

Information and Programs to Support Families and Young Children

2025

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This document is not meant to replace documents housed on saskatchewan.ca, but rather be used as a guide to bring awareness to those who support families and young children of the supports available specific to them.

Career Services

Authentication Services

Canadian citizens and businesses can submit Canadian public documents (birth certificates, marriage certificates, etc.) for an authenticity certificate.

Employability Assistance for Persons with Disabilities

Provides funding to pay for supports to help residents overcome barriers to education or employment as a result of experiencing a disability.

[Download PDF](#)

Feepayer

Allows unemployed or underemployed individuals receiving regular Employment Insurance (EI) to attend training at their own expense while continuing to collect EI benefits.

SaskJobs Career Services:

Toll-free: 1-833-613-0485

Email: careerservices@gov.sk.ca

Francophone Services

Assemblée Communautaire Fransaskoise

provides employment, settlement and retention services for Francophone jobseekers and newcomers.

Francophone Settlement Services:

215 – 1440 9th Ave North Regina, SK 306-569-1912

Email: acf@fransaskois.ca

Web: <https://www.fransaskois.sk.ca/fr>

Francophone Employment Services:

Conseil Économique et Coopératif de la Saskatchewan (CECS)

205 – 1440 9th Ave North Regina, SK

306-566-6000 <https://cecs-sk.ca/fr/>

Re-entering Workforce after having a Child

Several options for workforce development and career support. Toll-free: 1-833-613-0485.

SaskJobs Career Services

Information on finding a job, planning your career and education and employment programs.

Toll-Free: 1-833-613-0485

Email: careerservices@gov.sk.ca

Web: www.saskatchewan.ca/career-services

Self-Employment Program

Provides support to assist eligible individuals to develop, implement and operate viable businesses.

Toll-Free 1-833-613-0485

Email: careerservices@gov.sk.ca

Work Readiness

Program that provides specialized pre-employment services for diverse jobseekers. For more information on the program, contact SaskJobs Career Services toll-free at 1-833-613-0485 or email careerservices@gov.sk.ca

Child and Spousal Support

Child Support Service/Service des aliments pour enfants

- Child Support Calculation Application - [French and English](#)
- Instruction Guide - [French and English](#)
- Child Support Agreement
 - [Sample](#)
 - [Template](#)
 - [List of Clauses](#)

Child Support Recalculation/ Recalcul des aliments pour enfants

- Application – [French and English](#)
- Instruction Guide – [French and English](#)

Filing a Support Agreement with the Court of King's Bench

Maintenance Enforcement Office

- Information for Payors and Recipients of Child and Spousal Support Brochure
 - [English](#)
 - [French](#)
- [Enrollment form](#) to receive **OR** pay child support

Paying Child Support

- Fact Sheet [French and English](#)

Child Protection

Child Protection Proceedings – [Fact sheet](#)

Counsel for Children

A lawyer may be provided for children and youth involved in child protection proceedings

- [Fact sheet](#)
- [Brochure](#)
- [Referral form](#) to request a lawyer through the Counsel for Children program

Counselling support (free)

Regina

- [Family Services](#)
- [Rooted Connections Inc.](#)

Moose Jaw

- [Moose Jaw Family Services, Inc.](#)

Yorkton

- [Society for the Involvement Good Neighbours](#)

Family Service Support (free)

- [Rooted Connections Inc.](#), Regina
- [Eagle Heart Centre](#), Regina
- [Envision Counselling and Support Centre](#), Estevan
- [Moose Jaw Family Services Inc.](#), Moose Jaw
- [Fresh Start Program Inc.](#), Swift Current
- [Society for the Involvement of Good Neighbors Inc.](#), Yorkton

Person of Sufficient Interest in Child Protection Proceedings - [Application Form](#)

Triple P Parenting

Evidenced-based program that has various levels for parents that will adapt to the needs of each individual family. Seminars, discussion groups, one-on-one programming, and a more intensive group program can be offered.

- [Partners Family Services Inc.](#), Humboldt
- [Society for the Involvement of Good Neighbors Inc.](#), Yorkton
- [Regina Early Learning](#), Regina
- [Positively Parenting Inc.](#), Meadow Lake
- [Triple P Parenting](#), online
Programing online at your own pace provides support for families with babies, pre-teens and teens. Includes tips to help with emotional wellbeing, and raising happier, more confident kids.

Culture, Sport and Recreation Opportunities

[Creative Kids](#)

Connects children and youth to artistic and cultural experiences in their community and provides financial support to families for children and youth to participate in creative activities.

[Dreambrokers](#)

Youth are paired with a member of the team who helps them enrol in sports, art, music and cultural programs and provides financial assistance for equipment, personal items, fees and transportation.

[Northern Community and School Recreation Coordinator Program](#)

Enhances the quality of life of Northerners through the provision of community-based sport, culture and recreation programs after school, in the evenings, on weekends and at community and school special events.

[KidSport](#)

Provides individual and program grants to financially disadvantaged children so they may achieve mental, physical, social and personal development through participation in community sport programs.

[Saskatchewan Parks and Recreation Association \(SPRA\)](#)

SPRA is a non-profit, dedicated to connecting, educating and inspiring parks and recreation providers to create parks and recreation spaces for the benefit of everyone.

Services range from HIGH FIVE (a nationally recognized certification that assists leaders working with children and older adults in recreation and sport programs) to Play Leadership (a 7.5-hour workshop focused on benefits of play for children and youth, communities and society as a whole).

Death, Estate Planning and Guardianship of Dependent Adults

[Creating a Will](#)

[Office of the Public Guardian and Trustee](#)

- protects the property rights of children under the age of eighteen;
- administers the property and finances of adults who are incapable of managing their financial affairs, monitors other property guardians and investigates allegations of financial abuse;
- administers the estates of deceased persons; and
- holds and administers unclaimed property.

Guardianship and Co-decision-making for Dependent Adults

- [Forms](#)
- [Self-help Kit](#)

Powers of Attorney for Adults

- [Forms](#)

[Saskatchewan Coroners Service](#)

- [Request for Records form](#)
- [Brochure](#)

Driving, Motor Vehicle Collisions and License Suspension

[Automobile Injury Appeal](#)

- [Appeal form](#)
- [Fee waiver form](#)
- [Leave and variation](#)
- [Brochure](#)

[Driver Appeals](#)

- Requesting a Review or Amendment of a Highway Traffic Board hearing decision - [form](#)
- Special Restricted Driver's License - [Application form](#)

Early Learning

[Early Learning Portal](#)

A collection of documents, programs and resources focused on early learning.

Health and Wellness

[211 Saskatchewan](#)

Database of community, social, non-clinical health and government services across Saskatchewan.

[Autism Services](#)

Resources for children with an Autism Spectrum Disorder (ASD). Information includes:

- individualized funding
- symptoms
- diagnosis
- list of ASD consultants in Saskatchewan
- treatment programs

[Healthcare Facilities](#)

Listing of facilities owned and operated by the Saskatchewan Health Authority, with locations.

Healthline Online

Operated by the Saskatchewan Health Authority to provide information on:

- Health & Wellness
- Your Personal Health
- Health Tools

Healthline 811 - Dial 8-1-1 to be connected.

FREE, confidential, 24-hour telephone line providing health and mental health and addictions advice, education and support for Saskatchewan residents.

Staffed by experienced and specially trained registered nurses, registered psychiatric nurses and registered social workers. Services are offered in English, with translation available in over 100 languages.

Maternal Wellness Program

Program delivered Monday to Friday through HealthLine 811 for female clients at risk of or suffering with post-partum depression and/or anxiety can be referred by a local Public Health Nurse. Once enrolled, a mental health clinician will assess the client and provide education, resources and ongoing telephone support.

Midwifery Services

Registered midwives work as specialists in normal birth and have privileges to do deliveries in the hospital or, if appropriate, in the comfort of the client's own home.

- [Midwifery brochure](#)
- [Referral form](#)
- [Moms & Kids Health Saskatchewan](#) - locations for the Midwifery program.

Patient Rights and Responsibilities

Information available in a variety of languages

Public Health Offices

Mom & Kids Health Saskatchewan

Program within the Saskatchewan Health Authority (SHA), designed to support patients who are pregnant or having babies, children and families. The program delivers maternal and children's health care services throughout the province, including:

- In-hospital (overnight) care at the Jim Pattison's Children's Hospital (JPCH), Regina General Hospital and Victoria Hospital (Prince Albert)
- Outpatient (non-overnight) care in Saskatoon, Regina and Prince Albert
- Home care in Saskatoon and Regina
- Complex and respite care in Saskatoon and Regina
- Developmental and rehabilitation care in Saskatoon and Regina

Safe Sleep Saves Lives

Tips and recommendations for safe sleep for infants.

Wellness and Prevention Information

Information including:

- Children's Health and Parenting (Feeding your Baby; Growing up Healthy; How to Talk With Your Baby)
- Dental Oral Health (Brushing, Flossing and Diet; Fluoride and Sealants; Dentures)
- Extreme Heat and Human Health (Current Heat Alerts; Information and Tips; Additional Resources)
- Nutrition and Exercise (Calcium; Eat Smart Meet Smart; Healthy Weights)
- Tobacco and Vapour Products (Tobacco, Vapour Products and Your Health; Information for Parents and Guardians; Tobacco- and Vapour Products-Free Schools)

Your Health

Programs, services and information on how to stay healthy.

Income Assistance

Saskatchewan Assured Income for Disability

The Saskatchewan Assured Income for Disability (SAID) is an income support program for people with significant and enduring disabilities. It offers individuals access to long-term income support, greater choice of services and supports their participation in their community.

SAID focuses on supporting the daily living and disability-related needs of individuals, with additional benefits provided based on an individual's needs. SAID benefits vary depending on an individual's specific situation and needs, and has different payment tiers for living income, disability income and shelter with no set maximum monthly benefit.

[Saskatchewan Assured Income for Disability Program \(SAID\) | People with Disabilities | Government of Saskatchewan](#)

Saskatchewan Employment Incentive

The Saskatchewan Employment Incentive (SEI) provides working families who have low incomes with a monthly financial benefit, Supplementary Health Benefits, access to discounted bus passes (where available), connections to employment supports through the Ministry of Immigration and Career Training and access to the Saskatchewan Housing Benefit through the Saskatchewan Housing Corporation.

[Saskatchewan Employment Incentive \(SEI\) | Financial Help | Government of Saskatchewan](#)

Saskatchewan Income Support Program

The Saskatchewan Income Support (SIS) program helps people in need meet their basic needs while they become more self-sufficient and independent to the best of their abilities. SIS takes a whole income approach by providing a monthly financial benefit to individuals and families for shelter and basic needs, that recognizes other sources of income (such as a part-time job, federal benefits and income tax refunds), and provides increased earned income exemptions.

[Saskatchewan Income Support | Financial Help | Government of Saskatchewan](#)

Interactions with the Courts

Aboriginal Courtworker Program

- [Webpage](#) with information
- [Contact list](#)

Emergency Intervention Order

For use in case of interpersonal violence - [brochure](#)

Fee Waiver Certificate for Saskatchewan Court of King's Bench - [application form](#)

Juror Assistance Program

Support to help with the emotional impact of jury duty - [brochure](#)

Victims Compensation

Financial help for victims of crime - [brochure](#)

Victim/Witness Services

Helping victims and witnesses through the court process - [brochure](#)

Marriage, Separation and Divorce

[Authentication Services](#)

Canadian citizens and businesses can submit Canadian public documents (birth certificates, marriage certificates, etc.) for an authenticity certificate.

[Marriages](#)

Information on how to find or become a marriage commissioner, marriage licenses, marriage certificates, marriage registration, and changing your name as a result of marital status changes.

[Family Law Video Series](#)

Mandatory Early Dispute Resolution FAQ

- [English](#)
- [French](#)

Parenting After Separation

- [Website](#)
- Parents' Guide [French and English](#)
- Parents' Guide for Families in High Conflict [French and English](#)
- [Parenting Checklist](#)

Newcomer Supports

[Newcomer Settling and Making Connections](#)

Several options for settlement and language programs. Call 1-833-613-0485.

Social Housing

[Social Housing Benefit Application](#)

Application for social housing

[Social Housing Application Package](#)

Information to assist with supporting an application for social housing

[Social Housing Program Handbook](#)

Support for People with Intellectual Disabilities

Community Living Services - [Fact Sheet and Contacts](#)

Tenants, Landlords and Condominium Information

[Condominiums – Dispute Resolution](#)

Information to assist condominium boards, renters, owners and developers as well as the professionals that service them.

[Tenants and Landlords](#)

Office of Residential Tenancies website provides information for tenants and landlords in multiple languages.