



The *Incredible* Parent Directory 2023
Resources & Services for Parents, Caregivers &
Professionals



The *Incredible* Parent Directory 2023

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

Welcome to **The *Incredible* Parent
Directory 2023** – 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.

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
Medavie Ambulance	(306) 975-8808 or 911
Saskatchewan Poison Centre	1-866-454-1212 or 911
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 for Child and Family Programs	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, Regina	(306) 757-0127
Mobile Crisis/ 24-Hour Crisis Line Saskatoon	(306) 933-6200
Regina Crisis Suicide Line	(306) 525-5333
Canada Suicide Prevention Service	1-833-456-4566
Kids Help Phone	1-800-668-6868
Sexual Assault and Information Centre	24-HR CRISIS LINE: (306) 244-2224 Non-emergency: (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
Haven Kids House	(306) 242-2433

Other Emergency Shelters and Services are listed under the “**Emergency Services**” Section of this booklet.

Support Programs

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)

Prairie Harm Reduction – 1516 20th St W (306) 242-5005
Family Support (306) 979-4156

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 x 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

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Addictions

Adult Mental Health and Addictions Services, Community Addiction Services

Ph: (306) 655-7777

156-122 3rd Avenue North, Saskatoon, SK S7K 2H6

Services for substance abuse/dependency (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.

Adult Family Program - Mental Health & Addictions Services

Ph: (306) 665-7777

2302 Arlington Avenue, Saskatoon, SK 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

Ph: (306) 665-3838

24-hour Message manager

601 Spadina Crescent East, Saskatoon, SK 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)

Ph: (306) 665-6727

www.aasaskatoon.org

515 245 3rd Avenue South, Saskatoon, SK S7K 1M4

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

Brief and Social Detox - Mental Health & Addictions Services

Ph: (306) 655-4195 (24hrs) Fax: (306) 655-4196

201 Avenue O South, Saskatoon, SK S7M 2R6

A safe environment for anyone coming off 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.

Addictions

Calder Center

Ph: (306) 655-4500 (24hrs) Fax: (306) 655-4545

2003 Arlington Avenue, Saskatoon, SK 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.

Child and Youth Mental Health and Addiction Services

Ph: (306) 655-7802

715 Queen Street, Saskatoon, SK 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.

Christian Counselling Services

Ph: (306) 244-9890

www.saskatoonccs.com

617 - 3rd Avenue North, Saskatoon, SK S7K 2J8

Counselling is available for marriage, family, individual, addictions, stress, abuse, depression, parenting, co-dependency, women's & seniors' issues, and grief.

Community Addictions Prevention Program (CAPP)

Saskatoon Tribal Council: Health & Family Services

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

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

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

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

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, and other educational and therapy groups addressing perceived community needs. Variable fee for services.

Addictions

FASD Support Network of Saskatchewan Inc.

Ph: (306) 975-0886 Fax (306) 975-0853 1-866-673-3276 (Toll Free)

www.skfasnetwork.ca

200 - 510 Cynthia Street, Saskatoon, SK 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

Toll Free: 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 Child & Family Services Inc

Ph: 306-445-3500 Toll Free: 1-888-445-5262

www.kanaweyimik.com

91 23rd St W, Battleford, SK S0M 0E0

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

McLeod House

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

www.cumfi.org

315 Ave M S, Saskatoon, SK S7M 2K5

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. Metis Addictions Council of Saskatchewan (MACSI)

Ph: (306) 652-8951 Fax (306) 665-0703 Toll free: 1-877-652-8951

rdsaskatoon@macsi.ca

www.macsi.ca

335 Avenue G South, Saskatoon, SK S7M 1V2

Addictions

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

Ph: (306) 652-5216 (information line)

Meeting locations vary

NA is a group of recovering addicts who meet regularly to motivate each other to stay clean. The program uses the 12-step program from Alcoholics Anonymous. Meetings are open to everyone.

Niwaapatahanannik (NIWA)

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

cumfiadmin@sasktel.net

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

NIWA is a Fostering Families home for single parents 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.

Possibilities Recovery Centre

Ph: (306) 242-7023

<https://possibilitiesrecovery.ca/>

3711 Thatcher Ave, Saskatoon, SK

Outpatient recovery center.

Problem Gambling Help Line

Ph: 1-800-306-6789 (24 hr – does not subscribe to call display)

Text 1-306-400-2785 (7 Days a Week: 7PM- Midnight)

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

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

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

info@skprevention.ca

<https://skprevention.ca/>

319 Colony Street, Saskatoon, SK S7N 2Z1

Addictions

Focuses on primary prevention. Program areas of disabling conditions in children include Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Prenatal and Infant Health, and Neglect and Abuse.

Saskatoon Tribal Council – Urban Services Creative Healing for Urban Members (CHUMS)

Ph: (306) 659-4500 Fax (306) 659-2206

www.sktc.sk.ca

200-335 Packham Ave, Saskatoon, SK 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. The curriculum is designed to strengthen and heal individuals and families overcome by trauma and abuse.

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

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

www.sktc.sk.ca

2010 7th Street, Saskatoon SK, 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. The goal is to support at-risk families to avoid apprehension of their children.

Westside Community Clinic

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

saskatooncommunityclinic.ca

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

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

YWCA of Saskatoon - Crisis Shelter & Residence

Ph: (306) 244-2844

www.ywcasaskatoon.com

510 25th Street East, Saskatoon, SK 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

Caregiver Counselling - Community Services Social Workers

Ph: (306) 655-3400

Idylwyld Heath Centre

103 – 310 Idylwyld Drive North, Saskatoon, SK S7L 0Z2

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

Camp Circle O' Friends

Ph: (306) 374-2802

901 1st Ave North, Saskatoon, SK S7K 1Y4

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.

Compassionate Friends - Saskatoon Chapter

Ph: (306) 374-8862

Saskatoon@TCFCanada.net

W A Edwards Centre, 333 4th Ave N, Saskatoon, SK S7K 2L7

www.tcfsaskatoon.wordpress.com

A self-help bereavement group that 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.

Edwards Family Centre/ Saskatoon Funeral Home

Ph: (306) 244-5577

333 4th Avenue North, Saskatoon, SK S7K 2L7

www.saskatoonfuneralhome.com

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.

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

Bereavement

MADD Canada (Mothers Against Drunk Driving) - Saskatoon

Toll Free: 1-800-665-6233

maddsaskatoon@gmail.com

<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.

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

Centralized Intake Ph: (306) 655-7777

Suite 156, 122 - 3rd Avenue North, Saskatoon, SK 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 the service is provided through Saskatchewan Health and there is no direct charge to clients.

Navera Community Connections Inc. (Formerly Catholic Family Services / CFS)

Ph: (306) 244-7773

www.cfssaskatoon.sk.ca

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

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

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.

Public Legal Education Association of Saskatchewan (PLEA)

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

www.plea.org

500-333 25th Street East, Saskatoon, SK S7K 0L4

Bereavement

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

Saskatoon Cancer Centre

Ph: (306) 665-2662 Fax (306) 655-2910

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 Contacts for the Widowed

Ph: 306-242-3905

St. Martin's Church

2617 Clarence Avenue South, Saskatoon, SK

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.

Saskatoon Tribal Council – Urban Services

Creative Healing for Urban Members (CHUMS)

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

www.sktc.sk.ca

2010 - 7th Street, Saskatoon, SK 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)

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

www.sktc.sk.ca

310 21st St W, Saskatoon, SK S7M 0W3

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.

Bereavement

St. Paul's Hospital Bereavement

St. Paul's Ph: (306)655-5000 (ask for operator to page spiritual care)

Royal University Ph: (306)655-1249

Saskatoon City Ph: (306)655-8250

Rural: Call your local hospital or health care center

Inter-denominational memorial services for relatives and friends of those who have passed away. Memorial gatherings are followed by coffee and conversation.

Suicide Grief Support Saskatoon

Ph: (306) 249-5666

W. A Edwards Family Centre

333 - 4th Avenue North, Saskatoon, SK S7K 2L7

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

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

Grief Support:

Community Services Social Workers

- **Idylwyld Health Centre**
103 – 310 Idylwyld Drive North, Saskatoon, SK
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

Ph: (306) 955-0070 (24hrs)

1-800-513-3463

www.childfind.sk.ca

202 - 3502 Taylor Street East, Saskatoon, SK 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)

Ph: (306) 657-6100 Fax (306) 384-0520

www.classiclaw.ca

123 - 20th Street West, Saskatoon, SK S7M 0W7

Provides free professional and confidential legal services for low-income members of the community.

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.

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

Crime & Justice

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.

Elizabeth Fry Society of Saskatchewan

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

www.elizabethfrysask.org

205 – 1120 - 20th Street West, Saskatoon, SK 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

Ph: (306) 653-6260 Fax (306) 665-2738

808 20th Street West, Saskatoon, SK S7M 0Y3

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

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. Also provides educational and therapy groups addressing perceived community needs. Variable fee for services.

International Women of Saskatoon (IWS)

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

301 – 336 - 5th Avenue North, Saskatoon, SK S7K 2P4

<https://iwssaskatoon.org/>

Crime & Justice

IWS is a nonprofit community-based women's organization dedicated to improving the status of immigrant/refugee women and their families. Advocacy, education, counselling, and support.

John Howard Society of Saskatchewan

Provincial Office (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) 558-2055 Helpline 1 (804) 311-7526

www.plan.ca

205-175 East Broadway, Vancouver, BC V5T 1W2

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

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

www.sktc.sk.ca

2010 7th Street, Saskatoon, SK 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)

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

www.plea.org

500 - 333 - 25th Street East, Saskatoon, SK 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

Ph: (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

Ph: (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)

Toll Free: 1-888-215-2222

www.justice.gov.sk.ca/ORT

Saskatchewan Advocate for Children and Youth (SACY)

Ph: (306) 933-6700 Fax (306) 933-8406

1-800-322-7221

www.saskadvocate.ca

500 – 350 - 3rd Ave. N Saskatoon, SK S7K 6G7

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

Saskatchewan Human Rights Commission

Ph: (306) 933-5952

Toll free: 1-800-667-9249

www.shrc/gov.sk.ca

Crime & Justice

Works to discourage and eliminate discrimination through investigation of complaints regarding discrimination, promotion 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 services of one of our experienced lawyers located throughout the province of Saskatchewan.

Saskatoon Fire and Protective Services – Program Firestop

Ph: (306) 975-2520

125 Idylwyld Drive South, Saskatoon, SK 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)

Ph:(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 support groups, workshops and public education sessions as requested. This is a confidential service.

Saskatoon Tribal Council Community Justice Programs

Ph: (306) 956-6100 Fax 306 244-7273

www.sktc.sk.ca

200-203 Packham Avenue, Saskatoon, SK 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.

Crime & Justice

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

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

www.sktc.sk.ca

2010 - 7th Street, Saskatoon, SK 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 to avoid apprehension of their children.

Saskatoon Tribal Council – Urban Services - Urban Justice Programs

Ph: (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. They do this by delivering integrated services using a family-centered case management model.

The Salvation Army Saskatoon

Ph: (306) 244-6280

www.salvationarmysaskatoon.org

339 Avenue C South. Saskatoon, SK S7M 1N5

Short- and long-term residency in dorm setting and private rooms. Pastoral counselling services are 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

Ph: (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.

Crime & Justice

YWCA of Saskatoon

Ph: (306) 244-2844 Fax (306) 653-2468

www.ywcaskatoon.com

510 - 25th Street East, Saskatoon, SK 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.

Source: 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

The Ability Hub YXE

Ph: (306) 665-5508 Fax (306) 244-2453

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

237 - 5th Avenue North, Saskatoon, SK S7K 2P2

The Ability Hub (Formally the North Saskatchewan Independent Living Centre) is here to provide the tools, knowledge, and confidence so that people with any disability or health condition can live more independent lives. They do it through education, resources, peer support, employment, life and literacy skills development, and our flagship Entrepreneurs with Disabilities program.

ABSee Reading Program - Learning Disabilities Association of Saskatchewan

Ph: (306) 652-4114 Fax (306) 652-3220

www.ldas.org

221 Hanselman Court Saskatoon, SK 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.

Alliance for Life Education Centre

Ph: (306) 652-2464

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

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

Association des parents Fransaskois – French Family Support Centre

Centre d'appui a la famille et a l'enfance (CAFÉ)-LA PASSERELLE

Ph: (306) 653-7444 Fax (306) 653-7001

www.parentsfransaskois.ca

910 - 5th Street East, Saskatoon, SK S7H 2C6

APF is a provincial Francophone association representing the parents of children attending Fransaskois schools, 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.

Big Brothers Big Sisters – In-School Mentoring Program

Ph: (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.

Education

Boys and Girls Clubs of Saskatoon

Ph: (306) 244-7820 Fax (306) 244-0089

www.bgcsaskatoon.com

105 - 135 Robin Crescent, Saskatoon, SK S7L 6M3

Operates programs including before and after school programs in a number of selected schools in Saskatoon, and day camps to create a supportive atmosphere where all children succeed.

Canadian Mental Health Association – Problem Gambling Community Program

Ph: (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)

Ph: (306) 244-6151 Fax (306) 244-8872

Toll Free: 1-800-561-6151

www.cpfask.com

303 – 115 - 2nd Avenue North, Saskatoon, SK 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.

Child Find Saskatchewan Inc.

Ph: (306) 955-0070 (24hrs)

Toll Free: 1-800-513-3463

www.childfind.sk.ca

202 - 3502 Taylor Street East, Saskatoon, SK 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.

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

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.

Education

Child & Youth Friendly Saskatoon Inc. (C&YFS)

Ph: (306) 955-KIDS (5437) Fax (306) 955-1425

www.childfriendlysaskatoon.sk.ca

729 - 601 Spadina Crescent East, Saskatoon, SK S7K 3G8

C&YFS promotes child and youth friendliness in all areas of life.

Programming includes: 1) The Declaration Program which encourages businesses and groups to be child and youth friendly in their policies and practices and 2) Youth Volunteer Program, where youth aged 11-18 are guided to charities and non-profits who need volunteer assistance.

Children's Discovery Museum

Ph: (306) 249-3574

<https://wonderhub.ca/>

950 Spadina Crescent E, Saskatoon, SK S7K 3H6

Nutrien Wonderhub is a not-for-profit organization that fosters creativity, curiosity, and a lifelong love of learning in children and their grown-ups through hands-on exhibits, programming, and outreach.

Eagle's Nest Youth Ranch

Ph: (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 behavioral 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.

Edwards Family Centre/ Saskatoon Funeral Home

Ph: (306) 244-5577

mail@saskatoonfuneralhome.com

www.saskatoonfuneralhome.com

333 - 4th Avenue N, Saskatoon SK, 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.

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

Education

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 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

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.

Education

The Evermore Centre (formerly the Adoption Centre of Saskatoon)

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

Toll Free: 1(866) 869-2727

<https://evermorecentre.ca/>

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

Evermore provides pre- and post-adoption support services, as well as support for all forms of permanency including legal guardianship, Person of Sufficient Interest (PSI), and kinship care.

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.

Foundations Learning & Skills Saskatchewan (formerly Read Saskatoon)

Ph: (306) 652-5448 Fax (306) 652-4205

<https://www.foundationslearning.com/>

#2 - 706 Duchess Street, Saskatoon, SK S7K 0R3

Foundations is a volunteer literacy organization that provides services to adults, families, and community partners. With the help of trained volunteers, we have been providing confidential adult tutoring, family literacy, children's literacy, and financial literacy programs for over forty years throughout Saskatchewan. In addition to trained literacy tutors, we work with an additional 200 volunteers who provide support to our board of directors, outreach programs, financial literacy workshops and fundraising events.

Global Gathering Place Inc.

Ph: (306) 665-0268 Fax (306) 665-0440

www.globalgatheringplace.com

100 - 5th Avenue North, Saskatoon, SK S7K 2N7

A drop-in center 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

Ph: (306) 242-5377

www.greatplainscollege.ca

Box 1001, 201 Central Street, Warman, SK S0K 4S0

Education

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

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

www.gscs.ca

420 - 22nd Street East, Saskatoon, SK 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.

Health-Promoting Schools

Ph: (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.

International Women of Saskatoon (IWS)

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

www.internationalwomenofsaskatoon.org

301 - 336 - 5th Avenue North, Saskatoon, SK S7K 2P4

IWS is a nonprofit 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 and reading program for school-aged children. There are 2 locations in Saskatoon offering the Kumon program.

Learning Disabilities Association of Saskatchewan (LDAS)

Ph: (306) 652-4114 Fax (306) 652-3220

www.ldas.org

221 Hanselman Court, Saskatoon, SK S7L 6A8

Education

Their mandate is to advance the education, employment, social development, legal rights and general well-being of people with learning disabilities. They offer 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

Ph: (306) 343-9511 Fax (306) 343-7007 Toll Free: 1-888-566-LUNG

www.sk.lung.ca

2308 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 in the community.

Maria Montessori Preschool

Ph: (306) 955-3852

www.montessorisaskatoon.ca

City Park School 820 - 9th Avenue N, Saskatoon SK, S7K 2Z2

The Maria Montessori School offers multiple programs for children from 18 months old to 3 years old.

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

Ph: (306) 244-7773

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

Oxford Learning Centre

Ph: (306) 700-3489

www.oxfordlearning.com

115 – 3501 - 8th Street East, Saskatoon, SK S7H 0W5

Offer supplemental education for kindergarten through grade 12 in an after-school program, a reading program for children ages 3 to 5, a math program, ESL program, workshops and more.

Education

Parenting Education Saskatchewan

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

www.parenteducationsask.ca

102 - 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.

Prairie Spirit School Division

Ph: (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)

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

www.plea.org

500-333 25th Street East, Saskatoon, SK S7K 0L4

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

Radius Community Centre

Ph: (306) 665-0362 Fax (306) 665-5579

www.radiuscentre.com

611 - 1st Avenue North, Saskatoon, SK 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 works with businesses in employee development programs.

Saskatchewan A.G. Bell Association for the Deaf

www.saskagbell.ca

info@saskagbell.ca

145 Clearwater Road, S7K 3Y8, Saskatoon, SK

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.

Saskatchewan Advocate for Children and Youth (SACY)

Ph: (306) 933-6700 Fax: (306) 933-8406

Toll Free: 1-800-322-7221

www.saskadvocate.ca

500 - 350 - 3rd Ave. N, S7K 6G7, Saskatoon, SK

Education

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 to programs for children to the government and/or 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 Brain Injury Association (SBIA)

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

www.sbia.ca

1702 - 20th St W, S7M 0Z9, Saskatoon SK

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 Early Childhood Association (SECA)

1-888-658-4408 (Toll Free)

Ph: 1-306-861-7916

seca.executivedirector@gmail.com

www.saskcare.ca

1015 Railway Avenue Weyburn, SK S4H 2V5

The Saskatchewan Early Childhood Association (SECA) is a non-profit, membership-based organization dedicated to high quality early learning, in partnership with all those invested in the growth and development of children. They provide services for their membership, promote professional development opportunities, and create unification provincially. They advocate for children and families, high-quality learning; and all those working within the profession.

Saskatchewan Home-Based Educators

Ph: (306) 292-9576

<https://shbe.ca/>

Saskatchewan Home Based Educators (SHBE) is the official voice of home-based educators in Saskatchewan. They assist in creating a positive social network and a positive political environment for all those who choose home-based education. They also provide supportive, social, and instructional resources for their members.

Education

Saskatchewan Literacy Network

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

Toll Free: 1-888-511-2111

office@saskliteracy.ca

<http://saskliteracy.ca>

11 - 2155 Airport Drive, Saskatoon, SK, 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

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

info@skprevention.ca

<https://skprevention.ca/>

1319 Colony Street, Saskatoon SK, S7N 2Z1

Focuses on primary prevention. Program areas of disabling conditions in children including Alcohol, Tobacco and Other Drugs, Reproductive Health, Childhood Injury Prevention, Parenting Education, Perinatal and Infant Health, and Neglect and Abuse.

Saskatoon Cancer Centre

Ph: (306) 665-2662 Fax: (306) 655-2910

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. As well, they promote community education.

Saskatoon Community Youth Arts Programming Inc. (SCYAP)

Ph: (306) 652-7760

www.scyapinc.org

402 - 33rd St W, Saskatoon SK, S7L 0V6

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

Ph: (306) 975-2520

125 Idylwyld Drive South, Saskatoon, SK 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.

Education

Saskatoon Food Bank and Learning Centre

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

www.saskatoonfoodbank.org

202 Avenue C S, 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.

Saskatoon French School / École française de Saskatoon

Ph: (306) 659-7490

Fax: (306) 659-2152

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

1441 Wellington St, Saskatoon SK, S7M 1L3

Saskatoon French School is a parent-run Type A bilingual school for kindergarten through grade 8, represented by the Saskatoon French School Society. The school exists through a legal agreement between the Society and Greater Saskatoon Catholic Schools.

Saskatoon Interval House, Inc.

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

Toll free 1(888)338-0880

www.saskatoonintervalhouse.org

628 - 10th St E, Saskatoon SK, S7H 0G9

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

Saskatoon Open Door Society

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

www.sods.sk.ca

100 – 139 - 3rd Avenue N, Saskatoon SK, S7K 2H4 247

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

Saskatoon Preschool Foundation

Ph: (306) 250-0533

saskatoonpreschoolfoundation@spf.sk.ca

www.spf.sk.ca

Education

3144 Arlington Avenue, Saskatoon SK, S7J 3L5

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

Ph: (306) 683-8200

spsdinfo@spsd.sk.ca

www.spsd.sk.ca

310 - 21st Street E, Saskatoon SK, 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

Ph: (306) 683-8200 Fax: (306) 657-3965

www.spsd.sk.ca

310 - 21st Street E, Saskatoon SK, S7K 1M7

Educational consultants are available to assist in planning the most appropriate educational resources for children with a disability.

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.

Education

Saskatoon Tribal Council – Urban Services Employment & Training Services Program

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

www.sktc.sk.ca

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

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.

Student Wellness Initiative Towards Community Health (SWITCH)

Ph: (306) 956-2518

info@switchclinic.ca

www.switchclinic.ca

1528 - 20th Street W, 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.

Sylvan Learning Centre

Ph: (306) 978-7323

www.sylvanlearning.com

140 - 502 Wellman Crescent, Saskatoon SK, 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.

Westside Community Clinic

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

saskatooncommunityclinic.ca

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

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

White Buffalo Youth Lodge

– For Children, Youth and Families – Saskatoon Tribal Council

Ph: (306) 653-7676 Fax: (306) 653-7677

www.whitebuffalolodge.ca

620 20th Street W, Saskatoon SK, 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

YWCA of Saskatoon

Ph: (306) 244-7034 Fax: (306) 653-2468

www.ywcaskatoon.com

510 - 25th Street E, Saskatoon SK, 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.

Vocational Planning

Canadian Council on Rehabilitation and Work

Ph: 1-800-664-0925

www.ccrw.org

326 – 201 - 21st St E, Saskatoon SK, S7K 0B8

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

Cosmopolitan Industries Ltd.

Ph: (306) 664-3158

www.cosmoindustries.com

26 - 34th St E Saskatoon SK, S7K 3Y2

Offers meaningful day activities and training programs for adults with intellectual and/or multiple disabilities.

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.

Inclusive Education Canada

www.inclusiveeducation.ca

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

Neil Squire Foundation

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

info@neilsquire.ca

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)

Ph: (306) 665-5508

info@abilityhubyx.ca

www.nsilc.com

237 - 5th Avenue N, Saskatoon SK, 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.

Vocational Planning

Regina Work Preparation Centre

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

www.workprep.ca

2020 Halifax St, 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 for Community Living (SACL)

Ph: (306) 955-3344

www.sacl.org

3031 Louise St, Saskatoon SK, S7J 3L1

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

Saskatchewan Association of Rehabilitation Centres (SARC)

Ph: (306) 933-0616

www.sarcsarcan.ca www.caringcareers.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 Voice of People with Disabilities Inc.

Ph: (306) 695-3111 Toll Free: 1-877-569-3111

www.saskvoice.com

Accommodation guide for employers.

South Saskatchewan Independent Living Centre (SSILC)

Ph: (306) 757-7452

info@ssilc.ca

www.ssilc.ca

2020 Albert St, 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.

Vocational Planning

Student Financial Assistance Canada and Saskatchewan Integrated Student Loan Program

Ph: 1-800-597-8278

Offers a range of financial supports for learners.

University of Regina

Centre for Student Accessibility

Ph: (306) 585-4111

www.uregina.ca

University of Saskatchewan

Access and Equity Services

Ph: (306) 966-4343

www.usask.ca

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

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 they 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 them 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 they 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 they 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 they aren'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

Emergency Services

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.

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

Ph: (306) 382-2855

office@thebridgesaskatoon.com

1008 - 20th St W, Saskatoon SK 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

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, referrals to other agencies and services that can help with resolving the crisis.

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.

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

Emergency Services

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.

Emergency Placement Program– CUMFI

Ph: (306) 975-9999

cumfiadmin@sasktel.net

www.cumfi.org

315 Avenue M S, Saskatoon SK, S7M 2K5

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.

Epilepsy Saskatoon

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

epilepsysaskatoon@sasktel.net

www.epilepsymatters.com

114 Maxwell Cres, 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.

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.

Emergency Services

Friendship Inn – Saskatoon

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

www.friendshipinn.ca

619 - 20th St W, Saskatoon SK, 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

Ph: (306) 653-4182

info@handsonoutreach.ca

www.handsonministries.com

140 Avenue F N, Saskatoon SK, S7L 1V8

Hands-On Ministries is dedicated to serving the needs of Saskatoon's inner city street people. Support includes meals, a clothing depot, skill developments, mentoring through the auto body shop, and billiards.

The Salvation Army Bethany Home

Ph: (306) 244-6758

info@salvationarmysaskatoon.org

www.bethanyhome.ca

Exists for the benefit of female youth in crisis from age 12 to 18, as well as 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.

Saskatoon Crisis Intervention Service (Mobile Crisis)

Ph: (306) 933-6200 (24 hr)

www.saskatooncrisis.ca

313 Ontario Ave, Saskatoon SK, S7K 1S3

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, free of charge.

Saskatoon Food Bank and Learning Centre

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

Receptionist@saskatoonfoodbank.ca

www.saskatoonfoodbank.org

202 Avenue C S, 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

Emergency Services

low-income individuals complete their income taxes. They also operate a clothing depot.

Saskatoon Interval House, Inc.

Ph: (306) 244-0185 Toll free: 1(888) 338-0880 Fax: (306) 244-0327

infoSIH@saskatoonintervalhouse.org

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.

Saskatoon Pregnancy Options Centre

Ph: (306) 665-7550 Text: (306)261-2760

contact@saskatoonpregnancyoptions.com

www.saskatoonpregnancy.com

107 - 2543 Dudley St, Saskatoon SK, S7M 5V3

They 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, they will offer real, life-affirming choices to help women continue their pregnancies to term. They offer free pregnancy tests, information, and classes, counseling, and post-abortion grief support.

Saskatoon Sexual Assault and Information Centre (SSAIC)

Ph: (306) 244-2294 Fax: 306-244-6099

CRISIS LINE (306) 244-2224

info@ssaic.ca

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 holds support groups. This is a confidential service.

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

Emergency Services

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.

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 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.

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 our 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.

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 center also operates education programs, cultural programs, and employment programs.
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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

Toll Free: 1-866-662-0666

Cps-spc@hc-sc.gc.ca

[Consumer products and cosmetic-- Canada.ca](http://Consumer.products.and.cosmetic--Canada.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 their website, or by calling the toll-free number.

Health

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 program and services for those affected by kidney disease, public and patient education, peer support, information, and referral, promotes organ donation, 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.

North Saskatchewan Independent Living Centre

Ph: (306) 665-5508

info@abilityhubyx.ca

www.nsilc.com

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.

Health

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 – SAGE

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 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) 655-47

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

Health

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

Provide 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.

Health

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.

Health

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.

Health

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>

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.

Housing

Adelle House

Ph: (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.

Brief and Social Detox

Mental Health & Addictions Services

Ph: (306) 655-4195 (24hrs) Fax: (306) 655-4196

201 Avenue O South, Saskatoon SK, S7M 2R6

A safe environment for anyone coming off 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.

Calder Centre

Ph: (306) 655-4500

www.saskatoonhealthregion.ca

2003 Arlington Avenue, Saskatoon SK, S7J 2H6

Assists individuals and families with recovery from chemical dependency. The Center offers a holistic, cross-cultural recovery program, and provides a healthy environment conducive to meeting clients' recovery needs.

Central Urban Metis Federation Incorporated (CUMFI)

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

cumfiadmin@sasktel.net

www.cumfi.org

315 Avenue M South, Saskatoon SK, 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.

Housing

Cheshire Homes of Saskatoon

Ph: (306) 374-6191

<https://www.cheshirehomessaskatoon.com/>

2901 Louise Street, Saskatoon SK, S7J 3L1

Provides an accessible comfortable home for young adults with physical disabilities that require personal support services.

Cress Housing Corporation

Ph: (306) 244-7747 Fax (306) 244-2444

www.sktc.sk.ca/programs-services/rental-housing/

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

Provides affordable and adequate housing for First Nations persons living in Saskatoon.

Eagle's Nest Youth Ranch

Ph: (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 behavioral 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

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.

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

Housing

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.

Elmwood Residences

Ph: (306) 374-5151

info@elmwoodyxe.ca

2012 Arlington Ave, Saskatoon SK, S7J 2H5

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

Infinity House - CUMFI

Ph: (306) 955-2332

127 Avenue Q South, Saskatoon SK, 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 on the themes of the Tipi Teachings/Values

John Howard Society

Ph: (306) 244-8347 Fax: 306-244-9923

www.sk.johnhoward.ca

218 33rd Street West S7L 0V1

Housing

- **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. Jay's 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 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.

Niwaapatahanannik (NIWA)

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

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

NIWA is a Fostering Families home for single parents 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

Ph: (306) 343-7772

www.habitatsaskatoon.ca

122 Ave D S, Saskatoon SK, S7M 1P7

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

Ph: (306) 668-2700 Fax: (306) 668-2701

Saskatoon.housing@sasktel.net

www.saskatoonhousingauthority.com

Housing

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

Ph: (306) 665-4979 Fax: 306-655-4981

info@saskatoonhousingcoalition.ca

www.saskatoonhousingcoalition.ca

319 Camponi Place, Saskatoon SK, 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.

Saskatoon Interval House, Inc.

Ph: (306) 244-0185 Fax: (306) 244-0327 Toll Free: 1-888-338-0880

infoSIH@saskatoonintervalhouse.org

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 a range of accessible, protective, sensitive and safe services specific to the needs of each client.

Saskatchewan Rental Housing Supplement

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 seniors' projects are suitable for persons with disabilities.

The Salvation Army Bethany Home

Ph: (306) 244-6758 Fax (306) 244-6282

www.bethanyhome.ca

203 Cruise Street, Saskatoon SK, S7N 2N7

Exists for the benefit of female youth in crisis from age 13 to 18, as well as pregnant and parenting mothers and their children. They 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

The Salvation Army Crossroads

Ph: (306) 242-6280

info@salvationarmysaskatoon.org

www.salvationarmysaskatoon.org

399 Avenue C South, Saskatoon SK, S7M 1N5

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 counselling and other services.

SaskNative Rentals Inc.

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

<https://www.shipweb.ca/sasknative-rentals-inc>

1715 - 11th Street West, Saskatoon SK, 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.

YWCA of Saskatoon

Ph: (306) 244-7034

cdelgado@ywcaskatoon.com

www.ywcaskatoon.com

510 25th Street East, Saskatoon SK, 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 living with 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) 637-4568
La Ronge	(306) 425-4544
Lloydminster	(306) 825-6410
Melfort	(306) 752-6288
Moose Jaw	(306) 694-3800
Nipawin	(306) 862-1700
North Battleford	(306) 446-7705
Prince Albert	(306) 953-2668
Regina	(306) 787-3849
Saskatoon	(306) 933-5971
Swift Current	(306) 778-8668
Weyburn	(306) 848-2477
Yorkton	(306) 786-1359

Elmwood Residences Inc.

Ph: (306) 374-5151

info@elmwoodyxe.ca

2012 Arlington Ave, Saskatoon SK, S7J 2H5

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

Grandma's (Kookum's) Home

Ph: (306) 975-9999

cumfiadmin@sasktel.net

www.cumfi.org

315 Avenue M South, Saskatoon SK, 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

Ph: (306) 975-1949

cumfiadmin@sasktel.net

www.cumfi.org

315 Avenue M South, Saskatoon SK, 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

Ph: (306) 652-3314 Fax: (306)664-9622

620 Duchess Street, Saskatoon SK, S7K 0R1

Provides homemaker, nursing, and companion services on a short-term (respite) or long basis. 24 hours a day.

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.

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

Ph: (306) 652-9111

hello@clasaskatoon.org

[Respite Registry – CLASI \(Community Living Association Saskatoon\) \(clasaskatoon.org\)](http://RespiteRegistry-CLASI(CommunityLivingAssociationSaskatoon)(clasaskatoon.org))

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

CLASI works to provide person-centered support, community engagement, and connection to services for people with diverse intellectual abilities and their core networks while striving to create systemic change.

Spadina Early Learning and Childcare Cooperative

Ph: (306) 382-6488

spadinachild@sasktel.net

www.spadinaearlylearningandchildcare.com

1702 20th Street West, Saskatoon SK, S7M 0Z9

- **Lester B. Pearson School**

Ph: (306) 683-8353

Respite Support Services

3620 Centennial Drive, Saskatoon SK, S7L 5L2

- **Victoria School**

Ph: (306) 683-8352

639 Broadway Avenue, Saskatoon SK, S7N 1B2

- **WP Bate School**

Ph: (306) 683-8644

2515 18th st W, Saskatoon SK, S7M 3K7

- **St. Paul's Hospital**

Ph: (306) 382-6488

230 Avenue R South, Saskatoon SK, S7M 2Z1

Parenting

Big Brothers Big Sisters of Saskatoon

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

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

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

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.

Parenting

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

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

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

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

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

Mount Royal Infant Day-Care Centre

Ph: [\(306\) 683-7800](tel:3066837800) Fax: (306) 657-3950

mountroyalschool@spsd.sk.ca

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

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 center.

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

Ph: (306) 244-7773

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

www.parenteducationsask.com

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

<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

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

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

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.

Separation & Divorce

Collaborative Professionals of Saskatchewan Inc.

www.collabsask.com

An organization that utilizes 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 working 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

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

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

Ph: (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. They have mediated thousands of disputes in many areas.

Fairway Divorce Solutions

Ph: (306) 664-3247

www.fairwaydivorce.com

Suite 810 - 230 - 22nd Street East, Saskatoon, SK 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.

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, and other educational and therapy groups addressing perceived community needs. Variable fee for services.

Separation & Divorce

Legal Aid Saskatchewan

Ph: (306) 933-7820 Fax: (306) 933-7827 Toll Free: 1-877-424-1898

saskatooncity@legalaid.sk.ca

www.legalaid.sk.ca

201 - 21st St E, Saskatoon, SK S7K 0B8

Provides services in areas like divorce/separation, child and spousal support, restraining orders, adoptions, and other areas.

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

Ph: (306) 244-7773

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

Public Legal Education Association of Saskatchewan (PLEA)

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

plea@plea.org

www.plea.org

500 – 333 - 25th Street East, Saskatoon, SK S7K 0L4

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

Saskatoon Community Mediation Services

Ph: (306) 382-6935

<http://mediate.sasktelwebsite.net/contact.html>

200 – 245 - 3rd Avenue South, Saskatoon, SK S7K 1M1

Their 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 to provide a restorative approach when conflict does happen. One of their strategies is to establish alliances with like-minded community groups and individuals to make these changes together.

Saskatoon Crisis Intervention Service

Ph: (306) 933-6200 (24 hrs.)

www.saskatooncrisis.ca

313 Ontario Ave, Saskatoon, SK S7K 1S3

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.

Separation & Divorce

Saskatoon Interval House, Inc.

Ph: (306) 244-0185 Fax: (306) 244-0327 Toll Free: 1-888-338-0880

infoSIH@saskatoonintervalhouse.org

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 a range of accessible, protective, sensitive and safe services specific to the needs of each client.

Disclaimer

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 us 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
Email: info@familyservice.sk.ca

Adding / Correcting your organization’s listing:

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/IES: (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:
