

Health

Alvin Buckwold Child Development Program

Ph: (306) 655-1070

www.saskatoonhealthregion.ca

1319 Colony St, Saskatoon SK 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

Ph: (306) 655-4806

info@saskhealthauthority.ca

West Winds Primary Health Centre: 3311 Fairlight Drive, Saskatoon SK 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 baby's weight.

Canadian Cancer Society- Saskatoon Unit

Ph: (306) 244-4389

www.cancer.ca

101 - 440 - 2nd Avenue North, Saskatoon, SK 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

info@celiac.ca

www.celiac.ca

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

Canadian Deafblind Association – Saskatchewan Chapter Inc.

Ph: (306) 374-0022

www.cdbanational.com

110 Anderson Crescent, Saskatoon SK, S7H 4C2

The Canadian Deafblind Association provides individualized programs that honor the unique needs of persons with deaf blindness, while advocating for optimal independence and quality of life that ensures dignity and respect.

Health

Canadian Down Syndrome Society

Toll Free: 1-800-883-5608

info@cdss.ca

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

Ph: (306) 384-9333

www.saskatoon.cmha.ca

1301 Avenue P N, Saskatoon SK, 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

Ph: (306) 374-4545

1149 - 8th St E, Saskatoon SK, SK S7H 5K5

www.cnib.ca

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

Canadian Paediatric Society

Ph: (613) 526-9397

info@cps.ca

www.cps.ca

A national association of paediatricians 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.

Child Hunger Education Program (CHEP)

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

www.chep.org

204 – 1120 - 20th Street West, Saskatoon SK, S7M 0Y8

Health

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.

Client Patient Access Services (CPAS) – Saskatoon Health Region

Ph: (306) 655-4346

www.saskatoonhealthregion.ca

201 - 310 Idylwyld Drive N, Saskatoon SK, 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 healthcare providers to ensure appropriate access to and throughout the continuum of care within the Saskatoon Health Region.

Cognitive Disabilities Strategy (CDS)

Ph: (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.

Communicable Diseases – Saskatoon Health Region Public Health Services

Ph: (306) 655-4612

www.saskatoonhealthregion.ca

101 - 310 Idylwyld Drive N, Saskatoon SK, 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)

Ph: (306) 652-9111

hello@clasaskatoon.org

www.clasaskatoon.org

1-816 1st Ave N, Saskatoon SK, S7K 1Y3

Health

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.

Crocus Co-op

Ph: (306) 477-2960

www.crocuscooperative.org

135 Avenue B S, Saskatoon SK, S7M 1M2

Crocus provides a safe and accepting drop-in center for adults who have been diagnosed with 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 snack from the canteen, and find casual work through their Transitional Employment Program.

CUMFI Wellness Centre

Ph: (306) 975-9999

e.bergstrom@sasktel.net

www.cumfi.org

315 Avenue M S, 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 peoples of all ages.

Diabetes Canada

Ph: (306)477-4232

www.diabetes.ca

3530 Miller Ave #510, Saskatoon, SK S7P 0B6

Promotes the health of Canadians through diabetes research, education, service, and advocacy. The resource center 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.

EGADZ – Saskatoon Downtown Youth Centre

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

www.egadz.ca

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

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

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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 center 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 who 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 with the opportunity to bond. Moms learn to care for their children with support, structure, and guidance.

Epilepsy Saskatoon

Ph: (306) 665-1939 Toll Free: 1-866-EPILEPSY

epilepsysaskatoon@sasktel.net

www.epilepsymatters.com

114 Maxwell Crescent, Saskatoon SK, S7L 3Y2

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

Health

Family Service Saskatoon

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

www.familyservice.sk.ca

102 – 506 - 25th Street East, Saskatoon, SK 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, as well as educational and therapy groups addressing perceived community needs. Variable fee for services.

Food for Thought – Saskatoon Health Authority Public Health Services

Ph: (306) 655-4826 Text: (306) 230-2482

www.saskatoonhealthregion.ca

3311 Fairlight Drive North, Saskatoon SK, 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.

Global Gathering Place Inc.

Ph: (306) 665-0268

info@globalgatheringplace.com

www.globalgatheringplace.com

100 – 5th Avenue N, Saskatoon SK, S7K 2N7

A drop-in center for immigrants and refugees where they are able to take English classes and tests, find employment, get one-on-one support, and join support groups.

Health Canada Consumer Product Safety

cps-spc@hc-sc.gc.ca

<https://www.canada.ca/en/health-canada/services/consumer-product-safety.html>

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 their website.

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Healthy and Home Program – Saskatoon Health Region

Ph: (306) 655-4860

www.saskatoonhealthregion.ca

West Winds Primary Health Centre 3311 Fairlight Drive, Saskatoon SK, 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

Ph: (306) 655-4810

www.saskatoonhealthregion.ca

West Winds Primary Health Centre 3311 Fairlight Drive, Saskatoon SK, 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 including 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. 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 relationships and pregnant and parenting students attending the Saskatoon Collegiates.

International Travel Clinic– Saskatoon Health Region Public Health Services

Ph: (306) 655-4780

www.saskatoonhealthregion.ca

108-407 Ludlow Street, Saskatoon SK, S7S P3

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

International Women of Saskatoon (IWS)

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

info@iwssaskatoon.org

www.iwssaskatoon.org

301 - 336 - 5th Avenue North, Saskatoon 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 are provided.

Health

Kidney Foundation of Canada – Saskatchewan Branch

Ph: (306) 664-8588

www.kidney.sk.ca

A3 – 116 - 103rd St E, Saskatoon SK, S7N 1Y7

Provides programs and services for those affected by kidney disease, including public and patient education, peer support, information and referrals; promotes organ donation and advocacy; and funds research.

KidsFirst

Ph: (306) 655-3311

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

808 - 20th St W, Saskatoon SK, S7M 0Y3

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.

LiveWell Clinical Health Psychology – Early Childhood Psychologist

Ph: (306) 655-2341

Room 223, Ellis Hall, Royal University Hospital, Saskatoon SK, 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 behavioural and developmental problems. Anyone from the public can call and make a referral, including the parents.

Lung Association of Saskatchewan

Ph: (306) 343-9511 Toll Free: 1-888-566-5864

www.sk.lung.ca

1208 Arlington Ave, Saskatoon SK, S7J 3L3

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.

The Ability Hub (formerly North Saskatchewan Independent Living Centre)

Ph: (306) 665-5508

info@abilityhubyx.ca

<https://www.abilityhubyx.ca/>

237 – 5th Avenue North. Saskatoon SK, 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.

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

Ph: (306) 655-1783

www.saskatoonhealthregion.ca

Royal University Hospital- 103 Hospital Drive, Saskatoon SK, S7N 0W8

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. They provide: Clinical assessments, immunizations, harm reduction and treatment plans; education and counselling to assist clients to prevent transmission, manage their symptoms, decrease complications, and enhance their quality of life; coordination of care and referrals to associated services; a supportive environment to assist clients to develop their self-management skills, and to enhance their ability to make sound decisions that have a positive impact on their health. Care at no cost to the client.

Post-Partum Anxiety and Depression Support Program

Ph: (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.

Prairie Harm Reduction

Ph: (306) 242-5005

<https://prairiehr.ca/>

1516 - 20th St W, Saskatoon, SK S7K 1X1

Prairie Harm Reduction serves individuals who are at risk and affected by HIV and Hepatitis C by removing barriers to services and pursuing innovative and evidence-based outcomes. PHR provides members of the community a safe environment to drop in with outreach support (Support Services and Family Support Programs). PHR also provides educational programs and resources on several topics including, but not limited to, HIV, HCV, Harm Reduction, service navigation and engaging with people who use drugs, and also provides Naloxone training to anyone. In addition, PHR has Needle Patrollers who pick up needles throughout the Pleasant Hill, Riversdale, and Mayfair neighbourhoods.

In October 2019, Prairie Harm Reduction became Saskatchewan's first Safe Consumption Site. The SCS provides a safe and judgement-free environment for individuals to consume their substances.

Health

Prenatal Education – Childbirth Classes – Saskatoon Health Region

Ph: (306) 655-4800

www.saskatoonhealthregion.ca

West Winds Primary Health Centre 3311 Fairlight Drive, Saskatoon 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

Idylwyld Centre - Main Office

Ph: (306) 655-4620

#101 – 310 Idylwyld Drive North

Southeast Health Centre

Ph: (306) 655-4730

3006 Taylor Street East, Saskatoon SK, S7K 4J2

West Winds Primary Health Centre

Ph: (306) 655-4275

Toll-free: 1-855-295-9166

3311 Fairlight Drive, Saskatoon SK, S7M 3Y5

Northeast Health Centre

108 - 407 Ludlow Street

Child Health: Ph: (306)655-4700

International Travel & Adult Immunization: Ph: (306) 655-4780

Our Neighbourhood Health Centre

Ph: (306) 655-3250

1120 – 20th St. W, Saskatoon, S7M 0Y8

Ronald McDonald House

Ph: (306) 244-5700

www.rmh.sk.ca

1011 University Drive, Saskatoon SK, 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.

SaskAbilities

Provincial Services: (306) 374-4448 Fax (306) 373-2665

www.saskabilities.ca

2310 Louise Avenue, Saskatoon SK, S7J 2C7

Adaptive Technology Services

This program is dedicated to using electronics and computers to assist children

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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. They serve 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 Advocate for Children and Youth (SACY)

Ph: (306) 933-6700 Fax: (306) 933-8406 Toll Free:1-800-322-7221

contact@saskadvocate.ca

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

Saskatchewan Association for Community Living (SACL)

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

3031 Louise Street, Saskatoon SK, S7J 3L1

www.sacl.org

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

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

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

www.sarbi.ca

5-501 45th Street East, Saskatoon SK, S7L 5Z9

SARBI offers 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.

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Saskatchewan Association of Rehabilitation Centres (SARC)

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

contact@sarcn.sk.ca

<https://www.sarcsarcn.ca/>

111 Cardinal Crescent, Saskatoon SK, 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 Association of Speech-Language Pathologists and Audiologists

Ph: (306) 757-3990

www.saslpa.ca

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

Saskatchewan Brain Injury Association (SBIA)

Ph: (306) 373-1555 Toll Free: 1-888-373-1555

www.sbia.org

230 Ave R S, Saskatoon SK, S7M 2Z1

Dedicated to improving the knowledge, services, and quality of life of people living with acquired brain injury and their families. 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

Ph: (306) 955-7272

cerebralpalsysask@gmail.com

saskcpa@shaw.ca

2310 Louise Avenue, Saskatoon SK, 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 Prevention Institute

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

info@saskprevention.ca

<https://skprevention.ca/>

319 Colony Street, Saskatoon SK, 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.

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Saskatchewan Public Health

Ph: (306) 655-4620

101-310 Idylwyld Drive N, Saskatoon SK, 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.

Saskatoon Breastfeeding Centre

Ph: (306) 655-4806

www.saskatoonhealthregion.ca

3311 Fairlight Drive, Saskatoon SK, 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

Ph: (306) 665-2662 After hours Emergency Ph: (306) 655-1000

www.saskcancer.ca

20 Campus Drive, Saskatoon SK, 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. They also promote community education.

Saskatoon Community Clinic Downtown

Ph: (306) 652-0300 Fax: (306)-664-4120

www.saskatooncommunityclinic.ca

455 - 2nd Avenue N, Saskatoon SK, S7K 2C2

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

Saskatoon Food Bank and Learning Centre

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

office@saskatoonfoodbank.ca

<https://saskatoonfoodbank.org/>

202 Avenue C South, Saskatoon SK, 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.

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Saskatoon Health Region: Children's Mental Health Services

Ph: (306) 655-7800

3rd Floor 715 Queen Street, Saskatoon, SK S7K 4X4

https://www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/CommunityAdultMentalHealthServices.aspx

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

Saskatoon Health Region: Community Adult Mental Health Services

Ph: (306) 655-7777

4th Floor 715 Queen Street, Saskatoon SK, 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 Tribal Council – Urban Services

Creative Healing for Urban Members (CHUMS)

Ph: (306) 956-6100 Fax: (306) 224-1097

www.sktc.sk.ca

200 - 335 Packham Avenue, Saskatoon SK, S7N 4S1

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)

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

www.sktc.sk.ca

200 - 335 Packham Avenue, Saskatoon SK, S7N 4S1

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 to avoid apprehension of their children.

Sexual Health Centre

Ph: (306) 655-4642

www.sexualhealthcentresaskatoon.ca

101 - 310 Idylwyld Drive, Saskatoon SK, S7L 0Z2

Health

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.

Spinal Cord Injury Saskatchewan Inc.

Ph: (306) 652-9644 1-888-282-0186

sciinfo@scisask.ca

1705 McKercher Dr, Saskatoon SK, S7H 5N6

[Home – Spinal Cord Injury Saskatchewan \(scisask.ca\)](http://Home – Spinal Cord Injury Saskatchewan (scisask.ca))

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.

Student Wellness Initiative Towards Community Health (SWITCH)

Ph: (306) 956-2518

info@switchclinic.ca

<https://switchclinic.com/>

1528 - 20th Street West, Saskatoon SK, 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 neighborhoods.

Westside Community Clinic

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

<https://www.saskatooncommunityclinic.ca>

1528 - 20th Street West, Saskatoon SK, S7M 0Z6

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

Women's Mid-Life Health Program

Ph: (306) 655-7681

info@womensmidlifehealth.ca

www.womensmidlifehealth.ca

701 Queen Street, Saskatoon SK, S7K 0M7

Improving women's lives through better health during mid-life and beyond. Women who are having difficulties transitioning through menopause can ask to be referred to this clinic by their doctor.

Youth Resource Centre – Saskatoon Health Region

Ph: (306) 655-7802

715 Queen St, Saskatoon SK, S7K 4X4

Health

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 aspects 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.