

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

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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.

Emergency Services

- Ambulance/Fire/Police: **Call 911**
- [Canadian Red Cross Disaster Line](#): **1-888-800-6493**
- [Canadian Suicide Prevention Service](#): **1-833-456-4566** or text **45645**
- Child Abuse Hotline: **1-800-668-6868** or 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](#): Contact Information: 306-692-2792 or **Emergency Calls: 306-694-1414**
- HealthLine: **811**
- Hope for Wellness Help Line: **1-855-242-3310**
- [Kids Help Phone](#): **1-800-668-6868**
- [LGBTQ+ Youthline](#): **1-800-268-9688**
- [Mental Health and Addictions Services Centralized Intake](#): **306-691-6464**
- [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 Helpline: **1-888-603-9100**
- [Poison Control Center - Government of Saskatchewan](#): **1-866-454-1212**
- [Regina and Area Sexual Assault Centre](#): **306-352-0434** (Crisis/Information Line)
- 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 **306-778-3692**
- [Seniors Neglect and Abuse Response Line - Regina and Area](#): **306-757-0127** (Mobile Crisis)
- [Sexual Assault Hotline](#): **1-800-214-7083**
- Social Services Intake: **1-866-221-5200** or Moose Jaw Branch: **306-694-3647**
- [Suicide Prevention Lifeline](#): **1-800-273-8255(TALK)**
- [Trans Lifeline](#): **1-877-330-6366**

Autism Services, Programs, and Resources

Autism Services – 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 the Moose Jaw Association of Community Living (MJACL).

Contact Information: 306-691-2300 or 306-691-2308

Connection to Inclusion and Intervention Plan: Outside Agencies - Health

Autism Services Information - Government of Saskatchewan

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

Counselling 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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Beacon Counselling

About: Beacon Counselling offers individual, couple, and family counselling.

Contact Information: 306-692-9737 or email Marilee Suurkivi: suurkivim@sasktel.net

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

David J. Graham Banman Counselling

About: David J. Graham Banman offers counselling in Moose Jaw.

Contact Information: 306-630-8333 or email David: djgb@shaw.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Family Hope Counselling and Training Centre Inc.

About: Counselling and behaviour support for children, adolescents, and adults.

Contact Information: 306-694-4673 or email: admin@familyhope.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Grief Support Groups

Contact Information: 306-693-4644

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Counselling Services, Programs, and Resources Continued

Moose Jaw Psychology Services

About: Psychological assessments and therapy for children, adolescents, and adults.

Contact Information: 306-313-5686 or email: admin@moosejawpsychology.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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.

- **Community Outreach Program:** Individual, short-term educational sessions, and group work within the community, schools, and workplaces for ages 13+. **Call: 306-693-6847.**

- **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.

Contact Information: 306-693-6848 (Children's Program) or email Joanna Woods: joanna.w@mj-transitionhouse.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Prairie South School Division (PSSD) Outreach: Equine Assisted Learning, Hydro, and/or Clay Play

About: Programs are open to elementary and high school Prairie South students. Through the various programs, students build skill such as teamwork, trust, communication, leadership, perseverance, and respect. Students attend in small groups and transportation is typically provided.

Connection to Inclusion and Intervention Plan: School Division Team – Other

Counselling Services, Programs, and Resources Continued

Professional Family Consultants

About: Counselling and mental health services.

Contact Information: 306-692-9202

[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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Surrounding Area Counselling - A Positive Approach Wellness Counselling

About: A Positive Approach Wellness Counselling - Nikki Tiffen

Contact Information: apacounselling@gmail.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

****Note:** For additional counselling resources, see the *Mental Health Services, Programs, and Resources Section* to learn more about resources, such as the [Mental Health and Addictions Services Centralized Intake: 306-691-6464](#). See the *Family Services Section* to learn more about [Moose Jaw Family Services](#).**

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.

- **Newcomer Welcome Center:** 306-692-6892
- **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.
 - Omot Apijiu Omot: 306-690-5832 or email: swis.highschool@mjmcinc.ca
 - Jennifer Maxfield: 306-690-5824 or email: swis.rural@mjmcinc.ca
 - Nik Cochrane: 306-690-5861 or email: swis.elementary2@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

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

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

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: <https://www.facebook.com/MJSCRECC>

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/>

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Early Learning Childcare Consultant: 306-694-3644

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.

Connection to Inclusion and Intervention Plan: Outside Agencies – Education

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: 306-630-8411

Connection to Inclusion and Intervention Plan: Outside Agencies – Health

Early Years Services, Programs, and Resources Continued

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

Licensed Childcare Centers 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

Licensed Childcare Centres in Rural Area:

- Assiniboia Family and Childcare Services: 306-642-3337
- Bengough Jumpin' Beans Play Centre: 306-268-2885
- 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

Early Years Services, Programs, and Resources Continued

[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

Connection to Inclusion and Intervention Plan: Outside Agencies - Other

[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 #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: 306-694-5554 or email Stephanie Ramsey: stephanie.ramsey@mjymcaca

Connection to Inclusion and Intervention Plan: Outside Agencies – Education

****Note:** For additional early years resources, see the *Family Services, Programs, and Resources Section* to learn more about resources, such as [Moose Jaw Family Services.](#)**

Family and Caregiver Services, Programs, and Resources

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: office@clearhealthsolutions.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Health

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

Connection to Inclusion and Intervention Plan: Outside Agencies - Health

Mental Health and Addictions Services – Classes

About: Parenting Your Anxious Child an Incredible Years group programs are available through Mental Health and Addictions services occasionally. Additional classes are provided for new parents, grief, etc.

Contact Information: 306-691-2340

Connection to Inclusion and Intervention Plan: Outside Agencies – Health

Family and Caregiver Services, Programs, and Resources Continued

Moose Jaw Family Services

About: Moose Jaw Family Services Bureau provides a variety of services, therapeutic groups, and programs such as the **Family Support Program** (through The Ministry of Social Services), **Active Parenting**, and:

- **Counselling:** Individual, couple, and family counselling services.
- **Dad's Program** and **Mom's Program:** This is for new Dads/Moms, experienced Dads/Moms, and single Dads/Moms to talk to others and connect.
- **Diversion Program:** A family support worker is provided at zero cost to participants and the focus of the service is defined by the client's need.
- **Living Independent Skills:** The program prepares young people 15-21 years - some of which are living at home with their parents or young people living in alternative arrangements - for living on their own.
- **Resume Writing Services:** This free service is for Saskatchewan residents ages 16+ who are eligible to work in Canada. Email: youngparent@mjfamilyservices.ca
- **Young Parent Program:** Provides services for pregnant and young parents between the ages of 13 and 21 years of age. The main objectives are to provide education, support, intervention, and to strengthen healthy parent-child relationships. Email: youngparent@mjfamilyservices.ca

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

Connection to Inclusion and Intervention Plan: Outside Agencies - Social Services

KidsFirst

About: KidsFirst is a voluntary program that assists eligible families with babies and toddlers 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: 306-691-2340 (Moose Jaw) or 306-640-8028 (Assiniboia)

Connection to Inclusion and Intervention Plan: Outside Agencies - Health

Family and Caregiver Services, Programs, and Resources Continued

[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

Connection to Inclusion and Intervention Plan: Outside Agencies – Social Services

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: 306-631-5613 or 306-692-6943 or email Shannon Gray: mjacl.cdsconsultant@gmail.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Social Services

[Drug 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

[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 \(SRHS\)](#)

Funding Services, Programs, and Resources Continued

[President's Choice Charity](#)

About: Funding for food and programming for food preparation skills.

Connection to Inclusion and Intervention Plan: Outside Agencies - Community-Based Organization

[Telemiracle](#)

About: Registered charity through the Kinsmen Foundation. See the [application](#) here.

Contact Information: 306-244-6400

****Note: Funding for recreation and sports is found in the Sports and Recreation section.****

Inclusion 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

[Camp FYerfly SK:](#)

About: Camp fYerfly is a fun, educational, social, and personal leadership retreat for queer and trans youth ages 14 - 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: 306-655-1224 ext. 230 or email: fyrefly@outsaskatoon.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[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: Regina Office: 1-800-563-2642 or 1-306-525-2571

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[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

[FASD Network of Saskatchewan](#)

About: Supports and education to enhance the lives of individuals and families living with FASD.

Contact Information: 306-780-9464 or email: reginasupport@fasdnetwork.ca or 306-543-7880 Ext. 8

Inclusion Services, Programs, and Resources Continued

[Inclusion SK - Inclusion Regina](#)

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@inclusion.sk.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[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 6-15 working on social skills, neurofeedback, and responsible parenting program.

Contact Information: 306-790-8452 or email: ReginaReception@LDAS.org

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[Moose Jaw Pride](#)

About: Moose Jaw Pride offers a variety of programs and services such as, customized diversity training workshops, community events, drop-in centre at Rainbow Retro from 1-6pm on Thursdays, peer support, information and resources, outreach and community presence, and advocacy.

Contact Information: 306-692-3388 or email: info@moosejawpride.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

LGBTQ+ Additional Supports:

- **[LGBTQ+ Youthline: 1-800-268-9688](#)**
- **[Out S \(Gay and Lesbian Health Services\): 1-855-358-1833](#)**
- **[Out Saskatoon:](#)** 306-665-1224
- **[Trans Lifeline: 1-877-330-6366](#)**

Inclusion Services, Programs, and Resources Continued

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

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: mjchapter@hotmail.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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.
- **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, the Crisis and Prevention Support Program is designed to provide innovative, compassionate and client centred 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. We serve clients of all ages and accept referrals from 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: 833-444-4023 or 306-693-3020 or partnersinemployment.moosejaw@saskabilities.ca. Click this link for available [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

Connection to Inclusion and Intervention Plan: Outside Agencies - Other

Inclusion Services, Programs, and Resources Continued

[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

Connection to Inclusion and Intervention Plan: Outside Agencies - Other

[Social Services for People with Disabilities - Government of Saskatchewan](#)

About: Government of Saskatchewan resources for people with disabilities.

[Supported Employment in Saskatchewan:](#)

About: Supported Employment helps people experiencing disability to find gainful employment in their community through the assistance of a job coach.

Contact Information: 306-933-0616 or email: contact@sarcen.sk.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[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.

[Vision Loss Rehabilitation Saskatchewan](#)

About: Vision Loss Rehabilitation Saskatchewan helps people with all levels of vision loss to develop or restore key daily living skills.

Contact Information: 306-525-2571

Indigenous Services, Programs, and Resources

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)

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. The NCTR educates Canadians on the profound injustices inflicted on First Nations, Inuit, and the Métis Nation by the forced removal of children to attend residential schools and the widespread abuse suffered in those schools.

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.

Indigenous Services, Programs, and Resources

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

Wakamow Aboriginal Community Association

About: Local members of the Wakamow Aboriginal Community Association meet to plan events for community participation.

Contact Information: 306-630-2163 or 306-631-9747 or check them out on Facebook

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

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

Connection to Inclusion and Intervention Plan: Outside Agencies - Social Services

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

[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

Connection to Inclusion and Intervention Plan: Outside Agencies - Community-Based Organization

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

Contact Information: 306-757-7452 or 306-692-7452 (Moose Jaw)

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Mental Health APPS and Websites

APPS and Websites:

- [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
- [Breathe2Relax](#) - A stress management APP.
- [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.
- [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 to help you understand yourself and others better. It provides you with a set of strategies that might help you to improve your life.
- [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.
- [HeadsUpGuys](#) – A website with resources and information for depression in men.
- [Headspace](#) - An APP to learn to manage feelings through breathing and meditation.
- [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 APPS and Websites

APPS and Websites:

- [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.
- [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.
- [My Mood Tracker Lite](#) - An APP to help track daily moods and emotions.
- [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](#)
- [Red Cross First Aid APP](#) – The official Canadian Red Cross First Aid app puts lifesaving advice in your hands. Available for Apple and Android mobile devices, the app helps you maintain your first aid skills and respond to everyday emergencies.
- [Safe Alternatives](#) – An informational website on safe alternatives to self-injurious behaviour.
- [Stop, Breathe, and Think](#) - An APP and emotional wellness platform for the “under 25” generation.
- [TeenMentalHealth.org](#) – A website with mental health literacy resources.

Mental Health APPS and Websites

APPS and Websites:

- [Wellness Together Canada](#) - Mental health and substance use support for people in Canada and Canadians abroad. Always free and virtual, 24/7.
- [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 Thumbbody (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: mjbranch@cmhask.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[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 \(Online.Therapy.User@uregina.ca\)](mailto: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.

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

Connection to Inclusion and Intervention Plan: Outside Agencies - Health

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. [Resources search for Moose Jaw and area.](#)

Contact Information: 1-800-668-6868

Regina Sexual Assault Center

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.

Contact Information: 306-522-2777 or email: rsac@sasktel.net; **Crisis Line: 306-352-0434**

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

Alliance Wellness and Rehab

About: A variety of health and wellness services are offered.

Contact Information: Moose Jaw Office at 306-691-0030 or email: admin.alliance@sasktel.net

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Bloomful Music Therapy

About: Music therapy services in Regina.

Contact Information: <https://www.bloomful.ca/contact>

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Health

Canadian Red Cross

About: Prevention education, information, training, and workshops that promote respect in terms of relationship violence, bullying, and child abuse. For children: [Be Safe Program](#) and for educators: [bullying, relationships, and protection programs](#).

- Babysitting Course: Contact Information: 306-693-2466 or email Carolyn Korte: carolynrk@hotmail.com

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Other Services, Programs, and Resources Continued

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

Connect Therapy

About: Occupational therapy services by Katherine Gottselig, MscOT.

Contact Information: 306-320-2268 or email: info@connecttherapy.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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

Other Services, Programs, and Resources Continued

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 check them out on Facebook

Insight Assessment

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: WhatsApp +1 306-690-5686 or book a free consult:

<https://insightassessment.ca/ola/services/free-initial-consultation>

Joe's Place Youth Centre

About: Joe's Place is a youth centre in Moose Jaw.

Contact Information: 306-693-JOES (5637)

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Corrections, Public Safety, and Policing

Other Services, Programs, and Resources Continued

Labour Market and Job Supports

- **Can-Sask Career and Employment Centre:** 306-691-3303
- **Canadian Council on Rehabilitation and Work:** 306-692-7452
- **Labour Market Services:** 306-694-3699

[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

[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

[Moose Jaw Military Family Resource Centre](#)

About: The Moose Jaw Military Family Resource Centre (MFRC) strives to build 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

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

Other Services, Programs, and Resources Continued

Outcomes Therapy

About: Founded in 2016, Outcomes Therapy brings together experienced pediatric occupational therapists to maximize a child's engagement, achievement, and independence. Working with the child, family and team, our therapists assess needs and work collaboratively to help children and youth achieve their goals.

Contact Information: 306-530-1611 or email: info@outcomestherapy.com

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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

- Crime Stoppers
- **Crown Prosecutors:** 306-694-3697 and **Probation Services:** 306-694-3649
- Family Justice Services Contact Information: 1-888-218-2822
- **Ministry of Corrections and Policing:** 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 Contact Information: 306-694-7600 (Non-Emergency)
- **Moose Jaw RCMP:** 306-691-4670 or 306-310-7267(RCMP) (after hours)
- PACT (Police and Crisis Team) Helps to respond to people with complex mental health challenges in our communities. **Contact Information:** 306-694-7603
- **Provincial Court:** 306-694-3612 and **Queen's Bench Court:** 306-694-3602
- Royal Canadian Mounted Police Contact Information: 306-691-4670 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 Regan Pawliw: RPawliw@mjpolice.ca and Rod Zoerb: RZoerb@mjpolice.ca
- Victim Services Moose Jaw: Information, support, and referrals for victims of crime and tragic events. **Contact Information:** 306-694-7621 or 306-694-7624 or e-mail Terri Roney: TRoney@mjpolice.ca

Other Services, Programs, and Resources Continued

[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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other/Communication

Public Health – [Saskatchewan Health Authority](#)

- **Ambulance Bookings Non-Urgent Transport:** 306-692-0236
- **Assiniboia:** 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:** 306-648-1400
- **Homecare:** 306-691-2090
- **Methadone Clinic:** 306-691-6478
- **Needle Exchange Program:** 306-691-1500
- **Nutritionist:** 306-691-1536
- **Occupational Therapy:** 306-694-0201
- **Public Health:** 306-691-1500 or 1-877-557-4687
- **Speech and Language Services:** 306-691-1630
- **Spiritual Care:** 306-694-0214
- **Teen Wellness Clinic:** 306-691-2300

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

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

Connection to Inclusion and Intervention Plan: Outside Agencies - Social Services

[Regina and Area Sexual Assault Centre](#)

About: The Regina and Area Sexual Assault Centre is an inclusive non-profit organization of trained counsellors and advocates who are dedicated to helping reduce the trauma of sexual violence.

Contact Information: 306-522-2777 or **Crisis/Information Line: 306-352-0434** or email: rsac@sasktel.net

[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 Occupational Therapy](#)

About: Regina Occupational Therapy is a company owned and operated by Registered Occupational Therapists, James Fong and Suzanne Lendvoy.

Contact Information: James Fong at 306-539-3036 or email: jfong@accesscomm.ca and Suzanne Lendvoy (contact for all pediatric services) at 306-539-3037 or email: slendvoy@sasktel.net

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Other Services, Programs, and Resources Continued

[Rehab.ca](#)

About: Find and compare rehabs by addiction, cost, and location. Connect with a drug and alcohol treatment advisor today. List of rehab centers in Saskatchewan: <https://www.rehab.ca/saskatchewan>. For example:

- [Alcoholics Anonymous](#): 306-693-6888 and [Narcotics Anonymous](#)
- **Gambling**: 1-800-306-6789
- [Saskatchewan Al-Anon Meetings](#): 306-691-5811
- [Saskatchewan Gamblers Anonymous](#): 1-800-306-6789
- **Thunder Creek Rehabilitation Association**: 306-693-2814
- **Wakamow Manor Detox Center**: 306-694-4030 or email: social.detox@saskhealthauthority.ca

[Riverside Mission](#)

About: Riverside Mission provides a variety of services including affordable housing, food, and men's addiction supports. There is a lunch and supper program Monday through Friday and special meals for holidays. They provide emergency overnight shelter to men in need with 10 emergency spaces available.

Contact Information: 306-624-0137 or email Rachel Mullens: rmullens@shrmsk.com

[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: 306-690-6201

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

[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)

Other Services, Programs, and Resources Continued

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Saskatchewan Pediatrics Auditory Rehab Center (SPARC)

About: At the Royal University Hospital in Saskatoon.

Contact Information: 306-655-1317

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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.

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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: familymatters@gov.sk.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Social Services Intake

About: See this [link](#) for additional resources. **Intake: 1-866-221-5200**

Contact Information: Moose Jaw Branch: 306-694-3647; Client Services Center: 1-866-221-5200

Connection to Inclusion and Intervention Plan: Outside Agencies - Social Services

Other Services, Programs, and Resources Continued

Wascana Rehabilitation Centre

About: The Wascana Rehabilitation Centre provides comprehensive medical rehabilitation programs for adults and children, as well as specialized long-term care. A wide variety of programming - Functional Rehabilitation, Amputee Services, Spinal Cord Injury Services and Orthopedics, Children's Services, Adult Rehabilitation, and Extended Care and Veterans Services - are available to meet the particular needs of clients.

Contact Information: 306-766-5100

Connection to Inclusion and Intervention Plan: Outside Agencies - Health

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: 306-694-5554 or email Stepane Ramsey: stephanie.ramsey@mjymcaca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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.

Contact Information: 306-692-0688 or email: jill.lesuk@regina.ymca.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

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.

Contact Information: jill.lesuk@regina.ymca.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Sports and Recreation Services, Programs, and Resources

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

Connection to Inclusion and Intervention Plan: Outside Agencies – Other

Born to Dance

About: Dance studio in Moose Jaw offering a variety of classes.

Contact Information: 306-681-8653 or email: info@borntodance.ca

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

Sports and Recreation Services, Programs, and Resources Continued

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 participate in art, drama, music, dance and other cultural activities.

Contact Information: [Application Form](#)

Dance Images by BJ “Dancing Images” Special Needs Creative Movement Dance Program

About: Dance Images is running an inclusive dance program to meet the needs of children in Moose Jaw and the surrounding area. Sessions run for 6 weeks on Saturday from 10 – 10:45am. Cost is \$100.

Contact Information: 306-631-0584

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

Doris Sitter School of Dance Ltd.

About: Moose Jaw’s Premier Dance Studio

Contact Information: 306-693-3351 or email: dorissitterschoolofdance@sasktel.net

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

Government House

About: Government House is a National Historic Site and Provincial Heritage Property. Our mission is to provide visitors an accessible historic place to preserve, promote, and celebrate Saskatchewan's living heritage.

Contact Information: 306-787-5773 or email: governmenthouse@gov.sk.ca

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](#)

Sports and Recreation 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](#)

Moose Jaw Equipment Library

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.

Moose Jaw Public Library and Museum and Art Gallery

About: The Moose Jaw public library offers a variety of services. **MJ Literacy Network:** 306-631-6339

- [Children's Programs | Moose Jaw Public Library \(moosejawlibrary.ca\)](#)
- [Youth Programs | Moose Jaw Public Library \(moosejawlibrary.ca\)](#)

Contact Information: 306-692-2787 (Library) or 306-692-4471 (Art Gallery) or email: ask@moosejawlibrary.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 Participation.](#)

Contact Information: 306-694-4483 (Kinsmen) or 306-694-4560 or 306-694-4447 (MJ Parks and Recreation)

Connection to Inclusion and Intervention Plan: Outside Agencies – Community-Based Organization

Sports and Recreation Services, Programs, and Resources Continued

[Palliser Regional Library](#)

About: The Palliser Regional Library is designed to provide all people with equitable access to informational, cultural, recreational, and educational materials and programs. There are 19 rural branches in South-Central Saskatchewan and 1 branch in the City of Moose Jaw. See branch location list: <https://palliserlibrary.ca/branches>

Contact Information: 306-693-3669 or email: palliser@palliserlibrary.ca

[Saskatchewan Camping Association](#)

About: The Saskatchewan Camps Association is a non-profit organization supporting the recreation opportunities of organized camps across our province.

Contact Information: 306-232-0190 or email: info@saskcamps.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

Surrounding Area Libraries and Culture:

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

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](#)
 - [Caronport Recreation and Events](#)
 - [Central Butte Events](#)
 - [Chaplin Events](#)
 - [Coronach Events](#)
 - [Craik Events](#)
 - [Eyebrow Bulletin](#)
- Gravelbourg Recreation and Leisure**
 - Gravelbourg Tot Spot:** 306-648-1400
 - Hazenmore Moms and Tots:** 306-216-7196
 - [Laflech Events](#)
 - [Mankota Services](#)
 - [Mortlach Community Connection](#)
 - Mossbank Moms and Tots:** 306-354-7823
 - [Mossbank Recreation and Leisure](#)
 - [Rockglen Events](#)
 - [Rouleau Community Groups](#)

[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).

Connection to Inclusion and Intervention Plan: Outside Agencies - Other

[Western Development Museum](#)

About: Located on Treaty 4 and Treaty 6 territories and the Homeland of the Métis, the Western Development Museum (WDM) is the largest human history museum in Saskatchewan with a collection of over 75,000 artifacts. Each museum location focuses on different aspects of Saskatchewan history: transportation in [Moose Jaw](#), farm/rural life in [North Battleford](#), 1910 Boomtown/innovation in [Saskatoon](#), and stories of immigration in [Yorkton](#).

Contact Information: 306-693-5989 or email: moosejaw@wdm.ca