



Community Resources Directory for Parents of Infants and Children



Have access to translation services

Type of Community Resource	Name of Organization(s)
<u>Allergies & Asthma</u>	Allergy and Asthma Information Association - https://www.aaaai.org/ • Offers various resources related to allergies and asthma Asthma & Allergy Helpline – https://asthma.ca/ • A FREE call-back or email service available to all people living in Canada. Whether you have asthma and other respiratory allergies or are a caregiver, friend or educator, our team of expert Certified Respiratory Educators can support you. Call 1-866-787-4050 or email info@asthma.ca Saskatchewan Anaphylaxis Support Group • Safe place to connect with other people with food allergies, offering educational resources and meetings with topics from member. • Find us on Facebook @Saskatchewan Anaphylaxis Support Group or send an email to sasginfo@gmail.com.
<u>Breastfeeding Support</u>	Maternity Visiting Program – 306-766-3700 • Public Health Nurses available to provide support with breastfeeding for the first 2 months after the birth of a baby. https://momsandkidssask.saskhealthauthority.ca/pregnancy-birth-newborns/postnatal-newborn-care/postpartum-visiting-program Primary Health Care Public Health Nursing – 306-766-7500 • Public Health Nurses available to support breastfeeding after 2 months of age. https://www.saskatchewan.ca/residents/health/public-health/public-health-offices Mom and Kids Health Saskatchewan • https://momsandkidssask.saskhealthauthority.ca/ • Provide health care information for moms and kids in Saskatchewan, supporting their health and well-being as close to home as possible. International Breastfeeding Centre – www.ibconline.ca/information-sheets • Breastfeeding Information Sheets and Videos Breastfeeding Committee of Saskatchewan- www.thebcs.ca • Breastfeeding Resource Fact Sheets on various breastfeeding topics Breastfeeding Matters Saskatchewan https://saskbreastfeedingmatters.ca/ • Breastfeeding resources



	La Leche League – www.lllc.ca/ • Mother-to-mother breastfeeding support and educational opportunities • Information sheets (other languages i.e. Arabic, Chinese, French, Spanish) The Nest Health Centre- Lactation Consultant--306-559-6378 https://nesthealth.ca/ (fee for service) • Certified Lactation Consultant Saskatchewan Lactation Consultant Association (fee for service) www.skslca.com • Board certified Lactation consultants Private post-partum support professionals (fee for service) • Doulas of Regina – http://doulasofregina.com/ Electric Breast Pump Rentals • Ask your nurse in hospital or a Public Health Nurse in the area you live for a list of rental sites. Saskatchewan Drug Information Line- http://medsask.usask.ca/ • 1-800-665-3784 • Licensed Pharmacists provide information about medications and their safety with breastfeeding.
<u>Children with Special Needs</u>	Children's Program – Wascana Rehabilitation Centre – 306-766-5710 https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/childrens-therapy • Services for children and youth who have physical disabilities, developmental challenges, hearing and/or communication difficulties • Various clinics offered for Down Syndrome, neonatal, cleft lip, speech and palate clinics, etc. Child and Youth Services- 306-766-6700 • Mental Health and Addictions Services for children under the age of 18. Offers mental health counseling, social work psychiatry and a youth addictions counsellor. • Autism Centre Saskatchewan Autism Navigation • Provincial strategy to provide the help you may need while accessing autism supports and services across Saskatchewan autism.navigation@saskhealthauthority.ca Inclusion Saskatchewan • Supporting people Intellectual disabilities • https://www.inclusionsk.com/ Hopes Home --306-205-8412 • Provides necessary care for children with complex medical needs, their siblings, and typically developing children in the community. From Early Learning & Childcare services to our Supportive Living



	homes, our inclusive services provide a place for all children to grow in a loving and supportive environment. The Early Childhood Intervention Program (ECIP)—306-347-5020 For families with children 6 and under who have a disability or who are at risk of having a developmental delay.
<u>Eczema</u>	The Eczema Society of Canada – eczemahelp.ca Support and educational resources
<u>Emergency Numbers</u>	Police, medical, fire, rescue or dangerous goods emergencies- 911 Saskatchewan HealthLine – 811 24 hour professional health advice and information line http://www.saskatchewan.ca/residents/health/accessing-health-care/services/healthline Mobile Crisis Helpline – 306-757-0127 - www.mobilecrisis.ca - a community-based program that provides social and mental health crisis intervention services 24-hours 7-days a week Poison Control Centre – 1-866-454-1212 Child Abuse Line – 306-569-2724 Suicide Crisis Help Line – 988 call or text - Offers 24/7/365, trauma-informed and culturally appropriate suicide prevention crisis support by phone and text for everyone living in Canada. Regina Urgent Care – 306-766-4444 - Hours: 7 days a week from 8:00 a.m. to 9:30 p.m. Address: 1320 Albert St Regina City Hospitals: Regina General Hospital = 306- 766-4444 Address: 1440 14th Avenue Regina Pasqua Hospital = 306-766-2222 Address: 4101 Dewdney Avenue Community Wellness Bus 306-766-7788 - Address: 3355 6th Ave - Provides mobile primary healthcare clinics staffed by a multidisciplinary Saskatchewan Health Authority team that includes a Nurse Practitioner, a Licensed Practical Nurse, and a Mental Health Assessor Coordinator who can provide assessments and connect people to needed resources.
<u>Daycare/Childcare Information</u>	Client Service Centre – 1-800-667-7155 General Information - www.saskatchewan.ca/residents/family-and-social-support/child-care

	Subsidies - www.saskatchewan.ca/residents/family-and-social-support/child-care/paying-for-child-care 211 Saskatchewan Child Care Search • Parent Central an online portal focused on connecting parents and families or caregivers of children aged 0-6 to supports, services, programs and information • http://parentcentral.sk.211.ca/child-care/
<u>Dental Health</u>	Canadian Dental Association - http://www.cda-adc.ca Oral Health (Dental Programs) – 306–766–7500 • https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/oral-health-program Canadian Dental Care Plan- 1-833-537-4342 • Helping to make oral health care more affordable in Canada. The plan will help reduce the cost of a wide range of oral health services for eligible Canadians. • https://www.canada.ca/en/services/benefits/dental/dental-care-plan.html
<u>Family & Individual Counselling & Support</u>	Eagle Heart Centre - https://www.ehcregina.ca/ (306) 525-4161 • Provide services that support and empower families, children and youth to attain a healthy lifestyle in the many aspects of their life including the home, at work/job, education/training, spiritual and recreational. • Families can self-refer Rooted Connections - https://rootedconnections.ca/ -306-525-0521 • Providing support services to individuals, families, youth, young parents, and newcomers to overcome challenges, build brighter futures, and thrive in their communities. <u>Families First</u> • In-home support for families with children from 5 years old and younger. The intent of the "Families First" focuses on family preservation by helping parents access community resources that will better suit the needs they may have with their young children. <u>Intensive Family support</u> ○ Home visiting program for families whose primary focus is family preservation, cohesion, and reunification. This program works with families of all diversities as long as there is a child in the home aged 18 or younger. <u>Young Parent Program & Adolescent Parent Support Groups</u> <u>Youth Mentor Program</u>-

- The Youth Mentor Program matches youth who are wards of the province, ages 6-18, with an adult role model. Most youth are referred by the Ministry of Social Services. The youth and the adult spend time together developing a positive, healthy, trusting relationship that helps the youth to develop social, relationship and life skills.

Newcomer Family Support Program

- Free for families that are experiencing stress and where there is a risk to the children in the home. A Family Support worker is assigned to work one on one with each family to provide support and reduce risk.
- Clients must have refugee status or have a Permanent Resident number.
- Services occur within the family home and out in the Community.
- Clients are able to refer themselves or be referred

Newcomers Settlement Services

- Programs tailored to meet individuals and families as they build their lives in Canada.
- Clients can self-refer or be referred to the program.

Family Service Regina – 306-757-6675 - www.familyserviceregina.com

- Counselling and support for individuals and families
- Supports individuals dealing with abusive relationships and violence at home
- Offers The Young Parent Program with provides services from relationship counselling, career planning, assistance in securing housing, infant development education, and assistance in obtaining childcare, etc.
- Older Adult Response Service- home visits, referrals, advocacy regarding abusive older adults and check-ins, etc.

Regina Open Door Society (RODS) 306-352-3500

- A non-profit organization that provides settlement and integration services to refugees and immigrants in Regina.

Community Connect Regina

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

- Makes it easier to connect to community supports by reducing access barriers and wait times.

Counselling Connect Services Saskatchewan

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

- Free walk-in or virtual counselling at various locations across Saskatchewan



The Caring Place 306-347-2273/ Toll Free:1-877-522-7464

<https://thecaringplace.ca>

- Counselling to individuals, couples and family on a variety of mental health and managing relationships
- Offers a wide range of evidence-based and therapeutic support groups and counselling services

Rainbow Youth Centre – (306) 757-9743

<http://www.rainbowyouth.com/>

- Teen & Young Parent Program, Young Parent Support Groups
- Road to Employment Program- provides an opportunity for 18-25-year-olds to sign up for a yearlong program, where youth have the opportunity to work on obtaining their GED, driver's license, and become employed.
- Youth C.A.R.E.- is an initiative that provides front-line services to youth aged 11-19 years using a prevention-based approach focusing on well-being.

North Central Family Centre (306) 347-2552

- Provides programs, activities and services in a supportive and safe environment, to children, families, and seniors; programs that build self-esteem and self-confidence and enhance the quality of life.

Women of the Dawn – 306-522-6040

<http://www.reginacity.com/fnac/wotd.htm>

- A group of First Nations women committed to collaborating for the pursuit of self-reliance and social and economic self-sufficiency of First Nations.
- Culturally based programming for individuals, families and groups
- Offers counselling services geared towards addressing residential school issues. With available support from the Aboriginal Healing Foundation workshops and on-site programs tailored to the community.

Fox Valley Counselling Services Inc. <https://foxvalleysk.com/> 306-757-5100

- To promote and maintain the integrity of the family as a basic unit of society.
- Offering counselling, intensive family support, talking circle.

Online Wellbeing Course –306-337-3331

www.onlinetherapyuser.ca

- Offers adults free Online Cognitive Behaviour Therapy to manage depression and anxiety
- Provides clients with educational material online with the support of a therapist or a guide

	- Wellbeing Course and Chronic Health Conditions courses are offered for Saskatchewan residents only. Alcohol Change Program is a Canadian wide program *Programs provided only in English Other courses: <i>The Pain Course, Wellbeing Course, Chronic health conditions course, Alcohol Change Course, The Wellbeing Course for New Moms, Workplace coping strategies.</i>
<u>Financial Assistance</u>	Benefit Finder https://benefitsfinder.services.gc.ca/ - The Benefits Finder may suggest benefits from federal, provincial or territorial governments, and does not collect or track your information. Federal Benefits - www.canada.ca/en/services/benefits - Maternity and Parental - Family Provincial Benefits - www.saskatchewan.ca/residents/family-and-social-support/financial-help Jordan's Principal -306-835-2937 - Makes sure all First Nations children can access products, services, and supports when they need them to prevent First Nation's children from being denied essential public services.
<u>General Health Information</u>	8-1-1 HealthLine - For 24 hour professional health advice and information Saskatchewan Health Line Online - http://www.healthlineonline.ca - Find answers to your health questions with Health Line Online - Includes health quizzes, decision tools and symptoms checkers Saskatchewan Health Authority - https://www.saskhealthauthority.ca/ 211 Saskatchewan - http://sk.211.ca/ 211 is a free, confidential, and searchable website of thousands of community, social services, Non-clinical health, and government services available across Saskatchewan: categories of listings include, but are not limited to, mental health and addictions, homelessness, income support, health care, food security and community programs Canadian Pediatric Society - http://www.cps.ca Health Card Registration - https://www.ehealthsask.ca/residents/health-cards Public Health Agency of Canada - http://www.phac-aspc.gc.ca - Health promotion, prevention and control of infectious diseases, chronic diseases and injuries, preparation and response to public health emergencies



	Saskatchewan Association of Optometrists - http://www.optometrists.sk.ca • Children under the age of 18 are covered by Saskatchewan Health for a free exam yearly • Saskatchewan Ministry of Health - https://www.saskatchewan.ca/government/government-structure/ministries/health
<u>Hearing Services</u>	Canadian Hard of Hearing Association- https://www.chha.ca/hearing-education/parents/ • Connecting Canadians impacted by hearing loss through advocacy, education and community engagement Hearing Services in Saskatchewan https://www.saskatchewan.ca/residents/health/accessing-health-care-services/audiology-and-hearing-services Saskatchewan Deaf and Hard of Hearing Services- https://sdhhs.com/ • To support the independence of Deaf, Deafened and Hard of Hearing people by providing services which enhance their quality of life.
<u>Maternal Mental Health</u>	8-1-1 Health Line  (24-hour professional health advice and information) • Anyone can call in to discuss their mental health concerns • <i>Maternal Wellness Program</i> – those women who qualify for this program are referred to it by a Public Health Nurse. ○ The program is to provide temporary support until clients can see their primary care provider, a mental health clinician or there is an improvement and support is no longer needed. ○ A Health Line Registered Psychiatric Nurse or Social Worker phones the client at their preferred time to conduct assessments and offer support. Mobile Crisis Team  – (306) 757-0127 - www.mobilecrisis.ca • 24 hours/7days per week • Emergency shelter availability and program & services Online Wellbeing Course For New Moms – www.onlinetherapyuser.ca • Helps clients manage depression and anxiety • Provided in English only • Other courses: <i>The Pain Course, Wellbeing Course, Chronic health conditions course, Alcohol Change Course, The Wellbeing Course for New Moms, Workplace coping strategies.</i> RQHR Mental Health and Addictions Services & Crisis Response Team  • https://www.saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/mental-health-and-addictions/mental-health-and-addictions-regina-and-saskatoon • (306) 766-7800

	Saskatchewan Perinatal Network- https://rphn.ca/home • Pre and postnatal programing, • Programing to increase awareness and reduce stigma surrounding Perinatal Mood & Anxiety Disorders (PMAD's) Canadian Perinatal Mental Health Collaborative (CPMHC) • The Canadian Perinatal Mental Health Collaborative (CPMHC) mission is to garner support for a national strategy and government legislation to improve perinatal mental health care, include awareness, universal screening, and timely access to treatment. Website: https://cpmhc.ca/, Facebook: • https://www.facebook.com/canadianperinatalmentalhealthcollaborative
<u>Nutrition</u>	Dietitians of Canada – www.dietitians.ca Unlock Foods- https://www.unlockfood.ca/en/aboutunlockfood.aspx • The content on UnlockFood.ca focuses on healthy eating throughout the lifecycle (from infants to seniors), nutrition topics of interest, and preventing and managing health conditions. Ellyn Satter Institute - www.ellynsatterinstitute.org • Helps parents develop a shared responsibility with their children around eating. Helps to reimagine and reshape anxiety-infused relationships with food into joyful journeys of healthful well-being • Provides resources for child feeding at different ages and stages, children's eating and growth, childhood feeding problems, family meals, eating at school, preventing overweight and obesity Canada's Food Guide • Picture of the New Canada Food guide https://food-guide.canada.ca/en/ • Healthy Eating Tips for parents and children https://food-guide.canada.ca/en/tips-for-healthy-eating/parents-and-children/ Food Security Resources • Regina Food Asset Map – locations in Regina for food supports https://www.google.com/maps/d/viewer?mid=1Aud777IO79zomYmNQuwUI1B9eheoLvA&hl=en_US&ll=50.4555163634447%2C-104.63054688886719&z=11



	● Regina Food Bank: 425-445 Winnipeg Street; 306-791-6533 or http://reginafoodbank.ca/ ● Regina Education and Action on Community Hunger (REACH) http://www.reachinregina.ca/ ❓ Provide a wide range of healthy food programs to ensure that all people in the community have access to safe, affordable and nutritious food. (Good Food Box, Family Baskets, Mobile Store etc.) Healthy Start https://healthystartkids.ca/ ● Healthy Start is a comprehensive, evidence-based program for increasing healthy eating and physical activity opportunities in early learning environments. Physical Activity Guidelines: ● Physical activity guidelines: http://www.phac-aspc.gc.ca/hp-ps/hl-mvs/pa-ap/03paap-eng.php
<u>Parenting Services</u>	Early Years Family Centres - http://www.reginakids.ca/ ● Free drop-in program for families with children from Birth to 6 years old. Located at 3079-5th Ave and 2550 Sandra Schmirler Way. Safe, learning environment and opportunity for parents to meet others in the community ● Regular visits from Speech-Language Pathologist, Dental Health Educator, Public Health Nurse, School Resource Officer and Early Childhood Educator Focus on Fathers – Four Directions 306-766-0200 ● Group support for fathers to promote healthy father-child relationships KidsFirst Regina  - https://www.kidsfirstregina.com/ 306-766-6340 ● Screeners and Assessors do initial in-hospital screens and for those who qualify an in-depth assessment is done later if needed ● If the family meets the program criteria, weekly visits are provided by a home visitor to support the family before and after birth of baby ● families can also refer themselves ● SHAKidsFirstRegina@saskhealthauthority.ca Rainbow Youth Centre – https://www.rainbowyouth.com/ ● Teen & Young Parent Program, Young Parent Support Groups Regina Early Learning Centre - https://earlylearning.ca/ ● A child and family development centre which works with low-income families to foster the healthy development of children from prenatal to five years of age.



	Triple P Parenting Program  - https://www.triplep-parenting.ca/can-en/find-help/triple-p-parenting-in-saskatchewan/ • One of the world's best parenting programs. Do it online, in a group or one-on-one with a provider. • Available free to Saskatchewan moms, dads and caregivers of children up to the age of 16 • Some Triple P program implementation resources have been translated to over 20 languages, including Arabic, Urdu, Berber, Malay, Vietnamese, Indonesian, Turkish, Cantonese and Mandarin. One to one and groups are only available in English. • No cost • Self- Referral Supporting the Care and Settlement of young immigrant children  • https://cmascanada.ca/ • A series of 14 parent resources to help with parenting, available in the 14 languages most commonly spoken by refugee families in Canada. Healthy Parenting https://skprevention.ca/healthy-parenting/ • Online parenting education program • Education on 19 topic that after children 0-5 years • Receive certificate Regina Parents of Multiples - http://www.rpoma.org/ Healthy Baby Healthy Brain- https://www.healthybabyhealthybrain.ca/ • Topics: • Starting Early – prenatal health, your role as parent, ages and stages, • Love builds Brains: Attachment and relationships, listening to your baby, helping you child cope • Playing Builds Brains- Everyday play, Play using all senses, Language numbers and play • Baby's world Matters- Routines, Indoors and outdoors, How stress affects your baby Dad Central https://dadcentral.ca/ • Helping dads be great parents and raising healthy children through father-inclusive programs, community, and leadership development. Heads Up Guys https://headsupguys.org/ • Evidence based research in men's mental health offering practical self-care tips, screening tools, self-guided courses, inspirational recovery stories, an international Therapist Directory, along with guidance on how to support the men in our lives.

<u>Prenatal/Postpartum</u>	Mom and Kids Health Saskatchewan • https://momsandkidssask.saskhealthauthority.ca/ • Provide health care information for moms and kids in Saskatchewan, supporting their health and well-being as close to home as possible. Baby's Best Start Program-Al Ritchie Heritage Community Health Centre (306)766-6320. • Program for Pregnancy till baby is 6 months old • Services include prenatal classes (which includes breastfeeding education), postnatal events, supports and resources as needed, and nutrition counseling and vouchers to be redeemed on certain grocery items such as fruits, vegetables, milk, eggs, bread, peanut butter, yogurt, cheese. Caring For Kids – www.caringforkids.cps.ca • Canadian Pediatric Society site including pregnancy and babies, healthy bodies, growing and learning, safety, about illnesses, immunization, behaviour and parenting Healthiest Babies Possible Program - Four Directions Community Health Centre- 306-766-0200 • Support program for pregnant women and their families during pregnancy & after baby is born • Services include home and/or office visits, nutrition counseling and nutrition coupons, childcare during facilitated groups, transportation planning, referrals, access to elders, group and individual sessions (mossbag/quilt making, recovery groups, prenatal classes, parenting classes such as Reclaiming our Lives, Creating our Tipis [ROLCOT] and Focus on Fathers) Mother to Baby-https://mothertobaby.org/ • Infant and Mother medication Information. Call, Text, or Email. Midwifery Services • https://momsandkidssask.saskhealthauthority.ca/pregnancy-birth-newborns/midwifery • A Registered Midwife is an independent health care provider who works with you and your baby to provide medical care, support and guidance during pregnancy, labour, birth and for six weeks after your baby is born. Saskatchewan Prevention Institute • An interactive web-based resource for women to learn about a variety of topics about pregnancy called: <i>Your Pregnancy Month by Month</i> http://www.skprevention.ca/your-pregnancy-month-by-month/ • Saskatchewan Pregnancy free prenatal app https://apps.apple.com/ca/app/my-saskatchewan-pregnancy/id1495374086
-----------------------------------	---



	Society of Obstetricians & Gynaecologists of Canada – www.pregnancyinfo.ca • Evidence-based information on pregnancy and childbirth from factors affecting fertility to considerations after delivery • Saskatchewan Pelvic Floor Pathway https://www.saskhealthauthority.ca/your-health/conditions-diseases-services/pelvic-floor-pathway • Offers education, assessments, and support for incontinence and pelvic organ prolapse (vaginal bulge) by referral only
<u>Safety</u>	Canadian Red Cross Society – 306-721-1600 • CPR & First Aid classes, Migrant and Immigrant Services, Friendly Calls • https://www.redcross.ca/in-your-community/saskatchewan Car Seat Safety SGI – 1-844-855-2744 - https://www.sgi.sk.ca ○ information about car seats and car seat clinics ○ Video = How to install a Car Seat  Health Canada Safety Recalls • https://recalls-rappels.canada.ca/en Parachute: Preventing Injuries, Saving Lives – www.parachutecanada.org • A prevention minded organization to educate and empower Canadians to lead safe and injury-free lives • Focus on motor vehicle collisions, sports and recreation (i.e. concussions) and senior's falls • Includes content from SafeKids Canada, Safe Communities Canada, SMARTRISK, and ThinkFirst Canada Saskatchewan Prevention Institute - www.skprevention.ca • Provides information such as car seat and booster seat recommendations, how to properly fit a bicycle helmet, safety with bicycles and bicycle carriers, videos on child safety St. John Ambulance – www.sja.ca • First aid, CPR courses • Family & youth courses (i.e. Being Home Alone, Babysitting Basics)
<u>Sexual Health & Family Planning</u>	Planned Parenthood (306)522-0902 https://www.plannedparenthoodregina.com/about/ • Not-for-profit organization which promotes positive sexual health by providing affordable birth control, STI testing, physician and nurse services, education, resources, and referrals. Sexual Health Clinic – 2110 Hamilton Street (306) 766-7788 https://sexlifesask.ca/ • Drop-in clinic which provides STI, HIV testing, counselling & treatment, safer sex information, needle exchange and counselling, immunization, pregnancy testing, Pap smears



	Society of Obstetrician and Gynaecologists of Canada site- https://www.sexandu.ca/ • Information about puberty, sex, lifestyle, contraception & sexually transmitted infections Women's Health Centre – RGH (306)766-0586/1-800-563-9923 • Pregnancy Options Counselling Services • Gynecological procedures • Abortion services Options Pregnancy Centre 306-757-1371 • Established in 1989 as a non-profit organization. We are committed providing information and services to those facing unplanned pregnancies. • Services ○ Pregnancy Tests ○ Peer support ○ Parenting programs ○ Miscarriage support
<u>Tobacco Cessation</u>	Smokers Helpline- 1-877-513-5333 or http://www.smokershelpline.ca/ and by texting the word iQuit to the number 123456. PACT training https://skpharmacists.ca/quit-smoking/ • Partnership to Assist in the Cessation of Tobacco • Smoking reduction programming Smoking and Tobacco Cessation https://skprevention.ca/smoking-and-tobacco/ • Smoking effects at all ages and cessation information
<u>Housing</u>	The Circle Project - 306-347-7515 • Housing matters https://www.circleproject.ca/cp2015/services-what-we-do/housing-matters/ Silver Sage Housing Corporation (306) 721-2909 • high-quality social and affordable housing to residents info@silversage.ca Gabriel housing Corporation 306-775-2905 • Provides safe and affordable rental homes to Métis and other citizens of Regina and to a variety of target populations that in general face barriers to safe, affordable housing including, families, single parent families, seniors, seniors with children, and people at risk of homelessness. Saskatchewan Housing Corporation 306-787-4177

	- Provides safe and affordable housing to families and seniors with low incomes and people with disabilities. The program subsidizes rent according to the degree of financial need. Housing Support Program- Carmichael Outreach - 306-757-2235 https://carmichaeloutreach.ca/ - Provides support to community members struggling to find and maintain housing. Activities include: Weekly Housing List, Housing Assistance, and Move-In Support.
<u>Women's Shelters</u>	Shelters provided by YWCA 24/7 HELPLINE:306-525-2141. Ask for a shelter worker. Isabel Johnson Shelter - Provides emergency housing for women, with or without children, who have experienced domestic violence. Offers private bedrooms, shared kitchen and living rooms, 24-hour support staff and optional group support activities. Up to 10 spaces are available. Kikinaw Residence for women - Offers safe, affordable housing for single women. My Aunts Place - Provides a temporary shelter for single women and families who are experiencing homelessness. Joan's Place - Provides a temporary shelter for single women and families who are experiencing homelessness. Regina Transition House 306-569-2292 24/7 Crisis Line Emergency Shelter - Emergency shelter for women and their children who are experiencing, or at risk of experiencing, violence. Safe temporary Housing- Pet friendly spaces - Provides pet friendly, temporary, safe housing for women and their children, experiencing or at risk of experiencing violence. Sofia house- 306-570-4739 - A long-term housing program that provides safe housing and support for women and children fleeing interpersonal violence. Twenty individual apartment units. Secure and safe location. Third stage housing 306-570-4739 - Offers safe, secure and private apartment units for women, gender-diverse individuals and their children escaping intimate partner violence. Residents are supported towards greater independence,



	maintaining access to on-site services, when needed, in an outreach capacity. Wichihik Iskwewak Safe House (W.I.S.H) 306-543-0493 • A 14-bed facility providing 24-hour temporary emergency shelter for women and their children fleeing violence and abuse. Includes counselling, advocacy, and referrals to community resources parenting and children's programming, and outreach services for women and families after leaving the shelter Sakeenah Canada Transitional Shelter 24/7 Emergency Support Hotline: 1-888-671-3446 • Offers a transitional shelter for women and children facing domestic violence, homelessness, financial or immigration issues. Provides a safe living environment, support, and referrals to community services.
--	--