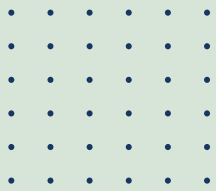


saskatchewan  
**preventioninstitute**  
our goal is **healthy** children



# Annual Report | 2025-2026



## Our Goal Is **Healthy Children.**

The Saskatchewan Prevention Institute provides services to all those living on Treaty Lands 2, 4, 5, 6, 8, and 10, the ancestral territories of the Nêhiyawak, Nêhithawak, Nêhinawak, Anishinabek, Nakawe, Dakota, Lakota, Nakota, Dene, and the homeland of the Métis. We recognize that these lands are currently inhabited by Indigenous people from across Turtle Island including many other First Nations and Inuit peoples and acknowledge the importance of the treaties, the lasting impacts of colonization, and continued inequities. We are dedicated to moving forward on a shared path of reconciliation and partnership. We are all Treaty people and are grateful to live, work, and play on this land.

# Table of Contents

Board of Directors.....	2
Committees.....	3
Members of the Corporation.....	3
Message from the Chair of the Board.....	4
Message from the Executive Director.....	5
Founding Partners.....	6
Thank You.....	6
Core Staff.....	7
Staff Recognition.....	7
Truth & Reconciliation.....	8
Strategic Plan Highlights.....	10
Child Injury Prevention Program.....	12
Child Passenger Safety Program.....	14
Fetal Alcohol Spectrum Disorder (FASD) Prevention Program.....	16
Parenting Program.....	18
Community Action Program for Children.....	20
Nobody’s Perfect Parenting Program.....	22
Early Childhood Team.....	23
Perinatal and Infant Health Program.....	24
Sexual and Reproductive Health Program.....	26
Saskatchewan STBBI Project Assistant.....	28
Youth Action for Prevention Program.....	30
Financial Statement.....	32

## Board of Directors

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University of Saskatchewan  
College of Medicine  
College of Physicians and Surgeons

Danika Dinko

Kinsmen Foundation Inc.

Kali Frank

Community Member-at-Large

Morag Granger

Community Member-at-Large

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Community Member-at-Large, Chair

Charlene Thompson

University of Saskatchewan  
College of Nursing

Tricia Wuschenny

Government of Saskatchewan  
Ministry of Education

A warm welcome to our new board members:

Katie Paller, Kali Frank, Amanda Maunula, Krista Baerg, and Morag Granger



## Committees

### Executive Committee

Shelley Thomas Prokop  
Katie Paller

### Program Advisory Committee

Terri Lohela  
Dwayne MacGillivray  
Tricia Wuschenny  
Lee Hinton, Executive Director

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Dr. James Irvine, Co-Chair  
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Shirley Woods  
Lee Hinton, Executive Director  
Megan Clark, Staff

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Katie Paller  
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Kinsmen Foundation Inc.

Andy Livingston  
SaskAbilities

Terri Lohela  
Community Member-at-Large

Sandra Ruff  
SaskAbilities

Charlene Thompson  
College of Nursing

Tricia Wuschenny  
Government of Saskatchewan

## MESSAGE FROM THE **Chair of the Board**

On behalf of the Board of Directors, I am honoured to present the 2025-2026 Annual Report of the Saskatchewan Prevention Institute (Prevention Institute). This year's achievements reflect the dedication of our staff, partners, and supporters, whose work in primary prevention continues to benefit Saskatchewan's children and families.

The Annual Report highlights the efforts of Prevention Institute staff and leadership in advancing our strategic plan and responding to emerging needs, supported by strong partnerships with SaskAbilities, the Government of Saskatchewan, the University of Saskatchewan, and Kinsmen Foundation. Together, we have fostered community capacity and driven positive change.

We are grateful to our long-term partners and funders for their ongoing support, enabling us to reduce preventable disabilities in children through evidence-based programs and services.

Our relationships with service providers, community leaders, and Indigenous communities are fundamental to our shared success and understanding.

The Prevention Institute's accomplishments are a direct result of the commitment and expertise of our staff and leadership. I commend every team member for their dedication to quality, ensuring we remain leaders in primary prevention and the well-being of children.

I extend my thanks to the Board, Executive Committee, Program Advisory Committee, Fund Development Committee, and Medical Advisory Committee for their volunteer service and guidance. Your leadership ensures we continue to respond proactively to children's health needs.

Looking ahead, we remain committed to strengthening partnerships, supporting reconciliation, and ensuring all Saskatchewan children grow up healthy, safe, and supported.



A handwritten signature in black ink that reads "Shelley Thomas Prokop".

Shelley Thomas Prokop, Chair

## MESSAGE FROM THE **Executive Director**

At the Prevention Institute, our work is grounded in a simple but powerful belief: primary prevention efforts are necessary for healthier futures. Our work focuses on educating and building capacity in professionals working with children, youth, caregivers, and families in Saskatchewan, including sharing evidence-based information, resources, and strategies.

Our work is guided by current research and emerging issues and is strengthened through collaboration. We focus on promoting well-being in children and reducing risk factors that can occur before, during, and after pregnancy - continuing throughout childhood. This preventive approach focuses on addressing challenges early to create lasting, positive impacts for families and communities.

This annual report highlights how, together with our partners, we are translating evidence into action, strengthening capacity across systems, and supporting individuals and communities to apply prevention knowledge in meaningful ways. We are helping to build a foundation for lifelong health.

Prevention is not just a strategy. By investing in prevention today, we are shaping a healthier tomorrow.

Thank you for your continued support and commitment. Together, we can build a future where every child has the chance to grow up healthy, supported, and safe.



A handwritten signature in black ink, appearing to read 'L. Hinton'.

Lee Hinton, Executive Director

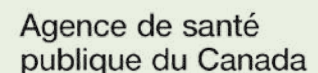
## Founding Partners

Forty-five years ago, a group of parents, researchers, medical professionals, and non-profit organizations came together with a shared vision: to create an organization focused on preventing disabling conditions in children. Central to that vision was bridging the gap between research and front-line practice. We are grateful to our founding members for their continued support of the Prevention Institute. As key partners, they have helped shape the Prevention Institute's vision and activities.



## Thank You

We thank our program funders for their ongoing support and partnership: Acquired Brain Injury Partnership Project, Government of Saskatchewan (Ministries of Health and Social Services), Public Health Agency of Canada (PHAC), Saskatchewan Government Insurance (SGI), and Saskatchewan Liquor and Gaming Authority (SLGA). Your funding enables the Prevention Institute to provide training, education, and capacity-building within specific program areas, addressing both emerging and ongoing needs related to child health and well-being in Saskatchewan.



The Prevention Institute gratefully acknowledges the support and guidance received from a number of dedicated citizens who serve as Community Members-at-Large on the Board of Directors.

## Core Staff

Core staff provide organizational, program, and operational support for the Prevention Institute. Their responsibilities include:

- Research and analysis on emerging and ongoing child health issues in Saskatchewan
- Evaluation of programs and initiatives
- Knowledge exchange and evidence translation
- Program and project development, oversight, and management
- Community outreach and engagement
- Leadership and coordination of cross-program initiatives, including the Early Childhood Team
- Communications and graphic design
- Website development and digital presence
- Quality assurance, administration, and financial reporting
- Strategic planning and staff development
- Materials distribution and operational support

Through this work, core staff enable programs to deliver evidence-based resources, training, and professional development; distribute materials across Saskatchewan; respond to emerging issues; and meet the needs of communities, service providers, and families.

## Staff Recognition



### Jackie Eaton and Jody Shynkaruk: 15 Years of Service

Jackie Eaton and Jody Shynkaruk began their work at the Prevention Institute 15 years ago. Jackie now serves as the CAPC Training and Education Coordinator. Jody is a Program Manager and a member of the Research and Evaluation Team. Both are valued for their leadership, collaboration, and commitment to strengthening programs and community capacity across Saskatchewan.



### Connie Herman: 20 Years of Service

Connie Herman joined the Prevention Institute 20 years ago and currently serves as the Nobody's Perfect Parenting Program Coordinator. She is a leader in experiential learning and has trained professionals across Saskatchewan through the Nobody's Perfect Parenting Program and other workshops.



### Staff Updates

We welcome Chinonso Chuwuelue as the STBBI Project Assistant. Congratulations to Rosemary Chukwu, who has moved into the role of FASD Prevention Program Coordinator.

# Truth & Reconciliation

In collaboration with the Office of the Treaty Commissioner (OTC), the Saskatchewan Prevention Institute developed and continues to implement an Action Plan for Truth, Reconciliation, and Treaty Implementation (TRTI). This work is guided by the Truth and Reconciliation Commission of Canada's Calls to Action, particularly those emphasizing accountability; the revitalization and respect of Indigenous languages, cultures, and ways of knowing; and culturally responsive health, social services, education, and training.

As part of this commitment, the Prevention Institute actively reports on progress, reflects on outcomes, and seeks opportunities to strengthen relationships with First Nations, Métis, and Inuit communities. During the 2025-2026 fiscal year, reconciliation efforts focused on organizational governance, programming, and partnerships.

Key activities included:

- **Accountability and Organizational Capacity**

The Prevention Institute established an internal Truth, Reconciliation, and Treaty Implementation (TRTI) Committee and developed a Reconciliation Measurement Tracker to monitor progress annually. This work aligns with the Calls to Action that emphasize institutional responsibility, transparency, and ongoing learning.

- **Health Equity and Community-Led Prevention**

In alignment with Calls to Action related to Indigenous health, the Fetal Alcohol Spectrum Disorder (FASD) Prevention Program shared the presentation *Alcohol, Pregnancy, and Fetal Alcohol Spectrum Disorder* with six First Nations communities to support local education and community development. Additionally, FASD Prevention and Awareness Grants were provided to 13 Indigenous communities to support community-driven prevention activities, public education, and health promotion initiatives.

- **Culturally Grounded Parenting and Family Support**

Through the Indigenous Adaptations Project, the Prevention Institute supported family service providers in incorporating Indigenous culture and traditional teachings into Nobody's Perfect and other parenting programs. A two-day workshop was hosted by the Nobody's Perfect Parenting Program Coordinator and led by Knowledge Keeper and Trainer Kelleen Blouin (Granny Willow), supporting culturally-relevant practice in Saskatchewan and Manitoba. Information about integrating Indigenous storytelling and cultural perspectives into parenting program delivery was also shared during CAPC Learning and Networking Events.

## ■ Knowledge Sharing with Indigenous Families and Service Providers

The Nobody's Perfect Parenting Program Coordinator and the CAPC Education and Training Coordinator delivered presentations focused on *My Curious Brain* to Indigenous families and service providers, supporting early childhood development through culturally-responsive education.

## ■ Language Preservation

Responding to Calls to Action related to language preservation, the Perinatal and Infant Health Program Coordinator collaborated with the Métis Nation - Saskatchewan Language Revitalization Specialist and the University of Saskatchewan to translate a poster focused on maternal mental health into Indigenous languages. This work will continue in the 2026-2027 fiscal year.

## ■ Resource Development

The Perinatal and Infant Health Program Coordinator also collaborated with the Perinatal Nutrients of Concern Resource Development Working Group. This group develops resources that are mindful of Indigenous food traditions, cultural practices, and community-identified nutritional needs.

*Multivitamin Use Before, During, and After Pregnancy*

- Take a multivitamin that has **0.4 mg of folic acid** (and no more than 1.0 mg) if you are pregnant or could become pregnant.
- While you are pregnant, make sure your daily multivitamin also contains **16 to 20 mg of iron**.
- If you do not eat foods that contain vitamin D every day, take a supplement containing **400 IU (10 mcg) of vitamin D**.
- Check that your multivitamin has **no more than 1000 IU of vitamin A**.



*A healthcare provider can help find the right multivitamin if:*

- The choice of diet does not include milk or animal products like meat or eggs, as there might be a higher need for calcium, vitamin D, and vitamin B12
- Other vitamins, supplements, or herbal remedies are being used
- There is difficulty in accessing prenatal multivitamins; some pharmacies and community prenatal programs offer free prenatal multivitamins

*Tips to Help with Nausea*

Prevent yourself from getting too hungry by having a small snack between meals and at bedtime, such as:

- Graham crackers and peanut butter
- Fruit and cottage cheese
- Apple and slice of cheese
- Crackers and hummus

Include some protein with meals, snacks, and at bedtime. Foods with protein include:

- Hard boiled eggs
- Cottage cheese and Greek yogurt
- Peanut butter
- Beans and legumes (chickpeas, lentils)
- Meat (beef, chicken, lamb, pork, venison, moose, bison, elk, other wild game)

*Eating Well for Less*

Eating healthier does not always have to cost more.

- Choose frozen or canned foods.
- Choose plant proteins like beans or lentils.
- Shop for sale or discounted items.
- Choose store-branded foods instead of brand name products.
- Stick to your list when shopping.

*Resources*

Prenatal programs that offer nutrition counselling, prenatal vitamins, food and food coupons, food preparation training, and more may be available in your community. **Scan the QR code to see a list of helpful resources.**



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our goal is **healthy** children

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Bus. 306-651-4300 Fax:306-651-4301

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Resource 2-314 05/2024



*Essential*  
**Foods**  
*for a Healthy Pregnancy*

## 2025-2026 **Strategic Plan Highlights**

In 2025-2026, guided by our Strategic Plan, the Prevention Institute advanced prevention efforts across Saskatchewan through strong partnerships, evidence-informed programming, meaningful engagement with communities, and expanded public awareness. Our work this year reflects a continued commitment to improving health outcomes for children, youth, families, and communities.

### **Connecting With Communities and Strengthening Relationships**

The Prevention Institute continued to play an active role in provincial, national, and international prevention networks. Staff contributed expertise and leadership through participation on more than 50 committees, supporting collaboration across health, education, social services, and research sectors.

Community capacity was also strengthened through targeted grant programs that supported youth leadership, FASD prevention and awareness, and community-based parenting initiatives. These investments helped local organizations address prevention priorities in ways that reflect community strengths and needs.

### **Responding to Emerging and Ongoing Issues**

Evidence and evaluation remained foundational to our work. The Prevention Institute completed research updates, literature reviews, environmental scans, evidence summaries, and program-related evaluations, ensuring that activities meet identified needs and reflect current, evidence-based information.

Leadership-level work included a focused effort on maternal mortality, where the Prevention Institute contributed research reviews, stakeholder collaboration, and policy advocacy to advance a more comprehensive approach to prevention and monitoring in Saskatchewan.

### **Expanding Access to Evidence-Based Prevention**

The Prevention Institute continued to promote evidence-based practice through resource development, training, and education. During the year, new resources were developed and existing resources were updated to reflect current research and practice needs. Thousands in Saskatchewan accessed resources and information through digital downloads, hard-copy distribution, website traffic, social media, and video content.

The delivery of a wide range of virtual and in-person learning opportunities reached professionals, community members, and service providers in urban, rural, and remote settings. Participation reflected strong engagement from healthcare, education, social service, and community-based sectors, as well as Indigenous organizations.

### **Increasing Visibility and Public Awareness**

Public awareness and prevention messaging reached large and diverse audiences throughout the year. Coordinated campaigns focused on sexual health, healthy pregnancies, and FASD prevention were delivered through social media, digital platforms, radio, and television. The Prevention Institute also shared prevention messages through media interviews, news releases, and participation in provincial and national awareness initiatives.

Digital tools continued to play an important role in prevention outreach. Prevention-focused apps, campaign microsites, and YouTube content experienced continued growth in downloads, visits, and views, supporting access to reliable, evidence-based information across Saskatchewan and beyond.

### **Building a Sustainable and Adaptable Organization**

A strong organization is essential to effective prevention. In 2025-2026, staff participated in extensive professional development, strengthening skills, leadership capacity, and organizational resilience.

The Prevention Institute also supported numerous external research proposals and partnerships, reinforcing our role as a trusted knowledge partner and contributing to the broader prevention research ecosystem in Saskatchewan.

### **Looking Ahead**

The 2025-2026 year reflects the Saskatchewan Prevention Institute's continued leadership in prevention, collaboration, and evidence informed action. By working alongside communities, partners, professionals, and researchers, we remain committed to advancing prevention strategies that improve health outcomes and support the well-being of families across Saskatchewan.



# Child Injury Prevention Program

Beth Blakley, Program Coordinator

Suzanne Hartman, Research and Evaluation Specialist

Funding provided by the Acquired Brain Injury (ABI) Program (SGI and Ministry of Health)

Although the vast majority of serious childhood injuries are predictable and preventable, deaths and hospitalizations due to injury continue to occur at high rates in Saskatchewan. The Child Injury Prevention Program aims to raise awareness of injury risks and increase knowledge of best practices to decrease the occurrence of injury-related deaths and life-altering injuries in children in the province.

## Resources and Education

Ensuring materials are up to date with current evidence-based information, terminology, and injury prevention strategies is an important aspect of keeping children safe. This year, a comprehensive review of existing program resources and website content was conducted. Overall, 10 resources were reviewed, and updates were made to the following four fact sheets:

- [Concussion in Children Under the Age of 6](#)
- [Child Pedestrian Safety](#)
- [Drowning Prevention](#)
- [Farm Safety for Children](#)

In August, Beth Blakely presented a webinar titled [Back to School Injury Prevention: Playgrounds & Child Pedestrian Safety](#) to educators and caregivers of young children. The webinar provided practical tips to keep children safe from serious injuries in playgrounds and when crossing the street. Important aspects of child development were reviewed with emphasis placed on children's changing ability to remain safe in these environments as they grow. A total of 28 people attended the live webinar, and 106 people viewed the recorded webinar.

A new report titled [Traumatic Head Injury Due to Child Maltreatment \(THI-CM\): A Literature Review](#) was released in February. Aimed at healthcare professionals and service providers, this report provides current, evidence-based information on THI-CM, including mechanisms of injury, risk factors, diagnosis, long-term outcomes, and strategies for prevention. In conjunction with the release of this report, Suzanne Hartman presented a webinar in March. A total of 82 people attended the live webinar, and 19 people viewed the recorded webinar in the two weeks following the event.



## 24th Annual Bicycle Safety Week (May 11-17, 2025)

Bicycle Safety Week aims to promote safe cycling practices and proper helmet use to children aged 5-12. Communities, schools, and organizations across the province hosted 125 registered bicycle safety events in 78 communities, reaching over 10,300 child participants. These efforts were supported through the distribution of free educational resources, teaching materials, and promotional items. In partnership with the Acquired Brain Injury Education and Prevention Coordinators, 6 virtual bicycle safety presentations were delivered to 87 grade 1-5 classrooms with approximately 1,800 students in attendance. There were also 3 published news articles and radio interviews related to Bicycle Safety Week.

### Program Highlights

**16** in-person presentations delivered

**308** recipients of the *Child Injury Prevention Newsletter*

**1,535** views of recorded webinars and presentations

**50,076** total resources distributed (print and digital), with the *When Your Baby Can't Stop Crying* brochure and *Protect Your Baby's Head Shape: Preventing Flat Spots on Your Baby's Head* brochure being the most popular.

## Social Media

Recognizing that child injury prevention impacts everyone, the Prevention Institute's Facebook account was leveraged to share information about child injury prevention to a wide audience. During the 2025-2026 fiscal year, 14 social media campaigns occurred. Topics included bicycle and helmet safety, concussions in young children, drowning prevention, baby gates as a tool for fall prevention, consumer product safety, lithium-ion batteries in the home, poison prevention, and active outdoor play.



# Child Traffic Safety Program

Jason Hogan, Program Coordinator

Funding provided by Saskatchewan Government Insurance (SGI)

The Child Traffic Safety Program's goal is to reduce death and injury to children resulting from motor vehicle crashes. The Program trains and supports a province-wide network of certified child passenger safety technicians.

## Car Seat Clinics, Checks, and Information Sessions

In 2025-2026, technicians held 74 car seat clinics and checked 1,475 car seats across Saskatchewan. The Coordinator delivered 8 in-person presentations at different locations throughout Saskatchewan, including support agencies such as West Winds Primary Health Centre, West Winds Baby Café, Motherhood YXE, and the Food for Thought Program. Presentations reached high-risk groups including newcomers, young mothers, and families facing challenges.

## Child Passenger Safety Technician (CPST) Training

Seven CPST certification courses were held this fiscal year, training 53 new technicians from various backgrounds and sectors. Sessions were hosted across Saskatchewan including Saskatoon, Lloydminster, Nipawin, and Regina. The Coordinator provided ongoing support to Saskatchewan's 375 active technicians, ensuring high standards of safety and education across the province.



## Annual Technician Update

The Annual Technician Update is a unique CPST-specific professional development opportunity that is organized and hosted by the Prevention Institute. This year, the event was held in Saskatoon and was attended by 90 CPSTs. The agenda featured speakers from SGI, Graco, RCMP, and Safe Ride News, as well as hands-on practice with car seats. Several local dealerships loaned vehicles, and boutiques and stores in Saskatoon loaned newer model car seats. Attendees were provided with resources and technical supplies to support their work. The event concluded with a well-received public car seat clinic.



## Program Highlights

- The Coordinator was re-elected to the Child Passenger Safety Association of Canada's Board of Directors as a Member-at-Large.
- Approximately 27 consultations were provided for children requiring accessible or specialized car seats. This work included collaboration with therapists, caregivers, and healthcare professionals.
- In addition to SGI resources, the Program distributed a total of 38,450 print resources throughout the province. Another 168 Program resources were downloaded throughout the year.

# Fetal Alcohol Spectrum Disorder Prevention Program

Christie Inegbeboh, Program Coordinator (until August 2025)

Rosemary Chukwu, Program Coordinator (since September 2025)

Tanvir Ahmed, Research Coordinator

Funding provided by the Ministry of Health and Saskatchewan Liquor and Gaming Authority (SLGA)

The Fetal Alcohol Spectrum Disorder (FASD) Prevention Program provides information, resources, and training focused on preventing FASD by reducing the harms of prenatal alcohol use and highlighting the importance of community support during pregnancy.

## FASD Awareness Day and Month

FASD Awareness Day is recognized annually on September 9 across Saskatchewan and nationally. Throughout the month of September, the Program actively promoted FASD awareness and prevention across Saskatchewan by supporting communities and partner agencies in hosting a variety of events and activities. This included participation in community events, media engagement, promotion of the [Be the Village](#) campaign, and distribution of educational resources. FASD Program staff participated in the FASD Awareness Walk held in Saskatoon. The Program Manager was interviewed by Discover Weyburn, Prince Albert Daily Herald, and MBC Radio to discuss the importance of FASD prevention and the ongoing *Be the Village* campaign. A total of 12,731 resources were distributed to communities and agencies across Saskatchewan to promote FASD Awareness Month.

## FASD Prevention and Awareness Grants

The FASD Prevention Program provides grants to support activities focused on the prevention and awareness of FASD. This year, grants were awarded to 16 community organizations to implement a range of initiatives across the province. Funded activities included hosting health fairs, workshops, and presentations; developing billboard campaigns; setting up information booths at community events; supporting awareness walks; and organizing creative initiatives such as art contests to highlight the impact of FASD within communities.

## Motivational Interviewing (MI)

Motivational Interviewing is an evidence-based approach that supports people to make changes in their lives to improve their health and well-being. The demand for trainings remains high, and the Prevention Institute continues to provide MI training to service providers, with a focus on preventing alcohol-exposed pregnancies and FASD. This year, 8 Introductory MI workshops and 2 Advanced MI trainings were delivered to 124 service providers across the province.

## Be The Village Campaign

The FASD Program continues to promote the *Be the Village* campaign, encouraging everyone in the community to consider their role in supporting healthy pregnancies and preventing FASD. The campaign is delivered through a multi-media approach, including radio, television, social media, and online platforms. The microsite ([thevillagesk.ca](http://thevillagesk.ca)) continues to share success stories of individuals, communities, and organizations that are part of a supportive “village.” This year, the campaign implemented its media marketing plan, with radio advertisements broadcast across Saskatchewan on stations such as Pure Country 92.7, The Bull, Rawlco C95, and MBC, as well as a television advertisement in collaboration with CTV. Campaign messaging was also promoted through social media and the Prevention Institute’s website.

The campaign evaluation process was also initiated this year, including a pop-up survey for microsite visitors and a survey for healthcare and service providers. The campaign continues to gain national and international recognition, with CanFASD highlighting it as an effective Level 1 prevention approach.

## Community Engagement and Resources

This year, the FASD Prevention Program delivered 9 presentations and hosted 2 webinars focused on FASD and alcohol-related harms. It also shared information and research updates with service providers through the Alcohol: Let’s Talk Working Group.

A new information booklet, titled [Alcohol and Pregnancy](#), was developed. This resource provides healthcare providers with evidence-based guidance on screening for and discussing alcohol use during pregnancy. The resource was mailed out to healthcare providers across Saskatchewan and is available for download and order.



## Program Highlights

**25,339** Program resources were distributed across Saskatchewan.

The most popular resources were the following:

- [Fetal Alcohol Spectrum Disorder information card](#)
- [Cannabis booklet](#)
- [What Have You Heard about Pregnancy and Alcohol? information card](#)

# Parenting Program

Jackie Eaton, CAPC Training and Education Coordinator

Connie Herman, Nobody's Perfect Parenting Program Coordinator

The Community Action Program for Children (CAPC) and the Nobody's Perfect Parenting Program work together to raise awareness, increase knowledge, and promote attitudes and best practices that support parents and caregivers in raising healthy, safe, and happy children. These programs provide training and practical resources to help service providers support parents, caregivers, and families across Saskatchewan. Throughout the year, the Parenting Programs distributed 11,461 print and electronic resources and offered a variety of learning opportunities to support this work.

## Parenting Matters 2026: Promoting Attachment and Hope

The *Parenting Matters: Attachment, Lullabies, and the Power of Hope Virtual Conference* expanded access to research-informed learning for 105 service providers supporting children and families across the province. Presentations by Deborah MacNamara (*The Wisdom of the Lullaby: More Than Just Singing Kids to Sleep*) and Kathryn Goetzke (*Raising Hope: The Science of Hope and How to Nurture It In Your Kids*) strengthened participants' understanding of attachment, emotional development, and the role of hope in child and family well-being.

Evaluation results showed that respondents found the information helpful for their work with children and families. By increasing knowledge and confidence among service providers, the conference supported more responsive, attachment-focused approaches that promote children's mental health, emotional regulation, and resilience. Participants described the conference as professionally enriching and personally meaningful.

## Supporting Parents Webinar Series

The *Supporting Parents Webinar Series* provides learning opportunities that help parents and caregivers create environments where children can thrive. The recorded webinars can be used in parenting groups or accessed independently by parents and caregivers. A total of 146 participants registered for the following sessions.

- *Everyday Self-Care for Parents* highlighted the importance of incorporating self-care into daily life to help prevent stress and offered practical strategies.
- *Strengthening Connection with Our Kids* explored ways parents can maintain strong relationships with their children amidst the busyness of family life.
- *A Journey with Granny Willow: Traditional Teachings, Residential Schools, and Resilience* shared traditional teachings from Kelleen Blouin (Granny Willow) and reflected on the role culture plays in shaping identity, connection, and well-being for children and families.
- *Talking to Your Kids About Sexual Health – It's Easier Than You Think* provided evidence-informed guidance on why early sexual health education matters and how everyday moments can support open communication. Participants gained practical strategies and trusted resources to promote children's safety and well-being.



**Supporting Parents WEBINAR SERIES**

The Supporting Parents Webinar Series focuses on topics to help parents and caregivers learn how to create environments that help children thrive.

Interactive activities are used to share strategies and tips for raising healthy, safe, and happy children.

These webinars can be used as part of parenting groups or can be used by parents and caregivers on their own.

Topics cover a wide variety of information about child health and development and parenting.



Supporting Parents Webinar Series

**A JOURNEY WITH GRANNY WILLOW: TRADITIONAL TEACHINGS, RESIDENTIAL SCHOOLS, AND RESILIENCY**

**NOVEMBER 18, 2025  
10:30 A.M. – 12:00 P.M.**

This webinar will provide space to reflect on the important role that culture plays in shaping identity, connection, and well-being for both parents and children.

**ADVANCE REGISTRATION IS REQUIRED.**

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**Talking With Your Kids About Sexual Health**

*It's Easier Than You Think*

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# Community Action Program for Children (CAPC)

Jackie Eaton, CAPC Training and Education Coordinator

Funding provided by the Public Health Agency of Canada (PHAC)

The Prevention Institute has sponsored a Community Action Program for Children (CAPC) project since 1993. CAPC was designed to help local community groups address the priority health and developmental needs of children (0-6 years) and their families who are living in conditions of risk. Jackie Eaton, the CAPC Education and Training Coordinator at the Prevention Institute, supports the education, resource, and networking needs of the 21 CAPC projects in Saskatchewan.

## Education & Networking

Learning and networking opportunities were provided throughout the year to strengthen collaboration and build staff capacity. Regional CAPC Meetings were held in May and June in Regina, Saskatoon, and Prince Albert with 31 participants. Topics included honouring Indigenous culture in programming, teaching parents and children about hope, and parenting strategies.

A two-day CAPC Learning and Networking Event was held in October in Saskatoon. This gathering brought together 31 participants from 17 CAPC projects. Sessions focused on motivational interviewing, healthy eating on a budget, everyday self-care, the practice of play, and incorporating Indigenous storytelling in programming. Hands-on activities and networking time supported knowledge sharing and relationship building.

CAPC projects also met virtually in February to share updates and learn about the new Community Action for Prenatal and Child Health Program (CAPCHP), launching April 1, 2026.





## Resources Developed

Several resources were created to support parents, caregivers, and service providers.

- **The Hand You Hold Is the Legacy You Leave booklet:**  
A parent-friendly booklet and accompanying lesson plan (Building Loving Connections) that supports parents and caregivers in building strong, nurturing relationships with their children and promotes healthy attachment.
- **Healthy Parenting Program information card:**  
A card with a QR code linking families to the Healthy Parenting Program, which provides practical information for parents of children aged 0-5 on topics such as nutrition, safety, child development, child care, and immunization. Certificates are available for those completing the program.
- **Parenting Matters Newsletters:**  
Quarterly newsletters that share evidence-based information on child well-being, child-friendly recipes, physical activity ideas, reconciliation resources, and new Prevention Institute materials. These newsletters support both families and service providers.



# Nobody's Perfect Parenting Program

Connie Herman - Nobody's Perfect Parenting Coordinator

Funding provided by the Ministry of Social Services

Nobody's Perfect is an education and support program for parents and caregivers of children from birth to age five. This national program is offered free of charge and uses a strength-based, preventative approach to support parents and caregivers in meeting the health and developmental needs of their children.



The Prevention Institute has served as the coordinating agency for Nobody's Perfect in Saskatchewan for 34 years. The Provincial Coordinator provides ongoing support to facilitators, coordinates training sessions, and develops resources to enhance program delivery. To meet the diverse needs of facilitators and community organizations, training opportunities are offered both virtually and in person. This year, 2 virtual and 2 in-person facilitator trainings were delivered, with a total of 53 new family service providers completing the Nobody's Perfect course. To support ongoing professional development for trained facilitators, 2 full-day, virtual refresher courses were also offered for facilitators. An in-person 2-day training was offered to support facilitators to incorporate Indigenous culture and traditional teachings into parenting programs.

Over the past year, the Nobody's Perfect Parenting Program was delivered in 23 communities across Saskatchewan. A total of 42 community-based organizations reported offering the program to the families they serve. In total, 46 programs were delivered, reaching 236 parents. Additionally, 21 grants were distributed to support organizations in offering Nobody's Perfect Parenting Programs within their communities.

# Early Childhood Team

The Early Childhood Team's vision is to work collaboratively to enhance early childhood well-being, so that all children have opportunities to develop and thrive to their full potential. The Team consists of representation from the CAPC, Child Injury Prevention, FASD Prevention, Perinatal and Infant Health, and Nobody's Perfect Parenting Programs.



The early childhood period is 0-5 years of age. Early childhood well-being is defined as optimal physical, mental, emotional, cognitive, social, and spiritual development. Early childhood well-being depends on children of all abilities having safe, nurturing environments.

The following webinars were provided through the Early Childhood Team in 2025-2026.

- [\*Disconnected Connections: The Impact of Screen Time on Young Children's Social-Emotional Well-Being\*](#) presented by Dr. Victoria Talwar
- [\*Supporting Neurodiverse Children: Tools for Calm, Connection, and Care\*](#) presented by Tera Hrapstead
- [\*Back to School Injury Prevention: Playgrounds & Child Pedestrian Safety\*](#) presented by Beth Blakley
- [\*If These Walls Could Talk: The Hidden Toll of Intimate Partner Violence on Children\*](#) presented by Dr. Lise Milne
- [\*Parents' and Caregivers' Experiences of Caring for their Preschool Children after Declining Vaccines\*](#) presented by Dr. Christine Huel
- [\*Prenatal Environmental Health Education – Sharing and Gathering Insights on Current Gaps and Opportunities\*](#) presented by Dr. Erica Phipps
- [\*Traumatic Head Injury Due to Child Maltreatment: Prevention Strategies and Detection Tools\*](#) presented by Dr. Suzanne Hartman

# Perinatal and Infant Health Program

Rosemary Chukwu, Program Coordinator (until September 2025)

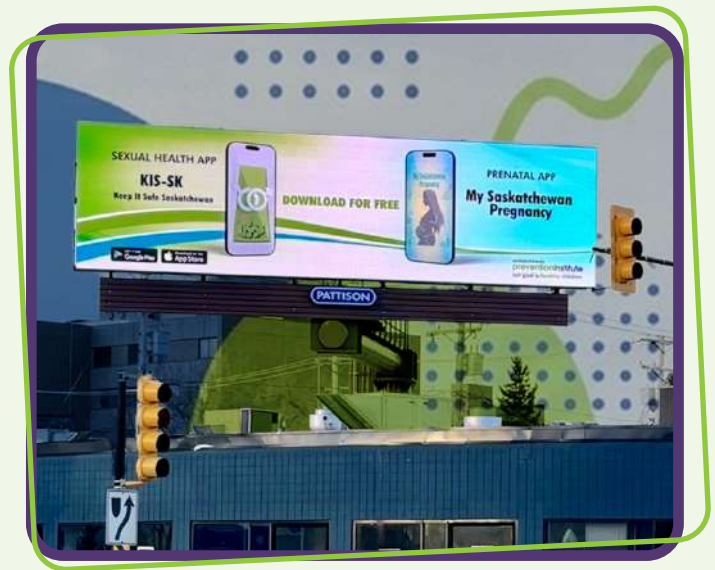
Rashmi Tandukar Bhaukaji, Program Coordinator (since October 2025)

Funding provided by the Ministry of Health

The Perinatal and Infant Health Program is dedicated to improving the health outcomes of pregnant people and infants by providing evidence-based information and resources related to ongoing and emerging perinatal and infant health issues to support healthcare professionals, service providers, pregnant people, and families.

## My Saskatchewan Pregnancy App

The free prenatal app, [My Saskatchewan Pregnancy](#), remained a vital resource and was downloaded 1,160 times this past year. The app was promoted widely via newspapers, Facebook ads, billboards, the PAWS page of the University of Saskatchewan, and at multiple events throughout the province. The app was also promoted in different hospitals, clinics, Early Years Family Resource Centres, and public health offices in Yorkton, Prince Albert, La Ronge, Swift Current, and Moose Jaw by Michele Monroy-Valle and Brenda Corman as a part of their *Making Milk Baby Friendly Initiative (BFI)* tour. Throughout the year, a total of 3,417 swag items were distributed to promote the app, including pens, pop sockets, and hand sanitizers.



## Resource Updates & Distribution

Some of the resources developed or updated this year include the following.

- A new [Postpartum Self-Care](#) webpage was created to highlight the importance of the postpartum or “fourth trimester” phase. This evidence-based resource provides information about rest and sleep, nutrition and hydration, postpartum exercise and physical activity, support systems, emotional and mental health, and medical follow-up.
- Webpages that were updated this year include the [Newborn Hearing](#), [Infant Sleep](#), [Cannabis and Pregnancy](#), and [Immunization](#) pages.
- In collaboration with the Prenatal Nutrients of Concern Resource Development Working Group, a new infographic poster, [Prenatal Supplements](#), was developed and is available for download and order. This working group includes nutritionists, dietitians, and public health nurses.



A total of 22,799 Program resources were distributed this year, showing that the community’s need for resources remained high. This includes online orders and distribution at events such as the Canadian Nursing Student Association (CNSA) National Conference, Regional Nursing Conference, Family Violence Awareness Event by Family Services Saskatoon, and Child Health Research Trainee Day by the Department of Pediatrics - University of Saskatchewan. The resources that were most popular included the [What Have You Heard About Maternal Mental Health? pamphlet](#), [Maternal Mental Health Screening information card](#), [Safe Sleep for Your Baby: Lower the Risk of SIDS pamphlet](#), [ABCs for Safe Sleep door hanger](#), and [Essential Foods for a Healthy Pregnancy pamphlet](#).

## Capacity Building and Collaborations

To increase knowledge and awareness among healthcare providers, the Program hosted a webinar titled *Nurturing Mental Health Through Perinatal Nutrition: Inclusive Conversations and Support Strategies*. This webinar was presented by Amy Chow, a Registered Dietitian and founder of Chow Down Nutrition, and had a total of 62 registrants.

Through the Maternal and Infant Health Interest Group (MIHIG), a community of practice Google Group, health and allied health professionals continued to network with each other and share information, updates, and new projects. Currently, there are 162 members in the group, 34 of whom joined during the past year. Three virtual networking meetings were also held. A notable response on the group’s needs assessment survey was, “I really like having guest speakers and understanding what others are doing to improve services.” The importance of this platform was also demonstrated by the gratitude expressed by multiple professionals during various external meetings.

The Perinatal and Infant Health Program also stayed involved in committees such as the Prevention Institute’s [Early Childhood Team](#), Saskatchewan Breastfeeding Matters, Baby Friendly Initiative Collaborative, Perinatal Substance Use (Sacred Beginnings) Group, and Prenatal Nutrients of Concern Resource Development Working Group. Each group focuses on addressing various concerns raised by healthcare and service providers and community members around preconception, pregnancy, postpartum, and infancy. Collaborative work has also been being undertaken with Métis Nation - Saskatchewan to translate a maternal mental health poster to Heritage Michif.

Overall, the Perinatal and Infant Health Program had a successful year working towards the goal of improving maternal and infant health in Saskatchewan. Although the impact of the Program may be challenging to quantify, the number of resources distributed, events attended, and networking opportunities provided improves the likelihood of increased knowledge, awareness, and support, leading to better outcomes for pregnant people, infants, and their families.

# Sexual and Reproductive Health Program

Abbey Goertzen, Program Coordinator

Suzanne Hartman, Research and Evaluation Specialist

Funding provided by the Ministry of Health

Children's health and development can be impacted before conception by their parents' health. For this reason, the Sexual and Reproductive Health (SRH) Program takes an upstream, preventative, and evidence-based approach to address the needs of Saskatchewan residents before and during their reproductive years. By creating accessible educational materials and targeted health promotion campaigns, the Program empowers individuals to make informed, healthy decisions that benefit them and their families.

## Indigenous Sexual and Reproductive Health Resources

Sexual and reproductive health are important for overall health and well-being. In order to make informed decisions about their sexual and reproductive health, and to reduce the risk of negative sexual health outcomes, people need access to quality, inclusive, and culturally relevant education and services. Indigenous communities in Canada continue to experience sexual and reproductive health disparities, related to limited access, poor quality of care, discrimination within the healthcare system, and ongoing impacts of colonization. In an effort to reduce these disparities and improve sexual and reproductive health outcomes, communities and organizations are creating resources, services, and programs that better meet the needs of Indigenous people. Health services that utilize traditional practices have been shown to be more effective in improving quality of life and health outcomes for Indigenous people.

The SRH Program completed the [\*Environmental Scan of Available Online Indigenous Sexual and Reproductive Health Resources\*](#) to highlight available sexual and reproductive health resources and services in Canada created by or in partnership with Indigenous people. This report aims to facilitate improved access to and utilization of Indigenous sexual and reproductive health resources and services for individuals in Canada. Additionally, the report may inform the development of new resources and strategies and/or the adaptation of existing resources and strategies.

## Syphilis and Congenital Syphilis Health Promotion

Addressing the rising rates of syphilis and congenital syphilis in Saskatchewan continues to be a priority for the SRH Program. This year, the SRH Program completed the literature review [\*Congenital Syphilis: Prevention, Outcomes, and Aftercare\*](#). It covers recent evidence-based findings and recommendations on congenital syphilis transmission, prevention, treatment, and aftercare, as well as information about short- and long-term outcomes of congenital syphilis.

Additionally, the SRH Program continued to promote the *Let's Talk About Syphilis* campaign across Saskatchewan through various media channels. Syphilis health promotion messaging was shared province wide through radio, billboards, bus ads, digital ads, social media, and TV ads. Syphilis ads also ran on Missinipi Broadcasting Corporation (MBC) Radio, ensuring messaging reached rural and northern communities. [The Talk Syphilis website](#) received over 1,293 visits in the year, helping to increase awareness among healthcare providers and the general public.



## Outreach and Education

Access to comprehensive, age-appropriate sexual health education is a human right. Research shows that comprehensive sexual health education is associated with delayed onset of sexual activity, safer sex practices, a reduction of sexually transmitted and blood borne infections (STBBIs) and unintended pregnancies, development of healthy relationships, and an increased understanding of personal rights.

This year, the SRH Program connected with educators and service providers at 11 conferences and events, sharing resources and best practices to build confidence in delivering sexual health information. To provide further support, the SRH Program updated the [Sexually Transmitted and Blood-Borne Infections \(STBBIs\): What You Need to Know](#) booklet and brochure, [Contraception Options: Finding the Best Method of Birth Control for You](#) booklet, and the [Understanding and Teaching About Consent](#) fact sheet. Additionally, the SRH Program hosted 7 webinars, including ones focused on syphilis, HIV, hepatitis C, human trafficking, and comprehensive sexual health education.

## Resources

This fiscal year, the SRH Program distributed a total of 23,540 print resources. The most popular resources were the [Youth-Friendly Sexual Health Information card](#), [Building Healthy Relationships: Yes, that includes dating relationships!](#) booklet, and [Building Healthy Online Relationships](#) booklet. The Program also continued to promote the [Keep It Safe Saskatchewan \(KIS-SK\) app](#), which was downloaded a total of 10,967 times over the year. This was an increase of 1,813 downloads from the year before. Together, these resources supported individuals, educators, and healthcare providers in addressing critical topics like healthy relationships, online safety, contraception, and safer sex.



# Saskatchewan STBBI Project Assistant

Caila Robson-Kullman, Project Assistant (until July 2025)

Chinonso Chukwuelue, Project Assistant (since September 2025)

Funding provided by the Ministry of Health

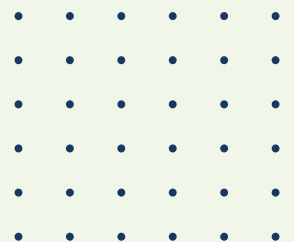
The Saskatchewan STBBI Project Assistant position, formerly HIV Collaborative Assistant, has been hosted by the Prevention Institute since 2011. The STBBI Project Assistant provides provincial coordination, supports partners, and advances system-wide initiatives aligned with the Ministry of Health’s priorities for sexually transmitted and blood-borne infections (STBBIs). The STBBI Program remains dedicated to raising awareness, strengthening capacity, and supporting programs aimed at preventing and managing STBBIs across Saskatchewan.

## STBBI Awareness and Event Coordination

This year, the STBBI Project Assistant focused on raising awareness and fostering community engagement through campaigns like Provincial HIV Testing Day, World AIDS Day, AIDS Awareness Week, and Indigenous AIDS Awareness Week. Work included coordinating with community and health partners, tracking province-wide activities, creating social media posts, and distributing resources. Collaboration with HIV Strategy Coordinators strengthened local events and access to information. A highlight was Provincial HIV Testing Day, with 8 events held across 8 locations, engaging 182 attendees, providing 97 HIV tests, and distributing 24 self-test kits. This day demonstrates the ongoing importance of accessible testing.

## Capacity Building for Healthcare Providers

Enhancing healthcare provider capacity remained a key focus this year. The STBBI Project Assistant supported training and professional development through partnerships, funding 550 pre-registered seats in the University of Saskatchewan Continuing Pharmacy Education program on topics including HIV, PrEP (pre-exposure prophylaxis), maternal/perinatal HIV, and mental health. Additional support funded the development of congenital syphilis and perinatal HIV courses through the STBBI Treatment Education Program for Saskatchewan (STEPS), as well as PrEP/PEP (post-exposure prophylaxis) training and HIV/STBBI awareness events in Saskatoon, Prince Albert, North Battleford, Lloydminster, and NITHA (Northern Inter-Tribal Health Authority) communities. These initiatives ensured providers had current knowledge, practical tools, and best practices to deliver informed, high-quality care.





## Enhancing Access to Online Information

The [Saskatchewan HIV Collaborative website](#) continued to serve as a key resource for healthcare professionals and the public, connecting users to timely information, support, and community resources. Maintained by the STBBI Project Assistant, the site received over 15,100 visits in 2025-2026, with the [Living with HIV – Support page](#) accounting for 35% of traffic. This year, content was refreshed, outdated materials were removed, and older resources were archived. A comprehensive review of online HIV/STBBI information in Saskatchewan was conducted using tools such as Google Lighthouse and Web Content Accessibility Guidelines (WCAG) to assess accuracy, relevance, accessibility, and usability. This information will guide the website's future development to best meet user needs.

## Provincial Infant Formula Program

The STBBI Project Assistant budget supports the cost of infant formula for babies born to parents living with HIV, promoting the health and well-being of children and families. In 2025-2026, 40 babies benefited from this program, ensuring safe nutrition during a critical stage of development.

## Knowledge Sharing and System Coordination

The STBBI Project Assistant supports knowledge sharing, communication, and collaboration through the Saskatchewan STBBI Community of Practice. This Google Group provides stakeholders with current information, resources, and networking opportunities. Membership grew from 323 to 359 in 2025-2026, reflecting increased engagement. The introduction of virtual networking meetings brought together participants from public health, community organizations, academia, and government, fostering shared learning, knowledge exchange, and stronger connections across the province.

# Youth Action for Prevention Program

Nicole Sellers, Program Coordinator

Tanvir Ahmed, Research Coordinator

Funding provided by the Ministry of Health

The Youth Action for Prevention (YAP) Program addresses FASD through upstream prevention strategies to engage youth and adult allies in their communities.



## Opening the Door to Difficult Conversations Toolkit Trainings

The [\*Opening the Door to Difficult Conversations Toolkit Training\*](#) equips adult allies with practical tools and activities to support young people. Through these sessions, adult allies learn to help youth access reliable, accurate, and credible health information; encourage them to reflect on their well-being; make informed decisions; and recognize the importance of seeking help when needed. This past year, the YAP Program delivered 10 training sessions, reaching 147 participants. A highlight was traveling to Stoney Rapids in September to deliver training in one of Saskatchewan's most northerly communities.

## Superpowers Module

Within the *Opening the Door to Difficult Conversations Toolkit*, there are different modules that are continuously being updated, modified, and expanded. In response to requests from adult allies, the *Superpowers* module was enhanced this year. This module consists of four interactive activities designed to help youth recognize and celebrate their own unique, real-life superpowers. It provides meaningful opportunities for young people to reflect on their personal strengths and discover how they can harness these superpowers to effectively address and overcome the health-related challenges they face in their daily lives. By focusing on strength-based approaches, the *Superpowers* module supports youth in shifting their perspectives, building resilience, and approaching difficult conversations with greater confidence and self-awareness.

## Adult Ally Event – Anchoring Hope

In November, the YAP Program partnered with Big Brothers Big Sisters and the Youth Mental Health Learning and Sharing Community to host a professional development event. Held in Prince Albert, this event aimed to support adult allies by equipping them with valuable tools and connecting them to existing support services and natural supports within their own communities. Laura Lawrence was featured as the keynote speaker for the event. She delivered both a presentation titled *What Matters Most: The Key to Building Thriving Relationships* and a workshop titled *Youth and Tech*. A total of 34 participants from communities across the province attended the event.

## Youth-Led Community Health Grants

The [Youth-Led Community Health Grants Program](#) provides funding to community organizations for projects that aim to prevent alcohol-related harms and/or promote sexual health among young people. By actively involving youth in the grant process, the Program fosters leadership, empowerment, and peer-to-peer learning. In the past year, 8 organizations successfully received grants through this initiative, with a total funding amount of \$15,280.

## Social Media and Youth Engagement

To connect with and inspire young people to learn about and share information about alcohol and health, the Program continued its partnership with Abbie Shynkaruk, a second-year nursing student, to support the development of engaging social media content. Posts are shared monthly on Instagram and Facebook. In addition, 20 youth participated in 2 social media challenges that encouraged youth to creatively promote alcohol-free activities. These challenges provide youth with an opportunity to express their creativity, share their voices, and take an active role in promoting positive, healthy choices among their peers.



## Saskatchewan Prevention Institute

Statement of Financial Position

As at March 31, 2026

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	2026	2025
	\$	\$
<b><u>Assets</u></b>		
Current Assets	370,131	704,010
Investments	1,341,935	1,149,248
Tangible Capital Assets	2,113	5,080
	<u>1,714,179</u>	<u>1,858,338</u>
 <b><u>Liabilities and Net Assets</u></b>		
Current Liabilities	169,332	287,452
Net Assets	<u>1,544,847</u>	<u>1,570,886</u>
	<u>1,714,179</u>	<u>1,858,338</u>

## Saskatchewan Prevention Institute

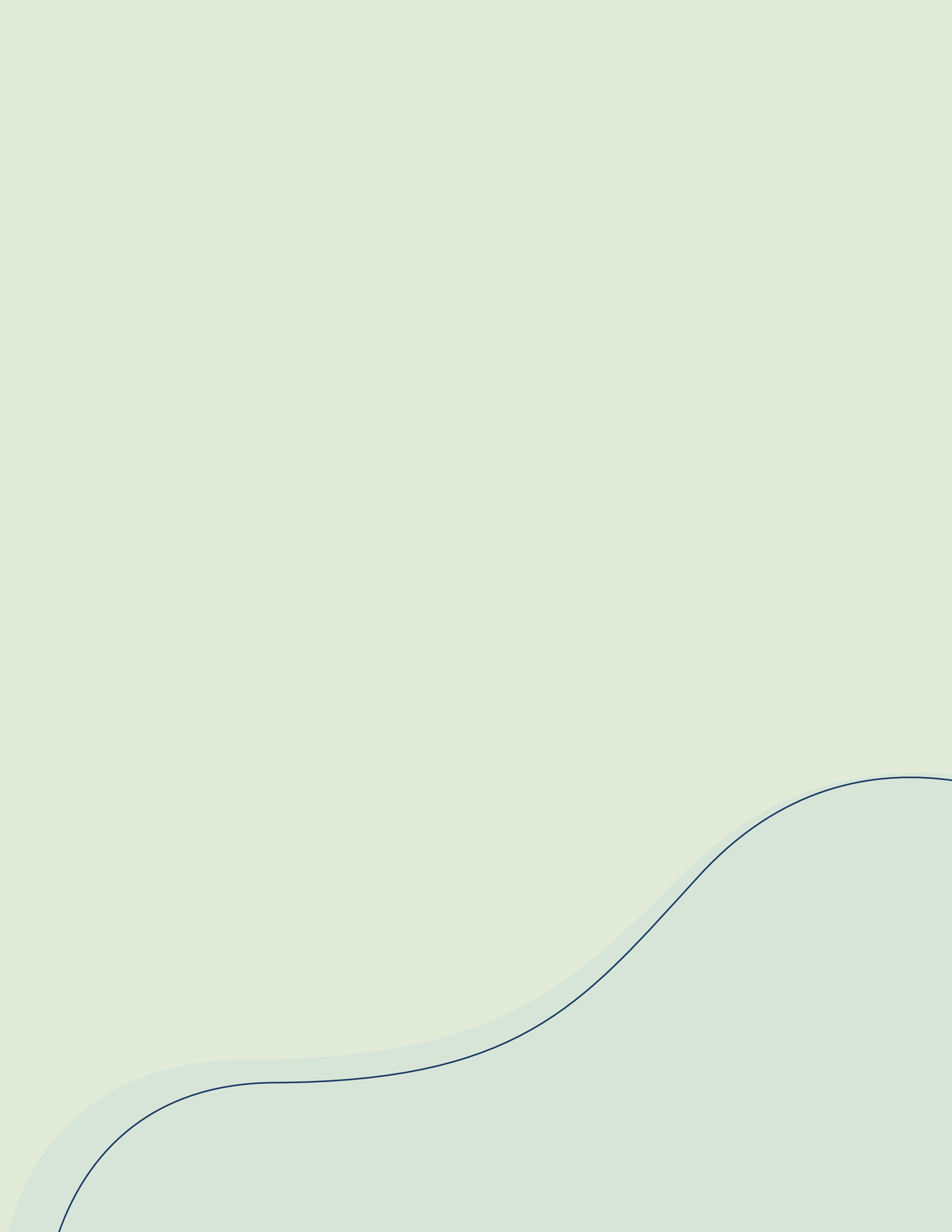
Statement of Operations

For the year ended March 31, 2026

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	2026	2025
	\$	\$
<b><u>Revenue</u></b>		
Program Grants and Activities	1,824,905	1,780,936
Government of Saskatchewan	182,878	177,552
Kinsmen Foundation Inc	105,000	140,000
SaskAbilities	66,120	64,198
Interest and Other Income	65,503	63,772
Total Revenue	<u>2,244,406</u>	<u>2,226,458</u>
 <b><u>Expenses</u></b>		
Operations	460,073	437,677
Programs	1,810,372	1,787,152
Total Expenses	<u>2,270,445</u>	<u>2,224,829</u>
Excess of Revenue over Expenditures	<u>(26,039)</u>	<u>1,629</u>

2025-2026 Audited financial statements are available on our website or upon request.





saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

Connecting with the Prevention Institute  
We want to hear from service providers throughout Saskatchewan. Through feedback and the identification of needs, we will continue to remain relevant and accountable to you.

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