

# ***Parenting***

## **Big Brothers Big Sisters of Saskatoon**

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

[www.bbbssaskatoon.org](http://www.bbbssaskatoon.org)

182 Wall Street, Saskatoon SK, S7K 1N4

Big Brother Big Sisters of Saskatoon creates individual and group mentoring relationships amongst adults and youth. Mentoring is an important way to give youth experience with essential back and forth relationships, developing them into healthy young people better able to deal with and overcome life's adversities. They provide one-on-one programs, in-school programs, and group programs.

## **Cloth for Kids**

Ph: (306) 384-0950

[info@clothforkids.ca](mailto:info@clothforkids.ca)

454 Egbert Ave, Saskatoon SK, S7N 1X3

Volunteers sew donated fabric into clothes for newborn to 14-year-olds. Items are donated freely through professionals working in the field.

## **Crisis Nursery**

Ph: (306) 242-2433

1020 Victoria Avenue, Saskatoon SK, 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.

## **CUMFI Outreach**

Ph: (306) 975-9999

[cumfiadmin@sasktel.net](mailto:cumfiadmin@sasktel.net)

[www.cumfi.org](http://www.cumfi.org)

315 Ave M S, Saskatoon SK, S7M 2K5

Outreach, after care, and in-home supports for families that have graduated from CUMFI's fostering family's program. The program supports families to parent children safely.

## **Early Years and Child Care – Saskatchewan Government**

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

This website provides links to and information a wide variety of topics such as childcare in SK, prekindergarten, and subsidies.

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## **Early Childhood Intervention Program (ECIP)**

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

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

Suite 10 - 2302 Hanselman Avenue, Saskatoon SK, 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 to 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 center-based programs and services.

## **The Evermore Centre (formerly the Adoption Centre of Saskatoon)**

Ph: (306) 665-7272 Toll Free: 1(866) 869-2727

[admin@evermorecentre.ca](mailto:admin@evermorecentre.ca)

[www.adoptionsask.org](http://www.adoptionsask.org)

527 Main St. Unit 1A, Saskatoon, SK S7N 0C2

The Centre 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.

## **Family Service Saskatoon**

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

[www.familyservice.sk.ca](http://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, and other educational and therapy groups addressing perceived community needs. Variable fee for services.

## **Food for Thought – Saskatoon Public Health Services**

Ph: (306) 655-4824

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

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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.

## **Haven Family Support Program**

Ph: (306) 974-3171

<https://www.havenfamilyconnections.com/family-support/>

502 Avenue L South, Saskatoon, SK S7M 2H4

Their 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.

## **KidsFirst**

Saskatoon

Ph: (306) 655-3311

<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.

## **Millie's Early Learning Centre**

Ph: (306) 683-8354

[https://www.spsd.sk.ca/school/nutana/ProgramsServices/Millies/Pages/default.aspx#/="](https://www.spsd.sk.ca/school/nutana/ProgramsServices/Millies/Pages/default.aspx#/=)

411 - 11th Street East, Saskatoon SK, S7N OE9 (inside Nutana Collegiate)

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

## **Mount Royal Infant Day-Care Centre**

Ph: (306) 683-7800 Fax: (306) 657-3950

[mountroyalschool@spsd.sk.ca](mailto:mountroyalschool@spsd.sk.ca)

<https://www.spsd.sk.ca/school/mountroyal/About/Daycare/Pages/default.aspx>

410 Avenue T North, 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 center.

## **Navera Community Connections Inc. (formerly Catholic Family Services / CFS)**

Ph: (306) 244-7773

[www.cfssaskatoon.sk.ca](http://www.cfssaskatoon.sk.ca)

200 - 506 - 25th Street East, Saskatoon, SK S7K 4A7

NCC 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

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program and early childhood centers. Employee and Family Assistance Programming is also available. No-fee counselling is also available at the Saskatoon Food Bank.

## **Parenting Education Saskatchewan**

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

<https://familyservice.sk.ca/parenting-education-saskatchewan/>

506 - 25th Street East, Saskatoon SK, 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**

Ph: (306) 683-8390

[rwelc.director@ssccs.ca](mailto:rwelc.director@ssccs.ca)

<https://ssccs.ca/centres/royalwest.html>

441 Witney Avenue North, Saskatoon SK, S7L 3M6

This is 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**

Ph: (306) 934-2632 Fax (306) 934-2633

[Aboriginal.literacy@sasktel.net](mailto:Aboriginal.literacy@sasktel.net)

[www.aboriginal.sk.literacy.ca](http://www.aboriginal.sk.literacy.ca)

1017B - 22nd Street West, Saskatoon SK S7M 2E7

Aboriginal literacy (First Nations and Metis) is a learner-centered approach to life-long learning that honors the interconnectedness 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 Advocate for Children and Youth (SACY)**

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

[contact@saskadvocate.ca](mailto:contact@saskadvocate.ca)

[www.saskadvocate.ca](http://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. The SACY also

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recommends improvements of programs for children to the government and/or the Legislative Assembly. Anyone can contact the SACY if they have a concern about a child or group of children receiving services from a provincial department or agency.

### **Saskatchewan Foster Families Association**

Ph: (306) 975-1580 Toll Free 1 (888) 276-2880

[www.sffa.sk.ca](http://www.sffa.sk.ca)

231 Robin Cres, Saskatoon, SK S7L 6M8

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.