

Saskatoon Prenatal Resource List

Compiled by Drs. Kali Gartner and Cassie Pancyr October 2, 2019

<u>Resource</u>	<u>What They Provide</u>	<u>Contact Information/How</u>
Westside Community Clinic	Prenatal, intrapartum, postpartum and medical care, outreach workers, counselling, Opioid Assisted Recovery, HIV Care, case planning with community agencies	Self referral 306-664-4310 1528 20th St West https://www.saskatooncommunityclinic.ca/medical-and-primary-care-services-westside/
Healthy Mother Healthy Baby	Milk and good food box coupons, prenatal vitamins, prenatal education and outreach	Self Referral or Referral Form 306-655-4810 https://www.saskatoonhealthregion.ca/locations_services/Services/Healthy-Mother
601 Family Support Program	Advocacy, documents, referral, transportation for child safety, safety planning	Self Referral 306-220-9742 http://www.aidssaskatoon.ca/
Food for Thought	Community kitchen for women in pregnancy/early parenting, transportation, child care during programs	Self Referral 306-655-4826 or text 306-230-2482 https://www.saskatoonhealthregion.ca/locations_services/Services/Food-For-Thought
Saskatoon Pregnancy Options Centre	"Baby Bucks" prenatal education program to "earn" baby supplies, maternity clothing	Self Referral 306-665-7550 https://www.saskatoonpregnancy.com/parenting-classes.php
Prenatal Pilot Project	Voluntary/optional program - coordination of services between community, Ministry of social services and person who is pregnant and at risk of child protection involvement for case planning and prevention.	Referral Form and Informed Consent
Sanctum 1.5	Prenatal and Postnatal care home for women who are HIV positive, at risk of HIV or at	Referral Form and Consent 134 Ave O, South 306-244-1200

	risk of child apprehension - residential program where women live and receive wrap-around supports	http://sanctumcaregroup.com/programs/sanctum-1-5
The Mother's Centre	Drop-in, peer breastfeeding support, cooking, talking circles	Self Referral 1120 20th Street West 306-652-1802 http://station20west.org/colocators/motherscentre
STC Urban Family Services	Traditional Native Parenting Classes, Women's Groups, Children First Mentorship Program	Self Referral 306-659-2500 https://www.sktc.sk.ca/corporations/stc-urban-first-nations-services-inc/
Kids First	Home based early childhood development support	Self Referral 306-655-3311 https://www.saskatoonhealthregion.ca/locations_services/Services/KidsFirst
First Nation and Metis Health Services (RUH)	In hospital support for women and families - Elder visitation, health navigator visits, advocacy	Self Referral 306-655-0166 https://www.saskatoonhealthregion.ca/locations_services/Services/fnmh/service/Pages/Contact-Us.aspx
Westwinds Postpartum Group Anxiety and Depression Group	Facilitated support group, childcare provided	Self Referral - Phone Intake Required 306-655-7777
Crisis Intervention Services	Crisis Intervention Services 24hrs/d	306-933-6200

Formula and Diapers Friendship Inn - 306-242-5122 (ask for family worker) Egadz Outreach 306-221-3719 601 Family Support 306-220-9742 Saskatoon Foodbank 306-664-6565 Clothing Depot 306-244-1236	Transportation Support Lighthouse Outreach 306-653-0538 Egadz Outreach 306-221-3719 601 Family Support 306-220-9742
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