

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 May 2024  
Compiled by Healthy Mother, Healthy Baby



## Prenatal Supports

## **Saskatoon Pregnancy Options Centre**

**306-665-7550**

#107-2543 Dudley Street

**[www.saskatoonpregnancy.com](http://www.saskatoonpregnancy.com)**

(Call to set up an appointment to register)

Mom-to-be Drop In Wednesday afternoons for coffee and conversation with other pregnant people, 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](http://www.sobeyspharmacy.com)**

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

## **My Saskatchewan Pregnancy**

**<https://www.skprevention.ca/my-saskatchewan-pregnancy>**

My Saskatchewan Pregnancy is an app for pregnancy. It includes information that is especially helpful to expecting parents living in Saskatchewan. Information in this app is evidence-based, which means that it is supported by research. All of the content has been reviewed by a diverse group of healthcare professionals working throughout Saskatchewan.

### **Healthy Mother Healthy Baby**

**306-655-4810**

West Winds Primary Health Centre  
3311 Fairlight Drive North

**<https://momsandkidssask.saskhealthauthority.ca>**

A program for pregnant people experiencing barriers to a healthy pregnancy. Offering prenatal education, nutrition counselling, milk coupons, CHEP coupons, vitamin support, breastfeeding information, colostrum collection kits, and home visits.

### **Food for Thought**

**306-655-4824**

West Winds Primary Health Centre  
3311 Fairlight Drive North

**<https://momsandkidssask.saskhealthauthority.ca>**

A prenatal support program that focuses on cooking low-cost, nutritious food. Pregnant people come together to share ideas, make friends, talk about their lives, learn about pregnancy and other child related topics, and then take home the delicious food they prepared to share with their family. Offering lunch, childminding and transportation for participants.

### **Prenatal Education**

**306-655-4800**

**<https://momsandkidssask.saskhealthauthority.ca>**

Offering in-person mainstream prenatal classes for all expectant parents. Singles and couples welcome.



## Breastfeeding and Child Health Clinics

### **Breastfeeding Centre**

**306-655-4806**

West Winds Primary Health Centre  
3311 Fairlight Drive North

***<https://momsandkidssask.saskhealthauthority.ca>***

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

### **West Winds Baby Circle**

**306-655-4806**

West Winds Primary Health Centre  
3311 Fairlight Drive North

***<https://momsandkidssask.saskhealthauthority.ca>***

A drop-in support group open to anyone. Facilitated by a Lactation Consultant and guest speakers. Maternal mental health supports available.

### **La Leche League Canada - Saskatoon**

**306-655-4805**

***[www.lllc.ca/find-group-saskatchewan](http://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.

**Childhood Immunization Clinics - Population and Public Health -  
Saskatoon**

**[www.saskhealthauthority.ca](http://www.saskhealthauthority.ca)**

**West Winds Primary Health Centre**

3311 Fairlight Drive

**306-655-4275**

**North East**

108-407 Ludlow Street

**306-655-4700**

**Our Neighborhood Health Centre**

1120 20th Street West

**306-655-3250**

**South East**

3006 Taylor Street East

**306-655-4730**

***Call clinics for dates and times of drop in clinics.***





## Parenting and Parent-Child Activities

## **CHEP Good Food Inc.**

**306-655-4575**

1120 - 20th Street West

**[www.chep.org](http://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**

**306-716-8271**

Columbus Bosco Homes/Greater Saskatoon Catholic  
Elementary Schools

**[www.columbusboscohomes.ca](http://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 or Facebook Page for program times and locations.

## **KidsFirst**

**306-655-3311**

**<https://momsandkidssask.saskhealthauthority.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.

## **Saskatoon Friendship Inn**

**306-242-5122**

619-20th Street West

**[www.friendshipinn.ca](http://www.friendshipinn.ca)**

Offering hot nutritious meals 365 days of the year. In dining room or take-away services. Guest of the Inn have access to speak with on-site Family Worker who can help with basic counselling, assistance, and referrals to support agencies. When available the Inn can provide free diapers, pull-ups, wipes, and infant formula.

## **Navera Community Connections**

**306-244-7773**

200-506 25th Street East

**[www.navera.org](http://www.navera.org)**

Navera Community Connections 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.

## **Saskatoon Leisure Guide**

**[www.saskatoon.ca](http://www.saskatoon.ca)**

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.

## **Community Living Association Saskatoon Inc**

**306-652-9111**

**[www.clasaskatoon.org](http://www.clasaskatoon.org)**

CLASI supports individuals with varying disabilities throughout their lifetime and their families that require assistance navigating the various systems, finding respite options and providing person-centered programs (including summer camp).

**Facebook:** @CLASaskatoon **Instagram:** @clasi.yxe

## **Haven Family Support**

1410 20th St West

**[www.havenfamilyconnections.com](http://www.havenfamilyconnections.com)**

**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. Ministry of social services or self-referral.

## **Haven Kids' House**

1020 Victoria Avenue

**[www.havenfamilyconnections.com/kids-house/](http://www.havenfamilyconnections.com/kids-house/)**

**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.

## **Saskatoon Mothers' Centre**

saskatoonmotherscentre@hotmail.com

**[www.saskatoonmotherscentre.ca](http://www.saskatoonmotherscentre.ca)**

The Saskatoon Mothers' Centre is programming run by women of the community for women of the community. The centre helps women with parenting, child rearing, work and education. All programming is peer based, culturally safe, and chestfeeding friendly. There are multiple programs running every week, they can be found on our website, our Facebook page or Instagram. We have an on going "emergency diaper and feminine hygiene depot " that can be accessed by messaging us on one of our social media sites.

"Together we're stronger "

**Foundations Learning & Skills Saskatchewan**

**306-652-5448**

#2- 706 Duchess Street

**[www.foundationlearning.com](http://www.foundationlearning.com)**

Interactive Family Literacy programs for kids aged zero 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.

## **Early Years Family Resource Centre**

**[www.saskatoonfamilycentre.ca](http://www.saskatoonfamilycentre.ca)**

A welcoming space where young children prenatal to age 5 and their parents and caregivers can bond, learn and grow together . There is no cost for families to visit the centre . Check website or call for information.

### **West Centre**

309 Fairmont Drive  
Saskatoon, SK S7M 5G7

**306-244-2446**

**[seyfrc.west@ymcasaskatoon.org](mailto:seyfrc.west@ymcasaskatoon.org)**

### **East Centre**

142—163 Gibson Bend  
Saskatoon, SK S7V 0P1

**639-398-7608**

**[seyfrc.east@ymcasaskatoon.org](mailto:seyfrc.east@ymcasaskatoon.org)**



**Saskatoon Public Libraries**  
**[www.saskatoonlibrary.ca](http://www.saskatoonlibrary.ca)**



Contact a library near you to find out dates and times for fun programs . Check out the website for free e-books, audiobooks, STEM kits, and more! [www.saskatoonlibrary.ca](http://www.saskatoonlibrary.ca)

**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

**Dr Freda Ahenakew Library**

219 Ave K South

306-975-7508

**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

## The Discover Pass Collection @ Saskatoon Libraries

[www.saskatoonlibrary.ca/collections/discovery-passes/](http://www.saskatoonlibrary.ca/collections/discovery-passes/)

Discovery Passes can be borrowed with your library card and used for free as below. You can check availability of the passes online.

### **Wanuskewin**

These passes are good for one free family entry to [Wanuskewin](#). Passes are available at all nine Saskatoon Public Library locations, as well as the Murray Library at the University of Saskatchewan, and expire automatically after seven days. Passes are provided in partnership with Wanuskewin and the University of Saskatchewan.

### **Nutrien Wonderhub**

Free admission for up to 6 individuals over the age of 1 (>1 free). Offered at Frances Morrison Central, Dr. Freda Ahenakew and Mayfair Libraries.

### **Western Development Museum**

Show the Discovery Pass at any [WDM](#) and receive free admission to the Museum and galleries for one family (parents/guardians and dependent children under 18). WDM Discovery Passes do not allow entry to special events including The Festival of Trees. Western Development Museum Discovery Passes are offered at all libraries.

### **YMCA**

Free admission for two adults and children 17 and under into the YMCA for the day. All pass users ages 16+ must provide valid photo ID at the YMCA . Offered at all library locations.



## Teens and Young Parents

**EGADZ – Downtown Youth Centre**

**306-931-6644**

485 - 1st Avenue North

**[www.egadz.ca](http://www.egadz.ca)**

A youth outreach and support program for individuals 12-19 years old who are living in conditions of risk. Offering medical and crisis services, and individual and group sessions for expectant parents and their children.

**Family Service Saskatoon**

**306-244-0127**

102, 506 - 25th Street East

**[www.familyservice.sk.ca](http://www.familyservice.sk.ca)**

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

**Navera Community Connections**

**306-244-7773**

200-506 25th Street East

**[www.navera.org](http://www.navera.org)**



**Indigenous Parents**

## **Saskatoon Tribal Council (STC)**

Health and Family Services Inc.

200 - 335 Packham Avenue

**[www.sktc.sk.ca](http://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 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](http://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, Kanawayimik, or NiWapatahanaanik (NiWaa). Free snacks and drinks are offered Monday to Friday.



**Health & Wellness**

## **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. To access, dial 8-1-1.

## **Westside Community Clinic**

**306-664-4310**

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

**[www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)**

Primary care services for Pleasant Hill residents . On-site nurse practitioner, lab services, outreach workers, baby clinic, pharmacy, physiotherapist and dieticians.

## **OUT Saskatoon**

**306-665-1224**

213 Ave C South

**[hello@outsaskatoon.ca](mailto:hello@outsaskatoon.ca)**

**[www.outsaskatoon.ca](http://www.outsaskatoon.ca)**

Saskatoon and area's 2SLGBTQ Community Centre and Service Provider. We believe in a bolder, braver, and safer future for all. We strive towards this by providing support services, youth housing, and education and research services through a harm reduction, culturally informed, equity-seeking, and community-based approach.



## **SWITCH**

**306-956-2518**

(Student Wellness Initiative Towards Community Health)

1528 - 20th Street West

**[www.switchclinic.ca](http://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.

## **Sexual Health Clinic**

**306-655-4642**

100 - 310 Idylwyld Drive North

**[www.saskhealthauthority.ca](http://www.saskhealthauthority.ca)**

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.

## **Health Bus**

**[www.saskhealthauthority.ca](http://www.saskhealthauthority.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.

## **Saskatoon Sexual Health**

210 2nd Avenue North

**[www.saskatoonsexualhealth.ca](http://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.

## **Saskatoon Sexual Assault Info Centre**

#201-506 25th St East

**[www.ssaic.ca](http://www.ssaic.ca)**

**306-244-2294**

**[info@ssaic.ca](mailto:info@ssaic.ca)**

SSAIC provides counselling and survivor services to survivors of sexualized violence and their loved ones, as well as education and prevention services to the Saskatoon community. All of our survivor services are free, confidential, and trauma-informed . Follow us on Facebook and Instagram.

## **“Sex Life Sask” - Website**

[sexlifesask@saskhealthauthority.ca](mailto:sexlifesask@saskhealthauthority.ca)

**[www.sexlifesask.ca](http://www.sexlifesask.ca)**

Your source for confidential sexual health information online in Saskatchewan . SexLifeSask is committed to providing comprehensive, quality, inclusive sexual health education and access to clinical services for the people of Saskatchewan, necessary to make informed decisions about their own sexual and reproductive health at all stages of their life.



# Programs for Newcomers to Canada

## **International Women of Saskatoon (IWS)**

**306-978-6611**

301-336 5th Avenue North

Email: [iwssaskatoon@sasktel.net](mailto:iwssaskatoon@sasktel.net)

**[www.internationalwomenofsaskatoon.org/](http://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](http://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**

**306-665-0268**

100 - 5th Avenue North

***[www.globalgatheringplace.com/welcome/](http://www.globalgatheringplace.com/welcome/)***

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.

## **Saskatchewan Intercultural Association**

**306-978-1818**

601B 1st Avenue North

***[www.saskintercultural.org](http://www.saskintercultural.org)***

Offers settlement services, employment programs, youth programs, English language programs, intercultural programs and services.



**Additional Supports**

### **Mobile Crisis Service**

24-HOUR CRISIS LINE

**[www.saskatooncrisis.ca](http://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.

### **Saskatchewan Health Authority Mental Health & Addictions Services**

**[www.saskhealthauthority.ca](http://www.saskhealthauthority.ca)**

**306-655-7777**

Mental Health and Addiction Services provides a range of in-patient and outpatient clinical services for clients of all ages who may face mild, moderate or severe issues. The team of professionals use a variety of helping strategies including individual, group and family therapies.

### **211 Saskatchewan**

**[www.sk.211.ca](http://www.sk.211.ca)**

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



**Prairie Harm Reduction (Family Support)**

225 Ave R South

**[www.prairiehr.ca](http://www.prairiehr.ca)**

**306-220-9742**

**[fsteam@prairiehr.ca](mailto:fsteam@prairiehr.ca)**

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](http://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.

**Saskatoon Food Bank &  
Learning Centre**  
**[www.saskatoonfoodbank.org](http://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.

**Empty Arms**

**306-244-5677**

237 5<sup>th</sup> Ave North

**[www.emptyarmspls.com](http://www.emptyarmspls.com)**

**For Support (text or call): (306) 260-6806**

Empty Arms is a non-profit organization passionate about providing support to individuals and families that experience grief and bereavement due to the loss of a child during pregnancy or up to the age of 6.

Facebook and Instagram: emptyarmsyxe

## Saskatchewan Prevention Institute

1319 Colony Street

**[www.skprevention.ca](http://www.skprevention.ca)**

**306-651-4300**

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.

## Legal Supports

Family Law Saskatchewan

**306-653-1868 or [www.familylaw.plea.org](http://www.familylaw.plea.org)**

Legal Aid

**306-964-2200 or [www.legalaid.sk.ca](http://www.legalaid.sk.ca)**

CLASSIC

**306-657-6100 or [www.classiclaw.ca](http://www.classiclaw.ca)**

Pro Bono Saskatchewan

**Toll free 1(800) 833-7257 or [www.pblsask.ca](http://www.pblsask.ca)**

