

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 August 2022



Prenatal Supports

Saskatoon Pregnancy Options Centre

#107-2543 Dudley Street

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, CHEP coupons and vitamin support, breastfeeding information, home visits, and prenatal education.

Food for Thought

306-655-4824

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

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 lunch, and transportation are available.

My Saskatchewan Pregnancy

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

My Saskatchewan Pregnancy is an app for pregnant women. It includes information that is especially helpful to pregnant women 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.

Download on Apple App Store or Google Play



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.

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

CHEP Good Food Inc.

1120 - 20th Street West

www.chep.org

306-655-4575

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

Columbus Bosco Homes/Greater Saskatoon Catholic
Elementary Schools

www.columbusboscohomes.ca

306-716-8271

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****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.

Saskatoon Friendship Inn**306-242-5122**

619-20th Street West

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.

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.

Saskatoon Leisure Guide

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

www.clasaskatoon.org

306-652-9111

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

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/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.

Saskatoon Mothers' Centre

saskatoonmotherscentre@hotmail.com

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 runs every day of the week and can be accessed by messaging us on one of our three media's.

"Together we're stronger "

READ Saskatoon

#2- 706 Duchess Street

www.readsaskatoon.com

306-652-5448

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

309 Fairmont Drive

www.saskatoonfamilycentre.ca

306-652-7515 ext 301

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.



Saskatoon Public Libraries
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

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/

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

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.

Remai Modern

Free admission for up to two adults and five children, under 17yrs old. Offered at Frances Morrison Central, Carlyle King, Dr. Freda Ahenakew and Mayfair libraries.

Western Development Museum

Free admission to the Museum and galleries for one family (guardians and children under 18). 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.

Saskatchewan Regional Parks Association

From Jun 1 to Sep 15 borrow a Regional Park pass at participating libraries to experience Regional Parks throughout the province. The loan period is seven days. Show the pass at the park gate to receive free entry. Regional Park Discovery Passes are offered at all libraries and are available on a first-come, first-served basis.

Ukrainian Museum of Canada

Show the Discovery Pass at the Ukrainian Museum of Canada front counter and receive admission for up to six individuals. Ukrainian Museum of Canada Discovery Passes are offered at all library locations.



Teens and Young Parents

EGADZ – Downtown Youth Centre

485 - 1st Avenue North

www.egadz.ca

306-931-6644

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

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



Indigenous Parents

Saskatoon Tribal Council (STC)

Health and Family Services Inc.

200 - 335 Packham Avenue

www.skfc.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

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 NiWaaapatahanaanik (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.

Westside Community Clinic

306-664-4310

1528 - 20th Street West (Located in Westside Community Clinic)
www.saskatooncommunityclinic.ca

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

OUT Saskatoon

213 Ave C South

306-665-1224

hello@outsaskatoon.ca

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

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.saskatchewanhealthauthority.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.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.

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.

Saskatoon Sexual Assault Info Centre

#201-506 25th St East

www.ssaic.ca

306-244-2294

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

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.



**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

Prairie Harm Reduction (Family Support)

225 Ave R South
www.prairiehr.ca

306-220-9742
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

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.

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.

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.

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.

**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 .

Empty Arms

306-244-5677

237 5th Ave North

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

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.

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

<https://www.saskatoonhealthregion.ca/Pages/Incredible-Parent-Directory.aspx>

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.pblsask.ca**

