



SAISIA

Saskatchewan Association of
Immigrant Settlement and
Integration Agencies



**SASKATCHEWAN
SERVICES
DIRECTORY
FOR CHILDREN AND YOUTH**

GENERAL EMERGENCY CONTACTS

9-1-1

FIRE / AMBULANCE / POLICE

You should call 911 only in emergency. (For example: if someone needs help right away because of a serious injury, violent acts or threats, if there is a fire, or another immediate danger.)

8-1-1

HEALTHLINE

www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline

A free, confidential, 24 hour service offering professional health advice and mental health support. There are translations available in over 100 languages.

2-1-1

2-1-1 SASKATCHEWAN

sk.211.ca/

A free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus an online directory of over 5,000 listings of social, community, non-clinical health, and government services across the province.

KIDS' CRISIS HOTLINES

1-800-668-6868 PHONE OR TEXT CONNECT TO 686868

KIDS HELP PHONE

kidshelpphone.ca/

A national support service available at any time of day. They offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French.

306-922-4454

PRINCE ALBERT CHILDREN'S HAVEN

www.pachildrenshaven.ca/

A home that provides care for children when a parent is less able to care for their child. For a short amount of time, children will be looked after by staff members and provided with basic meals and snacks, clothing, and shelter. They are open all day, every day of the year. Children up to 12 years of age are accepted.

306-242-2433

SASKATOON CRISIS NURSERY

crisisnursery.ca/services/

A home that provides care for children when a parent is less able to care for their child. For a short amount of time, children will be looked after by staff members and provided with basic meals and snacks, clothing, and shelter. They are open all day, every day of the year. Children up to 12 years of age are accepted.

GENERAL CRISIS HOTLINES

306-569-2724

CHILD PROTECTION SERVICES

This is a service to respond and investigate complaints of child abuse and neglect in Regina, and to provide information to those living outside of Regina. Abuse and neglect can mean that a child is in a situation that is harmful to their physical, emotional or psychological health.

1-833-456-4566

CRISIS SERVICES CANADA

www.crisisservicescanada.ca/

This is a suicide prevention hot-line available every day, all day.

306-525-5333

CRISIS SUICIDE HELPLINE

If you are considering suicide or know someone who is, immediate, 24/7 help is available.

1-800-667-4442

SASKATCHEWAN FARM STRESS LINE

www.saskatchewan.ca/business/agriculture-natural-resources-and-industry/agribusiness-farmers-and-ranchers/programs-and-services/farm-stress-line

This is a confidential crisis helpline for counselling, support, information and referral services. This is specifically for youth and families living on the farm or in a rural Saskatchewan community.

306-757-0127

MOBILE CRISIS SERVICES

www.mobilecrisis.ca/

This service is available at all hours of the day, 365 days a year. Services can be provided in over 155 languages. They have been providing province-wide crisis intervention since 1974. The overall purpose of the agency is to provide integrated and comprehensive social and health

REGINA MOBILE CRISIS SERVICES

306-525-5333

NORTHEAST CRISIS LINE

24/7 Hours Northern Saskatchewan

1-800-611-6349

SASKATOON CRISIS INTERVENTION SERVICE

saskatooncrisis.ca/

306-933-6200

PIWAPAN WOMEN'S CENTRE CRISIS LINE

24/7 Hours Northern Saskatchewan

306-425-4090

PRINCE ALBERT MOBILE CRISIS UNIT

306-764-1011

WEST CENTRAL CRISIS AND FAMILY SUPPORT CENTRE

Mon - Fri 9 am - noon, 1 pm - 5 pm

306-463-6655

After Hours: 306-933-6200

DOMESTIC VIOLENCE HOTLINES

306-693-6511

MOOSE JAW TRANSITION HOUSE

<https://www.mj-transitionhouse.com/>

306-757-6675

REGINA – FAMILY SERVICE

familyserviceregina.com/

Services available Monday – Friday from 8:30 am – noon, 1:00 – 4:30 pm.

306-569-2292

REGINA TRANSITION HOUSE

www.reginatransitionhouse.ca/

306-244-0127

SASKATOON – FAMILY SERVICE

familyservice.sk.ca/

Services available Monday – Friday from 9 am – 5 pm.

1-888-338-0880

SASKATOON INTERVAL HOUSE

saskatoonintervalhouse.org/what-we-do/

PREGNANCY SERVICES

306-522-0902

REGINA – PLANNED PARENTHOOD

www.plannedparenthoodregina.com/

Pro-choice organization where all contraceptive and pregnancy choices are respected.

1920B Francis Street
Regina SK

306-244-7989 213

SEXUAL HEALTH

www.saskatoonsexualhealth.ca/services/

Pro-choice organization that prioritizes emotional support and the delivery of accurate, non-judgmental information. Offers free pregnancy tests and short-term pregnancy options counselling.

Ave C South
Saskatoon SK

1-866-870-3344

REGINA – OPTIONS PREGNANCY CENTER,
RESOURCES & LIFESTYLE COACHING

www.reginapregnancy.com/

Christian organization that does not perform or refer for abortions.

306-665-7550

SASKATOON PREGNANCY OPTIONS CENTRE

www.saskatoonpregnancy.com/

Does not perform or arrange for abortions.

306-922-0100 PRINCE ALBERT – JUBILATION RESIDENTIAL CENTRE

Delivers pro-life programs in collaboration with the Prince Albert Right To Life Association.

306-446-4440

NORTHERN SASKATCHEWAN

24 hour pregnancy crisis line

SEXUAL ASSAULT HOTLINES

1-844-952-0434

REGINA SEXUAL ASSAULT CENTRE

<https://www.reginalsexualassaultcentre.ca/>

306-244-2224

**SASKATOON SEXUAL ASSAULT
AND INFORMATION CENTRE**

<https://ssaic.ca/>

MENTAL HEALTH AND ADDICTION SERVICES

1-800-461-5483

**CANADIAN MENTAL HEALTH ASSOCIATION
SASKATCHEWAN DIVISION (CMHA SASKATCHEWAN)**

www.pa.cmha.ca

A mental health drop-in centre that provides a hot lunch to adults and youth with mental health issues. The program operates from Monday – Friday from 8:30 am – 3:30 pm. This is a drop-in service for Prince Albert area residents.

1322 Central Ave
Prince Albert, SK
Business Line: 306-763-8843
Email: pacmha@sasktel.net

1-800-306-6789

SASKATCHEWAN PROBLEM GAMBLING HELPLINE

1-855-781-9522

GAMBLERS ANONYMOUS

REGINA-QU'APPELLE HEALTH REGION

www.rqhealth.ca/programs-and-services/child-and-youth-health

Saskatoon Regional Health Authority (Saskatoon Health Region)

www.saskatoonhealthregion.ca/locations_services/Services/mhas

Provides free services to Saskatoon youth between the ages of 12 and 18 years who are experiencing a range of mental health and/or addiction concerns that may include: behavioural disorders, complicated bereavement and trauma, depression and anxiety, eating disorders, LGBTQ+ issues, mental illnesses, parent/teen conflict, social skills, substance abuse, or suicide risk. Services are provided through one or more of the following programs:

- Day Program and Therapeutic Recreation: provides an assessment and stabilization in the therapeutic school-type environment for youth with mental health concerns.
- Youth Counselling Program: provides an assessment, individual, family, and group therapy to youth and their families who are experiencing mental health and/or substance use/abuse issues.

715 Queen St,
Saskatoon, SK
Email: general.inquiries@saskatoonhealthregion.ca

306-655-7777 Community Counselling
306-655-4911 Youth Day Program

1-855-765-6550

**PRINCE ALBERT PARKLAND
REGIONAL HEALTH AUTHORITY**

(Prince Albert Parkland Health Region)

[***http://paphr.ca/***](http://paphr.ca/)

Offers a variety of free services for youth ages 12 - 17 including: grief counseling, child and youth group services for anxiety and depression, individual assessment, treatment, and clinical consultation.

101 15th St E
2nd Floor
Prince Albert, SK

For more resources, visit the Saskatchewan Directory of Mental Health and Addictions Services:
[***publications.gov.sk.ca/documents/13/106350-MHA-Services-Directory-Saskatchewan-2018.pdf***](http://publications.gov.sk.ca/documents/13/106350-MHA-Services-Directory-Saskatchewan-2018.pdf)

COUNSELLING SERVICES

306-382-2391

ASPIRE TOO - COUNSELLING AND PROFESSIONAL SERVICES

www.aspiretoo.ca

Provides counselling services in all areas of mental health, including depression, anxiety, bipolar disorder, PTSD, and ODD. Provides service for the Melfort, Prince Albert, and Saskatoon areas.

496 Marquis Road
Prince Albert, SK
Cell: 306-281-7756
Email: reception@aspiretoo.ca

1-877-922-3202

CATHOLIC FAMILY SERVICES OF PRINCE ALBERT

<http://www.cfspa.ca/>

Provides counselling for individuals and families in Prince Albert and surrounding areas. Counselling services include: conflict resolution, family violence, depression and anxiety, eating disorders, grief and loss, separation and divorce, addictions, personal growth/enrichment, and trauma. Services are available to anyone, regardless of religious affiliation and economic situation.

1008 1st Ave W,
3rd Floor,
Prince Albert
Business Line: 306-922-3202
Email: cfspa@sasktel.net

306-565-0984

DONALDA HALABUZA COUNSELLING & MEDIATION SERVICES

Provides individual and family counselling in Regina.

After Hours: 306-565-0984
Email: d.halabuza@sasktel.net

306-978-2687

JRH PSYCHOLOGICAL SERVICES

jrhpsychologicalservices.ca

Provides counselling and consultation for children and families in Saskatoon on mental health issues such as: questions about early childhood development; managing difficult behaviours; reducing parent-child conflict; dealing with anxiety, excessive worry, fears; coping with traumatic events; grief or loss; families coping with separation or divorce; learning difficulties or school problems; living with a parent with mental health issues; family violence; and general consultation services.

Email: jacqueline@jrhpsychologicalservices.ca

306-565-2422

LINDA THOLL FAMILY CONSULTING

www.tholl.ca

Provides counselling for Saskatchewan youth with depression, anxiety, or stress relating to family, social, and school matters.

2631 28th Ave, Unit 201,
Regina, SK
Email: linda@tholl.ca

306-370-4425

LYNNE WAWRYK-EPP

Registered Psychologist Provides psycho-educational assessments and related counselling services for Saskatchewan children 5 years of age to adulthood.

612 Saskatchewan Cres East
Saskatoon, SK
Email: lwe@sasktel.net

306-961-9115

MARGARET MCNAUGHTON

Registered Social Worker & Psychiatric Nurse Provides counselling for youth in Regina for issues relating to divorce, loss, assertiveness and self-esteem training, and pain management. Business Line: 306-586-1724 Email: marg.mcn@sasktel.net Wanda Seidlikoski Yurach Counselling Services Provides counselling for individuals, children, and families in Prince Albert for issues such as depression, anxiety, and grief or loss.

205-20 14th St West
Prince Albert, SK
Email: wasycounsellingservices@shaw.ca

306-631-6139

RESOLVE/RENEW COUNSELLING & CONSULTING

<http://www.resolverenew.com>

Provides general counselling and body-oriented psychotherapy to individuals and families in Moose Jaw dealing with anxiety, depression, grief, separation and divorce, family of origin issues, self-esteem, medical and/or dental related anxiety, parent-child issues, trauma, and PTSD.

Email: susan@resolverenew.com

GENDER AND SEXUALLY DIVERSE SERVICES

306-519-4733 PHONE/TEXT

UR PRIDE

<https://www.urpride.ca/>

The UR Pride Centre for Sexuality and Gender Diversity is a non-profit 2SLGBTQIAP+ service provider housed at the University of Regina. UR Pride provides services and programming for the entire community of Regina, not just for the University of Regina, and is available to provide certain services to others communities in the Southern Saskatchewan region on request.

1-800-358-1833 213

OUTSASKATOON

www.outsaskatoon.ca/

Providing peer support and counselling, queer-specific education and resources, outreach, social gatherings and events, community referrals, and sexual health services. Operates Pride Home, a long-term home for LGBTQ2S+ youth ages 16-21.

Ave C South

Saskatoon SK

Business Line: 306-665-1224

Email: hello@outsaskatoon.ca

306-539-1064 PHONE/TEXT

**SPACE FOR SASKATCHEWAN
QUEER AND TRANS YOUTH**

www.space.lgbt

A community hub located in downtown Regina, SK. On any given day youth can be found participating in workshops, organizers hosting meetings, or music and arts events. SPACE also has drop in hours for 2SLGBTQ youth to come and use the lounge and hang out.

2139 Albert St.

Regina SK

Email: saskqty@urpride.ca

Drop-In Hours: Tuesday 4:00-8:00PM (all ages)

Wednesday 4:00-8:00PM (all ages)

Thursday 4:00-9:00PM (ages 14-18 only)

TRANSSASK SUPPORT SERVICES INC | TRANSSASK YOUTH

www.transsask.org

Providing province-wide peer support and information for youth between the ages of 14 and 24 years of age, who are questioning their gender or identify as transgender, transsexual, genderqueer, or intersex. info@transsask.org

1-877-330-6366

TRANS LIFELINE

www.translifeline.org/

This is a resource for transgender people to support them with direct services, information and education, and advocacy help.

306-692-3388

MOOSE JAW PRIDE

www.moosejawpride.ca

Moose Jaw Pride Inc. is a registered non-profit corporation whose vision is A thriving community for all gender and sexually diverse people. They support this vision through programming in the following areas:

- Customized Diversity Training Workshops
- Community Events
- Peer Support
- Information & Resources
- Outreach & Community Presence
- Advocacy

Drop-in Centre (1:00-6:00pm)

345 Main St. North

Moose Jaw, SK

1-888-530-6777

**PFLAG CANADA (PARENTS AND FRIENDS OF
LESBIANS AND GAYS) | LGBTQ+ SUPPORT**

pflagcanada.ca/

Support is available for anyone with questions or issues about sexual orientation and/or gender identity via local groups or online.

Regina Chapter

Business Line: 306-533-3965

Email: reginask@pflagcanada.ca

Prince Albert Chapter

Business Line: 306-764-5150

Email: pralbertsk@pflagcanada.ca

Saskatoon Chapter

Business Line: 306-491-3484

Email: saskatoonsk@pflagcanada.ca

A national charitable organization that works to improve the lives of LGBTQI2S people in Canada and to enhance the global response to LGBT2QIS issues. Visit the website for information, resources, and programs that serve the LGBTQ2S community including:

- Reporting Homophobic Violence.
- Educator Training Workshops: Safer & Accepting Schools • Two Spirits, One Voice: information for persons that identify as both LGBTQ and Indigenous You Can Play Canada: works to ensure safety and inclusion for all who participate in sports, including LGBT athletes.
- Draw-The-Line Against Transphobic Violence: a bystander focused, sexual violence prevention, public awareness campaign.
- MyGSA.ca (My Gay-Straight Alliance) - Canada's website for safer and inclusive schools for the lesbian, gay, bisexual, trans, queer and questioning (LGBTQ) community. Services in French and English.

Email: info@egale.ca

COMMUNITY SUPPORTS, OTHER

SOCIAL SERVICES (GOVERNMENT OF SASKATCHEWAN)

www.saskatchewan.ca/residents/family-and-social-support/youth-services

The Ministry of Social Services provides support and services to 16- and 17-year-old youth when:

- the young person cannot return to live with his or her family for reasons of safety; or
- there is no parent willing or able to take responsibility for the young person.

Case workers follow four guiding principles to determine whether the young person and his/her family receive services:

- All 16- and 17-year-olds need adult support, guidance and direction – at least some of the time. Wherever possible, this support, guidance and direction should be provided by the young person's family.
- It may be necessary to work with the young person's family to help them become stronger and better able to deal with their stresses and problems, particularly problems related to parenting and/or family functioning.
- Helping 16- and 17-year-olds through supportive (financial or residential) services should ensure there is an ongoing family connection, unless such a connection is not in the best interest of the youth.

Contact your nearest Social Services Office and talk to a case worker. He or she will:

- discuss concerns about safety issues due to abuse in the home;
- with the young person's permission, contact one or both parents; or
- contact the young person's school or others who may be able to provide additional information

YOUTH COMMUNITY COUNSELLING PROGRAM (SASKATOON)

www.saskatoonhealthregion.ca/locations_services/Services/mhas/Pages/YouthServices12-18years.aspx

Services are provided to youth between the ages 12 to 18 years (and their caregivers), who are experiencing a wide range of concerns that may include:

- Behavioral disorders
- Complicated bereavement and trauma
- Depression and anxiety
- Eating disorders
- Issues unique to gay and lesbian youth
- Mental illnesses • Parent/teen conflict
- Social skills
- Substance misuse
- Suicide risk

THE SASKATOON COMMUNITY CLINIC

<https://www.saskatooncommunityclinic.ca/>

A primary health care service provider offering care in the following areas:

- Medical and Primary Care Services
- Chronic Disease Management and Healthy Living
- Sexual and Reproductive Health

- Transgender Health
- Dental (Westside Clinic only)
- Seniors Health (Downtown Clinic)

The downtown location also hosts the Refugee Engagement and Community Health (REACH) Clinic. Appointments for these clinics are arranged through the Global Gathering Place in collaboration with the Saskatoon Open Door Society.

306.652.0300

DOWNTOWN CLINIC

455 – 2nd Avenue North
Saskatoon, SK
S7K 2C2

306.664.4310

WESTSIDE CLINIC

1528 – 20th Street West
Saskatoon, SK
S7M 0Z6

306-922-1071

**LEARNING DISABILITIES ASSOCIATION OF
SASKATCHEWAN (LDAS)**

www.ldas.org/programs/academic-tutoring/

Literacy program aimed at students with learning disabilities and at-risk readers. Introduces coping strategies to students with learning disabilities. Provides service to those in the Prince Albert, Regina, and Saskatoon area.

The cost of the program is \$30 per hour session, with some subsidies available.

Services include:

- Initial comprehensive testing
- One-on-one instruction
- Individualized programming geared to address student's weaknesses
- Strategies for reading and writing
- Strategies to aid with comprehension process
- Enhanced self-esteem.

1106 Central Ave
Prince Albert, SK
S6V 4V6

Email: pabranh1@sasktel.net

306-525-2141

YWCA REGINA

www.ywcaregina.com/

Supports women and families through programming that addresses:

- Family homelessness
- Gender-based violence
- Community Development
- Childcare
- Housing Support
- Wellness

1940 McIntyre Street
Regina SK

306-244-7034

YWCA SASKATOON

www.ywcaskatoon.com/

Nurturing the well-being of women, girls, and their families through services and supports such as:

- Crisis Shelter and Residence
- Child Development Centre (childcare)
- Employment and Learning Centre
- Fitness on 25th (gym)
510-25th Street East
Saskatoon SK

YWCA PRINCE ALBERT

www.ywcaprincealbert.ca/

From single mothers, current residents, newcomers, and job seekers, to families of all backgrounds, YWCA Prince Albert continues to provide vital programs and services that help many people in our community build better lives and achieve economic independence. YWCA Prince Albert:

- provides shelter, food and assistance to marginalized populations to help break the cycle of poverty.
- offers life skills programs, advocacy, and support to help individuals transition from our emergency homeless shelter to our transitional housing programs onto our permanent housing programs.
- offers services and programs for newcomers to Canada and newcomers to the Prince Albert region through the Community Connection Centre.
- provides support for newcomers to Canada in numerous schools throughout the city through the Settlement Workers in Schools (SWIS) program.