
Community Assistance Resource

Developed for the Roman Catholic Diocese of Saskatoon

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ROMAN CATHOLIC DIOCESE OF SASKATOON
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At a Glance

General

- Sask211 – Provincial Database

Clothing/Toiletries/Hygiene

- The Bridge on 20th
- Egadz
- Friendship Inn/CWL clothing depot

- The Lighthouse Supported Living Inc
- Saskatoon Crisis Nursery
- Saskatoon Food Bank & Learning Centre

- Saskatoon Pregnancy Options Centre
- YWCA

Correctional Services/Advocacy

- Egadz (specifically for youth)
- Elizabeth Fry Society (specifically for women)
- John Howard Society (specifically for youth)
- Legal Aid Saskatoon
- Micah Mission

Counselling/Support Groups

- The Bridge on 20th
- Family Services Saskatoon
- John Howard Society
- Legacy Ridge Trauma Recovery & Resource Centre
- Pride Centre (U of S)
- Saskatoon Interval House
- Saskatoon Open Door Society
- Saskatoon Pregnancy Options Centre

- Saskatoon Open Door Society
- Women's Centre (UofS)
- Saskatoon Pregnancy Options Centre
- Saskatoon Sexual Assault & Information Centre
- Sexual Assault Services of SK
- Student Counselling Services (U of S)
- Women's Centre (U of S)
- YWCA

Education Services/Advocacy

- Aboriginal Students' Centre (U of S)
- Columbus Bosco Homes (must be GSS Student)
- Egadz
- John Howard Society
- Saskatoon Food Bank & Learning Centre
- Saskatoon Open Door Society (specifically for newcomers to Canada)
- Saskatoon Pregnancy Options Centre
- Saskatoon Salvation Army
- YWCA

Family/Parenting/Pregnancy Services/Advocacy

- Columbus Bosco Homes
- Egadz
- Friendship Inn
- Saskatoon Crisis Nursery
- Saskatoon Open Door Society
- Women's Centre (U of S)
- Saskatoon Pregnancy Options Centre
- Saskatoon Salvation Army
- YWCA

Food/Nutrition

- The Bridge on 20th
- Egadz
- Food Centre (UofS)
- Friendship Inn
- The Lighthouse Supported Living Inc
- Saskatoon Crisis Nursery
- Saskatoon Food Bank & Learning Centre
- Saskatoon Pregnancy Options Centre (specifically for mothers & infants)
- Saskatoon Salvation Army
- YWCA

At a Glance continued on next page

At a Glance ...continued

Health/Mental Health Services/Advocacy

- Aids Saskatoon
- Crocus Co-op
- Friendship Inn
- The Lighthouse Supported Living Inc
- Student Counselling Services (U of S)
- Student Health Services (U of S)
- Westside Clinic

Immigrant/Refugee Services/Advocacy

- Saskatoon Food Bank & Learning Centre
- Saskatoon Open Door Society

Legal Services

- Campus Legal Service (U of S)
- Catholic Family Services
- Commissioner & Notary Public (U of S)
- I AM NOT 4 SALE
- Legal Aid Saskatoon

Shelter/Housing

- ❖ **General**
- ❖ **Women**
- ❖ **Men**
- ❖ **Youth**
- Saskatoon Salvation Army
- The Lighthouse Supported Living
- Saskatoon Interval House
- YWCA
- The Bridge on 20th
- The Lighthouse Supported Living
- Egadz
- John Howard Society
- Saskatoon Crisis Nursery
- Saskatoon Interval House

Religious/Pray/Chaplaincy Services

- The Bridge on 20th
- Prairie Centre for Ecumenism
- Saskatoon Salvation Army
- STM Campus Ministry (U of S)

Diocese of Saskatoon Parishes Emergency Food Assistance Saskatoon & Martensville



Cathedral of the Holy Family

- Hampers are prepared on demand
 - o Milk available if requested (specifically for mothers with infants); only picked up when the person who requests it arrives (not advertised).
- Ask size of family (helps us determine if we need to add any extras)

Holy Spirit

-Hampers on demand as needed.

Martensville (including Warman)

-Hampers available on demand. Contact parish office for further details.

Our Lady of Guadalupe

-Tuesday and Thursday during regular office hours. Can assist a family once per month.

Our Lady of Lourdes

-Limited to those in area.

St. Anne's

-Hampers available. Contact parish office for further details.

St. Mary's

-Hampers available upon request. Contact the pastor.

St. Michael's

- Limited to those in their area. Call parish office for further details.

St. Patrick's

-Hampers available for pickup only during regular office hours.

St. Peter the Apostle

-Limited to those in their area. Call parish office for further details.

St. Philip Neri

-Hampers available, contact parish office for further details.

Resources

Rural Parishes



Allan

-Contact local foodbank (306) 491-4930

Biggar

-Contact Biggar Foodbank (306) 951-7510

Bruno

-Hampers available contact parish office for further details.

Burstall

-Hampers on demand. Contact Fox Valley parish office for further details.

Cudworth

-Hampers available contact parish office for further details.

Davidson and Kenaston

-Supply hampers in partnership with other Christian churches and the local Co-op. Vouchers available at each respective parish office.

Denzil

-Hampers available on demand. Contact the parish for further details.

Dodsland

-Contact Kindersley Foodbank (306) 460-7022, or Kerrobert Foodbank (306)-834-2376

Eston

-Offer hampers on demand in partnership with the CWL and Lions Club. Contact the parish office for further details.

Fox Valley

-Hampers available on demand contact parish office for further details.

Humboldt

-Assistance available through 'Helping Hands Ministry.' Contact parish office for further details.

Kenaston

-See Davidson and Kenaston

Kerrobert

- Contact Kerrobert Foodbank (306)-834-2376

Kindersley

-Contact Kindersley Foodbank (306) 460-7022

Rural Parishes continued ...

Landis

-Contact Biggar foodbank (306) 951-7510

Lanigan and Leroy

-Contact Lanigan Foodbank (306)-360-7778

Leader

-Hampers available on demand. Contact parish office for further details.

Luseland & Major

-Available food through foodbank. Contact Kerrobert parish office for details.

Macklin

-Contact Macklin Foodbank (306)-753-3663

Outlook

-Contact foodbank (306)-222-4708

Richmound

-Hampers available on demand. Contact Fox Valley parish office for further details.

Rosetown

-Hampers available on demand. Contact parish office for further details.

Unity, Reward and Tramping Lake

-Contact foodbank (306) 228-3669

Wadena

-Contact foodbank (306)-338-3939 or (306)-338-7989

Watrous and Young

-Contact foodbank (306)-946-3785

Community Assistance Long View



Community Assistance Long View

SASK211 - 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. The categories of listings include, but are not limited to, mental health and addictions, homelessness, income support, health care, food security and community programs.
- ❖ For easy access, services are also grouped together from the perspectives of the people seeking services, e.g. Aboriginal peoples, refugees and immigrants, older adults, youth, children and families, people with disabilities, veterans and military personnel.
- ❖ 211 Saskatchewan is a service provided in partnership by United Way Regina and United Way of Saskatoon and Area.

Adelle House: Second Stage Housing

Adelle House is a twelve-unit apartment building established for women from abusive relationships who wish to work together to develop a safe, enriched community for themselves and their children. Adelle House is owned and operated by Saskatoon Interval House Inc.

Catholic Family Services of Saskatoon www.cfssaskatoon.sk.ca

No-cost counselling for low-income individuals is provided free of charge. Call 306-664-6565 to book an appointment.

Columbus Bosco Homes www.columbusboscohomes.ca

Our mission is to enhance the lives of children, adolescents and families by providing hope, education, skills and support.

The Farm School Program, in partnership with Greater Saskatoon Catholic Schools (must be GSCS student), provides, in a rural setting, "at risk" youth with:

- a high school academic program which gives students the opportunity to earn regular high school credits
- the opportunity to develop the necessary skills to be a successful student
- the opportunity to learn life skills and receive counseling
- the opportunity to develop responsibility through gardening, care of animals, buildings and ground maintenance
- two classrooms with a ten to one student-teacher ratio

Substance Abuse Awareness Program

The Farm School Program, in partnership with Greater Saskatoon Catholic Schools, offers high school students a two-week education program that focuses on substance abuse which:

- is a referral program for all Greater Saskatoon Catholic high school students
- allows students to continue their academic classes during the two weeks, with support and cooperation from their home schools and Farm School staff
- provides students with intensive education, up to date materials and support with substance abuse issues
- provides a forum for presentations of information, discussing and sharing

Crocus Co-op www.crocuscooperative.org

Crocus Co-op is a non-profit, charitable, member guided co-operative that works on behalf of people with mental health disabilities. Mental health issues will affect one in five people directly in our community. Crocus is a place where members can find companionship, understanding and support. Crocus is a place to learn, work and heal.

Transitional Employment

This is the real heart of Crocus's rehabilitation strategy. Mental Health consumers consistently put suitable employment programs at the top of their unmet needs list. Creditable research bears this out. Income from this program also contributes to the budget of Crocus, thus reducing dependence on community funding. Our work teams do yard maintenance, snow clearing, residential moving, and hauling. We also manufacture pin-on promotional buttons.

Kitchen

Healthy bodies and healthy minds go together. Members meet at Crocus to purchase a home-style meal that is enjoyed in a social atmosphere. Our members receive valuable work experience and training in the canteen and other areas.

Social-Recreational

We provide a social setting where members have developed a mutually supportive community. Our center houses office space, canteen, computer area, space for social-recreation activities, work activities, and storage. We fill a gap in the lives of mental health consumers by organizing social-recreational activities. Crocus often partners with other groups including the Canadian Mental Health Association, the Saskatoon Housing Coalition, and the McKerracher Center.

EGADZ – www.egadz.ca

Address: 485 1st Ave N Phone: 306-931-6644

Teen Drop-In Centre

The objective of the program is to provide a safe, supportive environment where children and youth experience new opportunities, overcome barriers, develop positive relationships, and build confidence and the skills of life.

Residential Services:

- The Residential services that EGADZ has to offer include Staffed Homes, Mentored Homes, Structured Independent Homes, Supported Independent Homes and Baby Steps which is a home for children in care of the Ministry of Social Services whose parents are working on reunification.
- All of the Residential services are for volunteer clients and only for those who are wanting to create lifestyle changes or are in need of a supportive environment to achieve their personal goals.
- Each home is supported by youth workers who are able to assist the youth and adults with education, employment, medical, spiritual, addictions, mental health and any issues and goals that may arise.
- Along with this support the homes also offer specialty sub-programs such as Parent Support and Action to Employment.

Parent Support

- ❖ Parent Support is offered to all parents that are residing within the Residential Programming. Support workers offer guidance while assisting each parent with their parenting plan and skill building.

Action to Employment

- ❖ Action to Employment is an employment program that offers yard care services to individuals in the community who are in need of assistance and are unable to afford lawn and yard care services.
- ❖ The EGADZ residents receive training, employment experience, a multitude of skills and the personal reward of helping people in their community.

Street Outreach

Street Outreach takes their services to the streets seven nights a week providing emergency services such as;

- immediate assistance with nutrition
- clothing
- personal hygiene supplies
- referrals for emergency housing and detox
- emergency baby supplies such as formula and diapers
- one on one counselling

During the day Street Outreach connects with clients providing follow up assistance with advocacy, justice support, housing, education, appointments and Crisis Counselling.

The Street Outreach also connects with youth in the afternoons at schools and parks providing fruit and safety information and awareness.

Street Outreach Hours of Operation,

- **Monday to Friday:** 9:30a.m. - 1a.m.
- **Saturdays:** 5:30p.m. - 1a.m.
- **Sundays:** 4:00p.m. - 12a.m.

Educational Engagement

- ❖ **The School Support Program-** is a community-based intervention program designed to assist youth who are in conflict with the law and are experiencing an array of difficulties that are barriers to acquiring or maintaining an educational placement. Many live in unstructured family environments with high levels of social-economic disadvantages. As a result, many of these young people demonstrate negative responses stemming often from dysfunctional homes and parenting environments.
- ❖ Furthermore, issues such as truancy, substance abuse, gang involvement, homelessness, criminalized behaviors and mental/emotional/ physical health concerns are significant factors that impact their education. The program is designed with the premise that while youth need to be accountable for their behavior, they may also require assistance in developing life skills to help them assume a positive role in the community.
- ❖ The objective of the School Support Program is to provide the most inclusive support and assistance to the youth, family/guardian, community youth worker and school staff in facilitating school success. As a result of increased support, supervision and inclusion of the youth in their case plan, the opportunity to decrease the risk of breakdown of school/home placement has proven effective.
- ❖ Staff provide youth with support for legal issues by transporting and attending court, lawyer's appointments and probation reporting. Further supports include visits and calls to the home and school, providing in school crisis interventions and suspensions, and support such as wake up calls, transportation to school, parent visits, and one- on-ones with youth. Staff also attend case conferences, contact workers, make outside agency referrals such as Mental Health, Addiction Services, detox and/or treatment, and personal counseling.
- ❖ Youth continue to be involved in program during extended school breaks and the summer months. The summer portion of the program provides structured programming that includes life skills, field trips, recreation, community awareness, physical education and camping. This provides consistency and structure in their lives and has proven to be very beneficial upon their return to school the following year.
- ❖ Youth are picked up each day by staff ensuring a nutritious breakfast, relationship building and attend their educational placement. This approach offers consistency and structure in a young person's life that has demonstrated to be beneficial upon their return to school.
- ❖ The School Support Program is financially supported through the Ministry of Justice, Corrections and Policing, Young Offenders Program and is able to accommodate twelve individual youth between the ages of 12 and 17 at any given time throughout the year.

The Day Support Program- is a community-based intervention program for youth in conflict with the law. Additionally, the youth have lost their whole or partial existing educational placement and require an alternative avenue to stabilize as a means to re-integrate into an appropriate educational placement. The program is designed with the premise that while youth need to be accountable for their behavior, they may also require assistance in developing life skills to help them assume a positive role in the community.

- ❖ The objective of the Day Program is to provide community-based programming through Education, Life Skills, Cultural Awareness, Community Programming, and Employment Opportunities. The main objective of the program is to increase social stabilization then assist youth to reintegrate into an appropriate educational or work placement. This is done by reducing risk factors related to reoffending by providing intensive supervision that reduces recidivism and empowers positive behavioral change.
- ❖ Youth are supported through daily contact with staff who provide wake up calls, breakfast/lunches, transportation, parent/home visits, one on one's with youth, daily contact with their workers, attend case conferences and medical support. Staff advocate for youth by making outside agency referrals such as Mental Health, Addiction Services, detox and/or treatment and personal counseling.
- ❖ The Day Program is supported through the Ministry of Justice Corrections and Policing, Young Offenders Program and is able to accommodate twelve individual youth between the ages of 12 and 17 at any given time throughout the calendar year.
- ❖ During the summer months the program shifts to an employment and recreational structured programs that expose youth to positive alternatives that they may seek to gravitate to and continue on within their community. The summer component of the program provides youth with support, structure and stability that lends towards a more successful transition for them when re-entering an appropriate educational placement in their new school year.
- ❖ Youth are provided with a variety of activities and experiences through sporting, recreation, fieldtrips, swimming, water skiing, bowling, BBQs and a camping trip, all of which lends towards creating positive experiences and opportunities.

In keeping true to our Random Acts of Kindness, once a week the youth plan out what they will do to try and make someone else's life a little bit brighter. The youth did such things as handing out flowers to strangers, purchasing breakfast and coffees, handing out mitts and blankets, or popsicles on a hot day. The youth enjoy these experiences and find the insight to selflessness and generosity.

First Avenue Campus (FAC)- is a partnership with the Education in Custody Grant through the Ministry of Education and EGADZ.

First Avenue Campus is a satellite classroom developed to support youth involved in the Justice system. The goal of the program is to support youth through the process of both behavioral stabilization and the further development of skills necessary for school success.

- ❖ FAC is staffed with a Special Education teacher and an Outreach Support Worker. The classroom provides a range of services to meet the complex needs of youth involved in the justice system. This is accomplished by teaching a variety of skills including social, literacy, and mathematics in a comfortable educational setting. Each student is given an individualized curriculum that best fits the individual student to prepare them for future educational experiences.

- ❖ FAC is a short-term transitional placement that recognizes the transformative power of education and self-improvement. The youth that come to be involved with FAC face a multitude of factors which are barriers to school and community engagement. Issues such as: truancy, substance abuse, gang involvement, homelessness, criminalized behaviors as well as mental/emotional/and physical health concerns. The flexibility of a full or half day school schedule has allowed for individual transition plans that suit each student's needs. Many youths have been away from a regular school routine for several months or years. Once they become accustomed to the confines and routine of a classroom, they are often ready to advocate for themselves to attend school full-time. By involving the youth in the plan and giving them ample opportunity to discuss goals, they begin to acknowledge how their positive actions impact their progress in school.

Teen Parenting

The Teen Parent Program continues to be supported through Health Canada-The Community Action Plan for Children (CAPC)

- ❖ The Teen Parent program is focused on assisting teen parents and/or expecting parents on becoming better equipped to raise healthy happy children so that they can enjoy the benefits of being a positive and loving family. The program's goals are achieved by offering individual support services as well as formal and informal information workshops to three parenting groups within EGADZ.
- ❖ The **EGADZ Teen Parenting group**- is a drop-in group for the teen parents or young parents to be 19yrs of age and under who meet at the Centre.
- ❖ The **Centre group** meet twice a week in the evening and is open to all young parents who are in need of Parent support, information and services.
- ❖ The **My Home Parenting group**- is a teen parent support group for the young Mom's 19 of age and younger who live in our residence. Group is held every 2nd Tuesday of the Month.
- ❖ The **Baby Steps Mature Mom's Parenting group**- is a newly developed group this year for moms who reside in our residential programs who would not fit the mandated age at the centre. This group is held once a week at the Baby Steps.
- ❖ With prevention at the heart of the program, specific positive parenting information on child safety, proper shelter, health, nutrition and nurturing love is delivered through three integral components within the program; Parent section, Family section, Emergency Supplies and Support Services section. Our commitment to child safety, protection, and prevention, are embedded through various sections and can be implemented immediately to produce maximum success.
- ❖ Parent section offers opportunities for the teen parents to gain knowledge and understanding about themselves and their own children. The Parent section has three modules that were implemented to accomplish its goals: Nobody's Perfect, Positive Discipline and Domestic Violence module.

Nobody's Perfect is a program designed to meet the needs of high risk, low income families across Canada. The program is based on three goals; preventing child injury, preventing child obesity, and child mental health. The program consists of 8- 2.5-hour workshops in which attendance is mandatory for a participant to receive their parent certificate. Added assistance to help parents complete the

program is offered through transportation, child care and snacks.

Positive Discipline is a program for children being taught around the world. The program goals are to provide alternate methods to physical and emotional punishment and to increase knowledge of children's rights in a non- threatening way. The program provides concrete and constructive tools for resolving parent-child conflict. The program consists of 8- 2.5-hour weekly workshops and was offered twice throughout the year. Transportation, snacks, and childcare was provided to assist parent's attendance.

Domestic Violence module included 4- 2.5-hour workshops that ran once throughout the year. The workshops included topics such as relationship violence, bullying, neglect, family violence and community violence. The objective of this module was for the parents to identify that they play a crucial role in stopping violence in their community by beginning at home.

The **Family Section** is for parents and children to learn how to build trusting relationships in a safe environment and then progress to independently building on those relationships. This program offers activities and workshops in three areas; attachment and bonding, life skills, and positive recreation.

- **Attachment and Bonding** activities and workshops are designed to assist parents to build a healthy bond and attachment with their children.
- **Life Skills** offers skills to parents that need assistance in dealing with everyday life situations. This is done through informational presentations and positive recreation on topics that teach the parents the importance of taking care of one's self in order to take better care of their children.
- **Positive recreation** is a component that teaches the parents to interact with their children through recreation activities in a positive environment. Participants enjoy activities that include swimming, The Fun Factory, playtime in the park, picnics and a Mom and Tot camp at Wakaw Lake.

Emergency supplies and services are available to teen parents on a continuous basis. The services are set up according to the needs of the parents. Services include:

Bus Tickets	Crisis Supports	Home Visits
Baby Supplies	Food Packs	Medical Appointments
Clothing	Formula/Diapers	Pregnancy Tests
		Referrals

Outreach services and support are also available to the participants. This helps to build a trusting relationship with the Teen Parent Coordinator who is available to provide information and support to new parents in the comfort of their own home.

EGADZ offers a Child Care Centre for children of the teen parents who attend the parenting programs. The children are supervised by a qualified childcare worker who develops crafts and games for the children to do during each session.

Action to Employment

Putting at-risk youth to work assisting people who need a little bit of help around their homes is a win-win for the community.

- ❖ “Action to Employment” is a project providing seasonal lawn care services to seniors and other individuals in Saskatoon that need some extra assistance. There are 8 youth in the program who are supervised by EGADZ staff. Through the program training and real-life experience, these young people gain employment, safety, life, social and leadership skills, while the community members gain reliable, quality and generous support to enable them to live at home.
- ❖ On June 29, “Action to Employment” began partnering these young people with seniors in Saskatoon Health Region’s Home First program. Home First is an enhancement to home care, focused on seniors by providing elevated levels of service which allow seniors to live safely and independently in their own homes. Initially, the Home First program has concentrated on medical care for seniors as they are discharged from acute care, discharged from emergency, or experience declines in their health while at home. However, not all seniors’ needs are medical in nature which is how “Action to Employment” is helping to fill in those gaps.
- ❖ “By helping youth help themselves, they learn the importance of helping others,” Don Meikle, Executive Director of EGADZ said. “A youth living in My Homes brought to our attention the importance of giving back to the community and the positive impact it can have on both the youth and the community members.”
- ❖ Saskatoon Health Region’s Mental Health and Addiction Services staff will be conducting satisfaction surveys to assist with evaluating the program and are supporting those youth with mental health and addiction issues through a support group.
- ❖ “Hearing the positive response from those seniors who are getting help with their yard work is a big boost to the self-esteem of these young people,” says Tracy Muggli, director Saskatoon Health Region’s Mental Health and Addiction Services. “That’s very important as they continue to develop the life skills that will help them build independence and move toward gaining full time employment.”
- ❖ While Home First clients were the initial group accessing the services of these youth, people who are 50 years of age and older and require some assistance with yard care may also access the program. Having these young people providing assistance doing yard work in the summer and shoveling snow over the winter months will help seniors remain in their homes longer and reduce emergency room visits as a result of a fall or overexertion.
- ❖ The partnership includes EGADZ, Saskatoon Health Region, Ministry of Social Services, Saskatoon Truck Centre, Saskatoon Community Foundation and Canadian Tires stores in Saskatoon.

Elizabeth Fry Society www.elizabethfrysask.org

Our programs and projects focus on helping women who are criminalized and who are at risk. We provide services and supports for women before they enter the prison system, while they are in prison, and after they are released.

Family Service Saskatoon www.familyservice.sk.ca

This is a counseling Agency. It is a geared to income counseling agency.



Programs:

Adult Depression & Anxiety Group

This closed group will be 6 weeks with 2-hour sessions each week. The group will be a combination of psychoeducation, group activities, and exercises to complete at home. Some topics that will be covered include an introduction to anxiety & depression and the effects it has in the body and the brain, how to manage symptoms, assertiveness skills, and more.

There will be a pre-group interview.

Youth Exposed to Violence

This group provides youth, ages 12-16, the opportunity to discuss the impact of violence experienced or witnessed in their families, communities, and/or schools. The group aims to reduce the effects of violence through exploring the cycle of violence, dating violence, healthy relationships and to enhance conflict resolution, self-esteem, and coping skills.

Standing Strong

This group is designed for girls, ages 11-14, who have been exposed to violence or bullying in their community, school and/or home. It will focus on building self-esteem, confidence and resilience which will help to decrease the negative effects of being exposed to violence or bullying.

Calm Your Mind, Calm Your Body

This group is designed for youth, ages 13-18. In this group, participants will examine fear, stress and anxiety and will learn to alleviate symptoms of anxiety through mindfulness practice, guided imagery, relaxation and thought changing.

Merging Families

This one-day group planned for Saturday, February 11, 2017 from 10:00am-4:00pm. The group is designed for parents who are already in a blended family or contemplating entering into a blended family. The group will discuss putting your marriage first, discipline, step-parent's roles, and communication. Pre-registration is required; \$100 fee.

Invisible Scars: Exploring Emotional, Verbal and Psychological Abuse

An eight-week group designed for women to gain personal awareness and understand how prolonged exposure to emotional abuse erodes self-esteem and confidence. The focus of the group is about healing and moving on from the effects of emotional abuse. Emotional abuse cuts to "the core of a person" (Engel, 2002) and leaves invisible scars.

When Anger Gets in The Way of Parenting

An 8-week program offering guidance to parents and caregivers wishing to examine their parenting and understanding of the impact anger has on their children. Parents/caregivers will learn how to more effectively parent children in a respectful manner. \$240 fee.

Community Counselling

Counselling services available individuals, couples, families and groups. Confidential, professional assistance for those experiencing personal difficulties, life transitions, family crises, work or community concerns. Fees are based on income and family size. Fee based on sliding scale.

Youth Exposed to Violence

This program supports youth through both individual and group counselling. It engages youth in the classroom on issues off addiction, mental health, types of violence, healthy relationships and self-esteem.

Intimate Partner Violence Drop in Group

Open and ongoing group for women who have experienced or are experiencing violence in their intimate partner relationships. Each week a new topic is discussed focusing on the general experience of intimate partner violence. Free childcare is provided.

Intimate Partner Violence Outreach Program

Family Service Saskatoon provides individuals affected by interpersonal violence a place to come for confidential support in a safe and secure environment. The IPV team provides unique individualized support especially in crisis situations. This is a voluntary program for those requiring assistance establishing and maintaining safe and healthy relationships.

Domestic Violence Court Case Workers

Family Service Saskatoon employs four Domestic Violence Court Case Workers. These workers ensure that victims of domestic violence are supported from the point of first contact to the complete resolution of their court case. Court case workers provide various supports such as court updates, trial support, reports to assess requests for changes to release conditions, advocacy, and referrals to other services offered in Saskatoon.

Abuse and Beyond for Women

Abuse and Beyond brings understanding to the role that violence plays in intimate partner relationships. The group helps women experiencing violence with their partner to find the strength to change this pattern. Groups are offered several times a year with free childcare services. Individual counselling services are also an integral component of this program.

Family Support Centres Program/Parent and Tot

The Family Support Centres Program (Parent and Tot), in partnership with Greater Saskatoon Catholic Schools, is a free, ongoing program for parents and children aged 0 - 6 that: encourages and supports parents as their child's first and most important teacher emphasizes learning through family literacy and play provides opportunities for parents to focus on positive parenting with "Parent Talk" offers a means for families to meet others and build upon their community and capacity.

Locations	Days	Hours
Bishop Klein 1121 Northumberland Ave.	Monday	9:30 AM - 11:30 AM
	Monday	12:45 PM - 2:45 PM
	Tuesday	9:30 AM - 11:30 AM
Bishop Pocock School 227 Avondale Rd	Wednesday	1:00 PM - 3:00 PM
Bishop Roborecki 24 Pearson Place	Tuesday	1:00 PM - 3:00 PM
St. Anne 102 Ravine Ct.	Wednesday	9:30 AM - 11:30 AM
St. John Bosco 1205 Ave N South	Wednesday	9:30 AM - 11:30 AM
St. Mark 414 Pendency Rd.	Tuesday	9:30 AM - 11:30 AM
St. Volodymyr School 302 Kellough Road	Thursday	9:30 AM - 11:30 AM



Friendship Inn: www.friendshipinn.ca

Address: 619 20th St W Phone: 306-242-5122

Vulnerable people find safe sanctuary at the Saskatoon Friendship Inn, a community centre that evolved from a soup kitchen. The Inn has created a welcoming environment by committing to being responsive and compassionate, and to fostering a sense of belonging among children, youth and adults who experience poverty, with a no-questions-asked policy. At the Inn, people access breakfast, lunch, a family worker, as well as information on topics ranging from health to the law.

Programs

Bagged Lunch

We offer a bagged lunch option for those guests who are students or working and can't be at the Inn during breakfast or lunch hours. Students can come take a free bag lunch to school (a valid student card is required for adults). Working men and women can come also pick up a bag lunch, for a cost of \$2.00

Just 4 Dads Men's Parenting Program

This is an 8-week parenting program focusing on: positive discipline, healthy parent healthy child, nutrition, child safety, child development. (Many of our fathers have not been raised in healthy homes and have grown up themselves lacking parenting. As a result, these men require ground level training on the areas listed above. If the fathers have custody of their children during the program, we offer child support so the dads can attend these training classes.)

Many fathers have been reunited with their children after completion of this program. Fathers that have had problems with healthy parenting are required to take programs that will teach them how to be a good parent and through their training earn the right to have their children back under their care.

Anger Management for Men

Anger management for Men is a 6-hour workshop focusing on the root causes of anger and how to release it appropriately and effectively.

Both men's programs are led by our Family Worker. Call for information on when the next session begins. 306-242-5122

HIV Street Health Nurses and Point of Care Testing

Street health nurses and managers come weekly to perform chronic illness testing as well as chronic illness prevention. This testing provides immediate results and therefore connects the individual with immediate health care, including setting up doctor appointments, education and counseling. These nurses also support the individuals that have gone through the Point of Care Testing and provide continued counseling weekly. They also administer flu shots and immunizations.

Mom and Baby Clinic

Every second Friday Public Health comes to the Inn to provide a Mom and Baby Clinic where they administer immunizations; weighing and point of care testing to the inner-city babies that would otherwise not receive care. With their experience and gentle ways, the nurses guide and foster relationships with mothers who need extra experience in their parenting and personal lives.

Public Health Immunization Clinics

4 times a year Public Health comes to do immunizations for the inner-city families and seniors. Call for information on when the next clinic will be. 306-242-5122

Cribbage Tournament

This is a weekly cribbage tournament that teaches fair play, weekly participation, commitment, friendship, literacy and numerical skills. Currently the crib tournament happens Wednesdays at 10 am. Arrive a few minutes before to secure your spot.

I AM NOT 4 SALE: www.iamnot4sale.ca

This is a cell phone App for kids who are on the streets. They can record an incident:

- When in difficult situations it can be hard to ask for help. This allows you to ask questions, seek guidance, learn about and utilize supports and services while remaining confidential and unidentified at a click of a button.
- Your description will be restricted and only seen by the coordinators of the website. It will then be directed to the proper supports and services so you are able to receive the best knowledge and guidance pertaining to your situation.

Report a Violent Offender:

The violent customer portion allows for you to report bad experiences with a "bad date", predator on the net, etc. This can include; physical or mental harm, abandonment, acts against your will or any other experience that left you feeling harmed. Giving details regarding the violent customer, will warn others and help them to stay safe.

John Howard Society: www.sk.johnhoward.ca

There are many services and residential options for individuals in Saskatoon.

Fine Options

Fine Options provides an alternative to paying out of pocket for certain fines. People are registered through one of our branches and then placed in a volunteer work arrangement with one of our community partners where they go to work off their fine. John Howard Society of Saskatchewan is the largest Fine Options provider in the province matching more than 2500 people with volunteer placements last year totaling more than 140,00 hours of volunteer support in the community.

Community Outreach Support Program

This program provides support for difficult to serve youth between the ages of 16-21. Services include: education, employment, addictions, crisis intervention, counseling, housing, advocacy, mentorship, transportation, and recreation. Moreover, support workers ensure that medical and mental health needs are being met.

Mediation

We run our Mediation (Extrajudicial Sanctions) program under a contract with Saskatchewan's Ministry of Justice, Corrections and Policing to provide an alternative measure to the regular court processes. Referrals to this program come from the Provincial and Federal Crown Prosecution Office.

Our mediation program applies the principals of restorative justice by emphasizing youth take responsibility for their actions and acknowledging the impact on victims. The mediation process considers key questions like who's been hurt? what are their needs? and whose responsibility is it to meet those needs? And then involves all parties in the process toward a restorative outcome. One result of a successful mediation process is the withdraw of charges, meaning the youth offender does not receive a youth criminal record.

Community Service Order Program

Convicted youth may receive Community Service Hours as part of their release/probation, ordered by a Youth Court Judge. The John Howard Society meets with the youth and then finds a suitable community placement where they can work to complete their community service hours. Progress and completion are monitored and reported back to the Ministry of Justice, Corrections and Policing.

StopLift Program

StopLift is a theft reduction education program for youth who have committed an act of shoplifting. StopLift works in both group and individual settings depending on the circumstances. Youth participates in discussion that examines the reasons for theft. Together with our caseworkers, youth develops strategies to make better choices in the future and look at ways to deal with temptation and peer pressure. Videos, presenters, and workbooks are used throughout the program to enhance the learning experience. Referrals for StopLift come from Youth Court, Youth Probation, schools, parents, etc. *A youth does not have to be charged to complete the program, and community referrals are welcome.*

Chill Out Program

Chill Out is an interactive anger management course for youth who may be experiencing problems with anger, stress, and aggression. They may face assault charges, uttering threats, or other aggressive offenses that require Chill Out as part of their meditation.

Other referrals to this program come from schools, parents and other concerned members of the community. Chill Out is designed to help youth talk about their triggers, their types of anger, and techniques for controlling and venting anger in healthy ways.

Videos, presenters, group discussions, and workbooks are used throughout the program to enhance the learning experience. Like StopLift, Chill Out can be completed in a group setting or one-on-one, based on the youth's needs and availability. The program can be designed to include bullying information and workbooks-based charges, the needs of the client, and the request from parents and teachers.

Saskatoon Residential Options

JHSS Social programs provide housing and community support to youth ages 12 – 21 years. The Social Programs work in partnership with MSS and neighboring youth supportive organizations to provide a community of care to some of Saskatoon's most venerable people. Within the Social Programs youth requiring a very high level of support, a moderate level of support, and those preparing to live independently are able to access supports. In Saskatoon our Social Programs start with our Bert's Safe

Shelter, Basswood Place, Jays Place, Cedar House and SIL. Integrated into our housing and community connections is are our Community Outreach services.

Legacy Ridge Trauma Recovery & Resource Center

www.legacyridgefoundation.com

Address: 123 Nelson Rd

Phone: 306-659-5815; 639-317-8104 (confidential cell)

Provides support services for adult survivors of childhood sexual trauma. Partnered with and housed at the Cathedral of the Holy Family.

Legal Aid Saskatoon: www.legalaid.sk.ca

Legal Aid Saskatchewan provides a range of legal services to low income individuals in Saskatchewan in the areas of family and criminal law.

See Website for links/application forms - including link for French services.

Micah Mission: www.micahmission.com

The Micah Mission is prison oriented. They work one on one. It is for high risk offenders in hopes of not re-offending.

When the prisoner's release date is at hand, they are invited to attend **FORWARD STEPS** to get support. It is a structured group. They meet at a halfway house on a weekly basis.

PERSON TO PERSON: Offender is paired with someone in order to establish relationships. When people leave the Regional Psych Centre they often return shortly after. It helps to have someone around that they can talk to & someone who cares.

Saskatoon Crisis Intervention Service: www.saskatooncrisis.ca

Phone: 306-933-6200

Saskatoon Crisis Intervention Service (SCIS) provides comprehensive crisis response services to individuals and families 24 hours each day, 365 days of the year. This service includes crisis counselling and conflict management, provided over the phone, in the SCIS office or in the home. Following initial interventions, referrals for ongoing support may be provided.

A Crisis may involve:

- Suicidal feelings, thoughts or plans
- Child abuse and neglect
- Marriage and family problems
- Relapse of a mental illness
- Problems with drug and alcohol use and abuse
- Problem gambling
- Excessive personal distress
- Older adults/seniors in distress

If you feel and/or think you are in crisis, contact mobile crisis service at our 24-hour crisis phone line: (306) 933-6200

Mobile Crisis Service is open to all individuals and is a service **without fees**. The caller defines his/her need sometimes with the assistance of the crisis worker. Crisis Workers then respond accordingly, based on assessment of risk. Individuals and families may call for direct or indirect help for their loved ones with other challenges, such as Fetal Alcohol Spectrum Disorder, Acquired Brain Injury, physical disabilities, and mental health problems.

Caring Crisis Workers, with the professional skills needed to respond effectively to a variety of crises, provide service to the Saskatoon community around the clock. They assess and plan responses to dozens of complex and high-risk calls ranging from domestic violence to suicide prevention to child abuse and more.

Crisis Management Service (CMS), the second arm of the Saskatoon Crisis Intervention Service, provides service coordination/case management services to a population of individuals described as “hard to serve, difficult-to-engage”. These individuals often live high-risk lifestyles, present in nearly constant crisis, and have difficulty managing a mental illness or other personal problem. Crisis Management Workers serve clients by supporting them to make connections to mainstream services utilizing a variety of intervention modalities. Many individuals in this target population have behaviour, mental illness, and non-compliance issues as well as legal, addictions and special needs such as FASD, ABI and others.

Saskatoon Crisis Intervention Service: www.saskatooncrisis.ca

Referrals to CMS come from the individuals themselves, families, mental health, medical, social service and legal professionals, including psychiatrists, lawyers, and social workers, as well as Crisis Workers. Responding to a CMS client or clients may include one or more of the following helping activities:

- Provide crisis intervention and assertive outreach
- Assist with basic needs: food, clothing, shelter
- Screen, assess, and consult to learn more about the client
- Behaviour shaping and management
- Service coordination / case management to make and sustain service connections
- Advocate
- Inform, educate and train
- Assist other front-line services
- Build networks of support

Saskatoon Crisis Nursery: www.crisisnursery.ca

Address: 1020 Victoria Ave. Phone: 306-242-3808

The Saskatoon Crisis Nursery is a home away from home for families experiencing a crisis.

- When families are in crisis and parents/caregivers have nowhere to turn, the Crisis Nursery offers a 24/7, 365 day a year safe haven where children aged 0-12 years can take a break from stressful situations, and are given nurturing care while their parents receive the help they need.
- Every family's situation is unique and our support reflects that. We are honoured to look after children for parents/caregivers needing assistance with short term or ongoing issues.
- Whatever the situation we welcome families and children with love, non-judgment and support.
- For parents/caregivers in need the nursery also advocates and refers parents/caregivers to resources that will provide further assistance in managing their crisis or ongoing needs.
- We want families to know that they are not alone and we are here to help them navigate one of the most important and difficult jobs in the world, being a parent.

Here are some of the issues we assist with:

- Chronic mental or physical health conditions
- Relationship difficulties
- Domestic or sexual violence
- Housing crisis

Offered for Children:

- A safe and loving home away from home for children age 0- 12 years.
- Open 24/7 – 365 days of the year
- Complete with trained emergency childcare staff that ensure all the children's needs are met.
- All services are free of charge and confidential.
- All meals (including snacks and infant feeding), diapers and infant formula are provided.
- Clothing and Shoes (indoor and outer wear as needed) are provided if needed.
- Play area equipped with toys, books, activities and games
- Supervised activity (indoor and outdoor) with trained childcare workers
- Parenting stress
- Childhood abuse or neglect
- Lost children

Treatment for addictions Offered for Parents:

- Immediate shelter for their children – open 24/7
- 24 emergency Crisis Line
- Reassurance that their children will be cared for and safe
- Information/referral to other agencies and services that may help in resolving the crisis
- 24-hour contact with childcare staff

Saskatoon Food Bank & Learning Centre: www.saskatoonfoodbank.org

Address: 202 Ave. C S

Phone: 306-664-6565

Current programs include a Literacy to Pre-Employment Program, a community kitchen, meeting room and child-minding area, an I.D. program to assist with replacing or obtaining identification, programming for immigrants. They operate a Clothing Depot which provides clothing and Hygiene items to individuals at a nominal cost. They also operate a community garden along with many other programs.

The Food Bank distributes emergency food to anyone in Saskatoon and area. Food hampers consist of 2 to 3 days of food and clients are eligible to receive a hamper once every 14 days. The Food Bank also provides infant formula when requested and one litre of milk to children and pregnant and nursing women at each visit.

Saskatoon Interval House: www.saskatoonintervalhouse.org

Saskatoon Interval House is an emergency, temporary shelter for women and their children who require safe accommodation.

- Residents of Interval House have been forced to leave violent relationships for their own safety and for the safety of their children.
- Interval House is staffed twenty-four hours a day every day of the year. A variety of services are offered. These include safe accommodation, counseling, referral and advocacy. Crisis calls and information are also an integral part of the service Interval House provides to the community.
- Interval House receives funding from Ministry of Justice and Attorney General, Saskatoon's United Way and the City of Saskatoon. We also rely on the financial support of the organizations and individuals in our community.

Saskatoon Open Door Society: www.sods.sk.ca

The Saskatoon Open Door Society was established in 1980 as a centre to welcome and assist refugees and immigrants moving to Saskatoon.

Programs

Refugee Assistance Program (RAP)

Every year, 200 to 250 Government Assisted Refugees are welcomed at the airport by our staff who work closely with the arrivals to meet their basic needs and connect them to community services. Only Government Assisted Refugees are eligible for this program.

Needs Assessment, Referral and Support (NARS)

Supports immigrants and refugees in the first three years of arrival to Canada. Our experienced Counsellors can assist with the following services:

- Needs assessment
- Settlement planning
- Referrals to community resources
- Information and orientation sessions
- Para-counselling
- Linguistic and cultural interpretation
- Document preparation and translation
- Services are also aimed at assisting newcomers with the longer-term challenges of adapting to a new life in Canada through comprehensive case management. All newcomers who are permanent residents are eligible.

Settlement Advising (SA)

This program focuses on assisting newcomers for initial settlement needs and integration to the Saskatoon community in the first two years of arrival to Saskatchewan. Our experienced Provincial Settlement Advisor provides the following services:

- Assessing initial settlement needs & concerns
- Information to assist with housing & transportation
- Assistance in accessing education, social & health services
- Practical guidance & counselling
- Referrals to community resources
- Document preparation & Translation

Eligibility includes those with: Permanent Residence, Canadian citizenship, temporary work permits, study permits, visitor permits and refugee claimants, who are at least 18 years old, or have a family member in Saskatchewan who is a Canadian citizen or Permanent Resident and has been residing in Saskatchewan for at least one year, and who are a recent arrival to Saskatchewan (no more than 2 years in the province).

Family Mediation Workshops: Supports families in understanding cultural differences and assists in building strong family relationships. The program offers a series of 8 weeks workshops for parents from different cultural and ethnic backgrounds.

Case Consultation and Crises Intervention: Each family is assessed on a case by case basis. A parents' consultation night is offered as well as family crises intervention and one-on-one counselling.



Women's Support Programs

Immigrant Women Support Group

Offers a chance for women to share their experiences, make new friends, and learn about resources. They also receive support and guidance on personal issues such as family, parenting and health concerns.

Immigrant Women Creative Club

Educational sessions built around arts and crafts. Sessions focus on positive development of newcomer women's future by stimulating their creativity and guiding them to explore their potential.

Additionally, the Women's program will host events that allow newcomer women to come together and celebrate their respective culture and diversity as new women to Canada.

For more information on the Women's Programs, please contact Emily at lyan@sods.sk.ca or 306-653-4464



Men's Support Programs

This program supports newcomer men in their process of cultural transition in Canada and includes a variety of activities to foster interpersonal relationships and educate participants on various community services. The program is offered 4 times a year and runs for 8 weeks.

For Men Only

Brings immigrant men together around cooking, once a week to discuss issues of common interest. Includes educational discussions, weekly cooking, recreational/sports sessions and information workshops with guest speakers drawn from various organizations and service providers such as; Saskatoon Family Services, SGI, Saskatoon Health Region, etc.

Eligibility: While priority is given to refugees and permanent residents, any newcomer men in Saskatoon are eligible

Men's Recreation Club

Ongoing sports activities for newcomer men throughout the year. Participants take part in both indoor and outdoor activities like soccer, volleyball, table tennis and swimming practice. Information about a variety of sport centers and activities in Saskatoon is also offered.

Eligibility: Any newcomer men with Permanent Residency status are eligible.

For more information on the Men's Programs, please contact Rishad at rbismullah@sods.sk.ca or 306-653-4464

Our Daycares (2 Locations)

The Multi-Cultural Daycare (ages: 6 weeks to kindergarten)

Location: 247-1st Avenue North
Operates: Monday–Friday 7:45 a.m.– 6:00 p.m.
Contact: 306-653-4464 ext. 106 or
supervisor.daycare@sods.sk.ca

Saskatoon Open Door Early Learning Centre (ages: 18 months to kindergarten)

Location: 1905 Eastlake Avenue (Queen Elizabeth School)
Operates: Monday–Friday 7:30 a.m.– 6:00 p.m.
Contact: 306-974-0394 or
supervisor.qe@sods.sk.ca

Language Instruction for Newcomers to Canada (LINC)

Students learn the basic skills they need to function on a day-to-day basis in their new life in Canada, and to reach their personal and employment goals. Lessons are based on real life situations that students will encounter in their new environment. Our instructors also help students develop listening, speaking, reading and writing skills.

Students participating in LINC may enroll their children in our Child Care Centre, if they require day care services while taking the course.

Employment Service Unit

Saskatoon Open Door's Employment Service Unit offers a wide range of employment services to Newcomers. These services fall into two categories:

1. Employment assistance
2. Supportive services

The major purposes of these services are:

- to meet identified employment needs of individual newcomers to Saskatoon
- to facilitate newcomers' integration into the labour market and ultimately their settlement in the community

English for Employment

English for Employment provides language training for newcomers to improve their communication skills in order to express themselves clearly and confidently. The goal of this part-time, 8-week program is to improve workplace communication with employers, co-workers and customers for future employment. The course includes: Workplace Communication, Canadian Culture, Labour Standards, Safety at Work, Local Resource Connections and Document Preparation (cover letters and resumes).

Requirements: CLB 2 – 6

- Over 18 years of age
- Must attend class for 8 weeks

Employment Assistance

The employment assistance services provide one-to-one counselling, group counselling, workshops, and classroom-based programs and activities.

These include:

- Employment consultation and guidance
- Goal setting
- Action plan development
- Job search
- Cover letter and resume writing

Note: Please check our Employment program link/list to identify the appropriate program that suits your employment needs

ESU Supportive Services

There are a variety of supportive services in the employment service unit that allow us:

- to better serve our clients,
- to connect with local businesses or employers, and
- to foster the opportunity for our clients to find jobs and sustain them.

These include:

Translation Services

Employment Counsellors will refer you to experienced personnel in the organization that will assist with translating your foreign education documents (degrees, diplomas and transcripts).

Over-the-Phone Interpretation Service (OPI)

A toll-free telephone service is available to staff to offer interpretation for clients in multiple languages in absence of in-person interpretation. This allows us to continue offering services despite a language barrier.

Translation Services

Document Translation

We offer certified translations of the following personal documents:

Birth, death, marriage and divorce certificates, foreign driver's licenses, educational documents and diplomas, employment records, criminal record check, and reference letters. Translation fee and time depends on type of document and language. Translation typically takes two or three weeks. Every translated document will also be notarized. Original documents are required to be present for the purpose of translation.

Interpretation Services

We provide interpretation services in approximately 35 languages across the public and private sectors.

Advance notice and details of the appointment are needed to book an interpreter. Personal requests may not be accepted due to limit resources.

Notary public Service

The service includes ID declaration, statutory declaration, authorization of minor child travel, travel invitation, SINP program and certified true copies of documents. The service is available on Wednesdays and Fridays only.

Saskatoon Pregnancy Options Centre: www.saskatoonpregnancy.com

Address: #23, 1006 8th St E

Phone: 306-665-7550 ; 306-261-2760 (text message only)

- Free Pregnancy Tests
- Information and education on all pregnancy related options
- Peer counselling and advocacy
- Prenatal education
- Practical support services
- Referrals to community services
- Birth Mother Advocacy
- Parenting classes
- Post abortion grief support
- Sexual Health community education

Saskatoon Salvation Army: www.salvationarmysaskatoon.org

Address: 339 Ave. C S

Phone: 306-244-6280

Programs and Services

The Saskatoon Salvation Army Community Centre is opened 24 hours a day, 365 days a year and provides services and programs to people in the core neighborhoods of Saskatoon and beyond. Below is a sampling of the services we offer.

Chaplaincy Services Correctional Services

- New Frontiers Halfway House
- John School **Emergency Services Family Services**
- Breakfast Programs
- Budget Management
- Children's Camp at Beaver Creek
- Coffee House/Drop-In
- Life Skills Classes
- Emergency After Hours
- Christmas
- Christmas Hampers
- Christmas Kettles

Family Tracing Food Services

- 12 Meals Program
- Community New Year's Dinner **New Hope Community Church Residential Services**
- Emergency Shelter
- Transitional Housing
- Long Term Care
- Youth Shelter
- Mental Health

Saskatoon Sexual Assault & Information Centre (SSAIC):

www.saskatoonsexualassaultcentre.com

Address: Unit 201, 506 25th Street E. Phone: 306-244-2294

242-Hour Crisis Line: 306-244-2224

Emergency Information for victims:

- To connect with the Sexual Assault Crisis Line, call 306-244-2224. One of our volunteers can provide information, help arrange for your transportation to the hospital or police station and/or meet you there for support.
- If you are the victim of a recent sexual assault this is the information you need to help you in the short-term.
- If you have questions about rape kits (also known as forensic kits), we have answers. Forensic kits are not required in order to access medical treatment.
- If you are looking for a definition of sexual assault, please review this information.
- If someone tells you that they are a survivor of sexual violence, there are many ways to support them. We have some suggestions to help you deal with a disclosure so that the survivor feels supported and empowered.
- If you are worried that a child is being sexually abused, or a child has told you that he/she has been sexually abused, here's what you need to know and do.
- We can also answer your questions about reporting your abuse/assault to the police.

Services offered by SSAIC are free and confidential.

We offer a welcoming and safe environment to survivors of past or recent sexual abuse or assault, regardless of race, gender, religion, or sexual orientation.

Information Services

Call or visit the office for any sexual abuse/assault related information.

24-Hour Crisis Line

We provide information, referrals, and support to anyone dealing with issues related to sexual assault, child sexual abuse, and memories of childhood sexual abuse.

If you require/want treatment at a hospital, or choose to report the incident to the police, we can arrange for your transportation and/or meet you there.

Survivor Assistance

At any point, you can call us about your options. What happened is not your fault, and we can answer any questions you might have, in addition to:

- Accompaniment to the hospital
- Accompaniment or support making police reports
- Information regarding the legal process and/or assistance with, preparation for, or accompaniment to court
- Advocacy within the legal system and agencies

Individual & Group Counselling

We offer crisis and short-term counselling to female and male survivors of past or recent sexual abuse/assault, and to those who have been impacted by the abuse of others.

Appointments are preferred, but walk-in clients are accepted. Group counselling for survivors is also available

Public Education & Training

We offer customized educational workshops to schools and community groups interested in topics related to sexual violence, gender violence, and healing.

We also provide professional training for those who work with survivors of sexual abuse/assault. We also have some resources available for download.

Have resources for education about:

- Definition of Sexual Assault
- Consent
- Sexual Violence

Sexual Assault Services of Saskatchewan: www.sassk.ca

The Sexual Assault Services of Saskatchewan (SASS) is a provincial umbrella organization dedicated to supporting agencies throughout the province that provide services to women and men who have experienced sexual violence in their lifetime.

Their website has information on definitions of key terms, education and information about different kinds of violence, sexual assault, and finding support (provincially and nationally).

Supported Independent Living Program (SIL)

SIL provides youth a long-term home in an apartment. These youth are able to live in the apartment independently from the age of 16 – 21 year. SIL is the final supported living option in the continuum of care and referrals are from the Ministry of Social Services (MSS) Placement's Unit. At the most 5 youth both male and female can reside in their own suite. These youth come to the program with a higher level of commitment to case planning, goal setting, life skills development and long-term planning. These youth receive day-to day support with a staff member however there is no staff working directly in the suite with the youth on-going. Though these youth are supported in their decision-making process they are transitioning into long-term living outside of the JHSS continuum of care. Exit plans for future living is critical in the case planning with these youth.

Bert's Safe Shelter

- The Safe Shelter provides youth a temporary placement for up to 30 days. Referrals are from the Ministry of Social Services (MSS) Placement's Unit. These youth are male ages 12- 17 years of age. Bert's does provide 24/7 staffing support to at the most 5 male youth. These youth come to the home with a level of resistance to services but on a voluntary basis. The goal is support these youth with where they are at, including emergency needs such as housing, addiction, family breakdown, education – to name some. Bert's focuses on short-term concentrated case planning to prepare them for their next residence; which can include a JHSS long term home.

Basswood Place

- Basswood Place provides youth a long-term home. These youth are able to live in the home from the age of 12 – 16 years. Basswood Place is a 24/7 staffed peer home and referrals are from the Ministry of Social Services (MSS) Placement's Unit. At the most 5 male youth can reside in the home at a time. These youth come to the home with a level of commitment to case planning and goal setting however they are often waffling in a pre-contemplative/contemplation decision-making. The goal is to continue supporting these youth with where they are at while implementing long-term living plans. The youth should not require crisis intervention but rather ongoing support in the decision-making process regarding their current circumstances and plans for the future.

Cedar House

- Cedar House provides youth a long-term home. These youth are able to live in the home from the age of 16 – 21 years. Cedar House is a Mentor model peer home and referrals are from the Ministry of Social Services (MSS) Placement's Unit. At the most 5 male youth can reside in the home at a time. These youth come to the home with a higher level of commitment to case planning, goal setting, life skills development and long-term planning. Though these youth are supported in their decision-making process they are transitioning into long-term living outside of the JHSS continuum of care. Exit plans for future living is critical in the case planning with these youth.

Jays Place

- Jays Place provides youth a long-term home. These youth are able to live in the home from the age of 12-16 years. Jays Place is a Mentor model peer home and referrals are from the Ministry of Social Services (MSS) Placement's Unit. At the most 5 male youth can reside in the home at a time. These youth come to the home with a higher level of commitment to case planning and goal setting however do require support in the decision-making process. These youth are case planning with the current circumstances and challenging their self with new goals for future growth.

THE BRIDGE on 20th – www.thebridgesaskatoon.com

Address: 1008 20th St W Phone: 306-382-2855

Men's Ministry, Adult Bible Studies, Arise Women's Ministry, Youth Night, Transitional Housing Program for Men, Breakfast, Lunch, Coffee & Snacks (see website for schedule), 15 – Life Sharing Times, Give Away Room, Christian 12 Step Program, Haircuts, Individual prayer ministry.

The Lighthouse Supported Living Inc: www.lighthousesaskatoon.org

- Men's, women's emergency shelters, Stabilization unit – for people who are mildly intoxicated
- Complex needs wing – mental health housing
- Supported living – Semi-furnished room (bed, dresser, chair & TV with cable) meals
- 24/7/365 front desk staffing to help with problems & make sure everyone is safe
- Free laundry services to all who are staying at the Lighthouse.
- Common area with big screen TV & comfy chairs.
- Coffee House, Games Night & other volunteer groups to do activities.
- Physical Needs Room – Donated clothing & household supplies
- Home Again – Transitional housing
- Community Kitchen – open Monday – Friday 5:30 pm – 6:30 pm for anyone in need of a free meal.
- Mobile Outreach
- There is also a Lighthouse in North Battleford.

University of Saskatchewan, the University of Saskatchewan Student's Union, and St. Thomas More College (STM)

All services here are focused on students of the University of Saskatchewan, and all services are available from campus, most are free. Note, some are only available during the school year (September to April). Check the University website for availability during the summer months.

Aboriginal Students' Centre:

students.usask.ca/aboriginal/asc.php#ProgramsandServices

Address: 5 Campus Drive Phone: 306-966-5790

Hours: Monday to Friday, 8:30 am to 4:30 pm

The Aboriginal Students' Centre is dedicated to supporting the academic and personal success of Métis, First Nations and Inuit students. The centre offers personal, social, cultural and academic support through programs, services and events held throughout the academic year.

Programs and Services

The centre prides itself on creating an inclusive community that supports students by providing a variety of programs and services throughout the Regular Session.

- Support for new students through orientation programming and monthly events to help keep students connected to advisors and support services.
- Research and writing workshops, as well as English, Math/Stats and Chemistry tutoring throughout the week. English is in partnership with the Student Learning Services.
- Social events such as Soup and Bannock, which are hosted every Wednesday in partnership with a university college or student service. The centre also hosts seasonal and birthday celebrations for students who are away from home.
- Annual Social Event "Old Time Métis Dinner and Dance".
- Presentations and workshops to help students gain the knowledge, skills, and experiences necessary to stay healthy, strong, and inspired throughout their studies.
- Cultural programming includes Elders Services, who visit the centre during Soup and Bannock on Wednesdays from 11:30am - 1:30pm, Mondays for Smudge and Share at 9:30 am and Mass on certain Tuesdays and Thursdays at 11:30 am (watch for updates in the ASC weekly newsletter and Facebook for that information).
- We also offer CreativiTea and Knowledge Keeper presentations.
- Ceremonies such as Pipe Ceremonies and Sweats are held during the school term and for special events like Pride Centre's Queerapalooza.
- The centre also celebrates student success through Aboriginal Achievement Week, Graduation Powwow, and National Aboriginal Day.

Support Services Advising and Referrals

The ASC works in partnership with colleges and services across campus to support Aboriginal students. The center provides student support advising and referrals when necessary. If you require assistance, please contact Lori Delorme, Student Services Coordinator for assistance.

Campus Legal Services: ussu.ca/main-page/services/campus-legal-services/

The USSU in partnership with Campus Legal Services provides office space and funding in order to help offer students this valuable service.

Campus Legal Services (CLS) is a developing centre at the University of Saskatchewan where students can find student advocacy resources and help. CLS is a law student run organization established to provide University of Saskatchewan students with free legal information and advocacy. CLS provides academic and non-academic support for a variety of issues like appeals, residential disputes and student legal aid. The scope of services includes information, assistance and representation (if required) for the select following: academic misconduct and appeals, non- criminal non-academic misconduct, landlord and tenant disputes, small claims courts under \$10,000, automobile accident insurance appeals, student loan issues and traffic and bylaw infractions.

CLS focuses on academic appeals and landlord/tenant matters, but at the discretion of the faculty supervisor, may take on:

- Traffic Safety Court matters
- Small claims actions
- Small claims actions for SGI automobile insurance deductible
- Non-complex Human Rights complaints (at discretion of faculty supervisor)
- Debtor-creditor (limited to assisting students dealing with collections agents)
- Automobile Accident Insurance Act appeals

If you are a U of S student and you have a problem relating to the above, please come see us. We are located in the Arts Tunnel, (in the Safewalk office).

Commissioner and Notary Public:

ussu.ca/main-page/services/commissioner-and-notary-public/

USSU Information Centre: 306-966-6998

The USSU has a Commissioner of Oaths and Notary Public on staff available by appointment. This service is free to undergraduate students upon presentation of a valid student card. For non-undergraduate students, fees are \$20 for 5 pages and \$30 for up to 10 pages.

To book an appointment contact:

Food Centre: ussu.ca/main-page/centres/food-centre/

Address: Room 110 – Place Riel Student Centre #1 Campus Drive

Phone: 306-966-1792

The USSU Food Centre was established in 2003 by the University of Saskatchewan Students' Union, in conjunction with the Saskatoon Food Bank, in response to hunger on campus. Student hunger has become more prevalent because of increased tuition and more limited student funding.

Emergency Food Hampers:

Students holding a valid Saskatchewan Health Card and Student ID can request an emergency food hamper at the Food Centre located in the USSU Main Office, in the Place Riel Student Centre.

CHEP Good Food Boxes:

The USSU Food Centre is now placing CHEP Good Food Box orders. Orders can be placed at the Food Centre or at the USSU Main Office. Those wishing to place orders must pay up front, in cash.

Safewalk: ussu.ca/main-page/services/safewalk/

Safewalk is run by volunteers who operate in male-female pairs Sunday through Thursday from 8:30 p.m. to 11:30 p.m. You can arrange for someone to meet you by calling 306-966- SAFE(7233). The Safewalkers will take you as far as a 30-minute radius of Place Riel. The physical boundaries can be seen on this map and are elastic up to two blocks. For example; the South West boundary is the corner of 14th Street and Clarence, but if need be and if time allows, the Safewalkers will go as far as 12th and Clarence. However, a clear destination should be established before the walk begins.

St. Thomas More (STM) Campus Ministry

Address:

Phone: Michael MacLean – 306-966-8931 Fr. Andre Lalach – 306-966-8930

STM Campus Ministry endeavours to foster healthy faith growth, facilitating programs and events that encourage dialogue and reflection between faith and reason. STM ministers offer confidential listening, as well as spiritual and personal guidance to students, faculty, and staff of all backgrounds.

The Campus Ministry team currently consists of Michael MacLean, Madeline Oliver, Fr. André Lalach and Fr Mark Blom OMI working in collaboration with Basilian Father Ron Griffin. Gertrude Rompre is the Director of Mission and Ministry for the College.

Campus Ministry at STM works closely with Campus Ministers from other Christian denominations and faith traditions through the University of Saskatchewan Multi-Faith Chaplain's Association (MFCA).

Within the College, the team partners with the Newman Centre, STMSU, Development and Peace Just Youth Group, Knights of Columbus, as well as relating to the St. Thomas More Worshipping Community. STM Campus Ministry maintains strong professional connections with the Ukrainian Catholic Campus Ministry at Sheptytsky Institute, Canadian Catholic Campus

Ministry (CCCM) and the Canadian Catholic Students' Association (CCSA). Reporting directly to the President of the College, the Campus Ministry Team is also accountable to the Roman Catholic Bishop of Saskatoon for its pastoral activities.

MISSION STATEMENT

The mission of Campus Ministry at St. Thomas More College is to serve and bear witness to the Gospel of Jesus Christ by means of:

- I. Presence to the College and University,
- II. Development of faith community,
- III. Celebration of word and sacrament,
- IV. Empowerment to service, especially to the poor and marginalized.

Student Health Services: students.usask.ca/health/centres/health-services.php#Services

Address: 4th Floor Place Riel, University of Saskatchewan Phone: 306-966-5768

Hours: 8:30 am - 4:30 pm Monday - Friday, * Closed Thursday from 8:30-9:30 am

Student Health Services is a primary health care centre that offers non-urgent and urgent medical treatment for students and their families.

Multi-disciplinary services are provided by family physicians, medical specialists, psychiatrists, nurse practitioners, nurses, social workers and a dietitian.

- Urgent and non-urgent medical treatment
- Mental health assessment and counselling
- Sexual health care including contraception counselling and STI prevention, testing and treatment
- Birth control and pregnancy testing
- Nutrition counselling
- Exercise is Medicine referrals

Chiropractic, physical therapy and massage therapy services are available to staff, faculty and students. These services are not free but fees are partially covered by USSU/GSA student health and dental plans and most personal health plans.

Travel Immunizations: For short-term "resort vacation" travel, students can get their Hepatitis A and/or B vaccinations at Student Health Services (ideally at least a month before travel - earlier is better so it can be effective).

Student Counselling Services: students.usask.ca/health/centres/counselling-services.php

Address: 3rd Floor, Place Riel, University of Saskatchewan Phone: 306-966-4920

Hours: 8:30 am - 4:30 pm Monday - Friday

Student Counselling Services supports the mental health and well-being of students through the provision of clinical services, educational programs and consultation for faculty and staff.

Services for students

- On-line mental health information
- Mindfulness meditation classes
- Mental health assessment and consultation
- Counselling (individual, couple and group)

Services are provided by masters and doctoral trained professionals who are experienced in addressing the mental health needs of students.

Eligibility for counselling services

- Registered at the University of Saskatchewan, currently enrolled in classes
- Not receiving counselling services elsewhere
- Partner of a student if requesting couple counselling

Fees

- There is no charge for services
- A fee for repeated missed appointments may be applied

Taking care of your mental health

Self-care, social support, on-line mental health resources and mindfulness meditation are effective tools to help students cope with the demands of university.

Professional assistance is advised when mental health difficulties:

- are intense
- persist
- significantly compromise academic and day-to-day functioning

Common reasons students seek counselling:

- problematic anxiety
- depression
- thoughts of suicide
- trauma
- grief
- eating and body image concerns
- relationship difficulties
- abuse
- sexual assault
- questions about sexual orientation or gender identity

Priority is given to students who have experienced a recent trauma or when safety is at risk. If this is your situation, please let our receptionist know that your situation is urgent.

To make an appointment

Contact the office (306-966-4920) to arrange to speak with an intake counsellor to assess needs and determine next steps.

Many students seek our service and we do our best to respond. We appreciate students understanding that others may be experiencing urgent difficulties that require prioritization. When there is a wait for service, we encourage you to reach out to supports and use the strategies and information on this website to help you manage.

Urgent situations: Please let us know if:

- safety (yours or others) is at risk
- you have experienced a recent trauma (e.g., physical or sexual assault, life-threatening accident)

Priority is given to students who have experienced a recent trauma or when safety is at risk. If this is your situation, please let our receptionist know your situation is urgent.

Westside Clinic: www.saskatooncommunityclinic.ca

Westside Clinic operates as a community centre as well as a health centre.

- We offer programs and services to meet the needs of a mostly Aboriginal and low- income population.
- Our goal is to prevent, diagnose and treat illness, and educate patients so they can better manage their health care.
- Clients are encouraged to stop in for a cup of coffee or to talk. Many services are offered on a drop-in basis.
- Westside Clinic is a branch of the Saskatoon Community Clinic.

Some programs and services are offered in partnership with the University of Saskatchewan, SWITCH and the Saskatoon Health Region.

YWCA: www.ywcasaskatoon.com

Address: 510 25th St E

Phone: 306-244-0944 (office); 306-244-2844 (emergency shelter)

Emergency Shelter

The YWCA Saskatoon offers short-term emergency shelter for all women and children who are in need of a safe place to stay for up to 30 days. We have staff available 24 hours a day 7 days a week. We are inclusive, accepting, and give our clients much more than just a warm bed for the night. Our shelter welcomes clients experiencing everything from domestic abuse, homelessness, addiction, and mental health issues. We try to set women up with community resources & supports during their stay with us.

<i>Assistance For</i>	<i>How to Register</i>	<i>Cost</i>
Women & Children	Call: (306) 244-2844	No Cost

Our trained and dedicated staff are committed to helping all shelter residents who come to us in time of crisis.

We provide:

- Basic food and personal items
- Crisis counselling
- Assistance with conflict resolution
- Connections to legal resources and educational supports
- Referrals to medical professionals if required
- Advocacy on behalf of the woman and/or child

