

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

Now after hours and weekends

Call: **306-764-1011, Sexual Assault: 306-764-1039**

>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

24/7 phone counselling service for children and youth

Text **TALK to 686868** on any text/SMS enabled cellphone

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**

>Riverbank Development Corporation

Call: **306-763-4221**

>Rentalsman (Office of Residential Tenancies)

Current Rental Houses/Apartment issues, regulations and your Rights, Call: **1-888-215-2222**

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 -Prince Albert

Free dental screenings 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

Provides 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 at 3601-5th Avenue East Call: **306-953-8600**

>PA Sexual Health Clinic: #3-101-15th St. East.

Confidential services free condoms, needle exchange, sexually transmitted infection & HIV testing and counselling.

Hours: Mon/Wed/Thurs/Fri. 8am-12pm and 1-4:30pm;

Tues. 1-4:30pm. Call: **306-765-6544**

>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: **1-888-488-6385 Option #2 (inquiries)**

>Health Helpline Line call: 811 (toll free)

Health Information from nurses 24 hrs/day

>Early Childhood Intervention Program

Family Support and Capacity building, Child Development, Support and Empower Families. Call: **306-922-3247**

www.ecip.ca

>FASD Network

Enhance the lives of individuals and families with FASD, Provide Supports, Services, Information, Awareness and Education.

Call: **306-975-0886 Email: info@fasdnetwork.ca**

Abuse

>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 or 306-764-1011 Crisis**

>PA Outreach Program Inc-Street Outreach Van

Support and referrals for sexually exploited and vulnerable youth. Offers: food, hygiene supplies, clothing, counselling and other assistance. Monday-Friday 9am-6pm Call: **306-763-3552**

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

>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: **306-763-6464**

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 Wholistic Wellness Centre

Treatment, support and counselling for problem gamblers and loved ones.

Hours: Mon – Fri, 9am – 5pm, Call: **306-953-7285**

>Access Place

101 15th St East, Call: **306-765-6544,**

>AA (Alcoholics Anonymous)

Self help for Alcoholics, 24-hour telephone line.

AA Call: **306-764-9449**

>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**

>Prenatal Outreach and Resource Team

To provide supports around pregnant women with complex life situations, providing early and effective interventions in pregnancy that will reduce health complications in mothers and their infants and prevent children from being apprehended at birth.

Call: **306-941-9831**

Parenting and Families

>Ministry of Social Services –

Child Protection.

Hours: Mon–Fri, 8am–5pm, Call: **306-953-2422**

Income Security.

Hours: Mon-Fri, 8am-5pm. Call: **306-953-2345**

>Native Coordinating Council 118-12th St. E.

Family Services, Parent Aides and V.S.T.

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**

>Family Futures Inc.

Information and support for pregnant women and mothers with infants up to 3 months old. **196 9th street East Prince Albert** Call: **306-763-0760**

>KidsFirst (Prince Albert)

Home visiting program for parents with children 0-3yrs. 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**

>Early Years Family Resource Centre

Provides a Free and Safe space for families to play, learn and grow. Provides a wide variety of programming and events. Located at the Gateway Mall.

Call: **306-763-0771**

>PA Literacy Network **306-922-6736**

Adult and family literacy

Open Tues/Wed/Thurs at 1-4:30pm

Recreation

>Indian Metis Friendship Centre

Supervised activity Mon-Fri, from 5pm-9pm

Call: **306-764-3431**

>Alfred Jenkins Field House

Mon-Friday 6am-10pm, Sat-Sun 8am-9pm

2787 10th Ave West, Call: 306-953-4989

>E.A Rawlinson Centre

142 12th ST W Prince Albert, Call: 306-765-1270

www.earc.com

>Art Hauser Centre

690B 32nd St E Prince Albert

Call: 306-953-4848

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-PA

64 - 11th St. East, Hamper with ID at 1-2:30pm Mon-Friday,

Call: **306-763-5040**

>Smart Families Food Cooperative

\$15 and \$25 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**

>Bernice Sayese Centre Bread Program

1350 15th Ave. West Call: **306-763-9378**

www.bernicessayese.com

Counselling Services

>Catholic Family Services-PA

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**

>STR8 Up

Offers Outreach Services, programming and support for those who have lived or are living criminal lifestyles and are looking to make a positive change.

#9 11th Street West, Call: 306-763-3001

>PA Outreach Program Inc

Offers counselling, cultural support and referrals to youth; in crisis, facing abuse, addiction or gang related issues.

Offers High school programming through a partnership with WonSka Cultural School. Call: **306-763-3552**

Education and 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 Toll Free: **1-800-622-6232**

>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

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 Mon-Fri 8-4pm

>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/Employment Insurance

Call: **1-800-206-7218**

>Canada Pension/Old Age Security/GIS

Call: **1-800-277-9914**

>Child Tax Benefit

Call: **1-800-387-1193**

>Individual Income Tax Inquiries (Federal & SK)

Call: **1-800-959-8281**

>SASK Student Loans/Grants/Scholarships

Call: **1-800-597-8278** or **306-787-5620 (in Regina)**

Other Services

> MLA Prince Albert Carlton (Joe Hargrave)

To assist where and when we can so that people's concerns/situations are addressed at #Bay 4 - 406 South Industrial Drive Call: **1-306-922-2828**

> MLA Prince Albert Northcote (Nicole Rancourt)

To assist where and when we can so that people's concerns/situations are addressed at #203-1100- 1st Avenue East Call: **1-306-763-4400**

> MP Prince Albert (Randy Hoback)

To assist people's concerns/situations are addressed at #79 - 11th Street West Call: **1-306-953-8622**

2023

SURVIVING IN PRINCE ALBERT Service Directory

Includes:

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

Family Futures Inc.

Healthy Pregnancy · Healthy Baby · Healthy Family · Healthy Community

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

Revised JANUARY 2023