

24 Hour Emergency Services

>**Emergency: Dial 911**
Police, Fire and Ambulance

>**Prince Albert City Police: non-emergency**
Call: **306-953-4222**

>**Prince Albert City Police Victim's Services**
Assist victims of crime, advocacy in the justice system for victims and counselling referrals.
Call: **306-953-4357 (HELP)**

>**Mobile Crisis Unit**
24-hour crisis intervention and sexual assault program, Call: **306-764-1011**

>**Victoria Hospital**
Emergency Health Care, Call: **306-765-6000**

>**Children's Haven**
Child Crisis Centre, Call: **306-922-4454**

>**Emergency Shelter for Women**
Emergency housing for women and children who are the victims of domestic violence,
Call: **306-764-SAFE (7233)**

>**YWCA 1895 Central Ave**
Shelter for women and children, Call: **306-763-8571**

>**YWCA Our House**
Shelter for homeless men and women
94 - 15th Street East, Call: **306-922-6162**

>**Kid's Help Phone** Call: 1-800-668-6868

>**The Canadian Red Cross Society**
Emergency Assistance after a fire, flood or disaster
Call: **306-765-2600/ After Hours 1-888-800-6493**

Subsidized Housing

>**Prince Albert Housing Authority**
Call: **306-953-7420**

>**Prince Albert Community Housing**
Call: **306-922-5440**

>**Northern Spruce Housing** (Aboriginal Subsidized Housing) Call: **306-922-4122**

>**Rentalsman**
Current Rental Houses/Apartment issues, regulations and your Rights, Call: **1-888-215-2222 or 306-933-5680**

>**SASK Rental Housing Supplement**
Monthly payment to assist lower-to-moderate income families and persons with disabilities with monthly household rental costs
Call: **1-888-488-6385**

Health Services

>**Victoria Hospital**
24-hour emergency health care
Call: **306-765-6000**

>**SASK Health Insurance Registration**
Health Cards, Call: **1-800-667-7551**
Outside of Province Health Services **1-800-667-7551**

>**Public Health**
LF McIntosh Mall- 800 Central Ave
Child health clinics, prenatal education, school health programs, health/infectious disease information
For locations and times call **306-765-6500**

>**Bernice Sayese Health Centre 1350-15th Ave. W.**
Child health clinics, lactation consultant, Dental for Children 0-5 years of age, seniors' health services, and addiction services
For information call **306-953-6490**

>**Dental Health Program PAPHR**
Free dental health checks and fluoride varnish service offered to children ages 6months to 5years old. For information call: **306-765-6502**

>**SK North Acquired Brain Injury Outreach Team**
Provide support to individuals and families with acquired brain injuries.
Call: **306-765-6630, Toll Free 1-866-899-9951**

>**Medical Services Branch**
First Nations and Inuit Health Branch.
Call: **306-953-8600**

>**Sexual Health Clinic: 101-15th St. East.**
Confidential services free condoms, needle exchange, sexually transmitted infection & HIV testing and counselling.
Hours: Mon//Fri 8am – 12pm, 1pm – 5pm;
Tues/Wed/Thurs. 8am – 5pm, Call: **306-765-6540**

>**PA Cooperative Health Centre Community Clinic**
Hours: Mon-Fri 8:00 am – 5:00 pm
110- 8th Street East, Call: **306-763-6464**

Primary Health Care Clinic using a multidisciplinary team for whole body, mind, spirit, wellness. Physician services, Clinical Programs & Services – Full Service Lab, Physio, Minor Surgery, Respiratory Therapy. Community Support Programs – Family Violence, Mental Health, Dietitians, Health & Wellness, Harm Reduction Program and Addiction Services.

>**Family Health Benefit**
Health benefits for low-income families not on Social Assistance. Call: **1-800-266-0695 (inquiries)**

>**Health Helpline Line call: 811 (toll free)**
Health Information from nurses 24 hrs/day

Abuse

>**Prince Albert Co-operative Health Centre ISKWEW PROGRAM/Women Helping Women**
110- 8th Street East, Hours: Mon-Fri, 8:30am – 5:00pm
Support groups, counselling, and referrals for victims of abuse. Call: **306-763-6464**

>**Prince Albert Safe Shelter for Women**
Emergency housing for women and children who are the victims of domestic violence
Call: **306-764-SAFE (7233)**

>**Sexual Assault Services**
Sexual Assault Counsellor, Mobile Crisis.
Call: **306-764-1039**

>**Van Street Outreach - Youth**
Connects with Youth at risk and sexual exploited youth on street who needs services - Offer food, clothing, referrals, health products, counselling and assistance
Weekdays 2-10, Sundays 1-8, Van: **306-961-5897**

Mental Health Services

>**Prince Albert Mental Health Centre**
Inpatient and outpatient services.
Free counselling with Saskatchewan health card.
Call: **306-765-6055 -Outpatient / 306-765-6053- Inpatient**

>**Canadian Mental Health Association**
Information about mental health issues
Call: **306-763-7747**

The Nest (Drop In)
Hours: Mon – Fri, 8:30am – 3:30pm.
1322 Central Ave upstairs
Call: **306-763-8843**

>**Prince Albert Cooperative Health Centre**
Mental Health Therapist
110 – 8 Street East, Call: **306-953-6220**

Transportation

>**Prince Albert Transit, City Hall, 1084 Central Avenue, Call 306-953-4900**
Route information and low income bus passes

>**Seniors Transportation Service**
Personalized service for \$4.00/trip each way.
Hours: Mon – Fri, 8:30am – 5:30pm
Call: **306-953-4477**

>**Special Needs Transportation**
Personalized service for mentally and physically challenged \$2.00/trip each way. Call: **306-953-4466**

Addictions

>**PAGC Problem Gambling Counselling Centre**
Treatment, support and counselling for problem gamblers and loved ones.
Hours: Mon – Fri, 9am – 5pm, Call: **306-765-5305**
>**AA (Alcoholics Anonymous) and Alanon**
Self help for Alcoholics and their family members, 24-hour telephone line.
AA Call: **306-764-9449, Alanon Call: 306-930-0993**

>**Addictions Services**
Adult, youth (ages 12-17), family & outreach programs, counselling/assessment;
Call: **306-765-6550**
Adult gambling counselling /assessment
Call: **306-765-6550**

>**Harm Reduction – Methadone Maintenance Program – Co-operative Health Centre Community Clinic** Call: **306-953-6241**

>**METIS Addictions Council (MACSI)**
28 day, in patient addiction treatment, detox treatment, and outpatient counselling.
Call: **306-953-8250 / Stabilization Unit Call : 306-953-8262**

>**Gambling Help Line**
24-hour service, Call: **1-800-306-6789**

Parenting and Families

>**Ministry of Social Services**
Income Security and Child Protection.
Hours: Mon–Fri, 8am–5pm, Call: **306-953-2422**

>**Native Coordinating Council 118-12th St. E.**
Family Services, Parent Aides and Homebuilder programs; food bank referrals.
Hours: Mon–Fri, 8:30am–4:30pm
Call: **306-764-1652**

>**Indian Metis Friendship Centre 1409 1st Ave. E.**
Family Worker, Family Wellness.
Hours: Mon–Fri, 9am–5 pm, Call: **306-764-3431**

>**Salvation Army Family Services-900 Central Ave**
Family Services Worker.
Hours: Mon–Fri, 9am – 5pm, Call: **763 – 6078**

>**Family Futures Inc**
Information and support for pregnant women and mothers with infants. Call: **306-763-0760**

>**KidsFirst**
Home visiting program for parents with children 0-5
Monday-Friday 8:30am-5:00pm. Call: **306-765-6656**

>Children's Haven

Emergency shelter for children, parenting classes and support, Call: **306-922-4454**

>Community Schools

Public: **306-764-1571**; Separate: **306-953-7500**

>PA Metis Women Association Inc.

Information and support for pregnant women and families. Call: **306-763-5356**

>PA Literacy Network 306-922-6736

Adult and family literacy

Youth Recreation

>Youth Activity Centre (ages 12 – 19)

Margo Fournier Centre **1211- 1st Avenue West** (Prince Albert Outreach Program, Inc.)

Activities, sports, music lessons, outings
Mon –Fri. 2–7pm, Call: **306-764-4266**

>Indian Metis Friendship Centre

Supervised activity Mon-Fri, from 5pm–9pm
Call: **306-764- 3431**

Clothing

>Salvation Army Thrift Store, **900 Central Ave.**
Hours: Mon–Sat, 9:30am–5pm

>As Good As New Thrift Store **1320 Central Ave.**
Hours: Tuesday–Friday, 9:30 am–5:00pm

>Sacred Heart Cathedral Thrift Store
Hours: Thurs. 10am–3pm (excluding summer)
1401 - 4th Ave. West

>Value Village
Cornerstone Mall, 800-15th Street East

Food

>Food Bank
64 - 11th St. East, Hamper with Referral by 11:30 am
Call: **306-763-5040**

>Smart Families Food Cooperative
\$10 and \$20 prepaid food box program.
Call: **306-763-0242**

>Indian and Metis Friendship Centre
1409- 1st Ave. East,

Youth Snack Program, M-F, 5- 6pm,
Food Bank referrals. Call **306-764-3431**

>Youth Activity Centre, Margo Fournier Centre
Youth Supper, 5 pm, Call: **306-953-4820**

>Bernice Sayese Centre Bread Program
1350 15th Ave. West Call: **306-763-9378**

>Collective Kitchens:

Riverbank Development Corp. Call: 306-763-4221

Counselling Services

>Catholic Family Services

Counselling for individuals, families and groups; fee based on ability to pay, also EAPs.
Call: **306-922-3202** Toll Free: **1-877-922-3202**

>Co-operative Health Centre Community Clinic
Mental Health Workers – variety of health related issues – Call: **306-763-6464**

>Jubilation Residential Centres Inc.

Biblically based services, programs and counselling for pregnant women, single moms and young parents
Call: **306-922-0100 (24 hours no call display line)**

>PA Outreach Program Inc

Offer counselling and education for young people involved in gangs or who are trying to exit a gang
Call: **306-764-4233** or **306-764-4266**,

Van: 306-961-5897

>Prince Albert Q-network

Provides support and advocacy for the Lesbian, Gay, Bisexual, Transgender, Two-Spirit and Ally community
Telephone: **306-940-6836** or **pa_pride@yahoo.com**

Employment

>SASK Employment Supplement

Monthly payment that adds to your income to help lower income working families with costs of raising children
Call: **1-888-488-6385**

>Service Canada -2995-2nd Ave. W. (South Hill Mall)
Job bank, employment strategies.
Hours: Mon–Fri, 8:30am–4:15pm

>Employment Insurance Call: **1-800-206-7218**

>Gabriel Dumont Institute-Training and Employment
Supporting Metis students and aboriginal labour force needs.
1308B-1st Ave. East, Hours: Mon-Fri, 8am-4:30pm
Call: **306-763-8013**

>Prince Albert Grand Council Urban Services

“Urban Transition”, 1410B Central Ave
Hours: Mon–Fri, 8:30am–5pm. Call: **306-765- 5300**

>Prince Albert Career and Employment (CanSask)

Employment counselling, training, Internet job search, workshops, resumes. Call: **306-953-2488**

>Prince Albert Multicultural Council

Settlement Support Services and Referrals, English for Employment Classes, and Integration Activities for Newcomers to Canada. 1410C Central Avenue, Call: **306-922-0400**

>Work Preparation (Community Service Centre)

Help obtaining employment, career plans, also employment for people with disabilities.
Call: **306-953-4460**

Refugee and Immigrant Services

>Prince Albert Multicultural Council
Call: **306-922-0400**

>YWCA Regional Newcomer Centre
Call: **306-765-2530**

>YWCA Settlement Services
Call: **306-763–0736**

Legal Services

>Law – PBLS Call: **1-855-833-7257 (PBLS)**

Pro Bono Law Saskatchewan
General inquiries and legal information

>Legal Aid Call: **306-953-2850**
Hours: Mon – Fri, 8:30am – 12pm, 1pm – 5pm

>Parole Call: **306-953-8567**
Hours: Mon – Fri, 8:00am – 12pm, 1pm – 4pm

>Probation Call: **306-953-2835**
Hours: Mon – Fri, 8am – 12pm, 1pm – 5pm

>Court Workers Call: **306-953-2900**

>Indian Metis Friendship Centre
Fine option, mediation, community service orders, court workers. Hours: Mon – Fri, 9am – 5 pm
Call: **306-764-3431**

Canada Revenue Agency - CRA

>Social Insurance Number
Call: **1-800-206-7218**

>Canada Pension/Old Age Security/GIS
Call: **1-800-277-9914**

>Child Tax Benefit / Universal Child Tax
Call: **1-800-387-1193**

>GST Call: **1-800-959-1953**

>Individual Income Tax Inquiries (Federal & SK)
Call: **1-800-959-8281**

>SK Graduate Retention Program Tuition
Rebate Call: **1-800-597-8278** or **787-5620**(in Regina)

2016 SURVIVING IN PRINCE ALBERT

Service Directory

Includes:

**24 hour Emergency
Subsidized Housing
Health Services
Abuse
Mental Health
Transportation
Counselling
Addictions
Parenting & Families
Youth Recreation
Clothing
Food
Employment
Legal
CRA**

IMPORTANT – Remember to change your address when you are moving –
**SASK Health Card, your Bank,
Income Tax-Universal/Child Tax/, GST,
SGI Driver License/Vehicle,
Canada Post, Doctor, Schools, your
Employment & Other**

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