

Parenting Resource List-Support Services and Programs

This is a brief listing of parent resources and services available in Saskatoon. If you are looking for a more detailed list of programs please go to the Saskatoon Health Region's link for "The Incredible Parent Directory" at http://www.saskatoonhealthregion.ca/parent_directory/index.htm

Breastfeeding:

Breastfeeding Center 655-4806

- Provides support in the community for pregnant and breastfeeding mothers.

Saskatoon Breastfeeding Matters 655-4331

- Education and community events in support of breastfeeding

La Leche League 655-4805

- Mother to mother support, monthly meetings and resource library on childcare and breastfeeding

Breastfeeding education classes 655-4820

- One evening class about breastfeeding.

Nutrition:

Babyfood making workshops 655-5311

- Make baby food from scratch and learn about feeding your baby solid foods

Food for Thought 655-4826

- Assists pre/postnatal women and their children to achieve improved health. With a focus on cooking low-cost nutritious food, women come together and have an opportunity to share ideas, make friends, and talk about their lives. Childcare and transportation provided.

CHEP 655-4575

- Good food box, community gardening, collective kitchens

Saskatoon Food Bank 664-6565

- Food hampers, cooking classes, clothing depot

Friendship Inn 242-5122

- Soup kitchen that provides nutritious meals daily as well as social support and crisis counselling for individuals and families.

Childcare:

Early Learning and Childcare 933-6071

- List of licensed childcare facilities

Maggies Teen Parent Childcare 665-5721

- Committed to support teen parents finish high school

Millie's Early Learning Center 683-8354

- Childcare for infants and toddlers of students of Nutana collegiate

Student Childcare Services 683-8383

- Childcare for infants and toddlers of students of Mount Royal collegiate. Variety of parent programs offered.

Health Services and Safety:

Immunizations and health centers:

- North Health Center 655-4700
- Southeast Health Center 655-4730
- Westwinds Primary Health Center 655-4250
- Our Neighborhood Health Centre 655-4950
- Mayfair United Church: Mondays 1:00-3:00pm drop-ins welcome
- St. Thomas Wesley: Church Wednesdays 1:00-3:00 drop-ins welcome
- Westside Community Clinic: Tuesdays 1:00-4:30 drop ins welcome
- Westside Community Clinic 664-4310 group programs, primary health care services, parenting programs, diabetic cooking, educational and counselling services, kids clinic, and outreach nurse.

Public Health Services Resource Center – Saskatoon Health Region 655-4600

- Provides printed info on health issues including parenting.

Postpartum Depression Support Group 221-6806

- Support program for those dealing with postpartum depression. Meetings with childcare available.

Crisis Nursery 242-2433

Buckle Baby Up Program - Saskatchewan Abilities Council 653-1694

- Infant car seat rentals: \$45 deposit required and \$35 refunded when the seat is returned.

Financial and Government Support:

Saskatchewan Government Housing Information Hotline 1-888-346-6307

- For those having difficulty finding an affordable place to live, facing rental cost increases or potential eviction. Provides referrals to government programs, community based organizations, student services or private real-estate services.

Building Independence – Investing in Families 1-877-696-7546

- Sask. child benefit, Sask. employment supplement, Sask. rental housing supplement, family health benefits, provincial training allowance, and child benefit adjustment.

Parenting Support and Information:

www.parenthelpline.ca

Prenatal Education – Childbirth classes 655-4800

- Prenatal support classes to expectant parents.

Saskatoon Downtown Youth Center – EGADZ 931-6644

- Teen parent program offers support and parenting info to young mothers

Kids First 934-6380

- Pregnant women and families with children under 5 yrs in core neighbourhoods

Aboriginal Headstart 956-6148

- Family support and early childhood parent education for First Nation families and single parents with children 0 – 4 yrs.

Saskatoon Indian and Metis Friendship Center 244-0174

- Provides Elders, adults, and children with cultural, educational, and recreational programs and events.

White Buffalo Youth Lodge 653-7676

- Offers a wide variety of social, health, recreation, and educational programming.

Saskatchewan Prevention Institute 655-2512

- Aboriginal Parenting Project: provides First Nation, Inuit, and Metis families with parenting resource materials
- Dads Make a Difference: info on engaging fathers to be actively involved in a child's life.

Family Support Center 933-7751

- Parenting education program and parenting support
- Nobody's Perfect Parenting Program: parenting program for young single women less than 25 yrs.

Salvation Army Community and Family Services 242-6833

- Variety of programs, community kitchens for parents; parenting, budgeting and shopping seminars

Parent and Tot Program - St. Paul's Catholic School 659-7000

- Weekly sessions for parents, grandparents, caregivers, and children up to 5 yrs a chance to learn and play together.

Saskatoon Open Door Society 653-4464

- Provides settlement help, English classes, parenting and youth programs for new immigrants and refugees in Saskatoon