple Sclerosis Society of Canada

(306) 244-2114

www.mssociety.ca

2-706 Duchess Street S7K 0R3

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

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.

Positive Living Program – HIV and Hepatitis C Care – Saskatoon Health Region

(306) 655-1783

www.saskatoonhealthregion.ca

The Positive Living program provides out-patient care for persons who reside in Central and Northern Saskatchewan who have tested positive for HIV and/or Hepatitis C. We provide: Clinical assessments, immunizations, harm reduction and treatment plans. Education and counselling to assist clients to prevent transmission, manage their symptoms, decrease complications and enhance their quality of life. Coordination of care and referrals to associated services. A supportive environment to assist clients to develop their self-management skills, and to enhance their ability to make sound decisions that have a positive impact on their health. Care at no cost to the client.

Post Partum Anxiety and Depression Support Program

(306) 655-7777

www.saskatoonhealthregion.ca

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

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.

Public Health Services – Health Clinics – Saskatoon

South East Health Centre

(306) 655-4730

3006 Taylor Street East S7K 4J2

West Winds Primary Health Centre

(306) 655-4275

3311 Fairlight Drive S7M 3Y5

North East

108-407 Ludlow Street

S7S 1P3

Child Health

(306) 655-4700

International Travel

(306) 655-4780
Our Neighbourhood Health Centre
(306) 655-3250
1120 20th Street S7M 0Y8

Public Health Services Resource Centre – Saskatoon Health Region

(306) 655-4620
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.

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.saskabilities.ca
2310 Louise Avenue S7J 2C7
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

3031 Louise Street S7J 3L1

www.sacl.org

Provide support and advocacy to any individual in Saskatchewan with an intellectual disability.

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 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.

Saskatchewan Brain Injury Association (SBIA)

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

1-888-373-1555

www.sbia.org

Room 422 230 Avenue R South S7M 2Z1

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 Cerebral Palsy Association

(306) 955-7272

saskcpa@shaw.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

500-350 3rd Ave. N Saskatoon, SK

S7K 6G7

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

<https://skprevention.ca/>

319 Colony Street S7N 2Z1

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 Breastfeeding Centre

(306) 655-4806

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) 665-2662 Fax (306) 655-2910

www.saskcancer.ca

20 Campus Drive S7N 4H4

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.

Child Hunger Education Program (CHEP)

(306) 655-4575 Fax (306) 655-4574

www.chep.org

204-1120 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, food workshops, bridges to farmers and others.

Saskatoon Community Clinic

(306) 652-0300

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 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. They also operate a clothing depot.

**Saskatoon Health Region: Community
Adult Mental Health Services**

(306) 655-8877

4th Floor 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.

Coverage for service is provided through Saskatchewan Health and there is no direct charge to clients.

Saskatoon Health Region: Children's Mental Health Services

(306) 655-7800

3rd Floor 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) 659-2206

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.

Sexual Health Centre

(306) 244-7989

www.sexualhealthcentresaskatoon.ca

210 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.

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.

Westside Community Clinic

(306) 664-4310 Fax (306) 934-2506

saskatooncommunityclinic.ca

1528 20th Street West S7M 0Z6

Primary health care services including physician, nurse practitioner, nurse and counselling services.

**Youth Resource Centre –
Saskatoon Health Region**

(306) 655-4900

311 20th Street S7K 0A9

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 etc.