



Saskatoon Men's Resource Centre

Changing Men One Life At A Time

Father's Resource Guide

A FATHER'S PROJECT INITIATIVE

June 2007

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ADDICTIONS

Alcoholics Anonymous

Phone: 665-6727 (24 hours)

Based on the 12-step program, AA is a fellowship of men and women who share their experience, strength and hope with one another so they may solve their common problem and help others recover from alcoholism.

Calder Centre–Saskatoon Health District

2003 Arlington Avenue S7J 2H6

Phone: 655-4500

Fax: 655-4545

The Calder Centre offers a four-week in-patient program for adults who are struggling with an alcohol or drug addiction. Gender-specific treatment is provided, including a Male Chemical Dependency Program, in which participants examine the extent and consequences of their addiction and develop recovery strategies. The home group component of the Male Chemical Dependency Program provides a safe and respectful atmosphere. Additional services include: family programming, an aboriginal cultural program, therapeutic recreation, a co-dependency program and weekend and evening services. Admission is by referrals only. Referrals are made through a Community Addiction's case manager who is able to coordinate a continuum of care for the client before, during and after their stay at Calder. Calder receives referrals from across the province and occasionally from outside of the province.

Family Worker Program

Saskatoon Indian and Métis Friendship Centre

168 Wall Street S7K 1N4

Phone: 244-0174

Fax: 664-2536

family1_SIMFC@shaw.ca

www.simfc.com

This program addresses poverty, alcoholism/drug abuse, spousal/child abuse and cross-cultural issues. We offer counselling, advocacy, housing resources, referrals, and workshops on parenting, cross-cultural awareness and money management. All programs and services are free. Feel free to drop in for a visit.

KidsFirst Saskatoon

1702 20th Street West S7M 0Z9

Phone: 655-5399

Fax: 655-5707

pamwoodsworth@saskatoonhealthregion.ca

www.saskatoonhealthregion.ca

KidsFirst is a free voluntary program that helps families effectively nurture and support their children to be safe, secure, happy and healthy. Parents and their children under 5 years of age who live in the neighbourhoods of Pleasant Hill, Riversdale, Holiday Park, King George, Meadowgreen and Confederation Suburban Centre are eligible. In all of its programming, KidsFirst strives to be strength-based, family-centred and culturally

sensitive. Staff use approaches that support families to discover their strengths, celebrate their achievements and dream of other possibilities for their lives.

Métis Addictions Council of Saskatchewan

335 Avenue G South S7M 1V2

Phone: 652-8951

Fax: 665-0703

The Council offers a 28-day in-patient treatment program for adults recovering from alcohol or drug addiction. Clients participate in individual and group counselling, recreation activities, and AA meetings. Out-patient services include prevention through education, individual and family counselling, relapse prevention, client assessment, pre-treatment and after care. Services are provided within a cultural context, blending traditional aboriginal healing with western treatment.

Narcotics Anonymous

Phone: 652-5216 (information line)

A group of recovering addicts who meet regularly to help one another stay clean. The program uses the 12-step program from Alcoholics Anonymous.

Problem Gambling Help Line

1-800-306-6789 (24 hours)

The help line provides assistance to people with gambling problems and their families. Callers receive confidential, professional service from trained counsellors. The line operates 24 hours a day, seven days a week and is free of charge. Services include an information package, short-term counselling, crisis intervention services, as well as referrals to health authority problem gambling counsellors and self-help groups.

Saskatchewan Prevention Institute

1319 Colony Street S7N 2Z1

Phone: 655-2512

Fax: 655-2511

www.preventioninstitute.sk.ca

www.healthyparenting.ca

We are working to create awareness of preventative measures to reduce the incidence of disabling conditions in children. Our goal is to ensure that all children have the best possible chance at a healthy life. Prevention programs and services are provided to parents, future parents, students, professionals, community groups, and the general public. Our program areas cover the following: Alcohol, Tobacco and Other Drugs, Child Injury Prevention, Community Development, Neglect & Abuse Prevention, Parenting Education, Perinatal & Infant Health and Youth Health.

Resources for fathers include:

- ❖ **Healthy Parenting Home Study Program** for expectant parents, caregivers, and parents of children from infancy to age five. The program is a self-led study that enables parents to expand their knowledge on parenting in the comfort of their own home. Contact: healthyparenting@preventioninstitute.sk.ca or visit: www.healthyparenting.ca

- ❖ **Dads Make A Difference** is a 30-page booklet that focuses on the importance of a father's positive involvement in the life of a child. The booklet is available for \$4 at: www.healthyparenting.ca

Saskatoon Al-Anon & AlAteen

Phone: 665-3838 (24 hours)

A self-help program that provides comfort and support to relatives and friends of alcoholics. Al-Anon has the sole purpose of helping families of alcoholics by practicing the 12-step program of Alcoholics Anonymous. Open to all religious or non-religious beliefs.

Saskatoon Crisis Intervention Service (Mobile Crisis)

103-506 25th Street East S7K 4A7

Phone: 933-6200 (24 hours)

Provides 24-hour telephone counselling service for individuals who are experiencing a crisis situation in their lives. A crisis may involve suicide intervention, child abuse and neglect, marriage and family problems, mental health crisis intervention, drug and alcohol abuse, problem gambling, individual crisis counselling, and seniors in distress. The counsellors are willing to visit individuals in their homes if it is convenient.

Saskatoon Family Counselling Centre

603 3rd Avenue North S7K 2J8

Phone: 652-3121

Fax: 652-2709

The Centre is dedicated to providing quality, confidential, professional counselling services to individuals, couples and families. Experienced counsellors will assist you in a variety of situations, including work/career-related, family problems, couples, separation, divorce, parenting, substance abuse, stress, anger, anxiety, depression and grief. All counsellors are registered in their professional associations. We also provide mediation and workshops. Several counsellors work particularly well children, teenagers and their parents and one staff counsellor specializes in men's issues. Appointment times are available within 1-2 weeks and immediately for emergencies.

Saskatoon Indian and Métis Friendship Centre

168 Wall Street S7K 1N4

Phone: 244-0174

Fax: 664-2536

www.simfc.com

Membership: \$2.00 yearly

The Friendship Centre is designed to improve the quality of life for Aboriginal people in an urban environment. Services include education/employment/training, recreational, cultural, and youth activities. Facilities include a gymnasium, lounge and resource room. The Centre also offers support programs—see Family Worker Program under Addictions and Family Violence Program under Family Violence.

Saskatoon Men's Resource Centre

Phone: 244-7950

rdcross@sasktel.net

www.saskatoonmenscenter.com

The Men's Resource Centre of Saskatoon is a pro-feminist, gay affirmative and male positive service for men. The centre currently provides on-line resources, access to assistance through a phone-line and workshops/education on issues of relevance to adult men.

BEREAVEMENT

Acadia Drive Support Group

Acadia Funeral Home
915 Acadia Dr. S7H 5N4
Phone: 955-1600
Fax: 955-6604
Contact: Marlene or Ernie

This group is open to anyone who is grieving the loss of a loved one. The group provides a supportive environment and a warm, open atmosphere in which to share your feelings and develop friendships with others who are grieving. They provide resource material, suggestions for coping, supportive listening and hope. The group meets weekly on Monday evenings at 7 p.m. at the Acadia Funeral Home.

Christian Counselling Services

617 3rd Avenue North S7K 2J8
Phone: 244-9890
Fax: 244-9987
chcounselling@sasktel.net
www.christiancounselling.net

CCS offers individual, couples and family counselling as well as parent support and resources. A new men's group dealing with anger management is scheduled to commence in Fall 2007. A male counsellor on staff specializes in men's issues and focuses on stress reduction, anger management, separation and divorce, and grief. Fees are \$75 per one-hour session. Hours of operation: Monday to Friday, 9 a.m.-5 p.m. and evening appointments available on Thursdays.

Family Service Saskatoon

102-506 25th Street East S7K 4A7
Phone: 244-0127
Fax: 244-1201
info@familyservice.sk.ca
www.familyservice.sk.ca

Family Service Saskatoon offers programs, services and leadership, which develop and support individuals, families and communities to have safe, healthy and respectful relationships. Special program services are available for youth, young parents, and families living with abuse. Programs include comprehensive counselling for individuals, couples, families and groups. Counselling may be used to address such issues as relationships, communication, parenting, separation and divorce, grief and bereavement, depression, conflict resolution, stress management, emotional, physical and social abuse, and managing change. Counselling is available to all community members, regardless of ability to pay. Fees are based on a sliding fee scale according to income and family size and range from \$10 to \$75 per session.

Saskatoon Family Counselling Centre, see: Addictions

Student Counselling Services

University of Saskatchewan

91 Campus Drive S7N 5E8

Phone: 966-4920

www.students.usask.ca

Student Counselling Services offers a wide range of confidential mental health services to registered students. Whether you are suffering from depression, feeling anxious about classes, experiencing grief or feeling confused about a relationship, Student Counselling Services can provide you with personal or group counselling, an assessment, self-help tools, mental health education or a referral. In addition, we provide consultation services to faculty and staff regarding concerns they may have about particular students. The majority of our services are available to students, faculty and staff at no charge.

The Compassionate Friends–Saskatoon Chapter

W.A. Edwards Centre

333-4th Avenue North

Phone: 374-8862 (Barb)

Phone: 382-7599 (Roslyn)

bkachur@shaw.ca

www.members.shaw.ca/gkachur.tcf.html

TCF is a self-help group for parents who have experienced the death of a child. Services include a newsletter, candlelight memorial in December and telephone friends. Meets on the last Tuesday of every month from 7:30 to 9:30 p.m. at the W.A. Edwards Centre.

EMERGENCY SERVICES

Alcoholics Anonymous, see: Addictions

Avenue Community Centre for Gender & Sexual Diversity

203-220 3rd Avenue South S7K 1M1

Phone: 665-1224

1-800-358-1833 (toll free)

Fax: 665-1280

info@avenuecommunitycentre.ca

www.avenuecommunitycentre.ca

The Centre works to address health and social issues in the lesbian, gay, bisexual, transgender and two-spirit (LGBT) community. The following programs and services are provided: a peer support and information line, a resource library and drop-in centre, and support programs for transgender persons, gay and lesbian parents and queer youth. The Centre provides services to all people dealing with homophobia and heterosexism. Free condoms are also available.

Crisis Nursery

1020 Victoria Avenue S7N 0Z8

Phone: 242-2433

The Crisis Nursery is a residence that provides a second home for children during a family crisis or emergency. If there is no alternate care available, parents may leave their children while the problem is being resolved. A crisis may include sudden illness or hospitalization, high levels of stress, marital conflict, housing problems, lost children, or fear of hurting your children. Children may be admitted any time of the day. Services include meals and snacks, infant feeding, cribs and beds, clothing as needed, a play area equipped with toys and books, and supervised activity with trained childcare workers. Parents receive information and referrals to agencies that may help resolve the crisis. The Crisis Nursery accepts children from birth to 12 years. Services are free of charge.

Respite Care Program—Saskatoon Association for Community Living

102-135 Robin Crescent S7L 6M3

Phone: 652-9111

Fax: 652-9112

sacl2@sasktel.net

www.saskatoonacl.ca

For parents or primary caregivers of a person of any age with an intellectual disability. This program provides short-term, temporary care while you take a breather or run an errand, go shopping or out for an evening, take a holiday or just relax, spend time with other family members or respond to an emergency situation. The respite registry list includes names of people who are interested and available to provide care to infants, children, teenagers, adults or seniors with an intellectual disability. Hours and wages are negotiated directly with the caregiver. Families may be eligible to receive outreach funding to subsidize the cost of respite care.

Saskatoon Crisis Intervention Service (Mobile Crisis), see: Addictions

Saskatoon Food Bank & Learning Centre

202 Avenue C South S7M 1N2

Phone: 664-6565

Fax: 664-6563

saskatoonfoodbank@sasktel.net

We provide emergency food hampers, including formula and baby food, to individuals and families. The Clothing Depot supplies clothing, toys, toiletries, laundry products and small household items as well as diapers and pet food. We have a free income tax program which runs from March until September of each year. Our Learning Centre provides literacy and life skills programs to help adults acquire a grade 10 level of education. We also provide volunteer opportunities to people who need to acquire job skills. This may include people with physical or mental disabilities or people who have not worked in a long time and need to feel comfortable in a work environment. Hours of Operation: Saskatoon Food Bank: 8 a.m. to 4 p.m. Monday to Friday; Hamper Distribution: 9 a.m. to 12 p.m. and 12:30 to 3:30 p.m.; Clothing Depot: 9 a.m. to 4 p.m. Monday to Friday; Learning Centre is by application to the class. To apply for a food hamper, each person must have a valid health card for themselves and for each person they are applying with, as well as proof of address (i.e. phone bill, rent receipt, power bill, etc.). There is a \$2.00 fee to use the Clothing Depot and people must bring their health cards.

Saskatoon Friendship Inn

619-20th Street West S7M 0X8

Phone: 242-5122

Fax: 242-1291

friendship.inn@shaw.ca

www.sfinn.ca

We are a soup kitchen that offers 2 nutritious meals daily to the transient, homeless, and less fortunate as well as compassion and kindness. We are open 365 days a year with special meals at Easter, Thanksgiving and Christmas. Other services include free family haircuts, legal advice, Saturday art classes, courtesy client phone, reading materials, volunteer program, social support and crisis counselling, as well as a family worker on staff. All of our services are free. We respect the privacy of our clients by not asking anyone to identify themselves or disclose other personal information. Hours of operation: 8:15 a.m. to 4 p.m. on weekdays, and 8:15 a.m. to 3 p.m. on weekends and holidays.

Saskatoon Sexual Assault and Information Centre

201-506 25th Street East S7K 4A7

Phone: 244-2294

Crisis Line: 244-2224 (24 hours)

We offer crisis and short-term sexual assault counselling to anyone and their support persons. We provide information, referrals and support to those dealing directly or indirectly with issues of sexual assault, child sexual abuse, adult survivors of childhood sexual abuse, sexual harassment and domestic violence. We provide accompaniment to police station and hospitals, support making police reports, assistance and preparation

for court, advocacy within the legal system and with other service agencies, and information regarding the legal process.

The Salvation Army Saskatoon Community Centre

339 Avenue C South S7M 1N5

Phone: 242-6833

www.salvationarmysaskatooncommunitycentre.ca

The Salvation Army is an international Christian church. Its message is based on the Bible; its ministry is motivated by love for God and the needs of humanity. We're also a charity doing our best to help anyone who needs it regardless of creed, colour or gender. We offer emergency after hours from 5 p.m.-8 p.m., Mon-Fri and 24 hours on weekends. Support includes grocery hampers, diapers, formula, taxis. Our family services include budgeting, cooking classes, community kitchens and advocacy. Our Christmas program provides hampers and toys for needy families in the area. Our correctional services include our New Frontiers Halfway House, which accepts adult males with or without chemical dependency issues so long as they are motivated to change. Our residential services include housing for 21 transient and 16 long-term male clients (and overflow). Monthly room and board is \$720/month, but one free night stay with breakfast is available for those unable to pay. Food services: 12 free meals per month for those not receiving social assistance and subsidized for others. Free for children under 5 years.

FAMILY VIOLENCE

Alternatives to Violence Programs

Mental Health & Addiction Services
Rm 1540, Saskatoon City Hospital
701 Queen Street S7K 0M7
Phone: 655-8989

The Alternatives Programs are groups designed to assist men in developing non-violent strategies to manage their personal, social and emotional experiences. Although the groups are delivered through different orientations, the objective is generally the same: to assist men in developing and maintaining a non-violent approach to self-management. The groups we presently offer in Saskatoon are listed and described below:

1. **The Man Alive Program**- This is a 16-week accountable/advocacy program for men who have been violent to their partners. It has an ongoing intake, and is offered on Tuesday evenings from 6 p.m. to 8:20 p.m. at Saskatoon City Hospital, group room 1546. This program focuses on inviting men to take personal responsibility for their behaviour and to practice non-violence in their relationships. This program also aims to educate men about the various forms of violence, as well as the impact that abuse can have on our family and social relationships.
2. **The Narratives Program**- This is a closed 16-week program that invites men to take a stand against their violence. The group focuses on assisting men in developing healthy relationship values and lifestyle preferences that do not support violent behaviours. A pre-screening interview is required, and approximately four groups are run annually at Saskatoon City Hospital.
3. **The Culturally Sensitive Program**- This is a 22-week group developed specifically for aboriginal men who have been violent in their intimate relationships. The program format is similar to the Narratives group with aboriginal traditions and ceremonies included as part of the program. A pre-screening interview is required. This group runs weekly on Tuesdays from 5:30 p.m. to 7:45 p.m. at the Community Wellness Clinic.
4. **The Maintenance Group**- This is an ongoing support group for men who have successfully completed a 16-week group (or the 22-week Culturally Sensitive group). This program runs weekly on Wednesday evenings from 6 p.m. to 8:20 p.m. at Saskatoon City Hospital, group room 1546; Outpatient Mental Health Services.

Christian Counselling Services, see: Bereavement

Family Service Saskatoon, see: Bereavement

Family Violence Program

Saskatoon Indian and Métis Friendship Centre

168 Wall Street S7K 1N4

Phone: 244-0174

Fax: 664-2536

family2_SIMFC@shaw.ca

www.simfc.com

This program uses a holistic approach to provide prevention, intervention and protection for those affected by family violence issues. Our program provides an all-inclusive approach to eliminating the hurtful effects of family violence. We offer referrals, advocacy, home/hospital visits, supportive listening, a men's group, community networking luncheons, workshops and community education. Workshops include cycle of violence/breaking the cycle, leaving an abusive relationship, effects of violence on children, suicide, child abuse, self-esteem, anger, grieving, drugs/alcohol, holistic perspective to healing, and native adult children of alcoholics. All programs and services are free.

Journeys for Men

The Family Healing Circle Lodge

128 Avenue Q South S7M 2Y1

Phone: 653-3900

Journeys for Men is a group for individuals with a history of abusive/dysfunctional relationships. It is a safe, supportive environment. Topics discussed include: anger, abuse, self-esteem, guilt, shame, sexual jealousy, values, emotions and relationships. The group meets Wednesdays from 6:30-8:30 p.m. and is free of charge. For childcare during this group, please call 653-3900 by noon on Wednesday.

Saskatchewan Prevention Institute, see: Addictions

Saskatoon Crisis Intervention Service (Mobile Crisis), see: Addictions

Saskatoon Family Counselling Centre, see: Addictions

Saskatoon Men's Resource Centre, see: Addictions

Saskatoon Sexual Assault and Information Centre, see: Emergency Services

The Family Healing Circle Lodge

128 Avenue Q South S7M 2Y1

Phone: 653-3900

The Lodge is a place that encourages families to learn about abusive issues in a culturally sensitive atmosphere. It is a place where Aboriginal families can heal, learn new ways to relate to one another and recognize and stop the cycle of violence that may run in their family. We believe that unless we include men in the healing, the cycle of violence will not be broken. The Lodge offers a support group, Journeys For Men, which provides information related to breaking the cycle of violence and coping mechanisms related to abuse (see: Journeys for Men under Family Violence). The

Lodge also offers drop-in times, family counselling, healing circles, forgiveness circles, sweat lodges, and traditional spiritual help and support systems. There are no fees for our services.

Victim Advocate

University of Saskatchewan Students' Union

Rm. 114, Memorial Union Building

Phone: 966-2984

Fax: 966-6978

victim.advocate@ussu.ca

www.ussu.ca/victimadvocate

The USSU Victim Advocate is a free and confidential support service for survivors of sexual assault, emotional, verbal, physical and sexual abuse, relationship violence, stalking and harassment. The Victim Advocate provides immediate support, information, referrals, and advocacy to survivors and/or their friends and family. In addition, the Victim Advocate offers public education and awareness programming to students, staff, faculty, and others in the community.

LEGAL SERVICES

Equal Justice for All

230 Avenue R South S7M 2Z1

Phone: 653-6260

Fax: 653-6264

ejainc@sasktel.net

Equal Justice for All advocates for the rights of low-income citizens. Our services include information, support, advocacy and job-placement training. We endeavor to provide the knowledge and skills necessary for individuals to advocate for themselves. All services are free of charge. Hours of operation are Monday to Friday, 9 a.m. to 12 noon and 1 p.m. to 4 p.m.

Family Justice Services

701-224 4th Avenue S7K 2H6

Phone: 933-5930

To register: 1-877-964-5501 or 964-4401

Fax: 933-5535

Offers public information sessions for adults on separation/divorce to help people who are considering or may be involved in the separation/divorce process. Topics of discussion include options for resolving disputes, stages of separation and divorce, children's reaction to separation/divorce, and parenting after separation/divorce. Registration is mandatory. Sessions are free.

Public Legal Education Association of Saskatchewan

300-201 21st Street East S7K 0B8

Phone: 653-1868

Fax: 653-1869

plea@plea.org

www.plea.org

PLEA is a non-profit, non-government organization which exists to educate, inform and empower through law-related education. PLEA, in cooperation with the Saskatoon Public Library, offers a series of free legal information programs. Free publications on a variety of topics are available for viewing, downloading, printing or ordering at www.plea.org. Topics include (but are not limited to) domestic crisis, family, housing, legal process, social assistance and youth.

Saskatoon City Criminal Legal Aid

1053-122 Third Avenue North, Sturdy Stone Centre S7K 2H6

Phone: 933-7820 / 1-877-424-1898 (toll free)

Fax: 933-7827

www.legalaidsk.ca

&

Saskatoon City Family Legal Aid

155-122 Third Avenue North, Sturdy Stone Centre S7K 2H6

Phone: 964-2200 / 1-877-324-2200 (toll free)

Fax: 964-2222

www.legalaid.sk.ca

We provide legal services to persons and organizations for criminal and civil matters where those persons and organizations are financially unable to secure these services from their own resources. Service offered include assistance in matters of Criminal and Family Law, Duty Counsel and Summary Service Advice.

Saskatoon Friendship Inn, see: Emergency Services

Saskatoon Men's Resource Centre, see: Addictions

Saskatoon Sexual Assault and Information Centre, see: Emergency Services

Saskatoon Tribal Council Urban First Nations Services

Suite 200-335 Packham Avenue S7N 4S1

Phone: 956-6100

Fax: 244-1097

www.sktc.sk.ca/ufns

We are a non-profit corporation under the direction of the Saskatoon Tribal Council Chiefs. Our mission is to work toward improving the equality of life of Aboriginal children, youth and families. Our vision is to develop and provide services based on a holistic model for spiritual, mental, physical and social development. Our organization is based on traditional values of respect, honesty and living in harmony with those around us. Maintaining and enhancing our First Nations values is at the core of all activities and operations.

Saskatoon Tribal Council Urban First Nations Services—Justice Programs

Suite 200-335 Packham Avenue S7N 4S1

Phone: 956-6100

Fax: 244-1097

www.sktc.sk.ca/ufns

The Court Worker Program helps Aboriginal youth and adults charged with an offence or alleged to have committed an offence. Court workers help the accused receive fair, equitable and culturally sensitive treatment in the criminal courts by: providing linking services between the accused and those involved in the administration of criminal justice; helping get professional legal advice; referring to other helping agencies.

Victim Advocate, see: Family Violence

MENTAL & PHYSICAL HEALTH

AIDS Saskatoon

1143 Avenue F North S7L 1X1

Ph: 242-5005 / 1-800-667-6876 (toll free)

Fax: 665-9976

aids.saskatoon@shaw.ca

www.aidssaskatoon.ca

AIDS Saskatoon is a community-based, harm reduction organization, dedicated to providing support, prevention and education services for people infected and affected by HIV/AIDS. Services include advocacy and referrals, skills-building opportunities, outreach, and an emergency assistance fund. Occasionally we offer special programs, such as Christmas Food Hampers and Turkey Dinners for persons living with HIV/AIDS. All of our services are very open-minded and confidential. See also: The 601 Drop-In Centre under Mental & Physical Health

Canadian Mental Health Association–Saskatoon Branch

1301 Avenue P North S7L 2X1

Phone: 384-9333

Fax: 978-5777

info@cmhasaskatoon.ca

CMHA is a membership organization that provides services to adults living with and recovering from mental illness. We also provide public awareness presentations and materials on mental health and mental illness. Client services include: a pre-vocational, 5-month, intensive life-skills program to assist individuals in their recovery and moving towards independence; one-on-one employment counselling; and social and recreational programs. Some services require a mental illness diagnosis and/or referral from a mental health professional. Hours of operation: Monday to Friday, 8 a.m. to 4:30 p.m. Walk-ins welcome. Recreational programs may take place during the evenings or weekends.

Crocus Co-op

106 Avenue B South S7M 1M1

Phone: 655-4970

execdirector@crocuscooperative.org

www.crocuscooperative.org

Crocus Co-op is a self-help group for people with mental health disabilities. Programs include basic living skills, work adjustment skills, socialization skills, recreational skills and an employment program that offers a variety of casual, seasonal and part-time jobs. They also operate a Monday-to-Friday drop-in centre, which provides access to a computer room, social-recreation activities, work activities, storage space and a canteen where members can purchase a home-style meal for a small fee.

Cultural Language Access for Health—Saskatoon Health Region

Saskatoon City Hospital
701 Queen Street S7K 0M7
Phone: 655-8317

shelley.lofstrom@saskatoonhealthregion.ca

Our purpose is to provide non-English speaking and hearing impaired individuals with more equitable access to health services and informed decision making through translation of key written information as well as access to interpreter services.

Emotions Anonymous

St. Andrew's Presbyterian Church (basement)
436 Spadina Crescent East S7K 3G6
Phone: 653-1440

A self-help group that follows a 12-step program similar to that of Alcoholics Anonymous. They hold a weekly discussion group for people who are experiencing emotional problems and looking for a better way of life. The group meets every Wednesday at 8 p.m. in the basement of St. Andrew's Presbyterian Church (use backdoor).

Family Service Saskatoon, see: Bereavement

HealthLine

Phone: 1-877-800-0002 (toll free)
Phone: TTY: 1-888-425-4444 (for the hearing impaired)

HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care.

John Dolan Resource Centre—Saskatchewan Association for Community Living

3031 Louise Street S7J 3L1
Phone: 955-3344
Fax: 373-3070

johndolan.rc@sacl.org
www.sacl.org

We have over 5,000 books and reports, 100+ journal and newsletter titles, 200+ videos and kits on issues dealing with intellectual disabilities. Loans can be arranged by phone, in person or by e-mail, and are for a three-week period.

Male Survivors' Group

Saskatoon Health Region
Phone: 655-7950 (centralized intake)

Bi-weekly, ongoing group for men who were sexually abused while growing up. Free of charge.

Prostate Cancer Support Group

W.A. Edwards Centre (main floor)

333-4th Avenue North

Phone: 931-8415 (Doug)

Support group for men diagnosed with prostate cancer and their families. Features guest speakers, videos, group discussion and an extensive library on issues related to prostate cancer, including different treatments. Meets on the third Thursday of every month at 7:30 p.m. from September to June at the W.A. Edwards Centre.

Saskatchewan Abilities Council—Saskatoon Branch

1410 Kilburn Avenue S7M 0J8

Phone: 653-1694

Fax: 652-8886

saskatoon@abilitiescouncil.sk.ca

The Abilities Council works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation and recreational services.

Saskatchewan Association for Community Living

3031 Louse Street S7J 3L1

Phone: 955-3344

Fax: 373-3070

sacl@sacl.org

www.sacl.org

SACL is a non-profit organization that ensures citizens who have an intellectual disability are full, active and valued members of society, and that they have worthwhile opportunities and a range of choices in all aspects of life. Services include individual and family advocacy, self-advocacy support, counselling information services, policy and legislative development, special projects, employment support, public awareness, education and training, and community development. SACL offers the following programs:

- ❖ The Saskatchewan Family Network: A provincial family network whose primary purpose is to promote family connections for mutual support and information sharing.
- ❖ Transition Planning & Employment Opportunities: Resources for job seekers, students and employers.
- ❖ Self-Advocacy Action Group: Speakers and Videos raise awareness of the rights of individuals with disabilities.

(See also John Dolan Resource Centre under Mental & Physical Health)

Saskatoon Community Clinic

455 Second Avenue North S7K 2C2

Phone: 652-0300

Fax: 664-4120

www.saskatooncommunityclinic.ca

One of the first health care co-operatives in Saskatchewan, the SCC offers care for the whole person and does advocacy and support for programs that support individual and community well-being. Lifetime membership \$15 single, \$30 family. Full Services: Mon-Fri 8:30a.m.-5:30 p.m. Drop-in Clinic with Physician, Lab and Pharmacy: Sat 9 a.m.-1 p.m. Services include: community mental health nursing, counselling services, diagnostic services (laboratory, ECG and X-Ray), family physicians, Health Information Centre, nutritional services, occupational therapy, pharmacy, physical therapy. See also: Westside Clinic under Mental & Physical Health.

Saskatoon Crisis Intervention Service (Mobile Crisis), see: Addictions

Saskatoon Men's Resource Centre, see: Addictions

Saskatoon Transplant Support Group

Box 9672 S7K 7G5

Phone: 933-1806 (Ernest)

Offers peer support to individuals who are preparing to undergo an organ transplant.

Saskatoon Tribal Council Urban First Nations Services, see: Legal Services

Sexual Health Centre Saskatoon (formerly Planned Parenthood)

314-220 3rd Avenue South S7K 1M1

Phone: 244-7989

Fax: 652-4034

SHCS provides a non-judgmental, sex-positive and supportive atmosphere. Our mission is to ensure that information, resources and support services regarding sexuality, contraception and reproduction are available and accessible to the general public. We provide factual, up-to-date and unbiased information regarding all methods of contraception. We also provide information and counselling about HIV/AIDS and other STIs. We offer a drop-in, youth-focused birth control and sexual health clinic. Doctors and nurses are on hand to offer physical exams, birth control prescription and STI testing. SHCS offers most types of birth control in the office at discount prices as well as free condoms. Our library includes videos as well as reference and research material on sexuality-related topics.

Sexual Health Clinic—Saskatoon Health Region

Public Health Services—Healthy Lifestyles Department

100-310 Idylwyld Drive North S7L 0Z2

Phone: 655-4642

Fax: 655-4723

At the Sexual Health Clinic, public health nurses test for and treat STIs, test for HIV, hepatitis and syphilis, immunize for hepatitis A & B or tetanus/diphtheria, test for

pregnancy, refer to community services, give health information, initiate birth control, and provide emergency contraception. Services are free and confidential by drop-in or by appointment. Hours of operation: Monday & Friday, 1-4 p.m.; Wednesday & Thursday 3-6 p.m. For more information, you may contact the Sexual Health Program Monday-Friday, 10 a.m.-5 p.m.

Smokers' Helpline

www.smokershelpline.ca

Phone: 1-877-513-5333

Smokers' Helpline is a free, confidential, service that provides personalized support, advice and information about quitting smoking. We can help you make a plan to quit that works for you, cope with cravings, get information on quitting methods, withdrawal symptoms, managing stress and find available services and resources. Once you've quit, we're here to help with your questions and concerns. Help is available by phone or online. Hours of phone line: Mon-Thurs 8 a.m.-9 p.m. EST, Fridays 8 a.m.-6 p.m. EST, Weekends 9 a.m.-5 p.m. EST. Smokers' Helpline online is an interactive web-based service available 24 hours a day, 7 days a week, offering tips, tools and support to help with quitting smoking. Special features include: online discussion forums, 'quit buddies,' and inspirational e-mails.

Street Health Program—Saskatoon Health Region

Public Health Services—Healthy Lifestyles Department

100-310 Idylwyld Drive North S7L 0Z2

Phone: 655-4642 / 221-2442 (van cell)

Fax: 655-4723

The objective of the Street Health Program is to prevent the spread of HIV/AIDS, hepatitis B and hepatitis C as well as all other sexually transmitted infections in high-risk groups and to encourage healthy lifestyles in this population. Through our program and our mobile van, we provide the following routine services within the context of a community development approach: testing and treatment of sexually transmitted infections; HIV testing; testing for hepatitis B, C and pregnancy; immunization to prevent hepatitis A and B, influenza and tetanus; client counselling and crisis intervention; health information and referrals; clean needles in exchange for used ones; free condoms, lubricant and sharps containers; safe disposal of used needles; and First Aid. The Health Works van operates Tuesday to Friday from 7 to 11:30 p.m.

Student Counselling Services, see: Bereavement

The 601 Drop-In Centre—AIDS Saskatoon

601 33rd Street West

Phone: 665-1251

The drop-in centre is part of AIDS Saskatoon's office space, but has its own entrance. In the drop-in centre, you may relax in the lounge with a cup of coffee, watch a movie, buy a home-cooked meal, do your laundry, use our computers to surf the internet, type your resume, write in your journal, read a book or magazine from our library, take part in our programs, or use the phone. We offer complementary therapies, such as massage, reiki and art expression, monthly afternoon 'movie time', and a community kitchen. On the

2nd and 4th Thursday of the month, our Soul Food program offers soup and sandwich lunches free of charge to people who are HIV positive. Soul Food is also a great place to meet people and enjoy eating in the company of others. On the first Wednesday of the month, we serve a hot breakfast meal at 10:30 a.m. Brunch is offered free of charge to people who access services at AIDS Saskatoon. Hours of operation: 9:30 a.m. to 4 p.m. Monday to Thursday and 9:30 a.m. to 2:45 p.m. on Fridays. Numerous men find that our drop-in centre and services are much like a second home.

Westside Clinic

Saskatoon Community Clinic
631 20th Street West S7M 0X8
Phone: 664-4310
Fax: 934-2506

www.saskatooncommunityclinic.ca

The Westside Clinic is in the core area of Saskatoon. It serves a large number of Aboriginal persons, the elderly and the poor. The clinic offers group programs to help clients live a healthier and less stressful life. It offers counselling services, primary health care services, and home visits. Additional programs include a kids' drop-in clinic and parent resource centre, drop-in pre-natal and post-natal classes (free childcare and bus tickets provided), cooking classes, a drop-in education program for people with diabetes, and parenting programs with aboriginal content. Fathers are welcome and encouraged to attend parenting classes. Feel free to stop in for coffee or to talk. Hours of operation: Monday to Friday, 9 a.m.-5 p.m. (closed over lunch hour).

YMCA

25 - 22nd Street East S7K 0C7
Phone: 652-7515
Fax: 652-2828

www.ymcasaskatoon.org

The YMCA offers a broad range of fitness and recreation programming for adults and children, and membership support for those unable to pay full rates. Drop-in childcare is available (with 24hrs notice) at \$1/hour: Mon-Thurs 5-9 p.m., Sat 9:30 a.m.-2:30 p.m.

The following organizations offer support services for persons living with a disease, disability, injury, disorder or illness and their families. They contribute toward ongoing research and provide an array of services including support programs, education, advocacy and awareness.

Arthritis Society—Saskatoon Division

600-333 25th St. E. S7K 0L4
Phone: 244-9922 / 1-800-321-1433 (info line)
Fax: 244-9903
info@sask.arthritis.ca
www.arthritis.ca

Autism Services

Saskatoon Community Service Village
302-506 25th Street East S7K 4A7
Phone: 665-7013
Fax: 665-7011
mail@autismservices.ca
www.autismservices.ca

Canadian Cancer Society—Saskatoon Unit

101-440 2nd Avenue North S7K 2C3
Phone: 244-4389
Fax: 244-5657
www.cancer.ca

Canadian Celiac Association—Saskatoon Chapter

P.O. Box 8935 S7K 6S7
bdehaan@sasktel.net
www.celiac.ca

Canadian Cystic Fibrosis Foundation—North Saskatchewan Chapter

Phone: 242-6502
cfnorthsask@hotmail.com
www.cysticfibrosis.ca

Canadian Deafblind and Rubella Association—Saskatchewan Chapter

83 Tucker Crescent S7H 3H7
Phone: 374-0022
Fax: 374-0004
lorraine.cdbra@shaw.ca
www.cdbra.ca

Canadian Diabetes Association—Saskatchewan Branch

104-2301 Avenue C North S7L 5Z5
Phone: 933-1238
www.diabetes.ca

Canadian National Institute for the Blind—Saskatchewan Division

1705 McKercher Drive S7H 5N6
Phone: 374-4545
Fax: 955-6224
saskatchewan@cnib.ca
www.cnib.ca

Canadian Paraplegic Association of Saskatchewan

Phone: 652-9644
saskatoon@canparaplegic.org
www.canparaplegic.org

Crohn's and Colitis Foundation of Canada—Saskatoon Chapter

Box 430 Sub PO #6 S7N 0W0
Phone: 664-4420
saskatoon@ccfc.ca
www.ccfc.ca

Epilepsy Saskatoon

1702-20th Street West S7M 0Z9
St. Paul's Hospital Residence
Phone: 665-1939
Fax: 665-0300
epilepsysaskatoon@sasktel.net
www.epilepsymatters.com

FASD Support Network of Saskatchewan

210-510 Cynthia St. S7K 7L7
Phone: 975-0884 / 1-866-673-3276 (toll free)
fasdnetwork@sasktel.net
www.skfasnetwork.ca

HOPE Cancer Help Centre

300-506 25th Street East S7K 4A7
Phone: 955-4673
Fax: 955-4678
hopesaskatoon@sasktel.net

Huntington Society of Canada—Saskatchewan Resource Centre

P.O. Box 32015 Erindale Postal Outlet S7S 1N8
Phone: 373-3503
Fax: 373-7303
trobertson@hsc-ca.org
www.hsc-ca.org

Kidney Foundation of Canada—Saskatchewan Branch

1-2217 Hanselman Court S7L 6A8
Phone: 664-8588 / 1-888-664-8588
Fax: 653-4883
kidney@sasktel.net
www.kidney.sk.ca

Learning Disabilities Association of Saskatchewan

609 25th Street East S7K 0L7
Phone: 652-4114
Fax: 652-3220
reception@ldas.org
www.ldas.org

Lung Association of Saskatchewan

1231 8th Street East S7H 0S5
Phone: 343-9511 / 1-888-566-LUNG (toll-free)
Fax: 343-7007
info@sk.lung.ca
www.sk.lung.ca

Lupus Erythematosus Society of Saskatchewan

Box 88, Royal University Hospital
103 Hospital Drive S7N 0W8
Phone: 1-877-566-6123 (toll free)
less@sasklupus.com
<http://www.sasklupus.com/>

Multiple Sclerosis Society of Canada—Saskatoon Chapter

22-1738 Quebec Avenue S7K 1V9
Phone: 244-0045 / 1-800-691-0890 (toll free)
Fax: 665-3376
kathie.parry@mssociety.ca
www.mssociety.ca

Muscular Dystrophy Association of Canada

Prairies Community Office
200-8944 182 Street
Edmonton, Alberta T5T 2E3
Phone: 1-800-661-9312 or 1-800-366-8166 (toll free)
Fax: 1-780-486-1948
infoedmonton@muscle.ca
www.muscle.ca

Saskatchewan Association for the Rehabilitation of the Brain Injured

5-501 45th Street West S7L 5Z9
Phone: 373-3050
Fax: 373-3925
sarbi@the.link.ca

Saskatchewan Brain Injury Association

2310 Louise Ave S7J 2C7
Phone: 373-1555
Fax: 373-5655

Saskatchewan Cerebral Palsy Association

2310 Louise Avenue S7J 2C7
Phone: 955-7272 / 1-800-925-4524 (toll free)
Fax: 373-2665
saskcpa@shaw.ca

Saskatoon Cancer Centre

20 Campus Drive S7N 4H4

Phone: 655-2662

Fax: 655-2910

www.saskcancer.ca

Saskatoon Ostomy Association

1610 Isabella Street S7J 0C1 (mailing address)

Phone: 384-6059 (Peter)

peter.folk@shaw.ca

Schizophrenia Society of Saskatchewan

304, 506 25th Street East S7K 4A7

Phone: 374-2224

Fax: 477-5649

ssssaskatoon@sasktel.net

www.schizophrenia.sk.ca

PARENTING

ABCs of Baby Food—Making Baby Food From Scratch

Saskatoon Health Region—Public Health Services

101-310 Idylwyld Drive North S7L 0Z2

Phone: 655-4630

Fax: 655-4498

Hands-on baby food preparation. Also provides an education session regarding introducing solid foods and infant feeding. This single workshop is offered on a monthly basis except July and August. Pre-registration is required. The program is available to parents of children up to 8 months of age and parents-to-be.

Aboriginal Head Start

Saskatoon Tribal Council Urban First Nations Services—Children Centre

322 Avenue P South S7M 2W4

Phone: 956-6130

Fax: 956-0322

www.sktc.sk.ca/ufns

We empower urban First Nations and Aboriginal families to give their children the best possible start in life. Parent circles are held twice a week to discuss personal and family issues. Our groups include effective parenting, cooking classes, culture and traditions, parent activities, child creativity and playtime, and family literacy. Staff do home visits in which they model healthy interaction with children and provide parents with ideas and advice to improve parenting skills. The program also provides a preschool four days per week for the 3 and 4 year olds of the families enrolled in the program.

Adoption Support Centre of Saskatchewan (ASCS)

305-506 25th Street East S7K 4A7

Phone: 665-7272

Fax: 665-7274

adoption.support@sasktel.net

www.sasktelwebsite.net/adoption/

ASCS provides support services and referrals to: adoptive parents considering domestic, private, special needs or international adoption; adoptive parents who need information and mentor supports; birth parents seeking planning options for their child; adoptees who are searching or working through issues related to their adoption; and extended family or communities in need of adoption-related information and services. Members of ASCS have access to library and resource materials on a variety of topics related to adoption. Also offers parenting programs and events.

Catholic Family Services

200 506 25th Street East S7K 4A7

Phone: 244-7773

Fax: 244-8537

staff@cfssaskatoon.sk.ca

www.cfssaskatoon.sk.ca

We offer individual, couple and family counselling as well as family education and wellness programs. Many men use our counselling services and fathers regularly attend the parenting portion of our family life groups. We offer a “Raising Boys...Building Heroes” group in which parents attend the “Raising Boys” component and their sons attend the “Building Heroes” component. In this eight-week group, “Building Heroes,” we highlight the talents of boys by focusing on self-esteem, social skills, problem solving, anger management, empathy building, and friendship skills. The concurrent parent session, “Raising Boys,” explores gender differences and how to raise healthy, confident, well-balanced boys. This program is covered by some Employee and Family Assistance Programs. We work on a sliding fee scale and fees are assessed according to the ability to pay. Services are open to everyone in the community regardless of religious affiliation.

Children First

Saskatoon Tribal Council Urban First Nations Services—Children’s Centre

322 Avenue P South

Phone: 956-6130

Fax: 956-0322

www.sktc.sk.ca/ufns

Children First is designed for preschool children and their parents to learn about First Nations Cultures through early education. The programming is delivered in partnership with Wanuskewin. It includes traditional parenting, talking circles, sharing circles, home visitations, individual and family support and counselling. This is a 16-week program held on Fridays. Transportation is provided.

Christian Counselling Services, see: Bereavement

Creative Healing for Urban Members (CHUMS)

Saskatoon Tribal Council Urban First Nations Services—Family Centre

1420-20th Street West S7M 0Z4

Phone: 978-7400

Fax: 978-7408

www.sktc.sk.ca/ufns

The CHUMS programs are designed to ensure that individuals and families are strengthened through the process of teachings that reflect both the cultural and cross-cultural issues that relate to contemporary living. Services include elders’ services, traditional teachings, healing and talking circles, workshops and information sessions, group sessions and one-to-one counselling, support and referrals, recreational and cultural activities and arts and crafts. The Medicine Wheel and Tipi Teachings are the foundation of all the CHUMS programs. Each program is 18 weeks in duration and is offered during the fall, winter and spring seasons. We offer a men’s healing circle on Mondays from 7 to 9 p.m. as well as traditional parenting on Thursdays (all day), an adult CHUMS program on Monday and Wednesday, and an elder’s program on Thursdays and Fridays.

Crisis Nursery, see: Emergency Services

Dad's Group—Families First Partnership

Meeting Location: Spadina Childcare Cooperative
1702-20th Street West (basement)

Phone: 382-3697 (Dean)

We offer a men's parent support group on Monday evenings from 5:30 to 8 p.m. This group is open to dads, grandfathers and males raising children. We provide free childcare (pre-registration required), bus tickets and supper. Supper begins at 5:30 p.m. and group begins at 6 p.m. This is an opportunity to meet, talk and hang out with other guys. Discussion topics and programming include the Adlerian Respectful Responsible Parenting, issues that may be of concern to fathers, and a wellness night. The group meets at the Spadina Childcare Cooperative.

Family Group for LGBTT Parents

Phone: 665-1224 (Barbara)

Social group for LGBTT parents, grandparents and their children. Meets periodically.

Family Resource Room

Kinsmen Children's Centre
1319 Colony Street S7N 2Z1

Phone: 655-6871

Fax: 655-1449

kccfrr@saskatoonhealthregion.ca

The goal of the Family Resource Room is to enhance the quality of life for children with disabilities and their families. We support families by providing current information on conditions, as well as the programs and services available to help them. The resource room carries books, journals, videos and pamphlets, information on specific syndromes and conditions, as well as application forms for funding, disability tax credits, recreation programs and much more. There are also newsletters and information from parent support groups and community service agencies available. Services are free of charge.

Family Service Saskatoon, see: Bereavement

Family Worker Program, see: Addictions

Global Gathering Place

#307-506 25th Street East S7K 4A7

Phone: 665-0268

Fax: 665-0440

glgathering@sasktel.net

www.globalgatheringplace.com

A drop-in centre that provides services for immigrants and refugees in Saskatoon. Global Gathering Place helps newcomers adapt to life in Canada by offering support and skill development, acceptance, and a welcoming environment. They offer a program on English as a Second Language (ESL); coffee and conversation on Thursday afternoons from 1-4 p.m.; Tuesday evening presentations about various services available in the community; and a family-oriented Sunday program.

Grandparents Involved Full-Time (GIFT)

St. Thomas Wesley Church (basement)

808-20th Street West

Phone: 382-3650

dgift@sasktel.net

Provides emotional and physical support to grandparents raising children. Members exchange toys, clothes, advice, and provide one another with encouragement. Welcoming of grandfathers. Meets on the first Tuesday of every month at St. Thomas Wesley Church.

KidsFirst Saskatoon, see: Addictions

Maggie's Child Care Centre for Teen Parents

820-9th Avenue North S7K 2Z2

Phone: 665-5721

Fax: 665-6595

mcftp@sasktel.net

Provides childcare services to teen parents who are attending high school. Also offers recreational programs and after-school parenting classes.

Millie's Early Learning Centre

Nutana Collegiate (basement)

411 11th Street East S7N 0E9

Phone: 683-8354

millies@sasktel.net

Provides childcare for teen parents attending Nutana Collegiate. Offers parenting classes, a cooking club and support for teen parents to stay in school. A behaviorist and speech consultant are brought in once a month.

Parent and Tot Centres—Greater Saskatoon Catholic Schools

Phone: 659-7079 (Cathy Sieben)

Offers primary caregivers and children up to five years of age an opportunity to learn and play together. Provides free two-hour weekly sessions from September to June in 10 different elementary schools across the city. The first hour includes free play and family literacy sessions consisting of stories, rhymes and crafts. The second hour is reserved for parent talk. Childcare providers are on site. This is a welcome environment for dads.

Parent Talk—Saskatoon Health Region

Phone: 655-4700

A discussion and support group for first-time parents with babies under seven months of age. The sessions are held in three different locations throughout the year in order to provide an opportunity for parents to meet other parents in their neighbourhoods. There are six classes in a session. At the first class, parents brainstorm a list of topics that they would like to discuss at the sessions in order to meet the needs of each particular group. Topics may include childcare, discipline, feeding and sleeping, growth and development, illness and immunization, etc. The sessions are facilitated by a Public Health Nurse. The

size of the group is limited to 12. There is no charge to attend and sessions are usually held in the afternoons.

Parenting Education Saskatchewan

306 506 25th Street East S7K 4A7

Phone: 934-2095

Fax: 934-2087

parent.educ@sasktel.net

www.parenteducationsask.ca

A project supporting parent educators throughout the province through resources, conferences and networking. A project of Family Service Saskatchewan. Parenting Education's website features an online database with resources on numerous topics, including fathering.

Parents Forever Parenting Program—Saskatoon Association for Community Living

Meeting Location: Family Support Centre

315 Avenue M South

Phone: 652-9111

sacl2@sasktel.net

www.saskatoonacl.ca

This program is a parenting class for persons who describe themselves as having a disability or as having been in special classes at school. Topics include nutrition, discipline, self-esteem and developmental stages of children in a warm, supportive environment. Some crisis intervention is built into the program. Classes are held on Monday or Thursday evenings from 6:45-8:30 p.m. between September and May at the Family Support Centre. Classes are free of charge and transportation and childcare are provided. Pre-registration is necessary.

Providers of Aboriginal Lifestyles Supports

Saskatoon Tribal Council Urban First Nations Services—Family Centre

1420 – 20th Street West S7M 0Z4

Phone: 978-7400

Fax: 978-7408

www.sktc.sk.ca/ufns

PALS offers in-home counselling and support to families who are at risk of losing their children to the Department of Community Resources and Employment. We help families to deal with the various issues they may face such as poverty, racism, family violence, abuse, alcohol, drug abuse, etc. The PALS program recognizes the importance of children being reared in a manner that is reflective of First Nations concepts of child rearing. The PALS program offers individual and family support counselling, support networking, youth support and counselling, information referral resources and liaison. Families or individuals enter the program through referral by self or DCRE.

READ Saskatoon

304-1114 22nd Street West S7M 0S5

Phone: 652-5448

Fax: 652-4205

readsaskatoon@nald.ca

www.nald.ca/readsask

READ Saskatoon is a community-based volunteer organization that offers free literacy services to adults and their families. We offer free workshops, including an introduction to family literacy for dads. Workshops include information and support for dads on how to use books as parenting tools, how to read and play with children, and how to create a story bag filled with rhymes, songs, story props, craft ideas, snack suggestions and more.

Respite Care Program—Saskatoon Association for Community Living, see: Emergency Services

Royal West Early Learning Centre

Royal West Campus

441 Whitney Avenue North S7L 3M6

Phone: 683-8390

Provides childcare for toddlers and children of preschool age. Free for parents under 22 years who are attending high school. Offers parenting support programs including literacy groups, cooking club and assistance with income tax, etc.

Saskatchewan Association for Community Living, see: Mental & Physical Health

Saskatchewan Literacy Network

Phone: 651-7288

Fax: 651-7287

www.sk.literacy.ca

The Saskatchewan Literacy Network promotes and supports literacy in Saskatchewan including programs in Family Literacy, Aboriginal Literacy, Adult Learning and Literacy Awareness. See website for links to Literacy resources in the province.

Saskatchewan Prevention Institute, see: Addictions

Saskatoon Family Counselling Centre, see: Addictions

Saskatoon Family Support Centre

315 Avenue M South S7K 2H6

Phone: 933-7751

Fax: 933-5665

The Centre offers programs that promote family strengths and address the needs of families in dealing with difficulties and crises that arise. The needs of the whole family are always considered when providing services to individuals. Parent education groups and drop-in parent support groups are offered free of charge. Teen/Young Parent services for Moms and Dads are offered for prenatal decision making and planning

regarding adoption and parenting options, as well as the provision of parenting supports, including crisis support, counselling, advocacy, and practical assistance with housing, education and budgeting. Childcare is also provided at no cost for parents attending programs.

Saskatoon Friendship Inn, see: Emergency Services

Saskatoon Men's Resource Centre, see: Addictions

Saskatoon Open Door Society

247 1st Avenue North S7K 1X2

Phone: 653-4464

Fax: 653-4404

fps@sasktel.net

www.sods.sk.ca

The Open Door Society offers services to refugees and immigrants in Saskatoon. Services include: English language instruction; multicultural childcare; refugee reception and settlement; family and parenting programs; social and recreation activities; orientation and integration counselling; job search assistance and employment readiness counselling; interpretation and translation; home visits and outreach; crisis intervention; referrals; and advocacy. Family programs range from prenatal nutrition to parenting infants, children and adolescents. Childcare is also provided for participants while attending programs.

Saskatoon Parents of Twins and Triplets Organization

Meeting Location: St. Paul's United Church

454 Egbert Avenue (Sutherland)

Phone: 384-4234

SPOTTO supports the multiple birth community in and around the Saskatoon area. We offer support, friendship, resources and information to multiple birth families, share first-hand experiences, and assist families with meeting their day-to-day challenges. Our morning support group meets on the first and third Friday of the month from September to May at St. Paul's United Church. Meeting times are from 10 a.m. to 12 noon. Babysitting is available for children over one year of age. Children under one year stay with their parents. Annual membership fee is \$30 and includes a quarterly newsletter, Christmas party, summer picnic, discounts at selected merchants in Saskatoon, access to library and more.

Saskatoon Tribal Council Urban First Nations Services, see: Legal Services

Saskatoon Tribal Council Urban First Nations Services—Family Centre

1420-20th Street West S7M 0Z4

Phone: 978-7400

Fax: 978-7408

www.sktc.sk.ca/ufns

The STC Urban Family Centre provides support and resources for families coping with urban living through: family support services; advocacy and community development;

healing circles/groups/elders support/counselling; workshops/info sharing; youth counselling and group activities. They also offer a variety of programs (see: PALS and CHUMS under Parenting).

Serena Saskatchewan

Box 7375 S7K 4J3

Phone: 934-8223 / 1-800-667-1637 (1NFP)

sask@serena.ca

www.serena.ca

Serena provides couple-to-couple instruction in the Sympto-Thermal method of Natural Family Planning with a focus on achieving or postponing a pregnancy. We strongly encourage men to attend the teaching since they play a vital role in understanding their spouse's fertility. Our certified teacher couples will instruct you within 2 hours to successfully use this method. Class, kit and follow-up is \$75. This method is highly effective, natural, inexpensive and free of health risks. Group presentations, help with chart interpretation, and resources regarding fertility, breastfeeding, menopause and infertility are also available.

Sexual Health Centre Saskatoon (formerly Planned Parenthood), see: Mental & Physical Health

Sharon Van Cleave Child Care Centre

Mount Royal Collegiate

2220 Rusholme Road S7L 4A4

Phone: 683-8383

Provides childcare services for infants and toddlers of young parents who are attending high school. Mount Royal students and Royal West students receive first priority. Free for parents under 22 years who are attending high school. Offers parenting support programs including literacy groups, cooking club and assistance with income tax, etc.

Student Dad's Group

Student and Kids Centre

Nutana Collegiate

Phone: 683-8379 (Virginia BeBee)

The Student and Kids Centre is a drop-in centre for student parents. The centre offers a recreational, social support group for student fathers attending Nutana Collegiate. Activities include pool and basketball, etc., as well as a discussion group about issues affecting young dads. Recreational activities and discussion topics vary according to the interests of the dads involved.

Teen and Young Parent Program

Family Support Centre

315 Avenue M South S7K 2H6

This program offers support and a reliable source of information about adoption and parenting options. We offer teen-parent counselling services for young parents up to 20 years of age, parent support groups to young parents up to 25 years of age, decision-making adoption services to parents of any age, family planning and birth control, crisis

support, counselling, advocacy and problem solving. Our services are confidential and open to all teen and young parents-to-be at no cost. Free childcare and transportation provided.

Teen Dads in Action—Saskatoon Downtown Youth Centre—EGADZ

301 1st Avenue North S7K 1X5

Phone: 931-6644

Fax: 665-1344

www.egadz.ca

EGADZ is a youth centre that provides resources and services to youth at risk. Teen Dads in Action is a new component of the Teen Parenting Program that offers young dads a peer support group and individual counselling. Topics discussed relate to all aspects of the participants' lives, including relationships, addictions, violence, and stress management. The program leads toward positive well-being and growth and provides participants with a safe place to voice their concerns. Individual support and advocacy are available for a variety of the clients' needs. The program addresses the realities of each participant's situation in order to build a solid foundation for their lives that is inclusive of their child/children. The group meets weekly on Wednesday evenings (subject to change), from 6 to 9 p.m.

The Salvation Army Saskatoon Community Centre, see: Emergency Services

SEPARATION & DIVORCE

Christian Counselling Services, see: Bereavement

Family Justice Services, see: Legal Services

Family Service Saskatoon, see: Bereavement

New Beginnings

Catholic Centre

100 5th Avenue North (parking lot entrance)

Phone: 668-4701 (Mary)

New Beginnings is a support group for separated, divorced or widowed persons who want to start anew in life. The program is based on the book, *Rebuilding: When Your Relationship Ends* by Bruce Fisher. This program also offers a weekend retreat for \$150 at Queen's House and is intended for persons who are ready to put closure to their relationship. The retreat is followed by a 10-week session. For those in the early stages of the healing process, the support group meets Thursdays at the Catholic Centre from 7:30 to 9:30 p.m.

Saskatoon Crisis Intervention Service (Mobile Crisis), see: Addictions

Saskatoon Family Counselling Centre, see: Addictions

Saskatoon Men's Resource Centre, see: Addictions

Westside Clinic, see: Mental & Physical Health

SEXUALITY

Avenue Community Centre for Gender & Sexual Diversity, see: Emergency Services

Family Group for LGBTT Parents, see: Parenting

Men's Nite—Avenue Community Centre for Gender & Sexual Diversity

Phone: 665-1224

Men's Nite group enjoys a broad range of social activities and is open to all men (gay, bi, transgender, non-gay). Meets on Wednesday evenings at 7 p.m. from fall to late spring.

Pride Centre

University of Saskatchewan Students' Union

Rm. 104, Memorial Union Building

Phone: 966-6615

Fax: 966-6978

lgb.centre@ussu.ca

www.ussu.ca/pridecentre

We seek to work with people of all sexual orientations and gender identities in an open and progressive environment that advocates, celebrates and affirms sexual and gender diversity. The Centre supplies information on safe sex, community organizations, as well as free condoms, latex gloves, dental dams, and female condoms. The Centre has an extensive collection of books and magazines focused on sexual orientation and gender identity issues, and offers information on local and national Queer news and community LGBTQA events. Our library is available for all undergraduate students at the University of Saskatchewan. Discussion groups, peer support and referrals are also offered.

Saskatoon Men's Resource Centre, see: Addictions

Serena Saskatchewan, see: Parenting

Sexual Health Centre Saskatoon (formerly Planned Parenthood), see: Mental & Physical Health

Sexual Health Clinic—Saskatoon Health Region, see: Mental & Physical Health

Street Health Program—Saskatoon Health Region, see: Mental & Physical Health

SKILLS DEVELOPMENT & EMPLOYMENT

AIDS Saskatoon, see: Mental & Physical Health

Canadian Mental Health Association—Saskatoon Branch, see: Mental & Physical Health

Crocus Co-op, see Mental & Physical Health

Equal Justice for All, see: Legal Services

Global Gathering Place, see: Parenting

John Dolan Resource Centre—Saskatchewan Association for Community Living, see: Mental & Physical Health

Quint Development Corporation

2nd Floor, St. Paul's Nurses Residence

230 Avenue R South S7M 0Z9

Phone: 978-4041

Fax: 683-1957

www.quintsaskatoon.ca

Quint Development Corporation exists to strengthen the economic and social well-being of Saskatoon's five core neighbourhoods through a community-based economic development approach. Resources include: safe alternative rental housing, daycare on site, resource room with computer/internet, fenced tenant green space, good food box and collective kitchen. Quint also provides trades training and employment (i.e. learn trades skills on a project basis as a springboard to permanent employment).

READ Saskatoon, see: Parenting

Royal West Early Learning Centre, see: Parenting

Saskatchewan Abilities Council—Saskatoon Branch, see: Mental & Physical Health

Saskatchewan Association for Community Living, see: Mental & Physical Health

Saskatchewan Literacy Network, see: Parenting

Saskatoon Friendship Inn, see: Emergency Services

Saskatoon Food Bank & Learning Centre, see: Emergency Services

Saskatoon Indian and Métis Friendship Centre, see: Addictions

Saskatoon Men's Resource Centre, see: Addictions

Saskatoon Open Door Society, see: Parenting

Saskatoon Tribal Council Urban First Nations Services—Employment & Training

229 4th Avenue South S7M 1N1

Phone: 477-9333

Fax: 244-0139

www.sktc.sk.ca/ufns

This program provides counselling and support services for people seeking employment and training opportunities in Saskatoon. Our services include a resume databank, job board, access to computers for internet searching, guidance for resume writing, workshops on resume writing, interview skills and job search. Training opportunities include assistance with developing a future career plan, assistance with course selection for career plan and future employability, and work subsidy placements for training on the job. Training and funding are available for those with Treaty Status.

The Salvation Army Saskatoon Community Centre, see: Emergency Services

Westside Clinic, see: Mental & Physical Health