

SASKATOON
SUPPORT
for a Growing Family



This booklet is a collection of **FREE** programs that parents and their children can access in Saskatoon, but it is not a complete list of services in the community.



saskatchewan
preventioninstitute
our goal is **healthy** children

Updated October 2019



Prenatal Supports

Saskatoon Pregnancy Options Centre

1006 - 8th Street East, #23

www.saskatoonpregnancy.com

(Call to set up an appointment to register)

306-665-7550

Mom's Drop In Wednesday afternoons for coffee and conversation with other moms, and take advantage of the earn-while-you-learn pregnancy and parenting education program to get new baby clothes or other items.

Sobeys Pharmacy

www.sobeyspharmacy.com

The Baby Be Healthy program provides free prenatal vitamins, educational information, and pharmacist consultation for pregnant or soon-to-be pregnant moms.

Healthy Mother Healthy Baby

West Winds Primary Health Centre

3311 Fairlight Drive North

www.saskatchewanhealthauthority.ca

306-655-4810

A prenatal program for at-risk women and teens offering education, nutrition counselling, milk coupons and vitamin support, breastfeeding information, home visits, and prenatal education.

Food for Thought

West Winds Primary Health Centre

3311 Fairlight Drive North

www.saskatchewanhealthauthority.ca

306-655-4824

A prenatal support program that assists women and their children to achieve improved health. Focused on cooking low-cost nutritious food, women come together and have an opportunity to share ideas, make friends, talk about their lives, and take the delicious food they cook home to their families.

Childcare, a nutritious snack, and transportation are available.



Breastfeeding and Child Health Clinics

Breastfeeding Centre

306-655-4806

West Winds Primary Health Centre
3311 Fairlight Drive North
www.saskatchewanhealthauthority.ca

Provides support in the community to breastfeeding mothers and infants through telephone counselling and by appointment.

Breastfeeding Café

306-655-4806

West Winds Primary Health Centre
3311 Fairlight Drive North
www.saskatchewanhealthauthority.ca

A mother-to-mother drop-in breastfeeding support group, facilitated by a Lactation Consultant and guest speakers, upon request from the group.

La Leche League Canada - Saskatoon

306-655-4805

www.lllc.ca/find-group-saskatchewan

Informal discussion groups, held in homes or at easily accessible public locations that cover the practical, physical, and psychological aspects of breastfeeding. La Leche League gatherings are a wonderful place for information and encouragement, and a ready source of new friendships.

Child Health Clinics - Population and Public Health - Saskatoon
www.Saskatchewanhealthauthority.ca

West Winds Primary Health Centre

3311 Fairlight Drive

306-655-4275

Our Neighbourhood Health Centre

1120 20th Street West

*White Buffalo Youth Lodge

*W.P. Bate School

*Pleasant Hill School

306-655-3250

North East

108-407 Ludlow Street

*Pinehouse

306-655-4700

South East

3006 Taylor Street East

*Souris Hall

306-655-4730

**** Drop in locations. Call main Child Health Clinics for dates and times.***



Parenting and Parent-Child Activities

Saskatoon Pregnancy Options Centre

306-665-7550

1006 - 8th Street East, #23

www.saskatoonpregnancy.com

(Call to set up an appointment to register)

Mom's Drop-In Wednesday afternoons for coffee and conversation with other moms, and take advantage of the earn-while-you-learn pregnancy and parenting education program to get new baby clothes or other items.

CHEP Good Food Inc.

306-655-4575

1120 - 20th Street West

www.chep.org

CHEP in conjunction with Saskatchewan Health Authority and Saskatoon Community Clinic run the Collective Kitchen Program. A collective kitchen program is a small group of people who pool their resources to make healthy, low cost, and delicious food in bulk that they take home to share with their families. There is a limit of six families (including the leader) in each collective kitchen. Call to learn more about other drop-in programs throughout the year.

Parent and Tot Program

306-227-9382

Columbus Bosco Homes/Greater Saskatoon Catholic
Elementary Schools

www.columbusboscohomes.ca

A two-hour program that runs weekly at a variety of schools from September to June. Families with small children (birth to six years old) come together for play, songs, stories, and other fun activities. It's an opportunity to enjoy a coffee while focusing on positive parenting and support. Childcare and a nutritious snack are provided. All religions and beliefs welcome. Please visit our website for program times and locations.

Children's Discovery Museum

306-683-2555

2325 Preston Ave South (Market Mall)

www.museumforkids.sk.ca

Kinsmen Day is held the fourth Sunday of every month, with free admission to the Children's Discovery Museum in Market Mall for everyone.

KidsFirst

306-655-3311

www.saskatchewanhealthauthority.ca

KidsFirst is a voluntary program that enhances parenting knowledge, provides support, and builds on family strengths. Families and KidsFirst professionals have regular home visits that help families effectively nurture and support their children to be safe, secure, happy, and healthy. Must reside in the city of Saskatoon and be either pregnant or have a child under 24 months of age.

Friendship Inn

306-242-5122

619-20th Street West

www.sfinn.ca

Just 4 Dads Men's Parenting Program

Just 4 Dads Men's Parenting Program is a six-week parenting program focusing on: positive discipline, healthy parent healthy child, nutrition, child safety, and child development. Child minding available for those who qualify. Free emergency baby food and diapers.

Catholic Family Services (CFS) Saskatoon

200-506 25th Street East

www.cfssaskatoon.sk.ca

306-244-7773

CFS Saskatoon offers a wide range of services, including counselling, family education and wellness programs, and community programs which include two early childcare centers. Free childcare if parents are under the age of 22 and attending high school classes.

Parent Aide Program

502 Avenue L South

www.parentaide.ca

306-974-3171

In-home support for healthy development of families and their children through parent support, child development information, budgeting skills development, communication skill building, and knowledge of community resources. Self-referral.

SWITCH

306-956-2518

(Student Wellness Initiative Towards Community Health)

1528 - 20th Street West

www.switchclinic.ca

Programs running Monday and Wednesday evenings, as well as Saturday afternoons. Drop-ins welcome. Availability of a variety of programming, including legal advice, self-care, story time, parenting skills, and other topics. Free coffee/tea is offered, along with a meal and child-minding. Please check website for up-to-date hours of operation and program days.

Westside Community Clinic

306-664-4310

1528 - 20th Street West (Located in Westside Community Clinic)

www.saskatooncommunityclinic.ca

A variety of programs, including OASIS (Opportunity, Acceptance, Support, Invitation, Safe), are offered. This is a safe haven for many women and men who are in need of a place to belong, and a safe place to vent in an environment where they will receive any support they may need. There are counsellors and facilitators who are always readily available to offer any help clients need. Childcare, snacks, beverages, a healthy meal, and bus tickets are provided.

Saskatoon Leisure Guide

www.saskatoon.ca

Check your leisure guide to find your community association's cost-as-a-barrier contact person. In an effort to ensure that everyone who wants to participate in a program can, cost-as-a-barrier assistance and/or KidSport applications are available for those in need.

READ Saskatoon

306-652-5448

#2- 706 Duchess Street

www.readsaskatoon.com

Interactive Family Literacy programs for kids aged two to five and their parents and caregivers. The focus is on fun while learning together with activities such as: songs, finger plays, rhymes, storytelling, literacy games, crafts, and preparing your children for school success.



Saskatoon Public Libraries
www.saskatoonlibrary.ca

Contact a library near you to find out dates and times for fun programs such as: Baby Talk, Toddler Time, Storytime, Wiggle Time, Puppet Programs, and Dance Parties.

Alice Turner Branch

110 Nelson Road

306-975-8127

Carlyle King Branch

3130 Laurier Drive

306-975-7592

Cliff Wright Branch

1635 McKercher Drive

306-975-7550

Frances Morrison Central Library

311 - 23rd Street East

306-975-7558

J.S. Wood Branch

1801 Lansdowne Avenue

306-975-7590

Mayfair Branch

602 - 33rd Street West

306-975-7591

Round Prairie Branch

170 - 250 Hunter Road

306-986-9700

Rusty Macdonald Branch

225 Primrose Drive

306-975-7600



Teens and Young Parents

EGADZ – Downtown Youth Centre

485 - 1st Avenue North

www.egadz.ca

306-931-6644

A teen parenting program that provides educational outreach, medical and crisis services, and individual and group sessions for expectant parents and their children.

Family Service Saskatoon

102, 506 - 25th Street East

www.familyservice.sk.ca

306-244-0127

The Teen and Young Parenting program provides services to parents under the age of 30 and includes family support and counselling.

Catholic Family Services (CFS) Saskatoon

200-506 25th Street East

www.cfssaskatoon.sk.ca

306-244-7773

The Peaceful Parenting Group is for teen and young parents (under the age of 30) to discuss parenting issues and solutions in a safe, supportive environment. This drop-in program meets weekly at White Buffalo Youth Lodge (602-20th Street West) and does not require registration. Childcare and transportation available. Contact CFS Saskatoon for more details about this group and other individual supports for teens and young parents.



Indigenous Parents

Saskatoon Tribal Council (STC)

Health and Family Services Inc.

200 - 335 Packham Avenue

www.sktc.sk.ca

306-956-6100

Maternal Child Health (MCH) is a voluntary health program for First Nations families with children, from newborns to the age of six. The MCH home visiting program provides pre- and post-natal support, follow-up, and care.

STC also offers a variety of family and community support programs to STC member communities and off-reserve First Nations residents of Saskatoon and area. The goal of the family support programs is to promote healthy families, lifestyles and personal growth, and to provide safe places with access to basic needs.

Central Urban Metis Federation Incorporated (CUMFI) Outreach

315 Avenue M South

www.cumfi.org

306-975-9999

306-975-9156

Outreach, after-care, and in-home supports for families that have graduated from CUMFI's fostering families program. The program supports families who are either currently living in or are past residents of Infinity House, Kanaweyimik, or NiWaaapatahanaanik (NiWaa). Free snacks and drinks are offered Monday to Friday.



**Program for
Newcomers to Canada**

International Women of Saskatoon (IWS)

306-978-6611

301-336 5th Avenue North

Email: iwssaskatoon@sasktel.net

www.internationalwomenofsaskatoon.org/

Through the Just4Women program, IWS provides gender-sensitive support services and home visits to women who are vulnerable to the risks of isolation, domestic violence, and lack of access to support networks. Activities include life skills workshops on Canadian culture, settlement information, English language classes, financial literacy, cooking and baking, and arts and crafts. Activities are free and open to all women regardless of immigration status. Childminding is available.

Saskatoon Open Door Society

306-653-4464

100 - 129 3rd Avenue North

www.sods.sk.ca

Provides classes and group sessions focused on individual and family health while developing an understanding of Canadian parenting norms and expectations. A variety of programs available to suit your needs or interest. Please call for more details.

Global Gathering Place

100 - 5th Avenue North

www.globalgatheringplace.com/welcome/

306-665-0268

A variety of programs offered to newcomers that include: BrightStart a parent-child play interaction program, life skills, women's health, cooking, and nutrition. Also improve your English and learn about Canadian culture over a cup of tea or coffee. Childcare is available for some programs.



Additional Supports

Crisis Nursery

1020 Victoria Avenue

www.crisisnursery.ca

306-242-2433

A place that can provide help and comfort for any family experiencing a form of crisis. 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.

601 Outreach

1516 - 20th Street West

www.aidsaskatoon.ca

306-220-9742

306-242-5005

Provide advocacy, resources, emotional support, safety planning, housing assistance, support in family court, support with Child Protection Services, and transportation for things like food security, housing, medical needs of children, prenatal support, and for safety.

Family Service Saskatoon

102, 506 - 25th Street East

www.familyservice.sk.ca

306-244-0127

Family Service Saskatoon offers services and programming that serve to strengthen families, address violence and abuse, provide parenting support, and respond to the needs of families in transition and youth at risk. We strive to remove barriers to accessing quality services for those who might otherwise not be able to access them as a result of poverty, racism, or discrimination.

Sexual Health Clinic

100 - 310 Idylwyld Drive North

www.saskatchewanhealthauthority.ca

306-655-4642

Appointment and drop-in clinic offering assessment and treatment for sexually transmitted infections (STI); testing for chlamydia, gonorrhoea, hepatitis, syphilis, HIV, and pregnancy; immunization for youth and adults; and birth control counselling and Emergency Contraceptive Pill (ECP). STI treatment, ECP, and condoms are provided at no cost.

Saskatoon Sexual Health

210 2nd Avenue North

www.saskatoonsexualhealth.ca

306-244-7989

Appointment and drop-in clinic offering assessment and treatment for sexually transmitted infections; testing for hepatitis, HIV, and pregnancy; immunization for youth and adults; and birth control counselling and services. Condoms are provided at no cost.

Mobile Crisis Service

24-HOUR CRISIS LINE

www.saskatooncrisis.ca

306-933-6200

This line is open to all individuals and is a service without fees. Mobile Crisis Service provides 24-hour Crisis Intervention services to anyone who is experiencing distress and requires immediate assistance.

Health Bus

www.saskatchewanhealthauthority.ca

306-380-1000

or **1-877-999-6363**

Call or check website for the location of the Health Bus and scheduled times to access services that include: STI testing birth control, free condoms, education/counselling, chronic disease monitoring, wound care and management, stitches and removal of stitches by a nurse practitioner or EMT. No appointment.

**The Saskatoon Postpartum Anxiety and
Depression Support Group**
www.saskatchewanhealthauthority.ca

306-655-7777

A community wellness program that offers telephone support and group support that provides the opportunity to gain information, as well as share feelings and experiences with others in a facilitated group setting. The group meets regularly. New members are always welcome. Childcare is available.

**Saskatoon Food Bank &
Learning Centre**
www.saskatoonfoodbank.org

306-664-6565

The Saskatoon Food Bank and Learning Centre provides one litre of milk for each child aged 17 and under, and pregnant and nursing women. Diapers, baby wipes, and other infant items are available at our clothing depot. Emergency food available. Please have Saskatchewan Health Card and a document to indicate current Saskatoon residency.

The Incredible Parent Directory: Resources and Services for Parents, Caregivers and Professionals

www.saskatchewanhealthauthorit.ca/Documents/Incredible_Parent_Directory.pdf

Saskatchewan Prevention Institute

306-651-4300

1319 Colony Street

www.skprevention.ca

Information on primary prevention. Topics include: alcohol, tobacco, and other drugs; childhood injury prevention; child traffic safety; perinatal and infant health; parenting education; and reproductive health.

HealthLine 811

The province's 24-hour health line for non-urgent advice – has access to translation service in more than 100 languages, including Arabic. HealthLine 811 also provides mental health and addictions support, information and connection to services.

211 Saskatchewan

www.sk.211.ca

211 Saskatchewan is a free, confidential, and searchable website of human services in Saskatchewan, with over 5,000 listings of social, community, non-clinical health, and government services across the province.

Legal Supports

Family Law Saskatchewan

306-653-1868 or www.familylaw.plea.org

Legal Aid

306-964-2200 or www.legalaid.sk.ca

CLASSIC

306-657-6100 or www.classiclaw.ca

Pro Bono Saskatchewan

Toll free 1(800) 833-7257 or www.pbbsask.ca

