



The Incredible Parent Directory 2020

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 (non-emergencies only)	(306) 975-8300
Corman Park Police Service	(306) 242-8808
RCMP General Inquiries	(306) 780-5461
RCMP Non – emergencies	(306) 310-7267
Deaf Persons Emergency TTY	(306) 975-8364
MD Ambulance	(306) 975-8808
Saskatchewan Poison Centre	1-866-454-1212
Child Protection Services: Saskatoon	1-800-274-8297
Child Protection Services: Regina	1-844-787-3760
Income Assistance	(306) 933-5960
Ministry of Social Services	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 Helpline	(306) 757-0127
Mobile Crisis/24-Hour Crisis Saskatoon	(306) 933-6200
Mobile Crisis/24-Hour Crisis Regina	(306) 525-5333
Canada Suicide Prevention Service	1-833-456-4566
Kids Help Phone	1-800-668-6868
Sexual Assault and Information 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
Saskatoon Interval House	(306) 244-0185
Saskatoon Victim Assistance	(306) 975-8400
Saskatoon Crisis Nursery	(306) 242-2433

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

Support Programs

AIDS Saskatoon - 1143 Avenue F North
(306) 242-5005 Free light lunch 12:00 pm
(Mon - Fri)

EGADZ - 485 1st Avenue North (306) 931-6644
Street Outreach van - snacks to YOUTH ONLY (306) 221-3719
Supper and snacks 12-19 YOUTH ONLY (Mon - Sat)

Salvation Army - 339 Avenue C South (306) 242-6833
Coffee house - free food Friday and Sunday night and Tues-Thurs
afternoons

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

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

Saskatoon Native Circle Ministries - 450 20th Street West
Free sandwiches, coffee, juice and cookies (Mon - Fri)
Free hot meal Fridays

The Bridge on 20th - 1008 20th Street West (306) 382-2855
Free breakfast and lunch (Mon-Thurs, lunch only Sat) Free coffee and snacks (Sunday
afternoon)

The Friendship Inn - 619 20th Street West (306) 242-5122
Free breakfast and lunch (every day)

White Buffalo Youth Lodge - 602 20th Street West
(306) 653-7676 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

ext 222
The Friendship Inn - 619 20th Street West (306) 242-5122

Clothing and Personal Supplies

The Clothes Depot (Saskatoon Food Bank) 223 Avenue B South

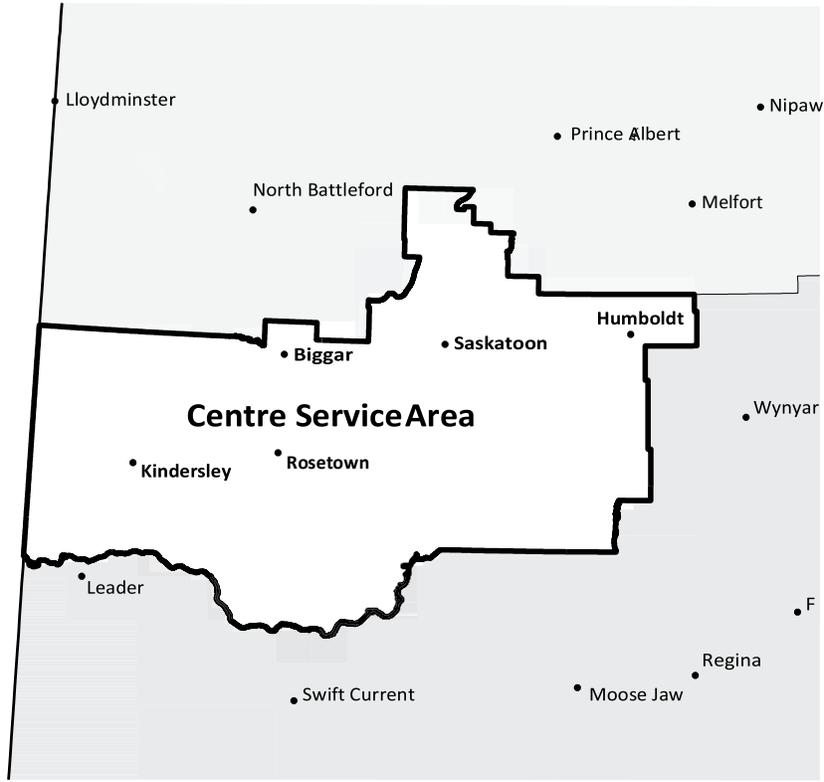
(306) 244-1236

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

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

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

YWCA 506 25th Street East (306) 244-7034



The *Incredible* Parent Directory 2020

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

Welcome to **The *Incredible* Parent
Directory 2020** – a resource booklet
for parents and professionals –
created in partnership with the
Ministry of Social Services &
Family Service Saskatoon.



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.

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SEPARATION/DIVORCE

Addictions

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 Family Program-Mental Health & Addictions Services

(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 hour Message manager

601 Spadina Crescent East S7K 3J8

(Group locations vary)

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

www.aasaskatoon.org

515 245 3rd Avenue South S7K 1M4

One alcoholic, helping another ecovering from alcoholism, using the 12-step program of Alcoholics Anonymous. The only requirement is a desire to stop drinking.

Christian Counselling Services

(306) 244-9890

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:

Health & Family Services

(306) 956-6100 Fax (306) 956-3268

www.sktc.sk.ca/corporations/stc-health-family-services.inc/

200- 335 Packham Ave. S7N 4S1

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

Addictions

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.

FASD Support Network of Saskatchewan Inc.

(306) 975-0886 Fax (306) 975-0853

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

1-855-781-9522

<http://www.gamblersanonymoussaskatchewan.org/>

Various locations

The number will provide you with someone to speak with 24 hours a day. A self-help 12 step program to share information and provide support to individuals with a gambling addiction.

Kanaweyimik Home

Ph: 306-975-9999 Fax (306) 975-9156

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

Brief and Social Detox

Mental Health & Addictions Services

(306) 655-4195 (24hrs)

Fax (306) 655-4196

201 Avenue O South S7M 2R6

A safe environment for anyone coming off from 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.

LiveWell Craving Change Education Program

(306) 655-5483 Fax (306) 655-6758

Group sessions for individuals who deal with emotional problematic eating struggling to maintain healthy eating habits. Goal is to identify personal triggers for problematic eating and learn strategies to change problematic eating behaviours.

Addictions

McLeod House

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

www.cumfi.org

A transitional home for men

recovering from addictions. Referrals come from Larson House, treatment centers 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) 655-7777

156-122 3rd Avenue North S7K 2H6

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

Toll free: 1-877-652-8951

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

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.

Niwaapatahanannik (NIWA)

<https://www.cumfi.org/coming-home-program>

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

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.

Addictions

Problem Gambling Help Line 1-800-306-6789 (24 hr - 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

<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.

Child and Youth Mental Health and Addiction Services

(306) 655-7802 Fax

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) 659-2206

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.

Addictions

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.

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 and Turning Points.

Offering employment and learning, health and wellness, and childcare.

Bereavement

Suicide Grief Support Saskatoon

(306) 249-5666

W.A Edwards Family Centre

333 4th Avenue North S7K 2L7

<https://m.facebook.com/suicidegriefsaskatoon/>

Provides support to those who have lost a loved one to suicide. One monthly group (drop-in), other is a closed group that meets on a weekly basis.

Caregiver Counselling

Community Services Social Workers

(306) 655-3400

Idylwyld Heath Centre

103 – 310 Idylwyld Drive North

S7L 0Z2

Provides Individual counselling, caregiver support group and bereavement support group.

Camp Circle O' Friends

(306) 374-2802

Canadian Cancer Society Saskatchewan Division

campcircleoffriends.com

Support group offering a 4 day camp for children with cancer and their siblings.

Bereaved siblings may also attend. Ages 6-18.

Catholic Family Services (CFS)

(306) 244-7773

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.

Christian Counselling Services

(306) 244-9890

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.

Bereavement

Compassionate Friends- Saskatoon Chapter

(306) 374-8862

W A Edwards Centre

333 4th Avenue North S7K 2L8

www.tcsaskatoon.wordpress.com

A self-help bereavement group meets on the last Tuesday of every month throughout the year. This group is for parents who have experienced the loss of a child at any age.

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, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

MADD Canada (Mothers Against Drunk Driving)- Saskatoon

maddsaskatoon@gmail.com

1-800-665-6233

<https://maddchapters.ca/saskatoon/>

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.

Palliative Care Saskatoon Health Region- Saskatchewan Health Authority

https://www.saskatoonhealthregion.ca/locations_services/Services/Palliative-Care/Pages/Home.aspx

- a 12 bed Palliative Care Unit at St. Paul's Hospital
- consultation teams at Royal University Hospital, Saskatoon City Hospital and St. Paul's Hospital
- palliative consultation for long term care facilities in the Region
- palliative care beds in Humboldt, Lanigan, Nokomis, Rosthern, Wadena, Wakaw, Watrous, and Wynyard
- a palliative care volunteer program and bereavement support services

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

Bereavement

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869

www.plea.org

500-333 25th Street East S7K 0L4

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 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.

Saskatoon Community Contacts for the Widowed

St. Martin's Church

2617 - Clarence Avenue South

Phone 306-242-5618

A peer-led support group for widowed persons. This self-help organization provides guidance, encouragement, support and social activity in a friendly and non-denominational environment.

Mental Health and Addictions Services- Saskatoon: Adult, Child, Youth

Centralized Intake (306) 655-7777

Suite 156, 122 3rd Avenue North S7K 2H6

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 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.

Bereavement

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

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

www.sktc.sk.ca

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St. Paul's Hospital Bereavement Follow

-Inter-denominational memorial services for relatives and friends of those who have passed away.

-Memorial gatherings are followed by coffee and conversation.

St. Paul's 306- 655-5000 ask operator to page Spiritual Care

Royal University 306-655-1249

Saskatoon City 306-655-8250

Rural - Call your local hospital or health centre

Bereavement

Edwards Family Centre/ Saskatoon Funeral Home

(306) 244-5577

www.saskatoonfuneralhome.com 333 4th Avenue North S7K 2L7

The Centre is a community support service of Saskatoon Funeral Home offering a continuing care program, grief and resources lending library, grief groups, programs and events, and the Saskatoon bereavement support resource director

Grief Support:

Community Services Social Workers

Idylwyld Health Centre

103 – 310 Idylwyld Drive North

Telephone: 306-655-3400

Royal University Hospital

Main Social Work Office

Room 1619 Main Floor, A Wing

Telephone: 306-655-2579

St. Paul's Hospital

Main Social Work Office

Main Floor, B Wing

Telephone: 306-655-5877

Saskatoon City Hospital

Main Social Work Office

Level One

Telephone: 306-655-829 or 306-655-8785

Crime & Justice

Child Find Saskatchewan

(306) 955-0070 (24hrs)

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 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,

Crime & Justice

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.

Elizabeth Fry Society of Saskatchewan

Toll Free: 1-888-934-4606, (306) 934-4606 Fax (306) 652-2933

www.elizabethfrysask.org

205-1120 20th Street West S7M 0Y8

An agency that works with women and girls in conflict with the law by providing support before, during, and after incarceration. Strives to provide programs and services which support crime prevention, ensure fair treatment and encourage an end to recidivism.

Equal Justice For All

(306) 380-6261 Fax (306) 665-2738

<http://www.povnet.org/node/5755>

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

International Women of Saskatoon (IWS)

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

<https://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.

Crime & Justice

John Howard Society of Saskatchewan

Provincial Office 1(306)584-2115

Toll Free: 1(866) 584-2115

Saskatoon Toll Free: 1 (877) 244-8347
(306) 244-8347

Regina Toll Free: 1 (888) 757-6658
(306) 757-6657

www.sk.johnhoward.ca/

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

Ombudsman Saskatchewan

Saskatoon (306) 933-5500
1-800-667-9787 Fax 306-933-8406

Regina (306) 787-6211

Toll Free: 1-800-667-7180 Fax 306-787-9090

<https://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)

1(604) 439-9566 or 1(604)439-7001

www.plan.ca

312 Main Street, 2nd Floor

Vancouver, BC

V6A 2T2

PLAN is a family-led organization founded to secure the future for people with disabilities by building personal support networks, and bringing families together for mutual support, learning and community leadership

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

(306) 659-2500 Fax (306) 659-2206

www.sktc.sk.ca

2010 7th Street

Saskatoon S7H 5K6

Offers in-home counselling and support workers to families who are at risk of losing their children to Ministry of Social Services.

Crime & Justice

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869

www.plea.org

500-333 15th Street East S7K 0L4

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

2330 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

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

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.

Crime & Justice

Saskatchewan Human Rights Commission

(306) 933-5952

Toll free: 1-800-667-9249

www.shrc.gov.sk.ca

122-3rd Ave. N Saskatoon, SK S7K 2H6

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

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

1 (877) 424-1898

9th Floor Sturdy Stone Bldg. #1053 122 3rd Avenue North S7K 2H6

Legal Aid Saskatchewan provides a range of legal services to low income individuals in Saskatchewan in the areas of family and criminal law. Those who are eligible can access the service of one of our experienced lawyers located throughout the province of Saskatchewan.

Saskatoon Fire and Protective Services – Program Firestop

(306) 975-2520

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

CRISIS LINE (306) 244-2224

www.ssaic.ca

201-506 25th St. E Saskatoon, SK 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) 659-2206

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

The Incredible Parenting Directory

Crime & Justice

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.

Saskatchewan Legal Aid Commission

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

1 (877) 424-1898

9th Floor Sturdy Stone Bldg. #1053 122 3rd Avenue North S7K 2H6

Legal Aid Saskatchewan provides a range of legal services to low income individuals in Saskatchewan in the areas of family and criminal law. Those who are eligible can access the service of one of our experienced lawyers located throughout the province of Saskatchewan.

Saskatoon Fire and Protective Services – Program Firestop

(306) 975-2520

125 Idylwyld Drive South S7M 1L4

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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

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Crime & Justice

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 Supports community based initiatives for six of its seven member First Nations. The program supports the objectives identified as priorities by each of the six Community Justice Programs.

The Salvation Army Saskatoon

(306) 244-6280

www.salvationarmysaskatoon.org

339 Avenue C South S7M 1N5

hort 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.saskatoonpolice.ca/victim/

76-25th St. E Saskatoon, SK

Mail: P.O. Box 1728 Saskatoon, SK S7K 3R6

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.ywcaskatoon.com

510 25th Street East S7K 4A7

Provides shelter and supports to women, children and youth at risk through the Crisis Shelter and Turning Points.

Offering 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

1(866) 869-2727

www.adoptionsask.org

527 Main St. Unit 1A Saskatoon, SK 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.

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

Allegro Montessori School

(306) 931-4000 Fax (306) 931-4115

www.allegromontessori.ca

#4215 Degeer St. Saskatoon, SK S7H 4N6

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) 652-2464

535 8th St. E Saskatoon, SK S7H 0P9

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

Education

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. CAFÉ-LA PASSERELLE.

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

<https://sk.cmha.ca/programs-services/gambling-awareness-program/>

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.cpfsask.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.

Education

Catholic Family Services (CFS)

(306) 244-7773

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)

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.

Children's Discovery Museum

(306) 249-3574

www.museumforkids.sk.ca

203-3502 Taylor Street S7H 5H9

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.

Education

Eagle's Nest Youth Ranch

(306) 385-2611

607 3rd Ave N, Saskatoon, SK S7K 2J8

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, 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.

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.

Education

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.

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.

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

www.greatplainscollege.ca

Box 1001, 201 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.

Greater Saskatoon Catholic Schools

(306) 659-7000 Fax (306) 659-2007

www.gscs.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.

Education

Health Promoting Schools

(306-655-4630

www.saskatoonhealthregion.ca/locations_services/Services/health-promotion/Pages/HealthPromotionSchools.aspx

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.

Saskatchewan Home Based Educators

(306) 292-9576

www.shbe.info/index.html

Provides information and support for parents who are home based educators as well as parents considering home based education.

Big Brothers Big Sisters - In-School Mentoring Program

(306) 244-8197 Fax (306) 244-4171

www.saskatoon.bigbrothersbigsisters.ca

182 Wall St

Saskatoon, SK, S7K 1N4

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.internationalwomen ofsaskatoon.org

301-336 5th Avenue North

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, support and public discussions on policies affecting the programs and services.

Kumon Math & Reading Centres

1-800-ABC-MATH (1-800-222-6284)

www.kumon.com/ca-en/

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

Education

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 a summer day-camp for children ages 7 to 11 years, adult vocational counselling, adult upgrading programs, coaching, tutoring, 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 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 in the community.

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) 700-3489

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, math program, ESL program, workshops and more.

Parenting Education Saskatchewan

(306) 244-0127 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.

Education

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

500-333 25th Street East S7K 0L4

PLEA 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

#2-706 Duchess Street S7K 0R3

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

Saskatchewan A.G. Bell Association for the Deaf

www.saskagbell.ca

barringtonm@sasktel.net

the.whites@sasktel.net

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 who have a hearing loss.

Education

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 20A-2605 Broadway Avenue

(306) 975-7188

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 Brain Injury Association (SBIA)

(306) 373-1555

1-888-373-1555

www.sbia.ca

230 Avenue R South S7J 2C7

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

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.

Education

Saskatchewan Early Childhood Association (SECA)

(306) 842-1209 Fax (306) 842-1206

1-888-658-4408

www.saskcare.ca

1015 Railway Avenue Wayburn, SK S4H 2V5

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 Literacy Network

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

1-888-511-2111

<http://saskliteracy.ca>

11-2155 Airport Drive S7L 6M5

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

<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 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.

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 Youth Arts Programming Inc. (SCYAP) (306)

652-7760

www.scyapinc.org

253 3rd Avenue South S7K 1M3

Non-profit organization that helps youth at risk through art, cultural and employment programming, and provides inclusive art drop-in programs, art workshops and employment readiness training.

Saskatoon Fire and Protective Services – Program Firestop (306)

975-2520

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

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 French School

(306) 659-7490 Fax (306) 659-2152

<https://www.gscs.ca/studentsandfamilies/schools/FRE>

1441 Wellington Street S7M 1L3

Saskatoon French School is a parent run school represented by the French School Society. The school exists through a legal agreement between the Society and Greater Saskatoon Catholic Schools.

Education

Saskatoon Interval House, Inc.

(306) 244-0185 Toll free 1(888) 338-0880

Fax (306) 244-0327

www.saskatoonintervalhouse.org

Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing domestic violence. They also provide counseling, advocacy, and referrals.

Maria Montessori Preschool

(306) 955-3852

www.montessorisaskatoon.ca

City Park School 820 9th Avenue North S7K 2Z2

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

Saskatoon Open Door Society

(306) 653-4464 Fax (306) 653-7159

www.sods.sk.ca

100-129 3rd Avenue North S7K 2H4 247 1st Avenue North S7K 1X2

Offers services for new immigrants and refugees in Saskatoon. Services include settlement and employment services, language training and translation services, family, youth and childcare services, community programs and events and local engagement and volunteering.

Saskatoon Preschool Foundation

(306) 250-0533

www.spf.sk.ca

721 Avenue K S7M 2E7

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

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.

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.

Education

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.

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 counseling.

Education

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) 700-0129

www.sylvanlearning.com

140-502 Wellman Crescent S7T 0J1

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.

Edwards Family Centre/ Saskatoon Funeral Home

(306) 244-5577

www.saskatoonfuneralhome.com 333 4th Avenue North S7K 2L7

The Centre is a community support service of Saskatoon Funeral Home offering a continuing care program, grief and resources lending library, grief groups, programs and events, and the Saskatoon bereavement support resource directory.

Westside Community Clinic

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

saskatooncommunityclinic.ca

1528 20th Street West S7M OZ6

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

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 counseling.

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 and Turning Points.

Offering employment and learning, health and wellness, and childcare.

The Incredible Parenting Directory

Vocational Planning

Workforce Development for People with Disabilities Program

<https://www.saskatchewan.ca/residents/jobs-working-and-training/job-training-and-financial-support-programs/job-support-for-people-with-disabilities>

The Workforce Development for People with Disabilities (WFD-PD) program provides funding that helps each person prepare for, find and keep a job. Funds are limited.

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.

Neil Squire Foundation

(306) 781-6023 Toll Free 1(844) 860-6023

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 Fax (306) 244-2453

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.

Canadian Council on Rehabilitation and Work

1(800) 664-0925

www.ccrw.org

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

Vocational Planning

Regina Work Preparation Centre

(306) 757-9096 Fax (306) 359-9044

www.workprep.ca

2020 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. (306) 664-3158

www.cosmoindustries.com

1302 Alberta Avenue S7K 1R5 Offers meaningful day activities and training programs for adults with intellectual and/or multiple disabilities.

South Saskatchewan Independent Living Centre(SSILC)

(306) 757-7452 Fax (306) 757-5892

www.ssilc.ca

2020 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.

Inclusive Education Canada

www.inclusiveeducation.ca

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

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.

Vocational Planning

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.

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.

University of Regina
Centre for Student Accessibility
(306) 585-4631
www.uregina.ca

University of Saskatchewan
Access and Equity Services
(306) 966-7273
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

<https://www.mayoclinic.org/healthy-lifestyle/childrens-health/in-depth/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.

Emergency Services

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

Bridge on 20th

(306) 382-2855

1008 20th Street West S7M 0Y7

The Bridge is a Christian street mission influencing change in Saskatoon's inner-city.

They provide meals, showers, clothing, haircuts, life-skills development, programming and accountability for those living in the cycle of addictions.

Crisis Nursery

(306) 242-2433

1020 Victoria Avenue S7N 0Z8

The crisis nursery can provide help and comfort for any family experiencing a form of crisis. They are open 24/7, 365 days a year. 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. They also offer a 24 hour crisis line and referrals to other agencies and services that can help with resolving the crisis.

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 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.

Emergency Services

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.

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.

Emergency Placement Program

- CUMFI

(306) 975-9999

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.

Friendship Inn - Saskatoon

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

www.friendshipinn.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.

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.

Emergency Services

Saskatoon Pregnancy Options Centre

(306) 665-7550

www.saskatoonpregnancy.com

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. We offer free pregnancy tests, information and classes, counseling and post-abortion grief support.

Saskatoon Crisis Intervention Service

(306) 933-6200 (24 hrs)

www.saskatooncrisis.ca

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 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 Interval House, Inc.

(306) 244-0185 Toll free 1(888) 338-0880

Fax (306) 244-0327

www.saskatoonintervalhouse.org

Interval House provides 24 hour emergency/crisis shelter for women and their children fleeing domestic violence. They also provide counseling, advocacy, and referrals.

Emergency Services

Saskatoon Sexual Assault and Information Centre (SSAIC) (306) 244-2294

CRISIS LINE (306) 244-2224

www.ssaic.ca

201-506 25th St. E Saskatoon, SK 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) 659-2206

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.

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.

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.

Health

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.

Health

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.

Health

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.

Health

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.

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JOE AND JOSIE'S GARAGE

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The Residential Programs are:

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– 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

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.

Health

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 inter-disciplinary 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.

Health

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.

Health

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.

Health

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.

Health

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.

Health

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.

Health

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.

Health

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.

Housing

Adelle House

(306) 668-2761 Fax (306) 668-2769

www.saskatoonintervalhouse.org

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.

Calder Centre

(306) 655-4500

www.saskatoonhealthregion.ca

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 Fax (306) 975-9156

www.cumfi.org

315 Avenue M South S7M 2K5 The following programs are delivered under the CUMFI umbrella of services.

Hessdorfer House - designed to provide safe, supported housing for individuals with cognitive disabilities.

McLeod House - provides 12 units in the form of transitional housing for men in addictions recovery and offers support services and programming for men post-treatment and recovery.

The Stewart House - a duplex home that has 2 suites that will provide supportive housing to Aboriginal families living well with HIV/AIDS

Infinity House – serves woman and their children

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/programs-services/rental-housing/

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

607 3rd Ave N, Saskatoon, SK S7K 2J8

Provides a therapeutic group living environment for vulnerable youth (10-21 years of age) who are experiencing social, emotional and behavioural difficulties.

The Incredible Parenting Directory

Housing

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

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.

Elmwood Respite Home

(306) 374-5151

2012 Arlington Ave S7J 2H5

Elmwood Residence in Saskatoon provides long term care for both physically and intellectually disabled persons. Elmwood Residences Inc., operates numerous small group home, one respite home, a 50-bed lodge, and a Supported Independent Living Program in Saskatoon.

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 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.

Housing

John Howard Society

(306) 244-8347

www.sk.johnhoward.ca

218 33rd Street West S7L 0V1

Jay's Place

Jays Place provides up to five male youth aged 12-15 a Staffed Peer Home environment with referrals from the Ministry of Social Services. Jays Place requires youth to possess a commitment to case planning and goal setting to facilitate positive outcomes for positive decision- making and effective life skills management.

Cedar House

Cedar House provides up to five youth aged 15-21 years a long-term Mentored Peer Home environment with referrals from the Ministry of Social Services. Referred youth come to the home with a high level of commitment to case planning, goal setting, life skills development and long-term planning.

Basswood Place

Basswood Place provides male youth aged 12-15 referred by the Ministry of Social Services, a long-term Staffed Peer Home environment. Five male youth reside in the home at a time and receive ongoing support.

Bert's Safe Shelter

The Safe Shelter provides males aged 12- 15 years, temporary residence for a period of up to 30 days through referral from the Ministry of Social Services. A maximum of five youth are provided 24/7 staffing support. Meeting emergent needs related to health, housing, addiction, family breakdown and education.

Kanaweyimik Home

Ph: 306-975-9999 Fax (306) 975-9156

cumfiadmin@sasktel.net

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

Brief and Social Detox

Mental Health & Addictions Services

(306) 655-4195 (24hrs)

Fax (306) 655-4196

201 Avenue O South S7M 2R6

A safe environment for anyone coming off from 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.

Housing

Lighthouse Supportive Living Center

(306) 653-0538

www.lighthousesaskatoon.org

304 2nd Avenue South S7K 1L1

Provides emergency shelter for both men and woman, supported living suites and independent affordable housing.

Niwaapatahanannik (NIWA)

<https://www.cumfi.org/coming-home-program>

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

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.

Saskatoon Habitat for Humanity

(306) 343-7772 Fax (306) 343-7801

www.habitatsaskatoon.ca

320 21st Street West S7M 4E6

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.saskatoonhousingcoalition.ca

319 Camponi Place S7M 1E9

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.

Housing

Saskatoon Interval House, Inc.

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

www.saskatoonintervalhouse.org

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.

SaskNative Rentals Inc.

(306) 653-0384 Fax (306) 653-0394

www.camponi.ca/main.php 1715 11th 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

www.salvationarmysaskatoon.org

399 Avenue C South S7M 1N5

Crossroads Residential Services/ Mumford House Family Shelter Women and Children

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.

Housing

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 and Turning Points. Offering employment and learning, health and wellness, and childcare.

Respite Support Services

Community Living Service Delivery (CLSD)

Community Living Service Delivery (CLSD) is a branch of the Ministry of Social Services. Branch staff work with people experiencing intellectual disabilities and help them access a variety of community-based services. CLSD staff work to ensure that the physical, emotional and social needs of people experiencing intellectual disabilities are met and that they are able to live as independently as possible within their own communities.

Regional Offices

Estevan	(306) 627-4550
La Ronge	(306) 425-4552
Lloydminster	(306) 825-6410
Melfort	(306) 752-6100
Moose Jaw	(306) 694-3800
Nipawin	(306) 862-1704
North Battleford	(306) 446-7705
Prince Albert	(306) 953-2668
Regina	(306) 787-3848
Saskatoon	(306) 933-6300
Swift Current	(306) 778-8219
Weyburn	(306) 848-2404
Yorkton	(306) 786-1300

Elmwood Respite Home

(306) 374-5151

2012 Arlington Ave S7J 2H5

Elmwood Residence in Saskatoon provides long term care for both physically and intellectually disabled persons. Elmwood Residences Inc., operates numerous small group home, one respite home, a 50-bed lodge, and a Supported Independent Living Program in Saskatoon.

Grandma's (Kookum's) House

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

www.cumfi.org

315 Avenue M South

S7M 2K5

The objective of this program is to provide emergent, safe and temporary respite services to ensure the personal safety of the children, individuals, and families from abuse, neglect, and or personal crisis. Grandma's home provides a safe and secure home to our mothers/fathers of the supportive living homes as well as those clients who have moved out into the community who are at risk of being placed in care. Live-in Grandma provides emergency and temporary respite services to children at the CUMFI Supported Living Homes.

Respite Support Services

Hessdorfer House

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

www.cumfi.org

315 Avenue M South

S7M 2K5

Hessdorfer House was designed to provide safe, supported housing for individuals with cognitive disabilities.

The apartment building has five suites, with a "house parent" living in one of the suites to provide support and monitoring day or night. The presence of the house parent has been instrumental in children being allowed to live with their parents or other relatives.

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.

Regina Respite Registry - Inclusion Regina

(306) 790-5680

2216 Smith Street S4P 2P4

Saskatoon Respite Registry - Community Living Association Saskatoon Inc. (CLASI)

(306) 652-9111

135 Robin Crescent S7L 6M3

Spadina Early Learning and Childcare Cooperative

(306) 382-6488

www.spadinaearlylearningand_childcare.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

St. Pauls Hospital

(306) 382-6488

230 Avenue R South

Respite Support Services

Ronald McDonald House

(306) 244-5700

www.rmh.sk.ca

1011 University Drive S7N 0K4

Laura's Lodge

(306) 934-7011

www.lauraslodge.com

1026 College Drive S7N 0W1

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

Adoption Support Centre of Saskatchewan Inc. (ASCS)

(306) 665-7272 Fax (306) 665-7274

1(866) 869-2727

www.adoptionsask.org

527 Main St. Unit 1A Saskatoon, SK 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.

Big Brothers Big Sisters Association of Saskatoon

(306) 244-8197 Fax (306) 244-4171

www.bbbssaskatoon.org 182 Wall Street S7K 1N4

“Every Child Who Needs a Mentor Will Have One.”

Catholic Family Services (CFS)

(306) 244-7773

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.

Christian Counselling Services

(306) 244-9890

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.

Cloth for Kids

(306) 384-0950 / (306) 244-5989

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

The crisis nursery can provide help and comfort for any family experiencing a form of crisis. They are open 24/7, 365 days a year. 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. They also offer a 24 hour crisis line and referrals to other agencies and services that can help with resolving the crisis.

Parenting

CUMFI Outreach

(306) 975-9999

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.

Early Childhood Intervention Program (ECIP)

(306) 657-3247 Fax (306) 249-3247

www.ecip.ca

Suite 10-2302 Hanselman Avenue

S7L 5Z3

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.

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.

Early Years and Child Care – Saskatchewan Government

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

Parenting

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 inter-disciplinary team consisting of a social worker, nutritionist, and program assistant. Peer leaders assist in the delivery of the program.

KidsFirst

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

Saskatoon (306) 655-3301

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.

Millie's Early Learning Centre

(306) 683-8354

411 11th Street East S7N OE9

Childcare for infants and toddlers of students who attend Nutana Collegiate.



Mount Royal Infant Day-Care Centre

(306) 683-7800

410 Avenue T N, Saskatoon, SK S7L 3B4

Quality childcare provided for student parents who are attending Mount Royal Collegiate. A variety of parent programs are offered through the centre.

Parenting

Parent Aide Program

(306) 974-3171

www.parentaide.ca

502 Avenue L South S7M 2H4

Our mission is to maintain the family unit and the well-being of children. It is also to enhance family wellness and to ease reunification between children in care and their families.

Parenting Education Saskatchewan

(306) 244-0127 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.

Royal West Early Learning Centre

(306) 683-8390

441 Witney Avenue North S7L 3M6

We are a community based program that welcomes all children and families. The centre has 50 spaces reserved for young parents attending high school courses. To be eligible for the teen spaces, parents must be under 22 years of age on the first day of the term and attending a high school level program. Priority is given to students attending Royal West Campus or Mount Royal Collegiate. Everyone is eligible to apply for the community spaces that are available at Royal West Early Learning Centre.

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 Foster Family Association, Inc.

(306) 975-1580

Toll Free 1 (888) 276-2880

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.

Parenting

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.

Separation & Divorce

Catholic Family Services (CFS)

(306) 244-7773

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.

Christian Counselling Services

(306) 244-9890

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 Professionals of Saskatchewan Inc.

www.collabsask.com

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.

Dispute Resolution Office

(306) 787-5747 Fax (306) 787-0088

323 - 3085 Albert Street, Regina, SK S4S 0B1

(306) 933-7864 Fax (306) 933-7766

122 3rd Avenue North Saskatoon, SK S7K 2H6

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.

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, volunteer programs for youth at risk, educational and therapy groups addressing perceived community needs. Variable fee for services.

Fairway Divorce

(306) 664-3247

www.fairwaydivorce.com

Suite 810 230 22nd

Street East S7K 0E9

Available to help couples through Fairway's Independently Negotiated Resolution™ process. This step by step Fairway Process™ is a 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.

Public Legal Education Association of Saskatchewan (PLEA)

(306) 653-1868 Fax (306) 653-1869

www.plea.org

500-333 25th Street East S7K 0L4

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

Legal Aid Saskatchewan

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

www.legalaid.sk.ca

1053-122 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>

200-245 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.

Separation & Divorce

Saskatoon Crisis Intervention Service

(306) 933-6200 (24 hrs)

www.saskatooncrisis.ca

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 Interval House, Inc.

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

www.saskatoonintervalhouse.org

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.

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 or by completing the following form and sending it to:

Family Service Saskatoon

102-506 25th Street East, Saskatoon, SK S7K 4A7
(306) 244-0127 Fax (306) 244-1201

Yes! I would like my organization/agency added to The Incredible Parent Directory

MY ORGANIZATION/AGENCY NAME:

ADDRESS/PHONE/FAX/EMAIL/WEB:

A BRIEF DESCRIPTION OF MY PROGRAM:

CONTACT PERSON:

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:
