



Prince Albert Community Support Services Resource List



Last updated April 2024

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Emergency Services

911

For emergencies please call: 911

FIRE Non-emergency

(306)953-4200

Parkland Ambulance

(306)953-9800

POLICE Non-emergency

(306)953-4222

Victim Services Unit

(306)953-4357

Mobile Crisis Unit

Crisis line: (306) 764-1011
Sexual Assault line: (306) 764-1039
Administration line: (306) 763-8181

Gateway Regional Victim Services

(306)-765-5574

Prince Albert RCMP

(306)-765-5500

Prince Albert Bylaw

(306)-953-4370

Mental Health & Addiction Services

Prince Albert Brief and Social Detox

(306) 765-6700
1200 24th St W, Prince Albert SK S6V 4N9

Metis Addictions Council of Saskatchewan INC (MACSI) Prince Albert Treatment Centre

8:30 AM - 4:30 AM Monday - Friday
(306)-953-8250

Toll Free: 1-866-722-2155

E-Mail: Princealbert@macsi.ca

Provides: 28-day Inpatient residential treatment, Outpatient service, Stabilization, Online and telephone counselling.

Call to book an appointment

Metis Addictions Council of Saskatchewan (MACSI) Prince Albert Stabilization Unit

(24-hour direct line)

(306)-953-8262

7-14 days stabilization social detox service

PA Outpatient Mental Health

Monday-Friday 8:30 – 11:00; 1:00 – 4:00.

(306)-765-6055

Provide: MH&A Counselling, Psychological & Educational Testing, Psychiatric Services, Anxiety & Depression Group, Walk-In Counselling Available.

Catholic Family Services

Monday-Friday 9:00- 5:00 pm

(306)-922-3202

Provide: MH&A Counselling, and Life Improvement Programs

Saskatchewan Impaired Driver Treatment Centre

(306)-922-8333

The Saskatchewan Impaired Driver Treatment Centre (SIDTC), located in Prince Albert, provides a 28-bed residential treatment alternative for adult clients who have been convicted of a second or subsequent impaired driving offence and who would benefit from problematic substance use treatment services.

Mental Health & Addictions Services

Mobile Crisis Unit

4:00pm-8:00 pm Daily
(306)-765-1011

Crisis support for MH/A, housing, Child and Family Services, help finding shelter.

Addiction Services Youth

Monday - Friday 9:00 - 11:00 am, 1:00 - 4:00 pm
(306)-765-6550

Provides: Addiction's Counselling, Addiction Education Group, and Walk In Counselling

Canadian Mental Health Association

Monday-Friday
9:00AM-4:30 PM
(306)-763-7747

Information and programing for Mental Health Program, Operator of The Nest (drop in Centre for people with Mental Health)

Pihesiw Lodge-First Nations Family Addictions Treatment Centre

(306)-800-1070

- New approach to keeping parents and children together.
- Provide parents with an empowering culturally based addictions treatment experience, combined with personal development programming designed to strengthen their parenting skills and abilities.
- Children reside with their parents for the entire duration of the program.

White Buffalo Treatment Centre Inc.

(306)-764-5250

Located in Muskoday First Nation 15 min southeast from Prince Albert
Provides clients with counselling, programming, educations, culture and recreation, and equine assisted learning

Mental Health & Addictions Services

Prince Albert Access Place

(306)-765-6544

Harm-Reduction medical care
Take-Home Naloxone
Needle Exchange Program
Substance checking services

S.H.A.R.E Prince Albert

(306)-922-0255

Our mission is promoting the respect and dignity of people affected by mental illness through ensuring the consideration of their own personal goals, feelings and beliefs. Services include residential rehabilitation, respite program, vocational program, and way to work project.

Bernise Sayese Centre

(306) 763-9378

Provide mental health and addictions services

Identification

Service Canada Centre

1-800- 622-6232
Social Insurance Number, Official Birth Certificate application, Passport,
Citizen/Immigration Documents.

Metis Central Western Region II Council Inc.

(306) 922- 2206
For Saskatchewan Metis Registry

Saskatchewan Government Insurance

(306) 953-8000
For SGI Identification, Non-Driver Photo ID

eHealth Saskatchewan

Toll Free: 1-800-667-7551 (Canada and US) Phone: (306)-787-3251 Fax:
306-787-8951
For Saskatchewan Health Cards

Indian Metis Friendship Centre

(306) 764- 3431
They can help you connect with the places you need to go for ID

YWCA Prince Albert Community Connection Centre

(306) 765- 2530
Monday-Friday 8:30-4:30
They can help you connect with the places you need to go for ID

Indigenous Services Canada -Indian and Northern Affairs Canada

(306) 953- 8522
3601 5th Ave E Suite 110, Prince Albert
For Indian Status Cards

Private MH/A Services

Evergreen Psychological Services

(306)-940-8998

Oasis Mental Health

(306)-764-4455

Turquoise Tree Counselling

(306)-922-2777

Aspen & Oak

(306)-960-4279

Speaking Heals

(306)-960-1269

Out of the Blue Therapeutic Solutions

(306)-747-5985

NCV Therapies

(306)-961-8703

Heart Family Therapy

(306)-922-4464

Private MH/A Services

Cochrane Consulting

(306)-960-2220
Psychological Testing

Insight Therapy

(306)-314-9511

Klassen and Stevenson Therapy

(306)-763-4859

Wanda Seidlikoski Yurach Counselling Services

(306)-961-9115

Best Interest Consulting

(306)-960-5338

Professional Psychologist & Counsellors

(306)-763-7243

Four Directions Consulting

(306)-970-0223

Non-Insured Health Benefit Private counsellors

Eric Bailey (Certified Counsellor)

306-922-3202

Age specialization: Children, teenagers, adults, seniors, and families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, Violence/witnessing, Depression, Traumatic loss, Stress, Self-esteem/confidence. Child Abuse/trauma. Pediatrics. Couples. and family work.

Elaine Billay (Social worker) English- Non-Indigenous

306-922-2777

Age specialization: Children, Teenagers, Adults, and Families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, Violence/witnessing, Depression, Traumatic loss, Indian Residential schools, Stress, Self-esteem/confidence, Child Abuse/trauma, MMIW, and Pediatrics.

Kathrine Bird (Social worker) English-Indigenous

306-961-8703

Age specialization: Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, anxiety, loss, trauma informed care, Violence/witnessing, Depression, Traumatic loss, Indian Residential schools, Stress, Self-esteem/confidence, Child Abuse/trauma, and MMIW.

Charlene Cameron (Social worker) English- Non-Indigenous

306-961-8605

Age specialization: Unspecified

Areas of Expertise: Unspecified

Tracy Carlson (Social Worker)- English- Non-Indigenous

306-961-7006

Age specialization: Children, Teenagers, Adults, and Families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, anxiety, loss, trauma informed care, Self-harm/Self injury, Violence/witnessing, Depression, Traumatic loss, Indian Residential schools, Stress, Self-esteem/confidence, and Child Abuse/trauma.

NIHB Private counsellors

Irene Clarke (Social work)-English- Indigenous

306-940-4757

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, Addiction, anxiety, loss, trauma informed care, Self-harm/Self injury, Violence/witnessing, Depression, Traumatic loss, Indian Residential schools, Stress, Self-esteem/confidence, Child Abuse/trauma, MMIW, and pediatrics.

Karla Ethier (Social Worker)- English- Non-Indigenous

306-941-9174

Age specialization: Children, Adults, and Families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, anxiety, loss, trauma informed care, Violence/witnessing, Traumatic loss, Self-esteem/confidence, Child Abuse/trauma, and pediatrics/children.

Ivy Bell (Social Worker)- English/Cree- Indigenous

306-941-9174

Age specialization: Children, Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, missing and murdered indigenous women, foster care, 60s scoop, and Indian day schools.

Patti Cram (Social Worker)- English- Non-Indigenous

306-930-5040

Age specialization: Teenagers, Adults, Seniors, and Families

Areas of Expertise:

Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, Self-harm/Self injury, Violence/witnessing, Depression, Traumatic loss, Indian Residential schools, Self-esteem/confidence, Child Abuse/trauma, MMIW, and developmental Intergenerational ptsd.

Patricia Bergen (Social Worker)- English- Non-Indigenous

306-941-9174

Age specialization: Children, Teenagers, Adults, and Seniors.

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, stress, telehealth, self-esteem/confidence, and Child Abuse/trauma.

NIHB Private counsellors

Teco Bird (Social Worker)- English- Indigenous

306-420-0654

Age specialization: Teenagers, Adults, Seniors, and Families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, self-esteem/confidence, and Child Abuse/trauma.

April Candice (Social Worker) English -Indigenous

306-961-7319

Age Specialization: Children, Teenagers, Adults, and Families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, Emotional, Grief, Panic attacks, Anxiety, Loss, Depression, Traumatic loss, Stress, and Self-esteem/Confidence.

Celeste Boran-Fetch (Social Worker)- English- Non-Indigenous

306-981-5027

Age specialization: Children, Teenagers, and Adults

Areas of Expertise:

Abuse-sexual, physical, emotional, grief, Panic attacks, anxiety, loss, trauma informed care, depression, Traumatic loss, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, pediatrics/children, and somatic experiencing.

Candace Caisse (Social Worker)- English- Indigenous

306-420-9155

Age specialization: Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, self-esteem/confidence, Child Abuse/trauma, and missing and murdered indigenous

Kim Christmann (Social Worker)- English- Non-Indigenous

306-981-6586

Age specialization: Children, Teenagers, Adults, Seniors, and Families

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, self-esteem/confidence, Child Abuse/trauma, missing and murdered indigenous women, and children.

NIHB Private counsellors

Crystal Clarke (Social Worker)- English/Cree-Indigenous

306-960-6818

Age specialization: Children, Teenagers, Adults, and Families

Areas of Expertise:

Crisis intervention, grief, Panic attacks, anxiety, loss, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, stress, self-esteem/confidence, and Child Abuse/trauma.

Laura Clarke (Social Worker)- English/ Cree -Indigenous

306-930-8168

Age specialization: Children, Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, depression, Traumatic loss, Indian residential schools, stress, self-esteem/confidence, Child Abuse/trauma, and missing and murdered indigenous women.

Samantha Clarke (Social Worker)- English/ Cree (woodland)- Indigenous

306-981-3061

Age specialization: Teenagers, Adults

Areas of Expertise:

Crisis intervention, grief, anxiety, loss, self-harm/self-injury, Indian residential schools, and stress.

Kristen Dagenais (Social Worker)- English- Indigenous

306-960-5242

Age specialization: Teenagers, Adults, and Seniors

Areas of Expertise:

Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Indian residential schools, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, and missing and murdered indigenous women.

Stephanie Davidson (Social Worker)- English- Indigenous

306-960-2247

Age specialization: Children, Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, missing and murdered indigenous women, and domestic violence.

NIHB Private counsellors

Trevor Dubois (Social Worker)- English- Indigenous

306-941-9174

Age specialization: Children, Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, missing and murdered indigenous women, and Pediatrics.

Phyllis Durocher (Social Worker)- English-Indigenous

306-980-9105

Age specialization: Children, Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Abuse-sexual, physical, emotional, grief, addiction, anxiety, loss, depression, Traumatic loss, Indian residential schools, stress, self-esteem/confidence, and missing and murdered indigenous women.

Kennedy Elsaesser (Social Worker)- English- Non-Indigenous

306-922-2777

Age specialization: Children, Teenagers, Adults, Seniors, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, and missing and murdered indigenous women.

Gabrielle Ermine (Social Worker)- English- Non-Indigenous

306-960-1269

Age specialization: Children, Teenagers, Adults, Seniors, Families, and groups

Areas of Expertise:

Crisis intervention, Abuse-sexual, physical, emotional, grief, Panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, Traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, Child Abuse/trauma, missing and murdered indigenous women, and pediatrics/children.

Shauna Everleigh Harris (Social Worker)- English- Non-Indigenous

306-961-7342

Age specialization: Adults, and Seniors.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and somatic experiencing trauma therapy.

NIHB Private counsellors

Teresa Fehr (Registered Psychologist)- English- Non-Indigenous

306-961-0797

Age specialization: Adults, and Seniors.

Areas of Expertise:

abuse-sexual, physical, anxiety, trauma informed care, depression, traumatic loss, stress, telehealth, self-esteem/confidence, and child abuse/trauma.

Robin Finlayson (Registered Psychologist)- English- Non-Indigenous

306-987-0573

Age specialization: Teenagers, and Adults.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, and child abuse/trauma.

Jerri Lynn Frantik (Social Worker)- English- Non-Indigenous

306-961-9102

Age specialization: Unspecified

Areas of Expertise: Unspecified

Lorna Gilbert (Social Worker)- English- Non-Indigenous

306-922-4464

Age specialization: Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, and child abuse/trauma.

Rosanna Good (Social Worker)- English, Dene- Indigenous

306-960-7987

Age specialization: Children, Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, and child abuse/trauma.

NIHB Private counsellors

Elizabeth Hardlotte (Social Worker)- English- Indigenous

306-961-3701

Age specialization: Children, Teenagers, Adults, and Seniors.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, and child abuse/trauma.

Tiffany Haydukewich (Social Worker)- English- Non-Indigenous

306-382-2391

Age specialization: Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, depression, stress, self-esteem/confidence, and child abuse/trauma.

Lorraine Henderson (Social Worker)- English-Indigenous

306-941-4004

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Trisha Hourie (Social Worker)- English- Indigenous

306-960-3988

Age specialization: Teenagers, Adults, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Shauna Hussein (Social Worker)- English-Indigenous

306-314-9501

Age specialization: Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and two spirit/sexual orientation.

NIHB Private counsellors

Heather Jeancart (Registered Psychologist)- English

306-940-8998

Age specialization: Children, Teenagers, and Adults

Areas of Expertise:

Anxiety, pediatrics, autism, and ADHD

Bridgette Krieg (Social Worker)- English-Indigenous

306-370-8755

Age specialization: Children, Teenagers, Adults, Seniors, and Families

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and pediatrics.

Holly Lafond (Social Worker)- English- Indigenous

306-981-5628

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Carrie Lavallie (Registered Psychiatric Nurse)- English- Non-Indigenous

306-960-1138

Age specialization: Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Laura Hildebrand (Social Worker)- English- Non-Indigenous

306-940-6555

Age specialization: Teenagers, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

NIHB Private counsellors

Gladys Linklater (Social Worker)- English

306-960-3476

Age specialization: Unspecified

Areas of Expertise:
Unspecified.

Stacey Ledoux (Social Worker)- English- Indigenous

639-471-4338

Age specialization: Adults, and Groups.

Areas of Expertise:

Crisis intervention, grief, panic attacks, addiction, anxiety, loss, trauma informed care, stress, telehealth, self-esteem/confidence, and Person-centered care with indigenous approach.

Carol Mususkapoe (Social Worker)- English-Indigenous

306-961-8371

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Deanna Ledoux (Social Worker)- English- Indigenous

587-590-0888

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Erin McLeod (Social Worker)- English- Non-Indigenous

306-922-2777

Age specialization: Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and Sessions via video or telephone call.

NIHB Private counsellors

Gladys L Ledoux (Social Worker)- English, Dene-Indigenous

306-980-5072

Age specialization: Children, Teenagers, Adults, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Crystal Michell-Kohut (Social Worker)- English/Cree- Indigenous

306-961-9942

Age specialization: Teenagers

Areas of Expertise:

abuse-sexual, physical, emotional, grief, panic attacks, addiction, self-harm/self-injury, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, and child abuse/trauma.

Gerald Nebess (Social Worker)- English/Cree- Non-Indigenous

306-960-0802

Age specialization: Teenagers, and Adults.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, addiction, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, child abuse/trauma, and missing and murdered indigenous women.

Camile McDavid (Social Worker)- English- Non-Indigenous

306-960-8265

Age specialization: Teenagers, Adults, Seniors.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women.

Shayleen McNabb (Social Worker)- Unspecified language- Indigenous

306-940-9160

Age specialization: Children, Teenagers, Adults, Seniors.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, depression, stress.

NIHB Private counsellors

Tiffany Olson (Social Worker)- English- Non-Indigenous

306-922-2777

Age specialization: Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, violence/witnessing, depression, stress, telehealth, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and eating disorders.

Ronalda Pelletier (Social Worker)- English- Non-Indigenous

306-981-3545

Age specialization: Teenagers, Adults, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Sherry Ouellette (Social Worker)- English- Indigenous

306-960-5644

Age specialization: Children, Teenagers, and Adults

Areas of Expertise:

Crisis intervention, grief, trauma informed care, traumatic loss, and death.

Violet Naytowhow (Social Worker)- English, Cree, Nehlway- Indigenous

306-980-7293

Age specialization: Children, Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Melissa Olson (Social Worker)- English- Indigenous

306-420-4580

Age specialization: Teenagers, and Adults.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, and child abuse/trauma.

NIHB Private counsellors

Alexandria Powalinsky (Social Worker)- English- Indigenous

306-981-3565

Age specialization: Children, Teenagers, Adults, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Rebecca Quaale (Registered Psychologist)- English- Non-Indigenous

306-922-2727

Age specialization: Children, Teenagers, and Families

Areas of Expertise:

grief, panic attacks, anxiety, depression, stress, telehealth, self-esteem/confidence, pediatrics, children, childhood social, emotional, and behavioral concerns.

Coleen Pelletier (Social Worker)- English- Non-Indigenous

306-930-7617

Age specialization: Children, Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Jamie Petit (Social Worker)- English-Indigenous

306-961-0304

Age specialization: Teenagers, and Adults.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, violence/witnessing, depression, traumatic loss, stress, telehealth, and child abuse/trauma.

Anthony Penner (Social Worker)- English- Non-Indigenous

306-980-8198

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, and EMDR-Somatic Work.

NIHB Private counsellors

Lorraine Quintal (Social Worker)- English- Indigenous

306-941-9629

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and pediatrics.

Gregory Reid (Registered Psychologist)- English- Non-Indigenous

306-960-3859

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Kimberly Rock (Registered Psychologist)- English- Non-Indigenous

306-314-8685

Age specialization: Children, Teenagers, Adults, Seniors.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, pediatrics.

Julie Stocki (Social Worker)- English- Non-Indigenous

306-922-1200

Age specialization: Children, Families, Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, trauma informed care, self-harm/self-injury, violence/witnessing, depression, stress, traumatic loss, self-esteem/confidence, child abuse/trauma, pediatrics, and early childhood behaviors.

Tyla Sylvester (Registered Psychiatric Nurse)- English-Indigenous

306-941-9675

Age specialization: Teenagers, Adults, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

NIHB Private counsellors

Jolene Roy (Social Worker)- English- Indigenous

306-763-9378

Age specialization: Children, Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Bridgette Thomas (Social Worker)- English- Non-Indigenous

306-960-2247

Age specialization: Unspecified.

Areas of Expertise:

Unspecified.

Sylvia Margret Tsannie (Social Worker)- English- Indigenous

306-941-9174

Age specialization: Children, Teenagers, Adults, and Seniors.

Areas of Expertise:

Abuse-sexual, physical, emotional, grief, addiction, loss, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Holly Pamela Toulejour (Social Worker)- English-Indigenous

306-930-9848

Age specialization: Unspecified.

Areas of Expertise:

Unspecified.

Darlene Turner (Social Worker)- English- Non-Indigenous

306-240-0139

Age specialization: Children, Teenagers, Adults, Families, and Groups.

Areas of Expertise:

Crisis intervention, self-harm/self-injury, self-esteem/confidence, and school counsellor.

Corie Sander (Social Worker)- English- Non-Indigenous

306-961-8089

Age specialization: Unspecified.

Areas of Expertise:

Unspecified.

NIHB Private counsellors

Melanie Wonziak (Social Worker)- English-Indigenous

306-940-6718

Age specialization: Children, Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, and pediatrics.

Chris Turner (Registered Psychologist)- English- Non-Indigenous

306-960-6922

Age specialization: Teenagers, Adults, Seniors, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, stress, telehealth, self-esteem/confidence, child abuse/trauma.

Erin Ruel (Social Worker)- English- Non-Indigenous

306-320-8881

Age specialization: Children, Teenagers, and Adults.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Nicole Roy (Social Worker)- English, French, Michif-Indigenous

306-960-8784

Age specialization: Children, Teenagers, and Adults.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, depression, Indian residential schools, stress, telehealth, self-esteem/confidence, and child abuse/trauma.

Jessica Ruszkowski (Social Worker)- English- Non-Indigenous

306-940-8605

Age specialization: Children, Teenagers, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, anxiety, loss, self-harm/self-injury, violence/witnessing, depression, self-esteem/confidence, and child abuse/trauma.

NIHB Private counsellors

Wanda Seidlikoski Yurach (Social Worker)- English- Non-Indigenous

306-961-9115

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, grief, panic attacks, addiction, anxiety self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, and child abuse/trauma.

Kelsea Sinclair (Social Worker)- English- Non-Indigenous

306-961-6430

Age specialization: Children, and Teenagers.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Nicola Sherwin-Roller (Certified Counsellor)- English- Non-Indigenous

306-763-7243

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, pediatrics, and online counsel.

Glennys Stevenson (Social Worker)- English- Non-Indigenous

306-763-4859

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, missing and murdered indigenous women, pediatrics, and children.

NIHB Private counsellors

Salaheden (Salah) Sherwan (Social Worker)

306-314-9511

Age specialization: Unspecified.

Areas of Expertise:
Unspecified.

Courtney Ruszkowski (Social Worker)- English- Indigenous

306-382-2391

Age specialization: Children, Teenagers, Adults, Seniors, and Families.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, telehealth, self-esteem/confidence, child abuse/trauma, and pediatrics.

Catherine Young (Social Worker)- English- Indigenous

306-960-5338

Age specialization: Children, Teenagers, Adults, Seniors, Families, and Groups.

Areas of Expertise:

Crisis intervention, abuse-sexual, physical, emotional, grief, panic attacks, addiction, anxiety, loss, trauma informed care, self-harm/self-injury, violence/witnessing, depression, traumatic loss, Indian residential schools, stress, self-esteem/confidence, child abuse/trauma, and missing and murdered indigenous women.

Support groups

WIN First Responder Support Group

306-960-7431 / 306-980-6898 / 306-763-9221 / 306-930-8995 / 306-981-6083

All Corrections, Veterans, Physicians, Nurses, Social Workers, etc

Al-Anon

306-960-0327

For people who are affected by others substance use

AA

306-764-9449

For people who have a desire to quit using alcohol

NA

306-652-5216

For people who have a desire to quit using drugs

CODA

306-961-4572

For people who experience codependency

Alzheimer Support for Caregivers

306-922-2296

Help lines

Suicide Crisis Helpline

If you or someone you know is thinking about suicide, call or text 9-8-8. Help is available 24 hours a day, 7 days a week.

9-8-8: Suicide Crisis Helpline offers support that is: bilingual, trauma-informed, culturally appropriate, available to anyone in Canada

Hope for Wellness Help Line

Call 1-855-242-3310 (toll-free) or connect to the online Hope for Wellness chat. Available 24 hours a day, 7 days a week to First Nations, Inuit, and Métis Peoples seeking emotional support, crisis intervention, or referrals to community-based services. Support is available in English and French and, by request, in Cree, Ojibway, and Inuktitut.

Missing and Murdered Indigenous Women and Girls Crisis Line

1-844-413-6649 (toll-free)

24 hours a day, 7 days a week

Crisis support is available to individuals impacted by the issue of missing and murdered Indigenous women, girls, and 2SLGBTQQIA+ people

Kids Help Phone

Call 1-800-668-6868 (toll-free) or text CONNECT to 686868.

Available 24 hours a day, 7 days a week to Canadians aged 5 to 29 who want confidential and anonymous care from trained responders.

211 Saskatchewan

Call or text 211 to be connected with service navigators to help 24/7/365, or search their website <https://sk.211.ca>. Help over the phone is available in over 175 languages, including 17 indigenous languages.

Prince Albert Mobile Crisis Unit

306-764-1011

MCU works within the Prince Albert city limits as an after hours support and responds to crisis situations. MCU is open 365 days per year, Monday to Friday 4:00pm-8:30am and 24 hours on Weekends and Stat Holidays.

Government Benefits

Employment Insurance(EI)

Toll-Free: 1-800-206-7218

TTY: 1-800-529-3742

Monday to Friday

8:30 am to 4:30 pm

Saskatchewan Assured Income for Disability (SAID)

To apply for SAID, you can:

- apply online;
- call 1-888-567-SAID (7243) or, for TTY, 1-866-995-0099; or
- visit your local Social Services Office.

The Saskatchewan Assured Income for Disability (SAID) is an income support program for people with significant and enduring disabilities.

Saskatchewan Housing Benefit

Saskatchewan Housing Corporation

Toll free: 1-844-787-4177

Email: SaskHousingBenefit@gov.sk.ca

Saskatchewan Income Support (SIS)

For more information, call the Client Service Centre at
1-866-221-5200

Cultural Supports

Bernice Sayese Centre

306-763-9378

Cultural programming, health services: nurse practitioner, sexual health, MH&A support, immunization clinics, access to Elder support

PAGC Holistic Wellness Centre

306-953-7285

Community Outreach, Youth initiatives, Training (Safe Talk, ASIST, MHFA T4G, etc.), mentorship, MH Support, education and training programs, evening self help groups

PA Indian and Metis Friendship Centre

306-764-3431

Provides:

Advocacy, support, and programming for First Nations people in Prince Albert and area. The core programs consist of: Family worker, wellness worker program, resolution health support & day school, family law court worker program, SCO youth worker program, children's summer program, court worker program, cultural nights, and fine options.

Prince Albert Outreach Program

1-306-764-4233

Provides youth with:

Medicine harvesting and teachings, Medicine wheel teachings, Traditional crafts, Smudging and smudging circles, Presentation to groups, community functions, and classrooms

Victor Thunderchild Public School

Students have access to a wide range of community services through networking and partner agencies, providing support in areas such as traditional teachings, nutrition, social services, housing, mental health and other socio-emotional needs. The school environment also assists students to transition into work programs, meet personal goals and individual needs.

Housing- Affordable Housing

River Bank Development Corporation

(306) 763-4211 riverbankdevelopment.ca

Provides affordable housing in different neighborhoods in Prince Albert

Northern Spruce Housing Corporation

(306) 922-4122 nshc2@sasktel.net

Provides housing for low income Indigenous parents who are working or going to school and have dependent children

Prince Albert Housing Authority

(306) 953-7420 www.pahousing.com

Administers social housing units to older adults, non-elderly singles and families.

Prince Albert Community Housing Inc.

(306) 922-5440 www.pachsi.ca

Subsidized, affordable and transitional rental units for the Métis community. Office is open for rental payments only. Paperwork and all other business is being conducted via email.

Prince Albert Metis Women's Association

306-763-5356
Reaching Home housing support

Transitional Housing/ Shelters

PRINCE ALBERT SAFE SHELTER FOR WOMEN

PHONE: 306-764-7233

WEB: <https://www.pasafeshelter.ca/>

Provides second stage housing, temporary shelter, safety, nutrition, transportation, information, referrals and support to women and children who are experiencing physical, mental, sexual, emotional, and/or spiritual abuse.

CENTRAL AVENUE (YWCA)

PHONE: 306-763-8571

WEB: <https://www.ywcaprincealbert.ca/central-avenue>

Central Avenue location offers shelter and transitional housing for women, children and youth.

YWCA HOMEWARD BOUND

PHONE: 306-703-0123

WEB: <https://www.ywcaprincealbert.ca/homeward-bound-kindred-spirit>

Homeward Bound is a Housing First initiative that helps break the cycle of poverty by creating a stable environment and providing support and counselling to transition into independence.

YWCA YOUTH HOMES

PHONE: 306-765-2520

WEB: <https://www.ywcaprincealbert.ca/terrance-place-harmony-home>

Youth Homes provide transitional housing for youth aged twelve to fifteen (Terrance Place) and those aged

sixteen to twenty-one (Harmony Home). Advocacy, life skills building, resume assistance, job searches, and education are

all individualized to help each young adult achieve overall success and well-being.

Transitional Housing/ Shelters

YWCA OUR HOUSE

PHONE: 306-922-6162

WEB: <https://www.ywcaprincealbert.ca/our-house>

Our House offers adult shelter for women and men including crisis shelter, transitional shelter and cold weather shelter.

Stepping Stones Shelter

(306) 703-0201

Stepping Stones Shelter offers shelter and services for individuals who are unhoused. Shelter beds are offered on a first-come, first-serve basis, and the program runs twenty-four hours per day.

Bridges Ministries

(306)764-9075

pabridge@sasktel.net

717b MacArthur Dr

Prince Albert, SK S6V 5X6

Property Managers

Avenue Living

(306) 764-3171
www.avenueliving.com
Online Applications

Dark Horse Properties

(306) 961-9940
www.darkhorsepropeties.com
Call to learn more or visit their Facebook

Prince Albert Rental & Leasing

(306) 922-7771
www.parentalandleasing.com
Online Applications

Stewart Properties

(306) 224-7368
www.stewartproperties.com
Online Applications

Macro properties

(306) 764-3502
www.macroproperties.com
Online Applications

Property Managers

Weidner Apartment Homes

(306) 970-3810
www.weidner.com
Online applications

Stoneridge Properties

(306) 922-3065
Call to learn more

Child and Family

Prince Albert Catholic Family Services

(306) 922-3202

Family Counsellor, Strengthening Families Program will offer 14-week courses consisting of one, 3-hour session per week.)

Prince Albert Early Years Family Resource Centre

306-763-0771

resource hub for families with children 6 and under. Get connected to the resources you need in PA!

Prince Albert Aboriginal Headstart

(306) 763- 7676

pre-school/day-care

a non-profit preschool program geared towards Indigenous, Metis and Inuit children ages 3 & 4. We also run a home visiting program for children aged 0-6.

Kids First Prince Albert

(306) 765-6656

KidsFirst is a free, voluntary program, which assists families to become the best parents they can be. KidsFirst provides support and education to help you increase your knowledge of healthy early child development and attachment to your baby. The program provides support, and builds on family strengths through home visiting and links to other community based services.

KidSport Prince Albert

kidsport@sasksport.ca

We provide grants to help cover the costs of registration fees so that all kids ages 5-18 years in Prince Albert play a season of sport.

Child and Family

PA Children's Haven

(306)922-4454
Email: chcc@sasktel.net

Children's Haven provides emergency care for children when a family crisis occurs. We operate 24 hours a day, 365 days a year, and we accept children up to 12 years of age. We have facilities to support up to 17 children at one time. Our support and consultation staff are trained and experienced and provide services for both parents and children.

Family Futures Prince Albert

(306) 763- 0760

They provide outreach services, Moms4Life evening group, Dads4Life evening group. Bi-Weekly Milk Coupons, Home Visits to sit down and discuss any wants and needs for families along with support in Housing, Transportation and access to other resources offered in the Prince Albert area.

Jordan's Principle

Monday to Friday 8:00am – 4:00pm Central time

For requests:

1-833-752-4453

principedejordansk_admission-jordansprinciplesk_intake@sac-isc.gc.ca

For payment inquiries:

1-833-752-4453

jordansprinciplesask_finance-principedejordan@sac-isc.gc.ca

Jordan's Principle makes sure all First Nations children living in Canada can access the products, services and supports they need, when they need them. Funding can help with a wide range of health, social and educational needs, including the unique needs that First Nations Two-Spirit and LGBTQQIA children and youth and those with disabilities may have.

Early Childhood Intervention Program

306-922-3247

The Early Childhood Intervention Program (ECIP) is a province-wide network of community-based supports for the families of children aged 0 - 6 years that experience developmental delays or are at risk of delay.

Core Services include: Family support and capacity building, child development, case coordination and transition support, community development and partnerships, referrals

Saskatchewan Advocate for Children and Youth

1-800-322-7221

The Advocate for Children and Youth is an Independent Officer of the Legislative Assembly of Saskatchewan. The Advocate leads a team of professionals to advocate for the rights, interests, and well-being of children and youth in Saskatchewan.

Child and Family

Hope's Home

(306) 922-2025

Hope's Home is inclusive child care for children with complex medical needs and their siblings. These children require care, support, and monitoring by nursing professionals. Our inclusive programming includes preschool services and afterschool programs that are medically safe and developmentally appropriate for all age groups and learning stages.

Prince Albert Literacy Network

306-922-6736

paln@sasktel.net

Unit 525-1403 Central Ave. (Gateway Mall)

FREE family and adult literacy programs, Training for literacy professionals, Workshops in the community, Resources and support to parents and those working with families in Prince Albert

Sanctum Care Group

306-244-1200

Sanctum is Saskatchewan's first hospice with respite and supportive care for people living with and affected by HIV/AIDS.

Sanctum 1.5

Sanctum 1.5 is a one-of-a-kind program that simultaneously addresses the health and wellbeing of high-risk pregnant women (women who inject drugs and are pregnant) and their children while also addressing the systemic issues of children entering the foster care system.

PORT

The Prenatal Outreach Resource Team (PORT) is SCG's newest program. Launched in November 2021, it is a multi-sectoral approach that includes partners in health, social services, and the community.

HART

HIV Aids Response Team (HART) is an Interdisciplinary team that supports complex patients living with HIV/AIDS in hospitals and links them to continuing care in the community.

2nd Steps

Second stage housing for graduates of Sanctum 1.5 and their children and rapid housing for women on PORT who are pregnant and homeless.

Big Brothers and Big Sisters of Prince Albert

306-922-1299

Children Mentors, big buddy match, in-school mentor, the circle (small group mentoring)

Branching Out Children's Therapies

306-922-1200

branchingout@sasktel.net

Play-based, family-focused early intervention services. Provide: Infant and Early Childhood Mental Health, Occupational Therapy, Speech Language Therapy

Child and Family

Big Brothers and Big Sisters of Prince Albert

306-922-1299

Children Mentors, big buddy match, in-school mentor, the circle (small group mentoring)

Branching Out Children's Therapies

306-922-1200

branchingout@sasktel.net

Play-based, family-focused early intervention services. Provide: Infant and Early Childhood Mental Health , Occupational Therapy, Speech Language Therapy

Native Coordinating Council

306-764-1652

The council operates to provide outreach and support to families in need through a variety of government-funded homes and programs.

Newcomer support

YWCA Settlement Services

306-953-6440 carolynhobden@ywcaprincealbert.ca

Services Provided:

Access to interpreters and translators, Face-to-face para-counselling services, Orientation to Canadian culture, Financial information, Links to education and training, Referrals for medical needs, Public transit orientation, Links to employment, Assistance with accessing affordable housing, Computer and internet access, English as a subsequent language classes

Prince Albert Multicultural Council

(306)922-0400

info@pamcsk.com

The programs they offer for new comers include: Bridging to employment for new comers, English for employment, Enhanced career bridging program, Stage 2 English, Settlement employability support, newcomer meet and greet, and cultural events

YWCA- Community Connections Centre

306-765-2530

1250-A 1st Avenue East
Prince Albert, Saskatchewan

The Community Connection Centre offers free of charge services in the Prince Albert area to assist individuals in settling in their new community. The goal of the Centre is to link clients with the vast array of community services and programs in Prince Albert, while offering clients direct support.

Calvary United Church

(306) 763-8695

calvaryunited@sasktel.net

Refugee Sponsorship – on occasion our church will band together to sponsor a refugee family so that they might find a new safe home in Prince Albert.

Food security

Salvation Army

306) 763-6078
 11 AM - 12 PM
 Monday - Saturday
 900 Central Ave, Prince Albert, SK
 Emergency Meals

Reach out- ST. Albans

2 PM - 4 PM
 Sunday
 1410 Bishop McLean Crescent, Prince Albert SK

PA Outreach Van

Van Outreach Cell
 306-961-5897

PA Outreach Van is out around the city 5 days a week. Monday - Friday. Times vary. The van has a variety of resources for our vulnerable people that are in need. This includes, food, hygiene packs, and snacks.

Prince Albert Food Bank

(306) 763-5040
 Our hamper hours are from
 1:00 pm - 2:30 pm
 Monday - Friday
 4:30 pm - 6:00 pm on Thursday

We provide emergency food hampers to those in need. Each hamper provides a three day supply of food, (depending on available inventory), to those in need in Prince Albert and Area.

Food security

Prince Albert Grand Council - warm up bus

Emergency line 1-639-760-5512
 Mobile Warm up Location
 6 PM - 2 AM
 Everyday
 Food provided
 Transportation to shelters
 Will drive around the city to look for people in need of support.

Bernise Sayese Centre- Bread Depot

306-763-9278
 1350-15 Avenue W, Prince Albert
 Senior Bread day- Tuesdays @11 AM
 Community bread day- Fridays @ 11 am
 one bag per household

Calvary United Church

(306) 763-8695
 calvaryunited@sasktel.net
 Care and Share Emergency Food Bank – When families have used up their Share-a-Meal Food Bank privileges and still don't have enough to eat, our church can provide a food hamper. Volunteers hand out the hampers on the direction of social workers.

Smart Families Food Coop

Phone:(306) 763-0242
 E-mail: smartfamiliesfoodcoop@yahoo.ca
 Website: www.pafoodbox.ca

Prince Albert Food Box is a local non-profit designed to encourage healthy eating at an affordable price in the community. We have been operating for over fifteen years, and are looking forward to fifteen more!
 Visit their website to order a food box!

Abilities

KIN Enterprises Inc.

(306) 953-4129
457 40th Street East,
Prince Albert, Sask. S6V 1L2

KIN Enterprises Inc. provides relevant programs, activities and work experience tailored to each individual's skills and interests. We provide a social setting for interaction with peers and staff as well as a work environment to enhance skills and confidence during tasks. Our programs offer a variety of experiences and opportunities to promote learning and increase independence. The programs include:

Kin Workshop, Light Assembly, Day Program, Sage Program, Starlight Restaurant, Button Badges, Confidential Paper Shredding, Wire Recycling, Paper Recycling, Lawn Furniture, Wood Products, Manufacturing & Production

Community Service Centre - Prince Albert Supported Employment

(306) 953-4463
(Vocational Counsellor)

The PASE Program focuses on employment support for people with disabilities as defined by the Saskatchewan Human Rights Code.

Update your resume, develop new skills and job search techniques,
gain valuable work experience or employment in the community.

Vocational and work assessments are provided then an action plan is made centering the client. Assistance is offered in job searching with an exploration in individual employment. Clients can also receive ongoing support along with follow-up services.

SaskAbilities- Equipment Depot

1-888-987-5215
sne.princealbert@saskabilities.ca
Prince Albert Depot
1205 1st Avenue East
Prince Albert, SK S6V 2A9

Learning Disabilities Association of Saskatchewan

(306) 922-1071
pabbranch@ldas.org
Provides ADHD Coaching, assessments for learning disabilities.

Inclusion SK

(306)955-3344

Provides: Support and advocacy, employment and transitions, family network, self-advocacy, supported decision making, medical decision making.

Abilities

Early Childhood Intervention Program

306-922-3247

The Early Childhood Intervention Program (ECIP) is a province-wide network of community-based supports for the families of children aged 0 - 6 years that experience developmental delays or are at risk of delay.

Core Services include: Family support and capacity building, child development, case coordination and transition support, community development and partnerships, referrals

Community Living Service Delivery

(306) 787-7803

After School Disabilities Program- PAMWA

(306)763-5356

Kids First Prince Albert

(306) 765-6656

KidsFirst is a free, voluntary program, which assists families to become the best parents they can be. KidsFirst provides support and education to help you increase your knowledge of healthy early child development and attachment to your baby. The program provides support, and builds on family strengths through home visiting and links to other community based services.

Hope's Home

(306) 922-2025

Hope's Home is inclusive child care for children with complex medical needs and their siblings. These children require care, support, and monitoring by nursing professionals. Our inclusive programming includes preschool services and afterschool programs that are medically safe and developmentally appropriate for all age groups and learning stages.

Karis Disability Services

Toll Free: 1 (866) 362-6810

info@karis.org

As a non-profit, developmental services organization, Karis Disability Services (formerly Christian Horizons) helps people experiencing disabilities accomplish their goals and thrive in communities where their God-given gifts are valued and respected.

Social services

Child and Family Services

Child and Youth Services (306)-953-2660

Child Protection (Ministry of Social Services) Intake 1-(866)-719-6164

Income Assistance

Phone: (306) 953-2345
1(800) 487-8603

Housing programs

Phone: (306) -787-4177
(800) 667-7567

Community Living Service Delivery-CLSD

(306) 787-7803

Child Abuse and Neglect

Phone: (306)-764-1011

Report all incidents of suspected, observed, or disclosed abuse to your nearest Ministry of Social Services office, First Nations Child and Family Services Agency or local police/RCMP.

For all after hours incidents or concerns, immediately contact your nearest After Hours Crisis Centre

Youth Services

(306)-953-2660

The Ministry of Social Services provides support and services to 16- and 17-year-old youth when:

- the young person cannot return to live with his or her family for reasons of safety; or
- there is no parent willing or able to take responsibility for the young person.

Transportation

CITY OF PRINCE ALBERT TRANSIT

306-953-4900

<https://www.citypa.ca/en/parking-streets-and-transportation/transit.aspx>

Operating hours are restored with The East Flat, West Flat, East Hill, West Hill and All Day routes will running from 6:45am to 7:15pm and the morning (6:45 am to 9:15am) and afternoon (2:45pm-6:45pm) rush hour route on weekdays.

PRINCE ALBERT COMMUNITY SERVICE CENTRE (PACSC) – PARATRANSIT

306-953-4477

WEB: <http://www.pacsc.com/seniors-transportation.html>

Courteous door-to-door accessible transportation service, seven days a week excluding holidays. Christmas day we may offer services if we have enough individuals requiring transportation. A lift provides roll-on, roll-off convenience if you use a wheelchair, and accessible stairs if you use a walker, elbow crutches, cane, or cannot walk long distances. Bus rides can also be scheduled up to two weeks in advance and for regular transportation to work or school.

PRINCE ALBERT COMMUNITY SERVICE CENTRE (PACSC) – SENIOR TRANSPORTATION PROGRAM

(306)-953-4477

<http://www.pacsc.com/seniors-transportation.html>

The Seniors Transportation Program is offered through the Prince Albert Community Service Centre. The program provides door-to-door attendant transportation to those aged 60 years or older.

Employment

YWCA Community Connections

(306)-765-2530

Services are available for everyone, not just newcomers, who have barriers to obtaining and/or maintaining employment

- Employment exploration, one-on-one counselling
 - Goal setting and action plan writing
 - Resume, cover letter writing assistance
 - Interviewing skills and practice
- Community referrals to address other barriers to employment (anger management, addictions, parenting skills, etc)
 - Employment supports for eligible participants (safety tickets, work clothing, bus pass, etc)
 - Assistance in applying for continuing education (ABE, literacy or diploma program).

Community Service Centre

(306)-953-4465

admin@pacsc.com

They offer individualized job search, supported employment, work preparation, targeted initiatives for older workers, enhanced career bridging, and job finding.

SaskJobs – Career Services

1-833-613-0485

careerservices@gov.sk.ca

The ministry provides job searching, job matching, career planning, and job training services to Saskatchewan residents throughout the province. These supports are designed to develop and match the skills of Saskatchewan workers with the skills needed by Saskatchewan employers.

Prince Albert Multicultural Council- Settlement Employability Support Program

(306) 922-0400

info@pamcsk.ca

The Settlement Employability Support program offers assistance to Newcomers to Canada with: Resume/Cover letter building, Job searching, Career decision making, Employment planning, Labour market attachment, and Job management

Catholic Family Services of Prince Albert- Bridges Program

(306) 960-9137 (Carlin Gall)

(306) 960-9136 (Allison Garson)

The program will teach you essential skills about career planning and budgeting as well as how to better manage your physical and mental health. Some topics covered are: Resume making, safety tickets, job search, life skills, further education, career exploration.

Education/Training

Saskatchewan Polytechnic

306-765-1611
 askaquestion@saskpolytech.ca
<https://saskpolytech.ca/about/campuses/prince-albert-campus.aspx>

Gabriel Dumont Institute

306-922-1656
<https://gdins.org/>
 The Prince Albert location also offers access to the Saskatchewan Urban Native Teacher Education Program (SUNTEP) (call 306-764-1797) and features a Training and Employment Centre (call 306-763-8013).

First Nations University of Canada

If you have questions about the application process, please email Callie Morris, Recruitment Officer at recruiting@firstnationsuniversity.ca. To make an appointment with one of our Academic Advisors: P: 306.790.5950 or Toll-Free [1.800.267.6303](tel:18002676303).

Learning Disabilities of Saskatchewan

(306) 922-1071
pabranch@ldas.org
 Academic programs are continuing on in-class with staff & students attending; safety precautions have been put in place to help keep us all safe. We continue to take applications for our academic programs; GED Upgrading & Adult 12. Contact can be made via Email, Phone, & Walk-In. LDAS promotes the education, employment, wellness, and human rights of all children and adults (you do not need to have a learning disability to access programs at LDAS).

University of Saskatchewan

306-765-7655
 toll-free: 844-765-7655
<https://pa.usask.ca/>

Saskatchewan Indian Institute of Technologies

(306) 953-7225
<https://siit.ca/>

Health

ACCESS PLACE

306-765-6544

Offers a variety of services focusing on Sexual Health, Hepatitis, HIV Care and Harm Reduction. Call for appointment information.

Northern Inter-Tribal Health Authority- Community services unit

(306) 953-5000

Unit provides 3rd level support in nursing (home care, primary care, and community health), mental health and addictions, emergency preparedness, nutrition, tobacco control, and eHealth.

Cooperative Health Clinic

306-763-6464

The Co-operative Health Centre/Community Clinic welcomes new clients. To ensure access to service to all of our clients, we have a scheduling algorithm in place to determine which physicians currently accept new clients. Please contact our Main Reception to inquire about a new client appointment booking.

Prince Albert Sexual Assault Centre

306-764-1039

PASAC works with survivors and those affected by sexual and interpersonal violence. We offer counselling, advocacy, court support, hospital attendance and public education. We serve Prince Albert, La Ronge, Meadow Lake and surrounding areas. PASAC is open Monday to Friday 8:00am-4:00pm, with Mobile Crisis attending to any after hours needs.

HIV/AIDS HEALTH PROMOTION PROGRAM:

306-763-5356

Program is designed to assist and support individuals living with or who are affected by HIV/AIDS. HIV Health Promotion works to identify barriers to accessing supports and services as well as working with community partners to develop protocols when supporting clients with HIV/AIDS. We continue to raise awareness with the goal of increasing understanding and preventing further transmission of HIV/AIDS and other STI infections.

Health

Prince Albert Mental Health Clinic-Canadian Mental Health Association

306-765-6055

Victoria Hospital

306-765-6000
Detox 306-765-6700

SK Health Line

811

MACSI Detox

306-953-8262

Non-Insured Health Benefits - Indigenous Services Canada

1-866-885-3933

Valley Hill Treatment Centre

306-764-2311.

Bernise Sayese Centre

306-763-9278
1350-15 Avenue W, Prince Albert
Immunization Clinics

Health

Spruce Lodge

306-765-6055

This is a short term stay for people who live long distances and who require Prince Albert health care services. Please call for intake

University of Saskatchewan- Dental Therapy Clinic

306-765-3900

If you require a dental check-up, X-rays or fillings, you can receive dental work at REDUCED COSTS through the College of Dentistry's Dental Therapy Clinic at the Prince Albert USask campus!

Sanctum Care Group

306-244-1200

Sanctum is Saskatchewan's first hospice with respite and supportive care for people living with and affected by HIV/AIDS.

Sanctum 1.5

Sanctum 1.5 is a one-of-a-kind program that simultaneously addresses the health and wellbeing of high-risk pregnant women (women who inject drugs and are pregnant) and their children while also addressing the systemic issues of children entering the foster care system.

PORT

The Prenatal Outreach Resource Team (PORT) is SCG's newest program. Launched in November 2021, it is a multi-sectoral approach that includes partners in health, social services, and the community.

HART

HIV Aids Response Team (HART) is an Interdisciplinary team that supports complex patients living with HIV/AIDS in hospitals and links them to continuing care in the community.

2nd Steps

Second stage housing for graduates of Sanctum 1.5 and their children and rapid housing for women on PORT who are pregnant and homeless.

Justice

STR8 UP

(306) 763-3001

STR8 UP is here to provide educational supports, workforce development, mental health and substance management support, as well as case management and cultural programming.

Parkland Restorative Justice

306-763-6224

Provide an Inmate Visitation Program with male inmates in the Saskatchewan Penitentiary. These visits provide the inmate with positive social support that can help build integrity in their lives and lessen feelings of isolation. They also offer programming for offender re-integration, and programming for dads affected by incarceration.

Prince Albert Grand Council- Alternative Measures Program

(306) 953-7254

The Prince Albert Urban Alternative Measures Program is a community based program that diverts offenders away from the formal justice system. The program receives referrals pre-charge (from police, community members) and post-charge (Provincial/Federal prosecution office, RCMP). PAUAMP offers Victim/Offender Mediation, Family Group Conferencing, School Mediation, Adult/Youth stop-lift program, Community Justice Forums and Accountability Hearings.

Youth Justice

Prince Albert Catholic Family Services

(306) 922- 3202
1008 1st Ave W

Ministry of Social Services

(306) 953- 2422
800 Central Ave

Prince Albert Metis Women's Association INC.

(306) 763-5356

Just Workers Youth Restitution Program

Just Workers Youth Restitution Program -PAMWA

306-763-5356

Youth between the age of 12 to 17 who have committed crime and been ordered to pay restitution or complete community service hours can enter the program through a registration process. The program hires and supervises the youth while they complete their restitution orders, with the earned funds being paid back to the victim/community.

The John Howard Society of Saskatchewan

(306) 922-0007
Reintegration Support.

Institutional Support Line: 1-888-540-7093

They provide support to inmates, family members, and community members calling to inquire on the criminal justice system and existing community support/resources through our toll-free institutional support line.

Youth Justice

STR8-UP

(306) 763- 3001

Mentors, Outreach Workers, Elder

Prince Albert Grand Council (Justice)

(306) 953- 7254

Main Office

Canada Justice Laws Website

<https://www.laws-lois.justice.gc.ca/eng/acts/y-1.5/index.html>

Extra support

YWCA – Community Connections Centre

306-765-2530

Settlement Counsellor for New Canadians; Occupational Development Programs; Support with obtaining ID; Income Tax Support; Notary Public; Literacy Workshops; Housing Assistance; Prince Albert Food Box

Community Building Youths Futures-Prince Albert

306-922-4251
cbyfpa@gmail.com

CBYF is a youth based organization, it allows youth to take the lead in identifying and addressing barriers to achieve their educational and employment goals.

Prince Albert Public Library

306-763-8496

125-12th street east, Prince Albert

Provide the community with community outreach (Rapid Housing program, Rapid Counselling, newcomer support) Adult, teen, and children programs.

Saskatchewan Legal Aid

306-953-2850

Prince Albert and Area contact

Information

Community Networking Coalition

cncprincealbert@gmail.com

Provides the community of Prince Albert with as many tools as possible to network, share information, resources, and access services. They have monthly gatherings at a centralized location, to share what is going on in the community, the latest programs and updates.

Prince Albert Urban Indigenous Coalition

306-371-7719

paurbanindigenouscoalition@gmail.com

Over 80+ Indigenous and non-Indigenous organizations and community members come together on a monthly basis to: Share information, Heal and reconcile, and Address the unique challenges in Prince Albert.