Community Services, Programs, and Resources - Moose Jaw and Area

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Prairie South Schools 20

Learning together.

Document created by Prairie South School Division Learning Department. Please email Kourtney Gorham at gorham.kourtney@prairiesouth.ca or Nadine Elder at elder.nadine@prairiesouth.ca with program edits or additions.

WE ARE ALL TREATY PEOPLE

Prairie South Schools

Emergency Services

- **Ambulance/Fire/Police: Call 911**
- **9-8-8- Suicide and Crisis Lifeline - Call or Text 988**
- **Canadian Red Cross Disaster Line: 1-888-800-6493**
- **Child Abuse Hotline/Mobile Crisis Regina: 306-569-2724**
- **City of Moose Jaw: 306-694-4500**
- **Community Paramedicine Medavie West Services: Call 911** or email: angela.sereda@MedavieHS.com
- **Farm Stress Line: 1-800-667-4442**
- **Fire Hall Main Office:** 306-692-2792
- **HealthLine:** 811 and **Sask 211:** 211
- **Hope for Wellness Help Line: 1-855-242-3310**
- **Kids Help Phone: Call or Text 1-800-668-6868**
- **LGBTQ+ National Hotline: 1-888-843-4564**
- **LGBTQ+ Youthline: text: 647-694-4275** and **Trans Lifeline: 1-877-330-6366**
- **Mental Health and Addictions Services Centralized Intake: 306-691-6464**
- **Moose Jaw EMS:** 306-694-2151 and **St. John's Ambulance:** 306-692-1600 (both non-emergency)
- **Moose Jaw Police:** 306-694-7600 (non-emergency) and **PACT (Police and Crisis Team): 306-694-7603**
- **Moose Jaw RCMP:** 306-691-4670 or 306-310-7267 (after hours)
- **Moose Jaw Transition House 24-Hour Crisis Line: 306-693-6511 or text 306-631-0962**
- **National Residential School Crisis Line: 1-866-925-4419**
- **Parent Stress Line 24/7: 1-800-632-8188**
- **Poison Control Center - Government of Saskatchewan: 1-866-454-1212**
- **Rapid Access Counselling:** book a session online for counselling and support for a loss of a loved one to suicide.
- **Regina and Area Sexual Assault Centre: 306-352-0434 (Crisis/Information Line)** and **306-352-0434 (Toll Free 1-844-952-0434)**
- **Regina Crisis Line: 1-800-306-6789 or 1-306-525-5333; Regina Mobile Crisis Line: 306-757-0127; Southwest Crisis Services: 1-800-567-3334 or 306-778-3386**
- **Sask. Power:** 306-310-2220 or 1-888-355-5589 or https://www.saskpower.com/forms/report-an-outage-form
- **Seniors Neglect and Abuse Response Line - Regina and Area: 306-757-0127 (Mobile Crisis)**
- **Social Services Intake: 1-844-787-3760 or Moose Jaw Branch: 306-694-3647**

Autism Services, Programs, and Resources

Autism Spectrum Disorder Program – Saskatchewan Health Authority

- **Autism Spectrum Disorder Program:** Focusing on children up to 19 years of age (priority 0-5 years).
- **The Moxie Club Program:** Focusing on functional life skills, communication, social skills, and recreation to increase independence for children with ASD. Participants are paired 1:1 with a mentor. There is a summer program and weekend programming in the fall and winter. Application occurs through **Inclusion Moose Jaw:** 306-692-6943.

Contact Information: 306-691-1597 or 306-691-2308

Autism Services Information - Government of Saskatchewan

About: Information on individualized funding, symptoms, diagnosis, treatment, and resources for those with or expected of having ASD.

Saskatchewan Autism Navigation | Moms & Kids Health Saskatchewan

About: The Provincial Autism Strategy team has two autism navigators that provide general information, support, and connections to autism services and funding in Saskatchewan for both families and professionals.

Contact Information: Allie Ekdahl-Johnston at 306-527-3976 or email: autism.navigation@saskhealthauthority.ca

Counselling and Psychological Services, Programs, and Resources

Aspire Wellness
About: Aspire Wellness is run by Debbie MacDonald M.Ed. R. Psych (APE) #744 and offers consulting, counselling, and cognitive, achievement, and behavioural assessments.
Contact Information: 306-630-4214 or debbiemacdonald02@gmail.com

Balance Holistic Counselling
About: Counselling and bereavement support services at the South Hill Medical Clinic (306-556-1344).
Contact Information: text/call: 306-690-8840 or email: balanceholistic.sh@gmail.com

Beacon Counselling
About: Beacon Counselling offers individual, couple, and family counselling.
Contact Information: 306-631-3286 or email Marilee Suurkivi: suurkivim@sasktel.net

Bloomful Music Therapy
About: Music therapy services in Regina.
Contact Information: https://www.bloomful.ca/contact

Canadian Psychological Association
About: The Canadian Psychological Association (CPA) is the largest national association for the science, practice and education of psychology in Canada. The **Saskatchewan College of Psychologists** have a directory of registered psychologists: List Of Registered Psychologists | Saskatchewan College of Psychologists (skcp.ca) and can be reached at 306-352-1699 or email: skcp@sasktel.net**.**
Contact Information: 613-237-2144 or 1-888-472-0657 (CPA)

Caring Hearts Grief Support Groups
About: Grief support groups and counselling in Regina.
Contact Information: 306-523-2780 or email: contactus@caringheartssk.ca

Counselling and Psychological Services, Programs, and Resources Continued

Caring Place
About: The Caring Place offers a range of evidence-based educational and therapeutic groups. There are depression/anxiety and domestic violence/sexual support groups.
Contact Information: 306-347-2273(CARE) or email: tcp@myaccess.ca

Discover Hope Counselling Services
About: Individual and couples counselling in Regina.
Contact Information: 306-510-0045 or email: tim@discoverhope.ca

East Plains Counselling & Assessment
About: They offer individual, child and youth, couples, and family counselling. Additional services include assessments, educational support sessions, and parenting support.
Contact Information: general@eastplainscounselling.ca

Elements Psychology Saskatchewan Services
About: Evidence based psychology services across the lifespan in Regina.
Contact Information: 306-910-7511

Family Hope Counselling, Psychology, and Training Services
About: Counselling and behaviour support for children, adolescents, and adults.
Contact Information: 306-694-4673 or email: admin@familyhope.ca

Foxvalley Counselling Services Inc.
About: FCSI provides a variety of counseling, training, and consultation services to community members, programs, organizations, and companies. Our services work within our vision of assisting children, adults and families in achieving their full potential and our mission is to promote healthy communities for children, families, and adults.
Contact Information: 306-757-5100 or e-mail: foxvalley@sasktel.net

Counselling and Psychological Services, Programs, and Resources Continued

Mental Health and Addictions Services – Classes
About: Parenting Your Anxious Child, E3, and Adolescent Anxiety programs are available through Mental Health and Addictions services occasionally.
Contact Information: 306-691-6464

Hope Counselling
About: Counselling service in Regina.
Contact Information: 306-550-8386

Hope Heals - Werner Bereavement & Trauma Counselling
About: Journeying alongside people who are grieving or with those who have experienced trauma.
Contact Information: 306-519-6469 or email: cindy@hopeheals.ca

Mental Health Services Regina | Healthworks Regina | Counsellors
About: Kristin Bellows, M.Ed, R.Psych (APE) #705 and Jenn Osberg, M.Ed, R.Psych (APE) #716 are able to provide psychological assessment services to clients in the Moose Jaw/Regina area in Saskatchewan. Services may also be available to surrounding communities upon request.
Contact Information: 306-585-1824

Living Sky Counselling and Consulting
About: Helping Regina and surrounding communities live happier, healthier lives.
Contact Information: 306-551-0371 or email: livingskycounselling@gmail.com

Moose Jaw Christian Counselling Centre
About: The Moose Jaw Christian Counselling Centre is an independent, biblically based counselling service providing a range of services in response to individual and institutional needs through a community support base.
Contact Information: 306-692-5500 or email: mjccc@shaw.ca

Counselling and Psychological Services, Programs, and Resources Continued

Moose Jaw Family Services
About: Moose Jaw Family Services offers a variety of services and programs to support individuals, families, and youth in the community, including:

- **Counselling:** Affordable (subsidized options available) individual (7+), couple, and family counselling.
- **Diversion Program:** Voluntary connection with a Family Support Worker for individualized skills/support.
- **Family Support Program:** Provides guidance/resilience-building for families referred by Social Services.
- **Food and Nutrition Programs:** Fresh Food Box Program and Community Kitchen promote affordable, nutritious eating.
- **Living Independent Skills:** Equips young people with essential independent living skills.
- **Parenting Programs/Groups:** A supportive space for parents to connect, share experiences and build parenting skills, such as the **Dad's Program** and **Mom's Program.**
- **Rapid Access Counselling (RAC) Program:** Immediate, brief counseling for urgent support. www.counsellingconnectsask.ca
- **Young Parent Program:** Education and support for pregnant and young parents, ages 13-21. Email: youngparent@mjfamilyservices.ca

Contact Information: 306-694-8133 or email: contact@mjfamilyservices.ca

Moose Jaw Psychology Services
About: Psychological assessments and therapy for children, adolescents, and adults.
Contact Information: 306-313-5686 or email: admin@moosejawpsychology.ca

Online Therapy Unit
About: Online Therapy Unit offers adults free online Cognitive Behaviour Therapy for a number of mental health concerns. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide. The approach is found to be effective and is a convenient way to receive care.
Contact Information: 306-337-3331 or email: online.therapy.user@uregina.ca

Open Skies Therapy
About: Specializing in mental health services and consulting for Regina and surrounding communities.
Contact Information: email: openskiestherapy@gmail.com

Counselling and Psychological Services, Programs, and Resources Continued

Pathways Learning Centre Regina
About: They provide various services such as speech-language therapy, occupational therapy, psychology services, counselling, group programs, autism services, music therapy, and tutoring.
Contact Information: email: info@pathwayslearning.ca

Prairie South School Division (PSSD) Outreach: Be You, HYDRO, and/or KIN Learning
About: Programs are open to elementary and high school Prairie South students. Through the various programs, students build skills such as teamwork, trust, communication, leadership, perseverance, and respect. Students attend in small groups and transportation is typically provided.

Professional Family Consultants
About: Counselling and mental health services.
Contact Information: 306-692-9202

Psychology Today
About: Counselling supports.
Contact Information: Brit Adam, Registered Provisional Psychologist, Moose Jaw, SK, S6H | Psychology Today; Lynn McKenzie Counselling, Registered Social Worker, Psychotherapist, Moose Jaw, SK, S6H | Psychology Today

Rapid Access Counselling at counsellingconnectsask.ca
About: Book online for child, youth, and adult counselling and support for loss of a loved one to suicide.
Contact Information: Counselling Connect Saskatchewan - Adult; Counselling Connect Saskatchewan - Youth; Survivors of Suicide Loss.

Resolve Renew Counselling and Consulting
About: Susan Risula is a professional counsellor and psychotherapist with BSW, MSW, RSW, SEP (Somatic Experiencing Practitioner), specializing in teaching skills to reduce the symptoms of stress & trauma most affecting adults, adolescents & families.
Contact Information: 306-631-6139

Counselling and Psychological Services, Programs, and Resources Continued

Surrounding Area Counselling - A Positive Approach Wellness Counselling
About: A Positive Approach Wellness Counselling with Nikki Tiffen.
Contact Information: apacounselling@gmail.com

Surrounding Area Counselling - Lenea Okraincee
About: Lenea offers counselling to children, individuals, families, and couples seeking support. She provides services in Moose Jaw and surrounding southern communities.
Contact Information: 306-266-4993 or email: lokraincee@sasktel.net

Surrounding Area Counselling - Prairie Counselling and Mediation Services
About: Prairie Counselling and Mediation Services in Gravelbourg and Assiniboia
Contact Information: prairiecounsellingmediation@gmail.com

Winnow Counselling and Trauma Care: Art Therapy
About: Counselling in Regina focused on life changes, addictions, chronic conditions, spiritual concerns, depression, fear, anxiety, and grief.
Contact Information: 306-861-8842

See the *Mental Health Services, Programs, and Resources Section* to find additional resources, such as the Mental Health and Addictions Services Centralized Intake: 306-691-6464.**

Cultural Services, Programs, and Resources

Moose Jaw Multicultural Council
About: A variety of services and programs are offered - settlement supports, language classes, employment and community connections, daycare, newcomer welcome center, and a summer program for ages 6-12.

- **Immigration to Canada Information – Government of Saskatchewan**
- **Newcomer Welcome Center:** 306-692-6892
- **Settlement Services**
- **Settlement Workers in School – SWIS:** MJMC works collaboratively with the schools in Moose Jaw to help newcomers understand the requirements of the school such as permission forms, fees, school supplies and enrollment.
  - Bo Yu: 306-690-5861 or email: swis.elementary2@mjmcinc.ca
  - Jennifer Maxfield: 306-690-5824 or email: swis.rural@mjmcinc.ca
  - Nik Cochrane: 306-690-5832 or email: swis.highschool@mjmcinc.ca
- **Summer Program:** For children ages 6-12 to work on language skills, orientation, life skills, and peer interaction over the summer break.

Contact Information: 306-693-4677 or email: reception@mjmcinc.ca

Over-the-Phone Interpretation Protocol
About: Over-the-phone interpretation (OPI) is the oral transmittal of a message from one language into another language. Over-the-phone interpretation enables school personnel to call an interpreter toll-free, at any time of the day and from any location, for assistance in communicating with parents/students who are unable to communicate in the English language. Note: OPI is not for classroom use but instead for sharing critical information that needs to be communicated that cannot otherwise be presented in another means such as a translated letter. A Prairie South School Division 4-digit access code may be required (see OPI documents on Connect). Talk to your administrator before use.
Contact Information: 1-866-874-3972

Regina Open Door Society
About: Regina Open Door Society offers various programs to help families have a more seamless adjustment to the community with childcare, employment, language, and more!
Contact Information: 306-352-3500

Early Years Services, Programs, and Resources

Early Childhood Coalition Moose Jaw-South Central Region
About: Provides information for services to support children and their families.
Contact Information: 691-0202

Early Childhood Intervention Program (ECIP)
About: Ministry of Education funds ECIP to provide free, specialized services to families of young children between birth and school entry who are either at risk for, have a diagnosis of, or exhibit developmental delay Saskatchewan ECIP has services in 14 regions across the province.
Contact Information: 306-692-2616 or https://south-central.ecip.ca/

Early Learning Childcare Consultant: Lynsey Ward – 306-787-3725

Early Learning Intervention Support (ELIS)
About: Ministry of Education program for three and four-year old children with significant developmental delays requiring intensive support to meet their potential in inclusive, Prekindergarten settings in some schools around the province. A medical diagnosis is not required, but there are limited spaces.

Early Social Skills Program
About: A prevention and intervention program for children ages 3-5 years and their families, focusing on social skills and socially acceptable behaviours. The program is offered in specific daycares, playschools, pre-kindergarten and preschools in Moose Jaw and surrounding rural areas in the Saskatchewan Health Authority.
Contact Information: 306-513-7632 or email shaileshkumar.patel@saskhealthauthority.ca

Hopes Home (in Regina, Warman, Prince Albert, and Saskatoon)
About: Hope's Home provides care for children with specialized medical needs and their siblings in a safe and inclusive environment.
Contact Information: 306-205-4663 or email: info@hopeshome.org

Early Years Services, Programs, and Resources Continued

KidsFirst

About: KidsFirst is a voluntary program that assists eligible families with babies and toddlers (0 to 3) by building family strengths and providing supports and services based on needs. KidsFirst addresses childcare and transportation barriers and provides early learning opportunities for children and non-traditional methods for service delivery. Home visitors and mental health/addictions workers provide support to vulnerable expectant and new mothers.

Contact Information: 306-691-2345 (Moose Jaw) or 306-640-8028 (Assiniboia)

Licensed Childcare Centres in Moose Jaw:

- Building Blocks Child Development Centre: 306-693-8955
- Centre Educatif Pomme D'Api: 306-691-0307
- MJ College Daycare/MJ College Infant and Toddler Daycare: 306-694-5955 or 306-694-5975
- MJ Multicultural Council Daycare: 306-693-4677
- Northwest Child Development Centre: 306-693-4330
- Southwest Daycare and Early Learning: 306-693-6688
- YMCA Daycares: Create N Learn: 306-691-0535; Discover N Learn: 306-693-0567; Explore N Learn: 306-693-0456; Grow N Learn: 306-630-6242; Play N Learn: 306-693-0511

Early Years Services, Programs, and Resources Continued

Licensed Childcare Centres in Rural Area:

- Assiniboia Family and Childcare Services: 306-642-3337
- Avonlea Early Learning Community Centre: 639-201-7171
- Bengough Jumpin' Beans Play Centre: 306-268-2885
- Central Butte Childcare Inc.: 306-796-4312
- Coronach Early Learning Literacy Centre: 306-267-2099
- Ferland Garderie Cooperative 'Les Petites Abeilles:' 306-478-2344
- Frontier Fun 2 Bee Early Learning Centre: 306-296-4608
- Gravelbourg Centre Educatif Le Tournesol Inc.: 306-648-3121
- Gravelbourg Play and Learn Daycare Inc.: 306-648-1234
- Lafleche Early Learning and Childcare Centre: 306-472-3131
- Limerick Childcare Centre: 306-640-6080
- Mossbank Childcare Sevices Inc.: 639-355-7766
- Rockglen Childcare Centre: 306-476-9330

Moose Jaw Early Years Family Resource Center (EYFRC)

About: They provide free drop-in and group opportunities that support the development of children prenatal to five in the areas of early learning, parent/caregiver education, family wellness, and information and referrals.
Contact Information: 306-691-0202 or email: office@moosejawfrc.ca

Parent Central

About: Parent Central provides reliable information and resources for parents and caregivers of children aged 0-6 in Saskatchewan. Parent Central connects families, and those who serve them, to supports and programs near them.
Contact Information: Parent Central (211.ca)

Early Years Services, Programs, and Resources Continued

Prairie South School Division #210
Contact Information: 306-694-1200
About: Prairie South has Prekindergarten programs in Moose Jaw at Empire, King George, Lindale, Palliser Heights (French & English), Prince Arthur, Sunningdale, Westmount, and William Grayson schools and rurally in Assiniboia 7th Avenue, Central Butte, Coronach, Glentworth, Gravelbourg (French), and Lafleche schools. Please go to the PSSD website for contact information for individual schools.

YMCA - Moose Jaw Early Learning Centres
About: Educators will nurture the development of skills related to language and literacy, numeracy, science, and technology and will help to instill an appreciation for the arts, including music, visual art, and dramatic play. Programs are available for children 3 to 5 years of age.
Contact Information: 306-630-9270 or email Stepanie Ramsey: stephanie.ramsey@mjymcaca

Funding Services, Programs, and Resources

Cognitive Disability Strategy (CDS or Cog. Dis.)
About: Funding application for people with cognitive disabilities and their families to address unmet needs and services that are not provided by another system/agency. Eligible individuals may exhibit traits such as significant limitations in learning and processing information, behavioural challenges that result in limited interpersonal, social, and emotional functioning, and developmental challenges which limit daily living skills.
Contact Information: 1-877-710-6733 or email Jolie Anderson: cds.moosejaw@saskabilities.ca

Community Initiatives Fund
About: Their mission is to make knowledgeable and effective investments in community-based initiatives throughout Saskatchewan that strengthen the capacity of communities.
Contact Information: 306-780-9394 or email: admin@cifsask.org

CONCERTA® via Janssen BioAdvance®
About: Janssen BioAdvance® can provide patients with reimbursement support including financial assistance and free goods during their CONCERTA® treatment journey.
Contact Information: Contact BioAdvance® directly to register into the program by calling 1-833-972-2420 with a valid prescription. There is a Janssen BioAdvance® CONCERTA® enrollment form that can be sent to BioAdvance via email at **YourAssistance@bioadvancemail.ca** or faxed 1-833-358-0642.

Creative Kids
About: Creative Kids provides funding to remove or reduce the financial barriers to arts and cultural activities for Saskatchewan kids ages 4-19 years to help enable them to participate in art, drama, music, dance and other cultural activities.
Contact Information: https://creativekidssask.ca/apply-now/

Funding Services, Programs, and Resources Continued

Drug Cost Assistance Saskatchewan
About: The Special Support Program is an income-tested program that helps residents with high drug costs in relation to their income. Eligible applicants will receive a deductible and/or a co-payment on their prescription drugs for each calendar year.
Contact Information: 1-800-667-7581

Elks and Royal Purple Fund for Children
About: The Elks & Royal Purple Fund for Children provides Financial Assistance for medical needs of children with hearing and speech disorders under the age of 19.

Government of Saskatchewan Funding Links

- **Child Care Subsidy**
- **Family Assistance Program:** 306-694-8133
- **Grants and Contributions Online Services (GCOS)**
- **Saskatchewan Aids to Independent Living (SAIL): About:** SAIL provides assistance to people with physical disabilities to live a more active and independent lifestyle. It also helps people in the management of certain chronic health conditions.
- **SAID Funding for Disabilities Government of Saskatchewan: About:** An income support program for people with significant and enduring disabilities. It offers individuals the dignity of greater choice of services and participation in their community. **Contact Information:** 1-866-955-7243 or 306-798-7273
- **Saskatchewan Rental Housing Supplement (SRHS)**

Jumpstart
About: Applications for funding can be made through Jumpstart for sport relief, individual children, community development, and para sports. Applications should be submitted prior to the sport/program start date.
Contact Information: 1-844-YES-PLAY or Apply Online

Funding Services, Programs, and Resources Continued

KidsSport
About: Applications for funding can be made through KidSport Moose Jaw to cover the costs of registration fees so that all kids ages 5-18 years in Moose Jaw can play a season of sport. Applications need to be submitted prior to the sport/program start date.
Contact Information: Apply Online

President's Choice Charity
About: Funding for food and programing for food preparation skills.

Sask Arts
About: SK Arts provides funding and support to the arts for the benefit of all people in Saskatchewan.
Contact Information: 1-800-667-7526 or email: info@sk-arts.ca

Sask Culture
About: SaskCulture allocates funds from the Sask Lotteries Trust Fund, enabling hundreds of non-profit cultural organizations to offer a diverse range of cultural programs, services, and events throughout the province.
Contact Information: (306) 780-9284 or email: info@saskculture.ca

Saskatchewan Parks and Recreation Grants and Funding Guide
About: Search the online Resource Centre at www.spra.sk.ca/information.
Contact Information: 1-800-563-2555 or 306-780-9439 or email: resourcecentre@spra.sk.ca

Telemiracle
About: Registered charity through the Kinsmen Foundation. See the application here.
Contact Information: 1-877-777-8979

Indigenous Services, Programs, and Resources

Federation of Sovereign Indigenous Nations

About: The Federation of Sovereign Indian Nations represents 74 First Nations in Saskatchewan. The Federation is committed to honouring the spirit and intent of the Treaties, as well as the promotion, protection, and implementation of the Treaty promises that were made more than a century ago.

Contact Information: 306-665-1215 or email: info@fsin.com

First Nations Mental Wellness Continuum Framework: Thunderbird Partnership Foundation

About: The FNMWC is a foundational framework that deals with mental wellness among First Nations people in Canada and outlines a wellness approach that is grounded in culture. It is based on the idea that we all have a responsibility to support wellness. It provides a continuum of care, attending to wellness through all stages of life.

Contact Information: 519-692-9922 or 1-866-763-4714 or email: info@thunderbirdpf.org

Indigenous Partners in Education

About:

- **Kim Soo Goodtrack**
- **Shirley Wolfe-Keller**
- **Tekeyla Friday**
- **The Kohkums: Val Trudel, Marquita Neufeld**

Contact Information: For more information and to book a classroom visit Indigenous Education on Connect, or reach out to chan.jenn@prairiesouth.ca

Jordan's Principle (Funding)

About: Child-first principle that was established to ensure that First Nations children (on and off reserve) have access to all government funded public services, including those beyond the normative standard of care to ensure substantive equality, culturally appropriate services, and to safeguard the best interests of the child. Funding can help with a wide range of health, social, and educational needs.

Contact Information: 1-855-JP-CHILD (1-855-572-4453)

Indigenous Services, Programs, and Resources Continued

Mental Health and Wellness in First Nations and Inuit Communities
About: Access programs and services to improve your mental health and help prevent suicide in Indigenous communities.
Contact Information: **Hope for Wellness Help Line at 1-855-242-3310**

National Centre for Truth and Reconciliation (NCTR)
About: The NCTR is a place of learning and dialogue where the truths of Residential School Survivors, families, and communities are honoured and kept safe for future generations.
Contact Information: 1-855-415-4534 or 1-204-474-6069 or email: NCTR@umanitoba.ca
National Residential School Crisis Line: 1-866-925-4419

Non-Insured Health Benefits (NIHB) for First Nations and Inuit
About: Eligible First Nations and Inuit clients can receive coverage for a range of health benefits - vision, dental, counselling, medical supplies/equipment, prescription/over-the-counter medications, and medical transportation - not covered through other social programs, private insurance plans, and/or provincial/territorial health insurance.

Sacred Compass Journey
About: Through ceremony in sacred space, sound/energy healing, and plant medicines, Sundance and Karen support the shared journey of healing, growth, and coming home to our true divine nature.
Contact Information: 306-540-8096 or email: hello@sacredcompassjourney.ca

Saskatchewan Indigenous Cultural Centre
About: Since 1972, the SICC has served First Nations people with the mission of strengthening and supporting the overall First Nations education and cultural awareness. Resources are available for schools and extensive research is conducted by the centre.
Contact Information: 306-244-1146 or email: info@sicc.sk.ca

Indigenous Services, Programs, and Resources Continued

Wakamow Aboriginal Community Association
About: Local members of the Wakamow Aboriginal Community Association meet to plan events for community participation.
Contact Information: WACA - Wakamow Aboriginal Community Association | Facebook

Intellectual Disability Services, Programs, and Resources

Citizens All

About: Citizens All is a registered non-profit organization providing Residential and Supportive Living services to adults with intellectual disabilities in Moose Jaw. Services and programs may be adapted with the individuals and their families to meet their needs and wants.

Contact Information: 306-693-6066 or email: contact@citizensall.ca

Community Living Service Delivery (CLSD)

About: Community Living Service Delivery (CLSD) is a branch of the Ministry of Social Services. Branch staff work with people experiencing intellectual disabilities and help them access a variety of community-based services. CLSD staff work to ensure that the physical, emotional, and social needs of people experiencing intellectual disabilities are met and that they are able to live as independently as possible within their own communities. Services may include respite benefits for under 18 years (dependent on income), day programming and residential supports for 18+ years, community case management, and outreach and prevention services.

- **Multi-Disciplinary Outreach Services (MDO):** MDO is a service stream of CLSD's Specialized Programs Unit which provides individuals with intellectual disabilities access to a team of professionals to address their individual holistic needs, and to enhance their independence and quality of life. Individuals, families, and agencies can contact their local Community Living Service Delivery Community Service Workers/Community Intervention Workers to complete a referral for Multi-Disciplinary Outreach Services through Outreach and Prevention Services.
- **Diversified Services:** People eligible to participate in these services are referred to Diversified Services through Community Living Service Delivery (CLSD). Call: 306-692-4954
- **Edie Montgrand Centre:** Provides occupational, physiotherapy, and recreational therapy to former Valley View Centre residents and clients in the Moose Jaw area.

Contact Information: 306-694-3800 or email: **clsd.info@gov.sk.ca**

Intellectual Disability Services, Programs, and Resources Continued

Inclusion Moose Jaw (IMJ) – formerly Moose Jaw Association for Community Living (MJACL)
About: IMJ is a non-profit, charitable organization that is one of 12 branches of Inclusion SK, striving to ensure that all individuals with intellectual disabilities are included, involved, and valued citizens. A variety of programs are offered such as:

- **Connection of Friends** for young adults
- **Connect Kids Club** for ages 6 – 12 years
- **Moxie Club** program for children with autism ages 3 – 22 years
- **Teen Club** for children aged 13 – 17 years old
- **Summer Programs** for 7 weeks in July and August

Contact Information: 306-692-6943 or email: mjacl.executivedirector@gmail.com

Moose Jaw Families for Change
About: Moose Jaw Families for Change is a local non-profit organization that is dedicated to supporting individuals of varying abilities in both residential and community settings. They currently support individuals through: The Kinsmen Inclusion Center: Imaging Inclusion Programs, The Kinsmen Cage: The Imagine Employment Program, three group homes, and a SILP program.
Contact Information: 306-693-2271

Intellectual Disability Services, Programs, and Resources Continued

South Saskatchewan Independent Living Centre (SSILC)

About: A variety of services, programs, and resources are available as follows:

- **Employment Services Program:** This program is funded by the Government of Saskatchewan-Labour Market Services, offers coaching, support and encouragement to those seeking employment. Whether you're a first-time job seeker or trying to re-enter the workforce, our Employment Facilitators will assist you in creating and monitoring a realistic and achievable action plan. Call 306-757-7452 or email: info@ssilc.ca
- **The Entrepreneurs with Disabilities Program (EDP):** This program assists persons with disabilities or health conditions, to investigate self-employment and/or to start, maintain or grow their current businesses. Services include: 1:1 business counselling, mentoring, training, resources, limited funding, and disability accommodation supports. Call 639-382-0731 or email: brenda@ssilc.ca
- **The Supported Independent Living Program (SILP):** This program, funded by CLSD and the Government of Saskatchewan, operates by pairing consumers with intellectual disabilities from birth with support workers to guide the consumer on independent living skills, so the consumer can live independently in their own home for as long as possible. SILP home support workers provide assistance with financial management/budgeting, home management, community resource awareness, meal planning/grocery shopping, peer support, leisure activities, and encouragement of choice. Call CLSD Intake: 306 787-3849
- **Housing and Support for People with Intellectual Disabilities Information**

Contact Information: 306 757-7452 (Regina)

Mental Health APPS and Websites

APPS and Websites:

- **ADDitude Mag –** ADHD magazine.
- **Amaze.org: Being Safe on the Internet**
- **Anxiety Canada** - A website to learn about and support children, youth, and adults experiencing anxious thoughts or those diagnosed with anxiety. They support the **Mindshift APP.** info@anxietycanada.com
- **Beacon House: Therapeutic Services and Trauma Team –** Free resources on trauma and adversity.
- **Be Kind Online: Sasktel -** Be Kind Online aims to end bullying and cyberbullying in our communities.
- **Breathe2Relax –** A stress management APP.
- **CADDRA –** Canadian ADHD Resource Alliance
- **Calm** – An APP meant to reduce stress, increase calm, and improve mood through guided meditation.
- **Canadian Center on Substance Use and Addiction -** News and resources for substance use and addiction support.
- **CHADD –** Information about ADHD.
- **Child Trauma Research Centre: University of Regina** – The Child Trauma Research Centre works to actively shape the world in which we wish to live. The CTRC conducts innovative, strength-based, and trauma-integrated research to develop policies that enhance well-being for children and youth, and the adults in their lives. See their connections hub/resources.
- **E-Couch** - e-Couch is a free to use website from the Australian National University that provides information about emotional problems - what causes them, how to prevent them and how to treat them. It includes exercises and strategies to help you understand yourself and others better.
- **E-Mental Health –** Find mental health help in your area using the directory.
- **Embracing Life Initiative APP -** The Embracing Life Initiative is a collaborative alliance of government, Indigenous and northern agencies that work to promote healthy life promotion, suicide prevention, intervention, and postvention. The APP helps users to develop holistic and practical strategies to help check in with self and others, set goals, express gratitude, develop and share safety plans, access resources and crisis numbers and, learn how to manage difficult conversations about suicide.

Mental Health APPS and Websites Continued

APPS and Websites:

- **Families Change: Guide to Separation and Divorce –** Helping kids, teens, and parents deal with family break up.
- **HeadsUpGuys** – A website with resources and information for depression in men.
- **Headspace** - An APP to learn to manage feelings through breathing and meditation.
- **Here to Help –** Mental health and substance use information.
- **Hey Sigmund** – A website aimed at building courage in kids and teens.
- **Internet Mental Health** - A free encyclopedia of mental health information.
- **Keep It Safe Saskatchewan (KIS-SK) APP –** An APP by the Saskatchewan Prevention Institute focused on safe relationship choices for young adults.
- **LifeLine Canada APP -** The LifeLine APP is the National free Suicide Prevention and Awareness APP that offers access and guidance to support for those suffering in crisis and those who have suffered the devastating loss of a loved one from suicide. The LifeLine APP also provides awareness education and prevention strategies to guide people in crisis all across the Globe.
- **Mental Health Commission of Canada -** The Mental Health Commission of Canada (MHCC) leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.
- **MindYourMind** - An award-winning, non-profit mental health website that engages youth, emerging adults, and professionals who serve them to co-develop reliable and relevant resources.
- **Mindful** - A website for insight, information, and inspiration to live a more healthy life.
- **MoodGYM** - Created by the National Institute for Mental Health Research at the Australian National University, MoodGYM is an innovative, interactive web program designed to prevent depression. It consists of five modules, an interactive game, anxiety and depression assessments, downloadable relaxation audio, a workbook and feedback assessment.
- **Mood Disorders Society of Canada** – A website with resources and information about mood disorders.

Mental Health APPS and Websites Continued

APPS and Websites:

- **MindShift** – The MindShift APP is designed to help teens and young adults to cope with anxiety and learn to relax and develop more helpful ways of thinking.
- **MindWise** – The BH Beat is MindWise's free digital resource library. You'll find a wealth of videos and informational PDFs that you can share, post online, and use to support yourself, students, co-workers, parents and caregivers, and communities.
- **My Safety Plan** – A safety plan from www.ementalhealth.ca for those feeling overwhelmed and/or having thoughts of ending their life.
- **Prairie South School Division's Mental Wellness Room**
- **Psychology Foundation of Canada: Strong Mind, Strong Kids** – Resources to nurture resilience in youth with the use of psychological science.
- **Red Cross First Aid APP** – The official Canadian Red Cross First Aid app puts lifesaving advice in your hands to maintain your first aid skills and respond to everyday emergencies.
- **Russell Barkley** – ADHD courses.
- **Safe Alternatives** – An informational website on safe alternatives to self-injurious behaviour.
- **Saskatchewan Roughrider's Gamechanger Playbook** – The Game Changers Playbook is a collection of Saskatchewan Ministry of Education approved evidence-based and curriculum-linked resources to empower youth to reach out for help and look after their mental wellness.
- **Stop, Breathe, and Think** – An APP and emotional wellness platform for the "under 25" generation.
- **TeenMentalHealth.org** – A website with mental health literacy resources.
- **Understood.org** – Helping those with learning and thinking differences.
- **We Matter** – Online support for indigenous people who feel alone and are looking for support, struggling with suicidal thoughts or behaviours.
- **Your Life, Your Voice** – A website offering help for children and families.

Mental Health Services, Programs, and Resources

Canadian Mental Health Association (CMHA)/CMHA Moose Jaw Branch

About: Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. They are a federated charity, which means they are a collective of organizations bound together by a brand and mission. They identify and respond to Canada's most pressing mental health priorities. At the national level, they push for nationwide system and policy change. At the community level, millions of people in Canada rely on CMHA's extensive grassroots presence. The Moose Jaw Branch is focused on advocacy, education, and peer support:

- **Education Opportunities:** Applied Suicide Intervention Skills Training (ASIST); The Art of Friendship; CAPSS (Communication and Problem Solving Skills); Grief and Loss; I'm Thumbody (Gr. 2); Living Life to the Fullest; Mental Health First Aid; Prairies to Peaks Peer Support Training; safeTALK; Straight Talk: Preventing Suicide in Youth; suicideTALK; Tattered Teddies
- **Peer Support:** Peer support is a supportive relationship between people who have a lived experience in common. This support provides both an emotional and social support to others.

Contact Information: 306-692-4240 or 306-525-5601 (CMHA Sask) or email: cmha.mj@sasktel.net

Canadian Suicide Prevention Service

About: If you're thinking about suicide or are worried about a friend or loved one, the Canada Suicide Prevention Service is available 24/7 for voice and 4pm to 12am ET for text.

Contact Information: 1-833-456-4566 or text 45645 or email: **CASP@suicideprevention.ca**

Farm Stress Line

About: The Farm Stress Line can help if you are managing farm difficulties by providing support for farmers and ranchers.

Contact Information: 1-800-667-4442

Mental Health Services, Programs, and Resources Continued

Mental Health and Addictions Services

About: Entry to all outpatient programs and services at Mental Health & Addictions (MHAS) is through the Centralized Intake program. Centralized Intake responds to all initial requests for mental health and addictions information or services from individuals, family physicians, family members, or community agency members in the Saskatchewan Health Authority. Program staff will briefly discuss concerns with the referring person and determine the appropriate response to the service request. Referrals may be assigned to a program area at MHAS or to one offered by another community agency. Priority for service is determined by the intensity of service required. In addition, the staff provides crisis intervention services.

- **Mental Health and Addictions Adult Services:** Workshops and Group Services consist of psychoeducation, and management skills using best practice therapy. Supports include the Acquired Brain Injury Program, Approved Homes, Connects Program, Depot Clinic, Detoxification Services, Community Recovery Team, Thunder Creek Rehabilitation Association, and The Shared Management Program.
- **Mental Health and Addictions Adult Clinical Services:** The adult clinical services team provides assessments and a range of voluntary mental health and addictions treatment interventions to clients, families, and groups whose ability to function day to day is significantly impacted by their level of mental health and/or addictions issues. Service may include depression, alcohol, drug use, gambling, anxiety, eating disorders, family difficulties, abuse, and grief. Services are available to spouses and other family members who have been affected by someone else's drinking, drug use, or gambling behaviour. Satellite clinics are provided in Assiniboia. Take Home Naloxone Kits and methadone screening are available in Moose Jaw. There are workshop/group services, drop-in support services, inpatient services, trauma response programs, and internet-based cognitive therapy services (Online.Therapy.User@uregina.ca).
- **Mental Health and Addictions Child and Youth Services:** Workshops and Group Services consist of psychoeducation, management skills, and parenting support through best practice therapy. The **Moose Jaw Family Wellness Centre:** **Contact Information:** 306-691-2340

Contact Information: **Centralized Intake: 306-691-6464 or Suicide Crisis Line: Call HealthLine at 8-1-1**

Mental Health Services, Programs, and Resources Continued

Kids Help Phone
About: Canada's only free, national, bilingual, confidential, and anonymous, 24-hour telephone and online counselling service for kids and teens.
Contact Information: 1-800-668-6868

Regina Sexual Assault Centre
About: Offers free, confidential, clinical services to anyone age 5+ who is coping with sexual or intimate partner violence, as well as friends and family of survivors. Additional resources: **Sexual Assault Services of Saskatchewan:** email: info@sassk.ca and **Sex Information and Education Council of Canada (SIECCAN).**
Contact Information: 306-522-2777 or email: rsac@sasktel.net; **Crisis Line: 306-352-0434**

SaskAgMatters
About: The goal of SaskAgMatters Mental Health Networks is to provide agricultural producers across Saskatchewan free and accessible mental health resources that they feel comfortable turning to.
Contact Information:1-306-371-7644 or email: saskagmatters@gmail.com

Suicide Crisis Line
About: Canadians can call or text 9-8-8 to access bilingual, trauma-informed, and culturally appropriate mental health and suicide prevention support. The service is free and can be accessed 24 hours a day, 7 days a week, 365 days a year.
Contact Information: Call or text 988

Survivors of Suicide
About: A support group for survivors of suicide occurs in Moose Jaw every 4th Wednesday of each month at 7:30pm at Jones-Parkview Funeral Services (474 Hochelaga Street West). This is part of the LifeLine Canada Foundation that provides mental health and suicide prevention resources.
Contact Information: 306-693-4644 (Jones-Parkview Funeral Services) or email Della Ferguson: dferguson@sasktel.net

Other Services, Programs, and Resources

Alzheimer Society of Saskatchewan
About: The Alzheimer Society of Saskatchewan empowers all people to live well with dementia while funding research into prevention, cures and quality of life.
Contact Information: 306-949-4141 or 1-800-263-3367 or email: office@alzheimer.sk.ca

Big Brothers/Sisters of MJ
About: A variety of mentorship programs are available. Matches are for children ages 6-16 years.

- **Couple 2:1 Matches**: The Couples for Kids program sees couples spend time with a child doing things that you all like to do.
- **In School Mentoring Program**: For children in Grades 1-8, a mentor will spend an hour a week with them doing non-academic activities in a child's school.
- **Game On:** Game On is for boys ages 11-14 years and is held over an 8-week period. Mentors will facilitate a non-academic curriculum including activities, sports, snacks and nutrition discussions, team building, and communication skill development.
- **Go Girls:** Go Girls! is a group mentoring program for girls ages 12-14 that focuses on physical activity, balanced eating, and self-esteem. The single, most important goal of the program is to positively shape the lives of young women and girls by helping them build a positive self-image – setting them on a path to reach their full potential in life. The Go Girls! program consists of 7 mentoring sessions, held over a 7-10 week period, within school facilities. Each 1.5-2 hour-long session is loosely structured around four themes: physical activity, healthy eating, self-esteem, and communication skills.
- **Traditional 1:1 Matches:** After the enrollment process, we'll provide training and match you with a mentee, who shares your interests. You could go hiking, biking, play video games, listen to music, or cook!

Contact Information: 306-540-6975 or email Dominika Krzeminska: dominika.krzeminska@bigbrothersbigsisters.ca

BridgePoint Center for Eating Disorders
About: Bridgepoint Center for Eating Disorders is a provincial resource, in partnership with the Saskatchewan Health Authority, that provides program options that include recovery and healing for people who are experiencing eating disorders. They are a residential program where participants stay in the community at a facility for the duration of their program. There are 13 beds available, with 24/7 support.
Contact Information: 306-935-2240 or email bridgepoint@sasktel.net

Other Services, Programs, and Resources Continued

Camp FYerfly SK:
About: Camp fYrefly is a fun, educational, social, and personal leadership retreat for queer and trans youth ages 14 to 24. Campers explore their identity, build resilience, enhance self-esteem, and develop leadership skills that will positively impact their lives, homes, schools, and communities**.**
Contact Information: youth@outsaskatoon.ca

Canadian Centre on Substance Abuse and Addiction
About: An Act of Parliament created the Canadian Centre on Substance Use and Addiction (CCSA) in 1988 as a non-governmental organization to provide national leadership on substance use and to advance solutions to address alcohol- and other drug-related harms.
Contact Information: 1-833-235-4048 or 613-235-4048

Canadian National Institute for the Blind (CNIB)
About: Founded in 1918, the CNIB Foundation is a non-profit organization driven to change what it is to be blind today. They deliver innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion.
Contact Information: 1-800-563-2642 (Regina office) or 1-306-525-2571

Canadian Red Cross: Regina Branch
About: Prevention education, information, training, and workshops that promote respect in terms of relationship violence, bullying, and child abuse. The following courses are offered by the Canadian Red Cross: Babysitting Course, Be Safe, First Aid & CPR, Psychological First Aid and more. Find and register for courses **here.**

- **Babysitting Course:** Contact Information: 306-693-2466 or email Caroly Korte: carolynrk@hotmail.com
- **The Friendly Calls Program:** The Friendly Calls program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to check-in, provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections.

Contact Information: 306-721-1600 and **Disaster Relief and Recovery Line: 1-888-800-6493**

Carmichael Outreach Regina
About: Carmichael Outreach is a registered charity located in Regina, Saskatchewan that provides various services to those in our community who experience poverty and homelessness.
Contact information: 306-757-2235 or email: info@carmichaeloutreach.ca

Other Services, Programs, and Resources

Children's Advocate
About: The Advocate for Children and Youth is an independent officer of the Legislative Assembly of Saskatchewan that leads a team of professionals to advocate for the rights, interests, and well-being of children and youth in Saskatchewan.
Contact Information: 1-800-322-7221 or email: contact@saskadvocate.ca

Clear Health Solutions
About: A community-based organization focused on delivering high quality community, residential, and supported services such as respite care, functional behavioural assessments, complex behaviour, medical respite, Autism Spectrum Disorder supports, day programming, 1:1 stabilization programming, and community health with registered nurses and licenced practical nurses.
Contact Information: 306-934-4345 or email: office@clearhealthsolutions.ca

Creative Options Regina (COR)
About: Creative Options Regina (COR) is a for-impact, charitable organization that develops personalized support services for people experiencing disability. Rooted in the philosophy of Gentle Teaching, COR strives to strengthen the fabric of companionship and community for all those we serve.
Contact Information: Regina Office: 306-546-4441 or email: hello@creativeoptionsregina.ca

Eastside Audiology
About: Our primary function at Eastside Audiology is the diagnosis of hearing impairment and the remediation of communication problems caused by hearing loss.
Contact Information: 306-691-3277

Family Outreach Program (FOP)
About: This partnership program between the Saskatchewan Health Authority, Ministry of Social Services, Holy Trinity Catholic and Prairie South School Divisions provides outreach services to complex-needs families with vulnerable school age children. Eligible families are those who experience barriers to accessing traditional community services. Using a wraparound approach, workers provide family-centered services and assist families in meeting their needs through connections with community and informal supports.
Contact Information: 306-691-2340

Other Services, Programs, and Resources Continued

FASD Network of Saskatchewan
About: Supports and education to enhance the lives of individuals and families living with FASD.
Contact Information: 306-540-9336 or email: info@fasdnetwork.ca

HealthLine 811 and Sask 211
About: 24/7 access to **HealthLine at 811** for professional health or mental health and addictions advice, education, and support. 24/7 Access to **Sask211 at 211** to be connected to community services/resources.

Hub Tables
About: A Hub Table is a team of people from various government ministries and community agencies. They meet weekly to address specific situations involving individuals and/or families who have a significant probability of experiencing harm if they do not receive some type of intervention. The team works collaboratively to develop immediate, coordinated and integrated responses by mobilizing existing resources with the intent of reducing risk in a timely manner, usually within 24 to 48 hours.
Contact Information: 306-630-5219

Hunger in Moose Jaw
About: The Hunger in Moose Jaw Program provides lunches for kids through the Children's Nutrition Program. Additional programs: Community Kitchens Program, the Good Food Box, and Yara Community Gardens.
Contact Information: 306-692-1916 or email: hunger.moosejaw@sasktel.net

Inclusion SK: Inclusion Regina Branch
About: Inclusion SK supports individuals with intellectual disabilities all over Saskatchewan. Their Family Network has a variety of programs and supports, such as the Sibling Workshop for youth ages 7 to 18 years who have a sibling that experiences intellectual disability.
Contact Information: 306-955-3344 or 306-790-5685 (Regina) or email: Info@inclusionsk.com

Other Services, Programs, and Resources Continued

John Howard Society

About: The John Howard Society of Saskatchewan (JHSS) is a well-established non-profit provincial organization that provides effective, just, and humane services in response to the causes and consequences of crime and assists individuals who are at risk or are involved in the criminal justice process. Their **My Place Program** helps people who are experiencing barriers to housing. Additional programs include the Fine Options Program, the Adult Alternative Measures Program, the Youth Extrajudicial Sanctions Program, the Community Justice Forum, the Community Service Order Program, Stop-Lift Program, Youth Crime Prevention Program, and community collaboration/engagement.
Contact Information: 306-693-0777

Labour Market and Job Supports

- **Can-Sask Career and Employment Centre:** 306-694-3699 or email: MooseJaw.CanSask@gov.sk.ca
- **Canadian Council on Rehabilitation and Work:** 306-693-1760
- **Labour Market Services:** 306-691-3303

Legal Aid Saskatchewan

About: If you want to apply for legal aid, please contact the Application Center at: 1-800-667-3764.
Contact Information: 306-694-3700 or email: MooseJaw@legalaid.sk.ca

Learning Disabilities Association of Saskatchewan (LDAS) - Regina Location

About: LDAS promotes the education, employment, wellness, and human rights of those with learning disabilities and ADHD. A variety of programs are offered such as, academic tutoring, adult education, ADHD coaching, behaviour therapy, Lego Club for children 6 to 15 working on social skills, neurofeedback, and responsible parenting program.
Contact Information: 306-790-8452 or email: ReginaReception@LDAS.org

Other Services, Programs, and Resources Continued

LGBTQ+ Supports:

- **LGBTQ+ Youthline: text: 647-694-4275**
- **Out Saskatoon:** 306-665-1224
- **Trans Lifeline: 1-877-330-6366**

Mood Disorders Society of Canada

About: Mood Disorders Society of Canada (MDSC) has evolved to become one of Canada's best-connected mental health Non-Governmental Organizations (NGO) with a demonstrated track record for forging and maintaining meaningful and sustained partnerships with the public, private, voluntary, and non-profit sectors.
Contact Information: 613-921-5565 or email: info@mdsc.ca

Moose Jaw and District Food Bank

About: Food bank in Moose Jaw providing food hampers every Monday, Tuesday, Thursday, and Friday from 12:30-1:30pm at 270 Fairford Street West.
Contact Information: 306-692-2911 or email Chantealle Fisher: mjfoodbank@gmail.com

Moose Jaw and District Seniors

About: Social, physical, and mental wellbeing programs for seniors 50+.
Contact Information: 306-694-4223

Moose Jaw Housing Authority

About: Rent based on income rental homes for families, adults over 55, and individuals with disabilities.
Contact Information: 306-694-4055 or email: mjha@sasktel.net.

Other Services, Programs, and Resources Continued

Moose Jaw Military Family Resource Centre
About: The Moose Jaw Military Family Resource Centre (MFRC) strives to builds strong, capable and resilient families in a supportive Canadian Armed Forces community. The MFRC collaboratively engages with military families and community/defense partners through transitions, family services, programs, and resources.
Contact Information: 306-694-2273 or email: **moosejaw@cafconnection.ca**

Moose Jaw Transition House
About: Moose Jaw Transition House offers a variety of services:
- **24-Hour Crisis Line: 306-693-6511 or text 306-631-0962**
- **Children's Program:** Individual crisis counselling for children ages 5 to 12 exposed to violence. **Contact Information:** 306-693-6848 or email Joanna Woods: joanna.w@mj-transitionhouse.com
- **Community Outreach Program:** Individual, short-term educational sessions, and group work within the community, schools, and workplaces for ages 13+. **Contact Information:** 306-693-6847 or email Michelle: michelle.w@mj-transitionhouse.com
- **Residential Services**: Services and shelter for women and their dependent children.
- **Shelter Support and Follow-Up Program:** Shelter support and follow-up program provides ongoing contact with women both during and after their stay at the shelter.
- **Additional Information: Provincial Association of Transition Houses and Services of Saskatchewan**

Contact Information: 306-693-6511 or email: contact@mj-transitionhouse.com

Neil Squire Society
About: The Neil Squire Society has been revolutionizing the lives of Canadians with disabilities since 1984 through accessible technology. Their work is focused on four distinct areas: Innovation, Digital Literacy, Employment, and Assistive Technology.
Contact Information: 306-781-6023 and email: nikkil@neilsquire.ca

Other Services, Programs, and Resources Continued

Occupational Therapy Supports for School (in green), Home, Work, and Other:

- **Adam Rose of Dynamic Rehabilitation Solutions** focuses on functional capacity evaluations, ergonomic assessments, job-site evaluations, cognitive assessments, cognitive demands analysis, concussion management, adaptive technologies, universal design, hand evaluation and splinting, home assessments, return to work programs, and vocational rehabilitation in the Regina area and can be contacted at 306-209-6848 or adam.rose@dal.ca.
- **Alisha Walker-Pickering of Alisha Walker-Pickering Occupational Therapy** focuses on pediatrics and school-based consultation and assessment in the Regina area and can be reached at 306-550-8757 or awpoccupationaltherapy@gmail.com.
- **Angie Phenix** focuses on Aboriginal health and pediatrics in the Regina area and can be reached at 306-540-6646 or angelaphenix@gmail.com.
- **Ann Phung of Optimize Occupational Therapy Services** focuses on adults, housing assessments, functional home assessments, physical demands analysis, ergonomic assessments, wheelchair/mobility assessments, return to work, transfer assessments, permanent impairment assessments, MSIP training in the Regina area and can be contacted at 306-581-7208, annphung.ot@gmail.com, or jbell@optimizeot.ca.
- **Ashley Hales of Bright Horizons Occupational Therapy** focuses on occupational therapy for pediatrics in Regina and area and can be reached at 306-529-6637 or brighthorizonsot@sasktel.net.
- **Blaine Katzberg of Venture Occupational Therapy and Rehabilitation** focuses on brain injury and spinal cord injury in the Regina area and can be reached at 306-949-4721 and bkatzberg@sasktel.net.
- **Calum Martin of Catalyst Occupational Therapy** focuses on home assessment, equipment assessment, ergonomics, whole body vibration assessment, personal care and homemaking assessment, worksite assessment and job demands analysis, and wheelchair assessment in the Regina/Moose Jaw/Swift Current areas and can be reached at 306-737-3464 or calum.s.martin@gmail.com.
- **Cathy Haney** focuses on home modification and equipment assessment, wheelchair assessment, pressure reduction assessment, personal care and homemaking assessment in the Regina area and can be reached at 306-526-5096 and cghaney@sasktel.net.

Other Services, Programs, and Resources Continued

Occupational Therapy Supports for School (in green), Home, Work, and Other Continued:

- **Christa Kaytor of Key Solutions Occupational Therapy** focuses on geriatrics, school-aged, and TL training and can be reached at keysolutionsot@gmail.com.
- **Debra Spelay of Debra Spelay Occupational Therapy** focuses on home evaluation and assistive technology assessment in the Regina area and can be reached at 306-530-7925 or debra.spelay@sasktel.net.
- **Dyan Roth of Kidnetic Occupational Therapy Services** focuses on pediatrics, vocational rehabilitation, and ergonomic assessments in the Regina area and can be contacted at 306-535-4717 or kidneticot@gmail.com.
- **Erin Rissling of Bridges Health** focuses on office and industrial ergonomics, job demands analysis, functional capacity evaluations, return to work programs, functional in-home assessments, adaptive equipment recommendations, on-site job monitoring, on-site work injury assessment, health and wellness program development and training in the Saskatoon area and can be contacted at 306-668-5520.
- **Heidi Watson of Tumbleweed Health Services** focuses on edema management and school-aged pediatrics occupational therapy in the Weyburn area and can be reached at 306-891-5316 or heidi.j.watson@gmail.com.
- **Ian Lewis at CBI Physical Rehabilitation Centre** focuses on ergonomics, workplace assessment, rehabilitation needs assessment, and functional capacity evaluation in the Regina area and can be reached at 306-522-8797 or ilewis@cbi.ca.
- **James Fong and Suzanne Lendvoy of Regina Occupational Therapy** focus on ergonomics, home assessment, pediatrics, vocational rehabilitation, and school-aged occupational therapy in the Regina area and can be reached at 306-539-3036 or jfong@accesscomm.ca and 306-539-3037 or srlendvoy@sasktel.net (school-aged).
- **Jason Hawley at Hawley Occupational Consulting** focuses on ergonomics, vocational rehabilitation, and home assessments in the Moose Jaw area and can be contacted at 306-630-2062 and jv.hawley@sasktel.net.

Other Services, Programs, and Resources Continued

Occupational Therapy Supports for School (in green), Home, Work, and Other Continued:

- **Jeanette McNalty** focuses on feeding (SOS trained) and pediatrics in the Weyburn area and can be reached at 306-891-6470.
- **Katherine Gottselig Tittemore of Connect Therapy** focuses on school-aged children with a sensory and skill building focus in the Regina area and can be contacted at 306-320-2268 or connecttherapysask@gmail.com or info@connecttherapy.ca.
- **Lindsay Roysum of SuccessAbility Therapy Services** focuses on adult and school-aged occupational therapy supports, including fine motor, sensory motor, gross motor, and visual motor supports in the Regina/Moose Jaw area and can be contacted at 306-861-9360 or lindsay.roysum@successabilitytherapy.com
- **Lousie Burridge of Outcomes Therapy** focuses on pediatrics and school-aged occupational therapy in the Regina area and can be reached at 306-530-1611 or email: info@outcomestherapy.com or louise@outcomestherapy.com.
- **Megan Stevenson of Engage Occupational Therapy** focuses on home assessment, accessibility, and equipment selection in the Regina area and can be contacted at 306-540-5089 or mcbmeg@hotmail.com.
- **Shay Saxby of Saxby Functional Health Services** focuses on physical/cognitive job demands analysis, ergonomics, functional capacity evaluations, cost of future care assessments, and cognitive testing and treatment in the Regina area and can be contacted at 306-531-4528 or shaysaxby@sasktel.net.
- **Trevor Persaud Occupational Therapy Services** focuses on home and equipment assessment and commercial assistive technology in the Regina area and can be reached at 306-502-3170 or trevor_persaud@hotmail.com.

Other Services, Programs, and Resources Continued

Policing and Justice Services - Emergency: 911 - Further Policing and Justice Services Information

- **Crime Stoppers:** 1-800-222-8477
- **Family Justice Services:** 1-888-218-2822 (ext. 2) or email: familylaw@gov.sk.ca
- **Legal Aid Centre Saskatchewan:** 1-800-667-3764
- **Missing Children Society of Canada:** 1-800-661-6160 or email: tips@mcsc.ca
- **Moose Jaw Community Corrections (Adult):** Community Corrections is responsible for the provision of correctional and rehabilitative services to adults and youth in conflict with the law, including the SAFE (Stopping Abuse for Everyone) program for sentenced offenders. **Contact Information:** 306-694-3649
- **Moose Jaw Police:** 306-694-7600 (non-emergency)
- **Moose Jaw Provincial Court:** 306-694-3612 and **Crown Prosecutors – Moose Jaw:** 306-694-3697
- **PACT (Police and Crisis Team):** Helps to respond to people with complex mental health challenges in our communities. **Contact Information:** 306-694-7659 or email: Sgt. Kevin Pilsworth at kpilsworth@mjpolice.ca (non-emergency). **In an emergency, contact 911.**
- **Pro Bono Law:** 306-569-3098 or email: info@pblsk.ca
- **Royal Canadian Mounted Police (RCMP) – Moose Jaw:** 306-691-4670 (non-emergency) or 306-310-7267 (non-emergency after hours) or email: fdiv-moose_jaw@rcmp-grc.gc.ca
- **Saskatchewan Justice Department of Public Safety:** 306-694-3697
- **School Liaison Officers through Moose Jaw Police:** email Jayme Hoffman at jhoffman@mjpolice.ca. or Kianna Perron at kperron@mjpolice.ca
- **Victim Services Moose Jaw:** Information, support, and referrals for victims of crime and tragic events.

Contact Information: e-mail Terri Roney: troney@mjpolice.ca. **Additional Information.**

Prairie Basic Speech and Language Services

About: Prairie Basic is a private clinic offering speech and language therapy services to children and adults in Moose Jaw.

Contact Information: 306-533-9915 or email: prairiebasic@sasktel.net

Other Services, Programs, and Resources Continued

Ranch Ehrlo Society

About: Ranch Ehrlo Society, a non-profit organization, is a multi-service agency delivering a wide range of accredited mental health and developmental services on campuses located in and around Regina, Saskatoon, and Prince Albert. Services include assessment and counselling to individuals and families, early learning, education, and vocational training, emergency receiving services, treatment foster care, supportive house, group living treatment for children and youth with mental health and addictions needs, and group living and vocational services for older adolescents and adults with developmental disorders.
Contact Information: 306-781-1800 or email: inquiries@ranchehrlo.ca

Regina Community Clinic

About: The Regina Community Clinic is a primary health service provider. Their goal is to build a healthy population by offering support that focuses on diagnosis, treatment, disease prevention, and patient education. Some of their services include medical, refugee care, and FASD, nutrition, exercise, and counselling support.
Contact Information: 306-543-7880

Regina Family Services

About: They work with individuals, families, and communities in all their forms, who are currently in distress or at risk. They are a member organization of Family Service Canada and we are accredited by the Canadian Centre for Accreditation, which recognizes standards for quality in agencies that provide family services and employee assistance programs.
Contact Information: 306-757-6675 or email: info@familyserviceregina.com

Other Services, Programs, and Resources Continued

Rehab and Addictions Treatment:

- **Alcoholics Anonymous**: 306-693-6888
- **Gambling Helpline:** 1-800-306-6789
- **Narcotics Anonymous:** 306-757-6600 or visit https://www.southsaskna.org/
- **Pine Lodge:** 306-510-1891
- **Saskatchewan Al-Anon Meetings:** 306-691-5811
- **Saskatchewan Gamblers Anonymous**: 1-855-781-9522
- **Thunder Creek Rehabilitation Association:** 306-693-2814
- **Wakamow Manor Detox Centre:** 306-694-4030 or email: social.detox@saskhealthauthority.ca

Roots of Empathy

About: An evidence-based program for Kinder-Grade 8 students that teaches emotional literacy and increases empathy among children by partnering with a parent and their new baby who visit the class each month.
Contact Information: 416-204-7904 or email: Melanie Slater at mslater@rootsofempathy.org

Salvation Army

About: A variety of supports are available. In Moose Jaw, there is a church, family services, and a thrift store.
Contact Information: 306-692-5899 (Family Services) and 306-692-8858 (Thrift Store)

SaskAbilities

About: SaskAbilities provides a variety of programs targeting daily living/rehabilitation services, quality of life, and employment services:

- **Accessible Parking Program:** The Accessible Parking Program issues parking permits for designated parking spots to individuals with specific mobility challenges.
- **Access 2 Entertainment Card**
- **Acquired Brain Injury Program:** Acquired Brain Injury (ABI) Programs address community access and rehabilitation support. Participants are matched with a qualified Community Support Worker to help facilitate each individual's unique goals and interests.

Contact Information: 306-569-9048 or email: regina@saskabilities.ca

Other Services, Programs, and Resources Continued

SaskAbilities Continued

- **Adaptive Technology Services:** Through consultations, assessments, training and equipment set-up, our Electronics Technologist works with individuals of all ages to find the adaptive technology that works for them. Any Saskatchewan resident can access the service on a fee-for-service basis.
- **Assessment Services**
- **Camp Easter Seal:** Camp Easter Seal operates a full summer of programs for children, youth and adults experiencing disability.
- **Crisis Intervention and Support Program:** In collaboration with the Provincial Crisis Support Network, this program is designed to provide innovative, compassionate and client centered supports through a well-trained pool of individuals. The program supports clients experiencing intellectual disabilities with access to preventative measures, education, support, and various strategies to reduce crisis. This program is delivered by a two-person team: an interventionist and an outreach support worker.
- **Disability Travel Card**
- **Home and Day Supports:** SaskAbilities operates two group homes in Moose Jaw that provide supported living services to individuals experiencing disability.
- **Orthopaedics:** SaskAbilities is an accredited facility employing certified practitioners and registered technical staff for the provision of orthopedic services for all ages across the province.
- **Partners in Employment:** SaskAbilities vocational services are designed to help individuals with disabilities succeed in finding and maintaining employment. Moose Jaw has an office: 1-833-444-4023 or 306-693-3822 or partnersinemployment.moosejaw@saskabilities.ca. Click here for work programs.
- **Partners in Mental Health and Well-Being Programs**
- **Quality of Life Centers**
- **Respite Services:** Respite services was developed to fill a community need to better coordinate and address respite care in the Yorkton and Saskatoon areas.
- **Special Needs Equipment:** This program has three services: equipment loaning (funded by Saskatchewan Health), equipment repair and maintenance, and retail sales.
- **SLYP-Out (Social Leisure Youth Program):** SLYP-Out (Social Leisure Youth Program) is an opportunity for youth and young adults experiencing disability to interact, have fun and gain independence.
- **Summer Fun:** SaskAbilities Summer Fun is a fun-filled seasonal program available for children and youth experiencing disability in July and August each year.

Contact Information: 306-569-9048 or email: regina@saskabilities.ca

Other Services, Programs, and Resources Continued

Saskatchewan Association of Optometrists
About: Saskatchewan Health Covers the Cost of Annual Eye Exams for Children Under 18
An eye exam performed by an optometrist will check to see if your child's eyes are healthy.
Contact Information: **Find an Optometrist - Saskatchewan Association of Optometrists**

Saskatchewan Brain Injury Association
About: Since 1985, the Saskatchewan Brain Injury Association has been helping individuals and families deal with the effects of traumatic or acquired brain injury.
Contact Information: 1-888-373-1555 or email: mjchapter@hotmail.com

Saskatchewan Foster Family Association
About: The Saskatchewan Foster Families Association supports foster parents through education and advocacy to create healthy homes and brighter futures for children and youth in care.
Contact Information: 306-975-1580 or email: sffa@sffa.sk.ca

Saskatchewan Health Authority

- **Ambulance Bookings (Ground or Air) Non-Urgent Transport:** 306-692-0236 or 306-787-3764 or email: info@health.gov.sk.ca or **Sask. Patient Transfer:** 306-789-7787. **In an emergency, call 911.**
- **Assiniboia Health Services and Public Health:** 306-642-2200
- **Dr. F. H. Wigmore Hospitals:** 306-694-0200
- **Family Doctors Provider List** (Examples: **Crescent View Clinic:** 306-691-2040; **Kliniek on Main:** 306-694-1440; **Primary Medical Clinic:** 306-693-4101)
- **Gravelbourg Health Services:** 306-648-1400
- **Harm Reduction:** Moose Jaw Crescent View Clinic at 306-691-2040 and **Take Home Naloxone Program Sites**
- **Home Care:** 306-691-2090
- **Methadone Clinic:** 306-691-6478 or 306-766-6350
- **Needle Exchange Program:** 1-877-210-7623 or 306-766-7799

Other Services, Programs, and Resources Continued

Saskatchewan Health Authority Continued

- **Nutritionist:** 306-691-1536
- **Occupational Therapy:** 306-694-0201
- **Public Health** and **Immunizations:** 306-691-2300
- **Speech and Language Pathology Services:** 306-691-2300 (Ext. 1)
- **Spiritual Care:** 306-694-0214
- **Teen Wellness Clinic:** 306-691-2340

**A variety of parenting and support groups are made available. Please check the Moose Jaw and District PDFs.

Saskatchewan Pediatrics Auditory Rehab Center (SPARC)

About: At the Royal University Hospital in Saskatoon.

Contact Information: 306-655-0227

Saskatchewan Prevention Institute

About: The Saskatchewan Prevention Institute is a non-profit organization. Their focus is to reduce the occurrence of disabling conditions in children using primary prevention training, information, and resources. They also run the Youth-Led Community Health Grants Program.

Contact Information: 306-651-4300 or email: info@skprevention.ca

Schizophrenia Society of Saskatchewan

About: The Schizophrenia Society of Saskatchewan (SSS) is a non-profit organization founded in 1982 by families and friends of people with schizophrenia.

Contact Information: 306-584-2620 or 1-877-584-2620 or email: info@schizophrenia.sk.ca

Other Services, Programs, and Resources Continued

Separation and Divorce - Family Matters

About: The Family Matters program aims to minimize the impact of separation and divorce on all family members – especially children – by providing information and resources to deal with a changing family situation, and assistance to resolve urgent and outstanding issues.

Contact Information: 1-844-863-3408 or email: drofamily@gov.sk.ca

Skills Canada Saskatchewan

About: Skills Canada Saskatchewan is a not-for-profit Provincial Organization that promotes skilled trades and technologies to young people in Saskatchewan.

Contact Information: 306-373-6035 or email: infosask@skillscanada.com

Social Services Intake

About: See this link and **Social Services for People with Disabilities - Government of Saskatchewan** for additional resources.

Contact Information:

- **Adoption Services:** 1-866-869-2727
- **Child Abuse Intake: 1-844-787-3760 and Moose Jaw Branch: 306-694-3647**
- **Financial Assistance Program:** 1-866-221-5200 or fax: 1-306-798-4040
- **Foster Care:** 1-800-667-7002
- **Housing:** 1-800-667-7567
- **Ministry of Social Services:** 1-866-221-5200 or email: socialservicesinquiry@gov.sk.ca
- **Services to People with Disabilities:** 1-877-915-7468
- **Services to Seniors:** 1-800-667-7161

Other Services, Programs, and Resources Continued

Souls Harbour Rescue Mission Regina
About: Souls Harbour Rescue Mission is a registered Christian charity located within Saskatchewan. We have been serving the province since 1990.
Contact Information: 306-543-0011 or email: rescue@shrmsk.com

Speech Therapy Services
About: To access public speech services call 306-691-2300 (Ext. 1). For private (for fee) speech services go to www.csask.ca and enter 'Find an Aud or SLP' with your location.
Contact Information: 306-757-3990 or 1-866-757-3990

Trans Sask. Support Services:
About: TransSask Support Services is a province wide non-profit organization that supports and acts as a resource network for trans-identified, genderqueer, intersex and gender non-conforming individuals, their spouses, family, friends, and allies.
Contact Information: email: treasurer@transsask.ca or info@transsask.ca

Vision Loss Rehabilitation Canada and Vision Loss Rehabilitation Saskatchewan
About: Certified specialists provide a range of services that help individuals with vision loss lead more independent, active lives. Vision Loss Rehabilitation Saskatchewan helps people with all levels of vision loss to develop or restore key daily living skills.
Contact Information: 1-844-887-8572 (Canada) and 1-844-887-8572 (Saskatchewan)

Wascana Rehabilitation Centre and OT Services Sask. Health Authority
About: The Wascana Rehabilitation Centre provides comprehensive medical rehabilitation programs for adults and children, as well as specialized long-term care. They offer a wide variety of programming including Functional Rehabilitation, Amputee Services, Spinal Cord Injury Services and Orthopedics, Children's Services, Adult Rehabilitation, and Extended Care and Veterans Services.
Contact Information: 306-766-5100

Other Services, Programs, and Resources Continued

YMCA - Before and After School Program

About: Located at St. Mary's School, the programs are designed to be active, healthy, and fun, emphasizing letting children make their own choices. YMCA staff develop a special relationship with each child, helping them develop new physical, cognitive, emotional, and social skills in a caring, nurturing environment.

Contact Information: 306-630-9270 or email Stepane Ramsey: stephanie.ramsey@mjymca.ca

YMCA – HOMEBASE

About: HOMEBASE aims to coordinate and build on existing resources in each community to provide youth, caregivers, and families services at no cost. Service providers will work to make sure that youth have fast access to the services they need while honoring each youth's unique story and timeline for accepting support. There is a foosball table, snacks, computers, and free Wi-Fi. HOMEBASE has onsite drop-in mental health counsellors, appointment-based medical services, and monthly social events. HOMEBASE Moose Jaw is located at 52 High Street West.

Contact Information: 306-694-5554 or email: homebase@regina.ymca.ca; **Moose Jaw HOMEBASE Info.**

YMCA - Shared Services Mentorship

About: Mentorship runs over 2, 15-week sessions from September – June. Mentors are trained staff who are partnered with a child/youth or small group of children/youth who have a need to enhance their self-esteem, self-regulation, and resiliency skills. The program is designed to address the needs of school-aged children and youth aged 6 – 18 years (generally focused on ages 8-15). Summer programming is also available. Moose Jaw Child & Youth Programs - YMCA of Regina.

Contact Information: 306-692-5554 or email: breden.hutchinson@mjymca.ca

Other Services, Programs, and Resources Continued

YMCA - Steps 4 Success Program

About: The Steps 4 Success Program is a resource made available to students aged in grades 9 to 12 enrolled in partner schools. A level 1 referral is a student that has exhibited a behaviour that requires immediate intervention, such as substance use or violence at school. A level 2 referral is a student that has exhibited disruptive or impulsive behaviours and requires prompt intervention. A level 3 referral is a student that has exhibited apathy and lack of motivation and poor attendance at school. Moose Jaw Child & Youth Programs - YMCA of Regina.

Contact Information: 306-692-5554 or email: brenden.hutchinson@mjymca.ca

YMCA - Y Mind Teen

About: This program supports **teens ages 13 to 18**, who are experiencing symptoms of mild-to-moderate anxiety or similar feelings *(no diagnosis required)*. Throughout this program, participants will learn and practice evidence-based strategies to cope with stress and anxiety led by trained mental health professionals. Providing teens the opportunity to connect with other like-minded individuals, will foster an environment of open discussion and real-life practices once a week throughout the **free seven-week program**.

Contact Information: Y Mind Moose Jaw - YMCA of Regina

Sports and Recreation Services, Programs, and Resources

Art

- **Laura Hamilton Art: Contact Laura Hamilton Art**
- **Moose Jaw Cultural Centre:** 306-693-4700 or email: **info@moosejawculture.ca**
- **Moose Jaw Museum & Art Gallery:** 306-692-4471
- **Moose Jaw Pottery Club:** email: mjpotteryclub@gmail.com
- **River Street Potters:** email: fsovdi@gmail.com

Baseball/Fastball

- **Assiniboia Minor Ball Registration:** 306-642-3382
- **Baseball Sask:** 306-780-9237 or email: mike@baseballsask.ca
- **Central Butte Minor Baseball**
- **Gravelbourg Lightning Baseball**
- **Lafleche Minor Ball:** 306-472-7388 and view schedule
- **Moose Jaw and District Minor Girls' Fastball**
- **Moose Jaw Little League:** email: mjll@mjlittleleague.com
- **Moose Jaw Miller Express:** 306-630-8108 or email: info@millerexpress.ca
- **Moose Jaw Minor Baseball:** email: admin@moosejawminorbaseball.com
- **Rockglen Minor Ball:** 306-476-2144

Basketball

- **Basketball Saskatchewan:** 306-780-9264 or email: executivedirector@basketballsask.com
- **Little Ballers Basketball**
- **MJ Spartans Club Basketball:** email: mjspartans17@gmail.com

Sports and Recreation Services, Programs, and Resources Continued

Camps

- **Briercrest Athletics Summer Sports Camps**
- **Cara Chow (OT) Sensory Camp**
- **EYES URegina:** Science and Engineering Education Program for the Youth of Regina and Southern Saskatchewan**:** 306-585-5209 or email: eyes@uregina.ca
- **Outcomes Therapy Camps:** 306-530-1611 or email: info@outcomestherapy.com or louise@outcomestherapy.com.
- **Saskatchewan Camping Association:** 306-232-0190 or email: info@saskcamps.ca
- **YMCA Camps**

Curling

- **Assiniboia Curling Rink:** 642-5115
- **Avonlea Curling Club:** 306-868-7575 or email: bdkim@live.ca
- **Bengough Curling Club:** 306-268-2140
- **Central Butte Curling Club:** 306-796-7506
- **Coronach Curling Rink:** 306-267-2001
- **Curl Sask. Moose Jaw:** email: www.moosejawcurling.com
- **Gravelbourg Curling Club:** email: curlgravelbourg@gmail.com and view leagues
- **Kincaid Curling Club**
- **Lafleche Curling Club** and **Curling Rink:** 306-472-747
- **Mankato Curling Club:** email: board@mankatocurling.org
- **Moose Jaw Curling Events Centre**
- **Moose Jaw Ringette:** email: **reginaringette@sasktel.net**
- **Mossbank Curling Club:** 306-354-2420
- **Rockglen Curling Rink:** 306-476-2266
- **Rouleau Skating/Curling Club:** 306-776-2351

Sports and Recreation Services, Programs, and Resources Continued

Drama

- **Harmony Arts Program Children's Live Theatre:** 306-681-7839 or email: harmonyartsprogram@outlook.com
- **Moose Jaw Cultural Centre** (Moose Jaw Community Players)
- **Saskatchewan Drama Association**

Football

- **Moose Jaw Mini Rugby Football Club:** email: moosejaw.minis@saskrugby.com
- **Moose Jaw Minor Football**
- **Moose Jaw Rugby Football Club:** email: MooseJawRFC@gmail.com
- **Moose Jaw Youth Flag Football:** email: mjyouthflagfootball@gmail.com

Golf

- **Assiniboia Regional Park Golf Course:** 306-642-5442
- **Bengough Regional Park Golf Club:** 306-268-2909
- **Central Butte Golf Course**
- **Deer Ridge Golf Club:** 306-975-0850 or email: info@golfsaskatchewan.org
- **Hillcrest Golf Club:** 306-693-1921 or email**:** hillcrestgolf@sasktel.net
- **Long Creek Golf & Country Club:** 306-868-4432 or email: lc.proshop87@gmail.com
- **Lynbrook Golf Club:** 306-692-2838
- **Mossbank Golf Club:** 306-354-2294
- **Rockglen Golf Guide**
- **Thomson Lake Golf Course:** 306-472-5686
- **Willowbunch Golf Course:** 306-473-2450 or email: willowbunch.town@sasktel.net

Sports and Recreation Services, Programs, and Resources Continued

Gymnastics, Dance, and Cheer

- **Born2Dance:** 306-681-8653 or email: info@borntodance.ca
- **Dance Images by BJ** and **Special Needs Creative Movement Dance Program:** 306-631-0584
- **Doris Sitter School of Dance Ltd.:** 306-693-3351 or email: dorissitterschoolofdance@sasktel.net
- **Gymtastiks:** (306) 692-2303 or email: office@Gymtastiks.com
- **Infinity Athletics:** 306-313-8314 or email: info@infinityathletics.ca

Hockey/Skating

- **Assiniboia Minor Hockey Association** and **Rink:** 306-642-3935
- **Avonlea Rink**
- **Bengough Rink:** 306-268-2870
- **Caronport Barkman Rink:** 306-631-1059
- **Central Butte Minor Hockey** and **Agri-Sportplex:** 306-796-2288
- **Coronach Minor Hockey** and **Coronach Recreation Sportplex:** 306-267-2150
- **Glentworth Sports Centre:** 306-266-4885
- **Gravelbourg Hornets Minor Hockey**
- **Hockey Saskatchewan Leagues**
- **Kincaid and District SWT Ice Centre:** view schedule
- **Lafleche Minor Hockey Association** and **Lafleche Rink:** 306-472-5235 and view schedule
- **Moose Jaw Arenas/Outdoor Rinks**, **Moose Jaw Recreation**: view schedule, and **15 Wing Moose Jaw**
- **Moose Jaw Minor Hockey Club:** email: admin@mjhockey.com
- **Moose Jaw Skating Club:** email: mjsc@live.ca
- **Moose Jaw Warriors Hockey Club** and **Warriors Kids Camp Moose Jaw Warriors**
- **Mortlach Centennial Rink:** 306-355-2554 or email: office@mortlach.ca
- **Mossbank Minor Hockey** and **Mossbank Rink:** 306-354-2420
- **Rockglen Minor Hockey** and **Rockglen Rink:** 306-476-2144
- **Rouleau Minor Hockey** and **Rink:** email: rouleaurink@gmail.com

Sports and Recreation Services, Programs, and Resources Continued

Lacrosse

- **Moose Jaw Mustangs Lacrosse**

Lawn Bowling

- **Moose Jaw Lawn Bowling:** email: blkitts@sasktel.net

Martial Arts

- **Control Jiu Jitsu**
- **Five Hills Karate Club - Moose Jaw:** 306-692-5879
- **Grasslands Karate:** 306-570-3466 or email: grasslandskarate@gmail.com
- **Kim's Taekwondo Moose Jaw:** 306-630-4391
- **Kwan's School Of Kempo Karate:** 306-693-3775
- **Moose Jaw Koseikan Judo Club:** email: m.j.judoclub@sasktel.net
- **Moose Jaw Martial Arts:** email: moosejawmartialarts@hotmail.com

Moose Jaw Equipment Library/Skate Vault

About: The sports equipment vault has a variety of sports equipment and bikes made available to Moose Jaw residents for free.

Contact Information: Pre-book an appointment online here or call 306-694-4447.

Sports and Recreation Services, Programs, and Resources Continued

Moose Jaw and Area Recreation Centres

- **Alive Fitness and Training Gravelbourg:** 306-650-7711
- **Avonlea SK Recreation Centres**
- **Bengough Parks/Recreation**
- **Briercrest Athletics**
- **Cross Fit 161:** email: info@crossfit161.ca
- **Golden Ticket Sports Centre:** 306-541-9112 **and GAP Fitness:** 306-693-5622 or email: tanner@goldenticketsports.com or email: admin@gaptraining.ca
- **MonkeyBars Indoor Playcentre:** 306-693-6665
- **South Hill Bowling Centre:** 306-693-0955
- **Yara Centre**: drop-in schedule: 306-694-4560 or email: yaracentre@moosejaw.ca

Moose Jaw Recreation

About: To see the programs available in Moose Jaw, check-out the recreation guide and/or register for a program on the Program Registration Start Page (perfectmind.com).

- Click this link to learn more about specific **Kids and Youth Programming: Yara Centre Day Camps, Youth Programs, Playground Program, Sports Equipment Vault, Jumpstart, KidSport, Creative Kids, Free Programs, Accessibility Support Program, and Participaction.**
- **Arenas, Outdoor Rinks & Pads | City of Moose Jaw**
- **Moose Jaw Community Associations**
- **Moose Jaw Events Centre:** 306-624-2040
- **Parks & Trails | City of Moose Jaw**
- **Parks Recreation & Culture | City of Moose Jaw:** 306-694-4447
- **Parks with Playgrounds | City of Moose Jaw**
- **Recreation Facilities | City of Moose Jaw**
- **River Park Campground:** 306-692-2285 and **Wakamow Valley Authority:** 306-692-2717

Contact Information: 306-694-4483 (Kinsmen) or 306-694-4560 (Yara Centre) or 306-694-4447 (MJ Parks and Recreation) or email: recreation@moosejaw.ca

Sports and Recreation Services, Programs, and Resources Continued

Museums, Libraries, and Art Galleries

- **Art Gallery of Regina:** 306-522-5940 and email: info@artgalleryofregina.ca
- **Assiniboia Gallery:** 306-522-0997
- **Coronach District Museum**
- **Government House:** 306-787-5773 or email: governmenthouse@gov.sk.ca
- **Gravelbourg Artisan Co-operative:** email: gac@artisancoop.ca and see: **Gravelbourg Arts & Culture**
- **MacKenzie Art Gallery (Regina):** 306-584-4250
- **Moose Jaw Public Library** and **Museum and Art Gallery:** 306-692-2787 (Library) or 306-692-4471 (Art Gallery) or 306-631-6339 (MJ Literacy Network) or email: ask@moosejawlibrary.ca
  - **Kid's Programs | Moose Jaw Public Library (moosejawlibrary.ca)**
  - **Saskatchewan Information Library Services Consortium (sasklibraries.ca)**
  - **Teen Programs | Moose Jaw Public Library (moosejawlibrary.ca)**
- **Palliser Regional Library:** see branch location list: https://palliserlibrary.ca/branches: 306-693-3669 or email: palliser@palliserlibrary.ca
- **RCMP Heritage Centre (Regina):** 306-522-7333 or email: info@rcmphc.com
- **Royal Saskatchewan Museum** and **T-Rex Discovery Centre (Regina):** 306-787-2815 or email: info@royalsaskmuseum.ca or 306-295-4009 or email: trex.centre@gov.sk.ca
- **Saskatchewan Science Centre (Regina):** 306-791-7900
- **Shurniak Art Gallery in Assiniboia, Saskatchewan:** 306-642-5292 or email: shurniakgallery@sasktel.net
- **Sukanen Ship Museum:** 306-693-7315
- **Western Development Museum:** 306-693-5989 or email: moosejaw@wdm.ca
- **Yvette Moore Gallery:** 866-693-7600 or 306-693-7600 or email: info@yvettemoore.com

Sports and Recreation Services, Programs, and Resources Continued

Music

- **Born2Be:** 306-693-5818 ext 7 or email: info@borntobe.ca
- **John's Music:** 306-692-0860
- **Music Classes for Children and Schools | Kindermusik:** 1-800-628-5687 and **Kindermusik | Moose Jaw | Naturally Abby's Music Studio (abbyfelicitymiller.wixsite.com)**
- **Music For Young Children Moose Jaw Cora's Studio:** 306-690-9455 or email: coramelanson@yahoo.ca
- **Music Teacher Directory**
- **Piano With Jo:** 306-693-7848 or email: joanne.olmstead@gmail.com
- **Saskatchewan Music Educators Association: Contact**

Racket Sports

- **15 Wing Community Fitness Centre**
- **City of Moose Jaw Recreation Facilities**
- **Moose Jaw Tennis Club:** 306-500-1726 or email: moosejawtennisclub1@gmail.com

Sask Outdoors
About: SaskOutdoors may be able to partner with your group to provide resources, volunteers or advice. Projects must take place within Saskatchewan. The maximum application is $500.
Contact Information: communications@saskoutdoors.org

Soccer

- **JJ Soccer Limited:** 306-630-4741 or email: jjsoccerltd@gmail.com
- **Moose Jaw Soccer:** 306-693-1757 or email: moosejawsoccer@gmail.com

Sports and Recreation Services, Programs, and Resources Continued

Special Olympics Moose Jaw
About: Special Olympics Southwest District (encompassing Moose Jaw and area) offers a variety of sports programs for children 2+ (with or without a diagnosis), and youth and adults diagnosed with an intellectual disability, a cognitive delay, or a developmental disability. Programs may include: Active Start/Fundamentals (ages 2-12), 5-Pin Bowling, Bocce, Soccer, Swimming, Curling, Floor Hockey (8+), etc.
Contact Information: email: **cec@mjspecialolympics.org** (for future athletes and volunteers).

Surrounding Area Libraries and Culture:

- **Assiniboia:** 306-642-3631
- **Avonlea:** 306-868-2076
- **Bengough:** 306-268-2022
- **Briercrest:** 306-799-2137
- **Chaplin:** 306-395-2524
- **Central Butte:** 306-796-4660
- **Coronach:** 306-267-3260
- **Craik:** 306-734-2388
- **Elbow:** 306-854-2220
- **Glentworth:** 306-266-4940
- **Gravelbourg:** 306-648-3177
- **Lafleche:** 306-472-5466
- **Mossbank:** 306-354-2474
- **Mortlach:** 306-355-2202
- **Riverhurst:** 306-353-2130
- **Rockglen:** 306-476-2350
- **Rouleau:** 306-776-2322
- **Tugaske:** 306-759-2215
- **Willow Bunch:** 306-473-2393

Sports and Recreation Services, Programs, and Resources Continued

Surrounding Area Recreation and Leisure Programs:

- Assiniboia Recreation and Community Wellness
  - **Assiniboia Tot Spot:** 306-640-8028
- Avonlea Recreation
- Bengough Events **and** Parks/Recreation
- Caronport Events **and** Recreation
- Central Butte Events
- Chaplin Events
- Coronach Events
- Craik Events
- Eyebrow Bulletin
- Gravelbourg Recreation and Leisure
  - **Gravelbourg Tot Spot:** 306-648-1400
  - **Hazenmore Tots:** 306-216-7196
- Lafleche Events
- Mankota Services
- Mortlach Community Connection
- Mossbank Recreation and Leisure
  - **Mossbank Tots:** 306-354-7823
- Rockglen Events
- Rouleau Community Groups

Swimming

- 15 Wing Moose Jaw
- Assiniboia Aquatics Centre
- Bengough Pool
- Coronach Pool
- Dunnet Regional Park Pool
- Gravelbourg Aquaplex Centre
- Moose Jaw Swimming Pools and Moose Jaw Kinsmen Flying Fins Home: 306-693-6616
- Mossbank Pool
- Shamrock Regional Park Pool
- Thomson Lake Regional Park Pool
- Willowbunch Pool

Volleyball

- Moose Jaw Element: 306-691-8247
- Thunder Creek Volleyball Club: email: thundercreekvc@gmail.com