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# Saskatchewan Resource Guide



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**Life Culture**

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# Crisis

## Canada Wide Crisis Lines

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**Call 911 for police, fire, or medical emergencies when immediate action is required:  
someone's health, safety or property is in jeopardy or a crime is in progress.**

Abortion Pill Reversal (24/7)	1 (877) 558-0333 or 1 (888) 612-3960
Canadian Human Trafficking Hotline (24/7)	1 (833) 900-1010
Canada Suicide Prevention (24/7)	1 (833) 456-4566
Indian Residential School Crisis Line	1 (866) 925-4419
Kids Help Phone (24/7)	1 (800) 668-6868
Kids Help Text (24/7)	Text CONNECT to 686868
Youth Mental Health Crisis Line	Text WELLNESS to 686868
Adult Mental Health Crisis Line	Text WELLNESS to 741741
First Nations, Inuit and Metis Peoples Helpline	1 (855) 242-3310
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# Emergency Shelters

## YWCA: Prince Albert

Stepping Stones Shelter is a seasonal, overnight, first-come-first-served shelter for individuals living on the street during the frigid winter months. Individuals staying here can access showers, laundry services, meals, and referrals to other programs. This shelter aims to reduce the risk of exposure for individuals dealing with homelessness in Prince Albert.

**Phone Number:** (306) 930-7723

**Email:** nicolemarud@ywcaprincealbert.ca

**Location:** 950 Exhibition Drive, Prince Albert

**Hours:** 8pm - 8am, 7 days a week during winter months

[Website](#)

## YWCA: My Aunt's Place - Regina (24/7)

My Aunt's Place makes sure basic needs are met and focuses on developing relationships with landlords and seeking safe, affordable housing for the women and families in need. Ongoing support is provided once a resident or family transitions out of My Aunt's Place to a more permanent housing situation.

**Phone:** (306) 545-7786

**Mobile Crisis Helpline:** (306) 757-0127

**24 Hour Phone:** (306) 525-2141, press "0" to connect with 24 hour staff

**Email:** map@ywcaregina.com

**Who is this service for?** Single women and families

**Location:** 1940 McIntyre Street, Regina

[Website](#)



## The Lighthouse - Saskatoon (24/7)

The Lighthouse Stabilization Unit is a safe place for manageably intoxicated people to recover from the effects of alcohol or drug use. Shelter guests are given nutritious meals, a safe place to sleep, a place to store belongings, and support to help find housing.

- Staff are compassionate and non-judgmental
- Harm reduction supplies for safe drug use
- Cultural and spiritual care
- Help connecting with community resources
- Access to Lighthouse Addictions Counsellor
- Access to on-site, low barrier, SHA Nurse Practitioner health clinic
- Help connecting to addiction treatment programs

**Phone:** (306) 653-0538

**Email:** hello@lighthousesaskatoon.org

**Who is this service for?** Adults 16 and up

**Location:** 304 2nd Avenue So. Saskatoon

[Website](#)

## Emergency Children's Shelters

### North East Outreach and Support Services - Melfort

**Phone:** (306) 752-9464

**24 Hour Crisis Line:** 1 (800) 611-6349

**Email:** adm@neoss.ca

**Who is this service for?** Children ages 0-11

**Location:** 124 McKendry Ave W, Melfort

Short-term, community based home for children who have been apprehended from their home for various reasons.

[Website](#)

### Children's Haven - Prince Albert

**Phone:** (306) 922-4454

**Email:** chcc@sasktel.net

**Who is this service for?** Children age 0-12

**Location:** 3 Elmwood Ave, Prince Albert

**Hours:** 24/7 - 365 days a year

Children will have basic needs met, such as meals, clothing, and shelter and provides supervised activities and child care.

[Website](#)

## YWCA: Prince Albert

Harmony Home provides supportive housing for youth of all genders from sixteen to twenty-one years of age. Terrance Place provides supportive housing for ages twelve to fifteen. Each residence contains a common area, kitchen, and lounge. On-site laundry facilities, bedding, linens and towels are provided for each resident. Children's Haven provides supervised activities and quality child care.

**Phone Number:** (306) 763-8571

**Email:** wendysundbo@ywcaprincealbert.ca

**Who is this service for?** Youth age 12-21

**Location:** 2708 6th Avenue East, Prince Albert

**Hours:** 24/7

[Website](#)

## John Howard Society: Robert's Place - Regina

Robert's Place is a voluntary peer home for male youth ages 12-15 in care of the Ministry of Social Services. It is designed to offer youth a safe and stable living environment in addition to a positive support system. Youth living at Robert's Place choose to live a healthy lifestyle while continuously working to make positive choices. Youth will have an opportunity to build the skills needed to enhance their quality of life, attain their goals, and become healthy, productive members of the community.

**Phone:** (306) 757-6657

**Email:** provincial@sk.johnhoward.ca

**Who is this service for?** Male youth ages 12-15

**Location:** 1801 Toronto St., Regina

[Website](#)

## Street Culture Project: Regina

Street Culture Project's Emergency Shelter is a voluntary, youth-centered service that provides short-term, supportive accommodation on an emergency-crisis intervention basis. The Emergency Shelter fosters a safe and supportive environment where youth can not only meet their basic physical needs but also address their social needs to make positive changes in their lives.

**Phone:** (306) 545-3445

**Email:** caseworker@scproject.ca

**Who is this service for?** Youth age 16-18

[Website](#)

## YWCA - Regina

**Kids in Transition Shelter (KITS):** provides short-term housing for up to 10 children while the work is being done to determine the best placement for them by the Ministry of Social Services.

**Evergreen:** a long-term therapeutic home for children aged 0-8 with complex needs, in need of special placement while in the care of the Ministry of Social Services. Children stay here for a longer period of time, and are given the support and tools to address their health, behavioral and developmental needs to help them with their next move into a family environment.

**Parker Place:** a long-term therapeutic home for children aged 0-12 with complex needs, in need of special placement while in the care of the Ministry of Social Services. Like Evergreen, children stay at Parker Place for a longer period of time, and are given the support and tools to address their health, behavioral and developmental needs to help them with their next move into a family environment.

**sîpîhko-mihkinâhk asiniy wâskahikan:** provides long-term therapeutic placement for children aged 0-12 with complex needs, in need of special placement while in the care of the Ministry of Social Services. Like Evergreen and Parker Place, children may stay for longer periods of time here, but may stay for shorter periods as well. All the children staying at sîpîhko-mihkinâhk asiniy wâskahikan are provided with a nurturing and culturally supportive home environment where they are given all the tools and support to address their health, behavioral and developmental needs to help them with their next move into a family environment.

**Phone:** (306) 525-2141

**Email:** ywcaregina@ywcaregina.com

**Location:** 1940 McIntyre Street, Regina

[Website](#)

## Haven Family Connections: Saskatoon

Haven Family Connections provides emergency childcare 24/7, 365 days a year, providing a safe haven for children aged 0-12 years in times of crisis.

Children will have basic needs taken care of, such as meals, clothing, and shelter.

**Phone:** (306) 242-2433

**Email:** [director@havenfamilyconnections.com](mailto:director@havenfamilyconnections.com)

**Who is this service for?** Children age 0-12

**Location:** 1020 Victoria Ave. Saskatoon

**Hours:** 24/7 - 365 days a year

[Website](#)

## Salvation Army - Bethany Home: Saskatoon

Bethany Home is a transitional unit for female youth ages 12-18 years. The youth are referred to Bethany Home by their Ministry of Child and Family Services Workers and are normally expected to stay at Bethany Home for a period of 30 days while their worker creates a plan for them to return home or move on to a long-term program in the community.

While at Bethany Home, the youth are given the opportunity to learn life skills in a structured environment, such as cooking, planning healthy meals, laundry, and personal hygiene. They also have the opportunity to learn to make healthy choices and how to deal with conflict and crisis situations.

**Phone Number:** (306) 244-6280 or (306) 242-6833

**Email:** [info@salvationarmysaskatoon.org](mailto:info@salvationarmysaskatoon.org)

**Who is this service for?** Female youth age 12-18

**Location:** 339 Avenue C South, Saskatoon

[Website](#)

## YWCA: Saskatoon

YWCA's youth residence, Margaret's Place, is a four-bedroom suite with room for up to six youths aged 16-21. It is a safe and comfortable living environment where clients get assistance in learning valuable life skills that will enable future success, such as budgeting and financial responsibility, food preparation and grocery shopping and caring for their physical, mental health, and well-being.

**Phone Number:** (306) 244-7034

**Email:** [cdelgado@ywcaskatoon.com](mailto:cdelgado@ywcaskatoon.com)

**Who is this service for?** Youth age 16-21

**Location:** 510-25th Street East, Saskatoon

[Website](#)



# Women's Shelters

## Qu'Appelle Haven Safe Shelter: Fort Qu'Appelle

Qu'Appelle Haven is a twenty-four hour safe shelter for women and their children who are leaving abusive situations. Programs and services focus on the well-being of the children since all too often children in these situations blame themselves for the abuse that occurs within the home. Qu'Appelle Haven offers counselling, group therapy, healing circles, parenting skills and various other activities to help families adjust to their new abuse-free lifestyles.

**Phone Number:** 1 (888) 332-7233

[Website](#)

## Piwapan Women's Centre: La Ronge

Piwapan Women's Shelter offers a place of safety and support for women and their children who are unable to remain in their homes due to violence. Women who stay at the shelter will be provided with healthy, balanced meals, emergency supplies of clothing, transportation to and from appointments and practical assistance in re-establishing in the community. Piwapan Women's Centre offers referrals to community resources and education on many topics.

**Shelter Phone Number:** (306) 425-3900

**24/7 Crisis Line Number:** (306) 425-4090 (Collect calls accepted)

**Administration Office:** (306) 425-3909

**Hours:** 24/7 - 365 days a year

[Website](#)

## North East Outreach and Support Services: Melfort

24 hour support for women and their children fleeing domestic violence situations. Call (306) 752-9455 to speak to a shelter worker on duty regarding availability.

**24-hour Crisis Line:** 1 (800) 611-6349

**Phone Number:** (306) 752-9464

**Email:** adm@neoss.ca

**Location:** 124 McKendry Ave W, Melfort

**Hours:** 24/7 - 365 days a year

**Administration Hours:** Monday, Thursday and Friday: 8am - 4pm

[Website](#)

## Moose Jaw Women's Transition House: Moose Jaw

Services for women and their dependent children include a safe and secure place to stay. Meals, linens, laundry facilities, emergency clothing and toiletries are provided. Staff can help by making referrals to government and community agencies; assisting in finding housing and furnishings and lending a caring ear. Residents are expected to attend in-house programming, participate in household chores and respect our no abuse policy while staying in the shelter.

**24-Hour Crisis Phone Number:** (306) 693-6511

**Text:** (306) 631-0962

**Email:** [contact@mj-transitionhouse.com](mailto:contact@mj-transitionhouse.com)

[Website](#)

## Battlefords Interval House: North Battleford

Battlefords Interval House is a 24-hour supervised shelter for women and their children fleeing abuse. Offering safe accommodations with private bedrooms for you and your children, group and individual support for you as you heal and plan for the future.

**24 Hour Crisis Phone Number:** (306) 445-2742

**Email:** [cw.general@battlefordsintervalhouse.ca](mailto:cw.general@battlefordsintervalhouse.ca)

**Location:** 2092 102 St, North Battleford

[Website](#)

## PA Safe Shelter for Women: Prince Albert

The Shelter provides temporary shelter, safety, nutrition, transportation, information, referrals and support to women and children who are experiencing physical, mental, sexual, emotional, and/or spiritual abuse. PA Safe Shelter provides in-house group and individual sessions on a wide range of topics.

**Phone Number:** (306) 764-7233

**Location:** 923 7 St E, Prince Albert

**Hours:** 24/7 - 365 days a year

[Website](#)

## YWCA - Our House: Prince Albert

The House Supportive Recovery Centre is an adult crisis shelter for women, and a recovery centre for those struggling with mental illness or addictions.

Programming is designed to directly address client challenges while fostering a sense of community and belonging. Healthy meals, dedicated staff, and programming are designed to address issues like trauma surrounding domestic abuse, addictions, historic injustices and loss, and life skills and community. Professional counselling and twenty-four-hour support staff are available on-site.

**Phone Number:** (306) 922-6162

**Email:** tonyakleinert@ywcaprincealbert.ca

**Location:** 94 15th Street East, Prince Albert

**Hours:** 24/7

[Website](#)

## YWCA - Rendalyn Home: Prince Albert

Rendalyn Home is a safe, supportive home environment for youths aged 16-21 who are expecting a child or have children and are involved with the Ministry of Social Services. All applicants to Rendalyn Home must be referred through the Saskatchewan Ministry of Social Services. Each referral is reviewed and applications are accepted on a basis of suitability and room availability. Rendalyn Home is staffed twenty-four hours a day. Residents receive individual case management that empowers them to become successful young women, while providing a nurturing environment for their children.

**Phone Number:** (306) 763-8571

**Email:** wendysundbo@ywcaprincealbert.ca

**Location:** 133 20th Street West, Prince Albert

**Who is this service for?** Women age 16-21 and their children

**Hours:** 24/7

[Website](#)

## Regina Transition House: Regina

Regina Transition House provides a safe haven for women and children but not at the cost of losing a homelike atmosphere. The organization is committed to providing a functional, pleasant and comfortable atmosphere for women and children.

**24 Hour Crisis Line:** (306) 569-2292

**Phone Number:** (306) 757-2096

**Email:** info@reginatransitionhouse.ca

**Hours:** 24/7

[Website](#)

## W.I.S.H. Safe House: Regina

Wichihik Iskwewak Safe House (WISH) is a twenty-four hour safe house for women and children fleeing from domestic violence. The safe house provides temporary shelter, individual and group support, counselling/therapy (to include either traditional or western) advocacy and referral, children's programming and outreach services.

**Phone Number:** (306) 543-0493

[Website](#)

## YWCA - Isabel Johnson Shelter: Regina

The Isabel Johnson Shelter is a safe place for women and families experiencing domestic violence to stay while you work through future plans and a place to turn to by phone if you need someone to talk to about the abuse you've experienced. Services are confidential and free of charge.

**Phone Number:** (306) 525-2141 and press "0" to connect with our 24 hour staff.

**Email:** ijs@ywcaregina.com

**Location:** 1940 McIntyre St, Regina

**Hours:** 24/7

[Website](#)



## Pleasant Hill Place: Saskatoon

Pleasant Hill Place is a supportive transitional home for mothers and children. Women who live at Pleasant Hill Place are either close to losing custody of their children or have lost custody of their children and are working towards the reunification of their family.

**Phone Number:** (306) 978-4041

**Email:** info@quintsaskatoon.ca

**Location:** Suite 101, 1120 20th Street West, Saskatoon

**Hours:** Monday - Friday: 8:30am - 4pm

[Website](#)

## Interval House: Saskatoon

Saskatoon Interval House provides an immediate safe, respectful environment for women and their children experiencing domestic violence, as well as a full range of transition services.

After the initial 30 days in our emergency shelter, women can transition to Adelle House for up to one year. Adelle House is a twelve unit apartment building that provides a safe, enriched community for women and children. Adelle House offers gated secure housing, weekly group counselling, childcare, and staff support from Monday to Friday.

**Saskatoon Phone Number:** (306) 244-0185

**Toll-free Phone Number:** 1 (888) 338-0880

**Email:** infosih@saskatoonintervalhouse.org

[Website](#)

## YWCA: Saskatoon

For the duration of their stay, women in our shelter have access to a variety of optional programs to support physical and emotional healing and recovery, skill development, positive social interaction, and more.

**Crisis Shelter Phone Number:** (306) 244-2844

**Administration Phone Number:** (306) 244-7034

**Email:** cdelgado@ywcaskatoon.com

[Website](#)

## Southwest Crisis Services: Swift Current

Southwest Safe Shelter is a free safe, confidential and comfortable place to stay for up to 4 weeks for women and their children who are leaving an abusive situation. There are 24 hour staff available to provide support, information, referrals and necessary items for your stay, including toiletries, food, bedding, and clothing. SCS also has a Animal Safekeeping Program.

**24 Hour Safe Shelter Phone Number:** (306) 778-3386

**Toll free 24 Hour Crisis Line:** 1 (800) 567-3334

[Website](#)

## Safe Haven: Yorkton

Safe Haven is a safe shelter established to address the immediate safety and support of women and children fleeing situations of domestic violence or abuse. Safe Haven has self-contained bedrooms, laundry facilities, full kitchen, healing room and a playroom.

**24 Hour Crisis Line:** 1 (877) 444-2836

**Phone Number:** (306) 782-0676

**Hours:** 24/7

[Website](#)

## Shelwin House: Yorkton

Based on the fundamentals of protection and confidentiality, Shelwin House provides you with meals, emergency supplies, clothing, support counselling, advocacy and referrals to agencies such as legal aid, social services and police. Your length of stay will vary depending on your needs.

**Phone Number:** (306) 783-7233

**Toll Free Phone Number:** 1 (888) 783-3111

**Email:** kimshelwinhouse@sasktel.net

**Hours:** 24/7

[Website](#)

# Pregnancy

## Northeast Pregnancy Options: Melfort

Northeast Pregnancy Options provides free pregnancy tests, information on all pregnancy options, pre-natal and parenting education and support as well as information about community services and material support. All services are free and confidential.

**Phone Number:** (306) 921-5528

**Email:** northeastpregnancyoptions@gmail.com

**Location:** 901 Main Street, Melfort

[Website](#)

## Moosomin Food Share: Moosomin

Moosomin Food Share will provide one litre of fresh milk for each child ages 17 and under and pregnant or nursing women bi-weekly. Infant formula is also available on request. They also have jars of baby food and infant cereals available for children under one year of age.

**Phone Number:** (306) 435-2633

**Email:** sehas2018@sasktel.net

**Who is this service for?** Pregnant and Nursing women

[Website](#)

## Regina Options Pregnancy Centre: Regina

Regina Options Pregnancy Centre provides free pregnancy tests, one-on-one confidential support and parenting programs.

**24 Hour Counselling Line:** (306) 757-3344

**Phone Number:** (306) 757-1371

**Email:** office@reginapregnancy.com

**Location:** 2139 Broad Street, Regina

**Hours:** Monday – Friday: 9am – 4pm

[Website](#)

## Saskatoon Pregnancy Options Centre: Saskatoon

Saskatoon Pregnancy Options Centre provides free pregnancy tests, information on all pregnancy options, pre-natal and parenting education as well as information about community services.

**Phone Number/Text:** (306) 665-7550

**Email:** [contact@saskatoonpregnancyoptions.com](mailto:contact@saskatoonpregnancyoptions.com)

**Location:** #107-2543 Dudley Street, Saskatoon

**Hours:** Monday, Wednesday and Thursday: 10am - 4pm

Tuesday: 10am - 6pm

[Website](#)

# Adoption

## The Evermore Centre: Saskatoon

The Evermore Centre offers comprehensive support and education services for everyone touched by permanency. Whether you're a birth parent exploring options, a prospective parent looking into adoption, an adoptee seeking reunion or support, or parents or caregivers whose families are created through permanency and need support, The Evermore Centre is here to help.

**Phone Number:** (306) 665-7272

**Toll Free Phone Number:** 1 (866) 869-2727

**Email:** [admin@evermorecentre.ca](mailto:admin@evermorecentre.ca)

**Location:** 527 Main Street, Unit 1A, Saskatoon

**Hours:** Monday - Thursday: 9:30am - 4:30pm

[Website](#)

# Post-Abortion Support

## Regina Options Pregnancy Centre: Regina

### **Post-Abortive Trauma: Is it Real?**

What are the impacts of abortion on women? If you're seeking information on this topic for yourself personally or for someone you know, come to this free public workshop. Available dates for this workshop are on the "Events" page or call for more information.

### **Surrendering the Secret**

Surrendering the Secret is a free and confidential program that helps you move towards healing and freedom. If you or anyone you know has experienced any negative impact following an abortion, this program may be for you.

### **Peer Counselling**

The counsellors at Options have gone through the challenge of an unplanned pregnancy and some of them an abortion experience. They are available to meet with you one-on-one and provide information and support.

**24 Hour Counselling Line:** (306) 757-3344

**Phone Number:** (306) 757-1371

**Text:** (306) 216-8093

**Email:** office@reginapregnancy.com

**Location:** 2139 Broad Street, Regina

**Hours:** Monday - Friday: 9am - 4pm

[Website](#)

## Saskatoon Pregnancy Options Centre: Saskatoon

Men and women come to us to talk about their unresolved feelings.

You may experience a variety of emotions. Saskatoon Pregnancy Options Centre have people who can walk with you and help you process what you are feeling.

**Phone Number/Text:** (306) 665-7550

**Email:** contact@saskatoonpregnancyoptions.com

**Location:** #107-2543 Dudley Street, Saskatoon

**Hours:** Monday, Wednesday and Thursday: 10am - 4pm

Tuesday: 10am - 6pm

[Website](#)



# Infant Loss Support

## Prairie Heart Counselling: Regina

### Peer Support for Pregnancy & Infant Loss

Join us as we come together and discuss our experiences, our loss(es) in a safe environment. Every Monday from 6pm - 7:30pm. Registration requested to assist us in tracking our participants.

**Phone Number:** (639) 382-4930

[Website](#)

**Location:** #13 - 2752 Montague Street (Lower Level River Heights Mall), Regina

## Empty Arms Perinatal Loss Support Services: Saskatoon

Empty Arms offers a variety of formats for peer support, including private online forums and monthly group meetings to anyone who has experienced the loss of a pregnancy or infant.

The loss of an infant affects everyone in the family – mothers, fathers, siblings, and extended family members. Empty Arms recognizes that these family members are in need of support as well and offer a variety of infant loss family support groups.

- Monthly in-person support groups
- Online support groups
- One-on-one peer mentoring
- Support from a certified birth and bereavement companion
- Supported use of a CuddleCot™
- Photography (maternity, newborn, and end-of-life)
- Memory Making options and mementos
- Lactation information
- Postpartum information and support
- Neonatal end-of-life services
- Lending library
- Family member specific resources (sibling, grandparent, etc.)

**Phone Number:**

Support & Services: (306) 260-6806

Inquiries: (306) 244-LOSS (5677)

**Email:** [info@emptyarmspls.com](mailto:info@emptyarmspls.com)

**Location:** 237 5th Avenue North, Saskatoon

[Website](#)

## Angel Baby - Steinbach

Angel Baby is Life Culture's pregnancy & infant loss support initiative. It includes a monthly support group, online memory wall, care packages, and resources.

Angel Baby's Peer Support Group meets the first Thursday of every month via Zoom at 7PM CST. Email to receive zoom link or more information.

**Phone Number:** (204) 326-5433

**Email:** [contact@angelbaby.ca](mailto:contact@angelbaby.ca)

**Location:** Unit E - 98 Brandt St., Steinbach

[Website](#)

Saskatchewan Resource Guide Last Updated: December 2023  
If you have any questions or concerns, please contact Life Culture.

[www.lifeculture.ca](http://www.lifeculture.ca)  
(204) 326-5433