

A practical directory of early childhood and family services in northeast Saskatchewan

EARLY YEARS & FAMILY SERVICES GUIDE



Also available online at:
<http://earlyyears.nesd.ca>

or phone: 306-752-615

This publication is sponsored by:



**North East
Understanding the
Early Years**

August 2010

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ACKNOWLEDGEMENTS

Thank you to the many individuals in our communities throughout the northeast dedicated to providing services and conducting programs for families and young children. Your professional and volunteer services enrich the lives of families and provide learning opportunities for young children. Thank you to the numerous individuals who assisted in the creation of this guide by providing information about the programs and services available to young children and families. The creation of *Early Years and Family Services Guide* was made possible through funding from the Government of Canada's Understanding the Early Years Initiative. www.hrsdc.gc.ca

Services and programs provided by communities are always changing. We strive to keep the *Early Years and Family Services Guide* up to date as much as possible. **Please contact us if you have any information regarding changes or additions to this guide: Brenda Ives, Community Coordinator, North East Understanding the Early Years, C/O Northeast Regional Intersectoral Committee, Box 6500, Melfort, SK S0E 1A0, Phone: 306-752-6135 or email brenda.ives@gov.sk.ca**

ABOUT NORTH EAST UNDERSTANDING THE EARLY YEARS

From November 2005 to August 2008 the Government of Canada sponsored a research and community development project. It involves families and children residing within the North East School Division boundaries, Kinistin Saulteaux Nation, Red Earth First Nation and Shoal Lake Cree Nation.

**Communities
included in the *Early
Years and Family
Services Guide***



The Understanding the Early Years Initiative is a community research project focusing on children's learning. Information was gathered about the development of kindergarten children through a teacher survey, parent interviews and direct assessments of children's skills. This information paints a picture of what the children are like in the northeast and reflects the children's experiences before they entered kindergarten. We wanted to know about the school readiness of the children – that is, how ready the children are to take advantage of the opportunities formal school has to offer. We also wanted to know what our communities are already doing to help support families and their children aged zero – five years. Research results are to be shared with people in the northeast to inspire community action.

ABOUT THE GUIDE

The *Early Years and Family Services Guide* is a list of programs and services available in communities throughout the northeast. These services enhance learning and healthy development of children between the ages of zero – five years and support families in providing the best start possible for young children. This guide is to be a practical directory for families, caregivers and service providers.

The guide is organized by the following sections:

1. Regional Resources– This page lists contact information for national, provincial and regional services and programs.

2. Useful websites- Many parents and caregivers have home computers with the internet to connect to the world- wide web. Others use the internet through the Community Access Program available at many of our public libraries. There is a wealth of useful information available through local, provincial and federal government websites. Information from international websites affirms the fact that many issues for parents in other parts of the world are similar to the issues faced in northeast Saskatchewan.

3. Community Sections- The northeast is a community of communities. Parents in rural areas or in villages generally access services in nearby towns or cities. First Nations communities have independent services and programs serving their needs and political structures. Families and children in First Nations communities also access services in nearby towns and villages. **The *Early Years and Family Services Guide* is organized into eight ‘community’ sections:**

- **Melfort , Gronlid, Naicam, Pleasantdale, Star City**
- **Nipawin, Carrot River, Codette, Choiceland, Smeaton, White Fox**
- **Tisdale, Arborfield, Bjorkdale, Sylvania, Zenon Park**
- **Hudson Bay**
- **Porcupine Plain**
- **Kinistin Saulteaux Nation**
- **Red Earth First Nation**
- **Shoal Lake Cree Nation**

Within each of the eight community sections, programs and services are organized into five different categories:

- ◆ **Early Learning and Child Care** – e.g.- licensed childcare settings, parent and child play groups, Kids First, NEECIP, playschools, preschools, pre-kindergarten, nursery programs, Aboriginal Head Start and kindergarten
- ◆ **Family and Community Services and Programs** – e.g. -services offered through government and non-government agencies to assist families in a variety of ways. Examples: facilitating access to safe housing, support groups for families affected by violence, programs promoting safety such as car seat clinics and babysitting courses
- ◆ **Health and Well-being** – e.g.- Public Health, Mental Health Services, Community Health, Primary Health Care, hospitals, doctors, dentists, optometrists
- ◆ **Spiritual Education** – e.g. lists churches or centres of worship with spiritual education programs such as: Sunday School, children’s church, children’s liturgy and kids clubs for children 5 and under and traditional First Nations spiritual and cultural events, ceremonies and celebrations
- ◆ **Sports, Culture and Recreation** –e.g.- lists local recreation facilities, playgrounds, parks, regional parks, recreation areas, sports, culture and recreation programs for children 5 years of age and under (i.e): swimming lessons, skating, soccer, gymnastics, dance, music

Regional Services

EMERGENCY PHONE: 911



HOSPITALS

Hudson Bay Health Care Facility 306-865-2219
Melfort Hospital 306-752-8700
Nipawin Hospital 306-862-4643
Porcupine Carragana Hospital 306-278-2211
Tisdale Hospital 306-873-2621
Provincial 24 Hour Health Advice Line
1- 877-800- 0002

PUBLIC HEALTH OFFICES

Hudson Bay Public Health Office 306-865-2634
Melfort Public Health Office 306-752-6310
Nipawin Public Health Office 306-862-0761
Tisdale Public Health Office 306-873-8282

PRIMARY HEALTH CARE CLINICS

Arborfield 306-769-8757
Carrot River 306-768-3115
Choiceland 306-862-3151
Hudson Bay 306-865-2211
Naicam 306-874-2353
Nipawin 306-862-3151
Porcupine Plain 306-278-2151
Smeaton 306-862-3151
Tisdale 306-873-4561

FIRST NATIONS HEALTH CLINICS

Kinistin Wellness Clinic 306-878-8181
Red Earth Health Centre 306-768-3617
Shoal Lake Health Clinic 306-768-3457

OTHER REGIONAL SERVICES

North East Outreach and Support Services 1-800-611-6349
Eastern Region II Métis Nation (ERII) 1-877-264-9428
Saskatchewan Community Resources
Income Assistance Plan 1-866-221-5200
Melfort Office 1-800-487-8640
Nipawin Office 1-800-487-8594
Victim Services 306-787-3500
Or Local RCMP
Nicapanak Centre (Indian Child Family Services)
Cumberland House, Red Earth, Shoal Lake
1-866-768-3315
Native Council Family Services 306-764-1652
North East Early Childhood Intervention Program
(NEECIP) 1-306-873-3411
North East School Division 1-888-752-5741
SASKFEAT 306-862-4768
(SK Families for Effective Autism Treatment)
North East Recreation & Parks Association 306-752-9887
Emergency Mental Health Line (24 Hour) 306-765-6055

PROVINCIAL ORGANIZATIONS & HELP LINES

Poison Centre 1-866-454-1212
Problem Gambling Helpline 1-800-306-6789
AIDS Information Line 1-800-226-0944
Narcotics Anonymous 1-877-463-3537
Center for Gender Diversity 1-800-358-1833
Farm Stress Line 1-800-667-4442
Child Find Saskatchewan 1-800-513-3463
Saskatchewan Association of
Community Living www.sacl.org
Canadian Mental Health Assoc. 306-752-2284
SK Division –Melfort Branch
Saskatchewan Health 1-877-696-7546
Family Health Benefits

NATIONAL/ FEDERAL SERVICES

Kids Help Line (24 Hours) 1-800-668-6868
Government of Canada
Information 1-800 - 622-6232
Child and Family Benefits 1-800-387-1193
Service Canada - EI—Melfort Office
1-800-206-7218

Libraries



Arborfield Public Library

General Delivery
Arborfield, Saskatchewan
S0E 0A0, CANADA
E-mail: arbcirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 4:30 p.m. — 8:30 p.m.
Thursday: 10:00 a.m. — 4:00 p.m.
Friday: 1:00 p.m. — 4:00 p.m.

Bjorkdale Public Library

Bjorkdale, Saskatchewan
S0E 0E0, CANADA
306-886-2119

LIBRARY HOURS

Tuesday: 12:00 p.m. — 6:00 p.m.
Thursday: 12:00 p.m. — 6:00 p.m.
Friday: 10:00 a.m. — 3:00 p.m.

Carrot River Public Library

Box 1001
Carrot River, Saskatchewan
S0E 0L0, CANADA
306-768-2501
E-mail: cacirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 11:00 a.m. — 5:00 p.m.
Wednesday: 3:00 p.m. — 8:00 p.m.
Thursday: 10:00 a.m. — 5:00 p.m.

Choiceland Public Library

Box 250
Choiceland, Saskatchewan
S0J 0M0, CANADA
306-428-2216
E-mail: chocirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 11:00 a.m. — 5:00 p.m.
Wednesday: 3:00 p.m. — 8:00 p.m.
Thursday: 11:00 p.m. — 5:00 p.m.

Gronlid Public Library

Box 192
Gronlid, Saskatchewan
S0E 0W0, CANADA
(306) 277-4633 (school)
E-mail: grocirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 6:00 p.m. — 9:00 p.m.
Wednesday: 12:30 p.m. — 6:30 p.m.

Hudson Bay Public Library

Box 1109
Hudson Bay, Saskatchewan
S0E 0Y0, CANADA
(306) 865-3110
E-mail: hudcirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 1:00 p.m. — 6:00 p.m.
Tuesday: 1:00 p.m. — 6:00 p.m.
Story time Tuesday: 1:30 p.m. — 2:30 p.m.
Wednesday: 1:00 p.m. — 6:00 p.m.
Thursday: 1:00 p.m. — 5:00 p.m.
6:00 p.m. — 8:00 p.m.
Friday: 1:00 p.m. — 6:00 p.m.
Saturday: 1:00 p.m. — 6:00 p.m.

Melfort Public Library

Box 429
Melfort, Saskatchewan
S0E 1A0, CANADA
306-752-2022
E-mail: melcirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 10:00 a.m. — 6:00 p.m.
Tuesday: 9:30 a.m. — 9:00 p.m.
Wednesday: 9:30 a.m. — 9:00 p.m.
Thursday: 9:30 a.m. — 9:00 p.m.
Friday: 10:00 a.m. — 6:00 p.m.
Saturday: 10:00 a.m. — 5:00 p.m.

Libraries



Naicam Public Library

Box 587
Naicam, Saskatchewan
S0K 2Z0, CANADA
306-874-2156

E-mail: naicirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 12:00 p.m. — 5:00 p.m.
Wednesday: 1:00 p.m. — 5:00 p.m.
Thursday: 1:00 p.m. — 5:00 p.m.
Friday: 12:00 p.m. — 5:00 p.m.
Saturday: 1:00 p.m. — 4:00 p.m.

Nipawin Public Library

Box 1720
Nipawin, Saskatchewan
S0E 1E0, CANADA
306-862-4867

E-mail: nipcirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 9:00 a.m. — 6:00 p.m.
Tuesday: 9:00 a.m. — 8:00 p.m.
Wednesday: 9:00 a.m. — 8:00 p.m.
Thursday: 9:00 a.m. — 8:00 p.m.
Friday: 9:00 a.m. — 6:00 p.m.
Saturday: 1:00 p.m. — 6:00 p.m.

Porcupine Plain Public Library

Box 162
Porcupine Plain, Saskatchewan
S0E 1H0, CANADA
306-278-2488

E-mail: porcirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 10:00 a.m. — 5:00 p.m.
Wednesday: 10:00 a.m. — 5:00 p.m.
Thursday: 10:00 a.m. — 4:00 p.m.

Smeaton Public Library

Smeaton, Saskatchewan
S0J 2J0, CANADA
306-426-2049

E-mail: smecirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 1:00 p.m. — 5:00 p.m.
Wednesday: 1:00 p.m. — 5:00 p.m.

Star City Public Library

Box 371
Star City, Saskatchewan
S0E 1P0, CANADA
306-863-4364

E-mail: stacirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 5:30 p.m. — 8:30 p.m.
Tuesday: 1:30 p.m. — 5:00 p.m.
Wednesday: 5:30 p.m. — 8:30 p.m.
Thursday: 1:30 p.m. — 5:00 p.m.

Tisdale Community Library

Box 2499
Tisdale, Saskatchewan
S0E 1T0, CANADA
306-873-4767

E-mail: tiscirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 8:00 a.m. — 8:00 p.m.
Tuesday: 8:00 a.m. — 8:00 p.m.
Wednesday: 8:00 a.m. — 8:00 p.m.
Thursday: 8:00 a.m. — 8:00 p.m.
Friday: 8:00 a.m. — 5:00 p.m.
Saturday: 1:00 p.m. — 5:00 p.m.

White Fox Public Library

White Fox, Saskatchewan
S0J 3B0, CANADA
306-276-5800

E-mail: whicirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 9:00 p.m. — 1:00 p.m.
Wednesday: 2:00 p.m. — 6:00 p.m.





HELPFUL WEBSITES



INTERESTING WEBSITES FOR FAMILIES:

24 hour Saskatchewan Health Information

www.health.gov.sk.ca/healthline-online

Feeding your Baby – The 1st Year of Life

www.health.gov.sk.ca/rr_feeding_your_baby.html

How to Talk with Your Baby 0-18 Months

http://www.health.gov.sk.ca/rr_how_to_talk_w_your_baby.html

Nurturing Your Baby & Yourself by Breastfeeding

www.health.gov.sk.ca/rr_breastfeeding.html

Kids and Cars

www.kidsandcars.org

Early Childhood Teeth Decay

http://www.health.gov.sk.ca/rr_early_childhood_caries.html

Fetal Alcohol Spectrum Disorder FASD

www.health.gov.sk.ca/ps_fasd_faq.html

Nutrition in Pregnancy: The Best for You & Your Baby

www.health.gov.sk.ca/rr_nutrition_in_pregnancy.html

Nutrition – The Complete Picture for Children 1-5 Years

www.health.gov.sk.ca/rr_nutrition_complete_pic.html

The Early Years Partnership

<http://earlyyears.nesd.ca/>

Breakfast for Learning

<http://breakfastforlearning.ca>

Kids Help Phone

www.kidshelpphone.ca

Parent Education Saskatchewan

www.parenteducationsask.ca

Invest in Kids

www.investinkids.ca

Today's Parent

www.todaysparent.com

Canadian Institute of Child Health

<http://www.cich.ca>

Council for Early Child Development

www.councilecd.ca

Human Resources and Skills Development Canada

www.hrsdc.gc.ca

Canadian Childcare Federation

www.cccf-fcsge.ca

Canadian Council for Learning

www.ccl-cca.ca

Early Childhood intercultural Partnerships

www.ecdip.org

Human Early Learning Partnership (HELP)

www.earlylearning.ubc.ca

Public Health Agency of Canada

www.phac-aspc.gc.ca

Public Health Agency of Canada

www.phac-aspc.gc.ca/chn-rcs/index-eng.php

Saskatchewan Ministry of Education

www.education.gov.sk.ca

Parents Matter

www.parentsmatter.ca



Melfort, Gronlid, Naicam & Star City

MELFORT HOSPITAL
MELFORT RCMP
EMERGENCY

306-752-8700
306-752-6420
911

SASK HEALTH INFO LINE
NAICAM RCMP

1-877-800-0002
306-874-2142

NORTH EAST OUTREACH SUPPORT & SERVICES 1-800-611-6349

WWW.CITYOFMELFORT.CA

WWW.TOWNOFNAICAM.CA

WWW.TOWNOFSTARCITY.COM

EARLY LEARNING & CHILD CARE

Melfort Daycare Cooperative

115 McLeod Ave. W.

Melfort

Phone: 306-752-5565

melfort.daycare@sasktel.net

Melfort Daycare is a licensed non-profit, parent-controlled daycare with 43 subsidized spaces for children aged 18 mo. - 12 yrs. The program consists of a combination of planned activities, learning centres, free play, field trips and a summer program for school- aged children. Hours of operation are from 6:30 am - 6:30 pm , Mon - Fri.

At Melfort Unit Comprehensive Collegiate

801 Assiniboia St.

Melfort

Phone: 306-752-3220

melfort.daycare@sasktel.net

Melfort Daycare is a licensed non-profit, parent-controlled daycare with 31 subsidized spaces for children aged 6 weeks - school age. The program consists of a combination of planned activities, learning centers, free play, field trips and a summer program for school- aged children. Hours of operation are from 7:30 am - 5:30 pm , Mon - Fri.

Kids World Daycare

129 Kennedy Drive

Melfort

Phone: 306-752-2099

gfviczko@sasktel.net

A licensed childcare home providing loving care for children 6 weeks of age to 12 years of age, including special needs children. Kids World Daycare is open 24 hours, Monday through Friday, providing day spaces, evening spaces and night spaces. Government subsidies are available for qualifying parents.

Kiddie Korner Playschool

220 Burrows Avenue W.

Melfort

Phone: 306-752-2536

This playschool program is designed for 3 and 4 year olds. Children build friendships, gain confidence in abilities, learn skills and prepare for kindergarten. Morning or afternoon half -day sessions.

Melfort Playgroup

Call for new location

Melfort

Phone: 306-752-5882

Preschoolers and their caregivers gather once a week to socialize. Group play activities for children. Opportunities to share experiences and advice for parents. Weekly sessions are held in the mornings.

Evangelical Covenant Church Playgroup

Melfort

Phone: 306-752-1932

Held every Wednesday morning for 9:45- 11:00. First visit is free after that there is a charge. Every week a family is asked to supply a craft and snack. For preschool children and their family.

Kiddie College

208 1st Ave. N.

Naicam

Phone: 306-874-2139

The Kiddie College preschool program is offered for children aged 3 to 5 years old. Morning or afternoon sessions, 1 or 2 days a week.

Star City Playschool

Held at Star City School, 501 - 3rd Ave.

Phone: 306-863-2353

Group program for 3 & 4 year old children to develop social skills. Activities include: crafts, outdoor play, songs, stories and group interaction.

Books For Babies

Melfort Community Health Phone: 306--752-6310

At child health clinic visits, parents are provided with a book bag, books and information about the importance of reading to children . Sponsored by North East Parenting Education Association, Public Health , Kids First.

North East Early Childhood Intervention Program

Melfort, Naicam, Gronlid, Star City

Phone: 306-873-3411

This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.



EARLY LEARNING & CHILD CARE



Kindergarten Program

Gronlid Central School	277-4633
Melfort - Maude Burke Elementary	752-2391
Reynolds Central School	752-2525
Brunswick Elementary	752-5771
Naicam School	874-2253
Star City School	863-2353

The Kindergarten Program provides opportunities for children to develop physically, socially, emotionally and intellectually through participation in a variety of activities including play. Children who will be five by December 31st of the current year are eligible to attend classes offered by the North East School Division. Full day classes are scheduled for 100 school days between August and June.

North East Kindergarten Fair

Phone: 306-752-5471

Schools in the North East School Division host an annual spring Kindergarten Fair. Children entering kindergarten in the fall are screened to identify communication and literacy needs. Informational displays and activities are planned for children and parents.

Maude Burke Elementary School

202 Melfort St. E.

Phone: 306-752-2391

Reynolds Central School

Phone: 306-752-2525



• Pre-kindergarten Program

The Pre-kindergarten Program provides snacks, family involvement, and age appropriate play for 3 & 4 year old children. All programs provide crafts, stories, structured play and social development. Staff are certified teachers and Educational Assistants. Weekly parent or family activities are planned.

• “Reading is Fun” Family Literacy Nights

Family Literacy Fun Nights are held once a month and are open to all families attending Maude Burke. Parents and children (all ages) participate in reading, snacks, activities and draws for books. This event is free of charge.

Parent n' Tot

Parent n' Tots provides early learning experiences to children aged 2-5. Parents and children engage in crafts, stories, songs and field trips. Parents also have the opportunity to participate in Community Kitchen, educational workshops and crafts. This program is available to all Melfort residents.

Public Libraries & Library Programs

Gronlid Public Library

Located in the School Phone: 306-277-4633

grocirc@panet.pa.sk.ca

Melfort Public Library

106 Crawford Ave. W. Phone: 306-752-2022

melcirc@panet.pa.sk.ca

Naicam Public Library

Box 587 Phone: 306-874-2156

naicirc@panet.pa.sk.ca

Star City Public Library

Box 371 Phone: 306-863-4364

stacirc@panet.pa.sk.ca

• Read and Play Book Boxes

26 theme-based and age appropriate kits containing books, toys and learning materials for children in three age groups –baby, toddler and preschool. Kits are available to borrow through some Wapiti Branch Libraries.

• Summer Reading Program

This national program is designed to motivate children to read for pleasure, to develop their curiosity and to stimulate their imagination. The program is free and offered to children ages 12 and under.

• Naicam Preschool Story Hour

A once-a-week drop in program for children aged 3 - 5 years featuring stories, games and crafts. Parents must stay in the library while story time is in session. This program runs every Tuesday and Friday afternoon from 2 - 3 p.m.

• Melfort Preschool Story Hour

Story Hour is a once-a-week drop in program for children aged 3 - 5 years featuring stories, games and crafts. Parents must stay in the library while story time is in session. Held Wednesday afternoons at 1:30 p.m.—2:15 p.m. This program runs from mid September - April.

• Melfort Toddler Time

This library drop in program for children 2 & 3 years of age features stories, finger plays and activities to build a love for reading. Held Tuesday or Thursday mornings 10:30 a.m. 11:15 a.m. from mid September - April

• Melfort Pajama Story Hour

Story Hour is a drop in program for children aged 3 - 5 years featuring stories, games and crafts. Parents must stay in the library while story time is in session. It is not a regular program just a special occasion on so dates are to be announced.

FAMILY & COMMUNITY SERVICES

Social Services

107 Crawford Ave. E.
Melfort, SK
Phone: 306-752-6100 or



Toll Free 1-800-487-8640

Serving Melfort, Bjorkdale, Gronlid, Naicam,
Pleasantdale, Porcupine Plain, Star City, Tisdale.

The following programs are provided by the Ministry of
Social Services (Saskatchewan Community Resources):

Income Assistance Program

Toll free: 1-866-221-5200



Offers support and services to people with challenges that make it difficult to live independently and to those who need help providing for their children.

- Saskatchewan Assistance Plan
- Child Day Care Subsidy
- Saskatchewan Employment Supplement
- Saskatchewan Child Benefit
- Saskatchewan Rental Housing Supplement

Adoption Services



<http://www.socialservices.gov.sk.ca/adoption>

Offers programs in domestic adoption, assisted adoption, inter country adoption, and post-adoption.

Foster Care



<http://www.socialservices.gov.sk.ca/foster-care>

Foster care is provided by families in the community who offer their homes to children who cannot live with their own families for a period of time.

Child and Family Services



<http://www.socialservices.gov.sk.ca/families>

This department focuses on the health and well being of children including child protection, family support counseling, cultural language issues, foster children, food and nutrition, special needs support, therapeutic programs and homes.

Community Living Division



Staff work with people with intellectual disabilities and help them access a variety of community-based services. Such as: family support services including counseling, respite planning and funding, information and referrals.



Child Protection Services

<http://www.socialservices.gov.sk.ca>

Anyone who has a reason to believe that a child is being abused or neglected has a legal duty to report it. Members of the public are obligated by the law to report suspected abuse or neglect. You can report information to: any Social Services (Community Resources) office, a community crisis centre or unit 306-752-9464 or 1-800-611-6349; police officer (911); or First Nations Child and Family Service Agency.



Saskatchewan Housing Authority

Melfort - 201 Park Ave. E. Phone: 306-752-7300

Naicam - Box 393 Phone: 306-874-5722

Star City - Box 53 Phone: 306-863-2274

Saskatchewan Housing Authority facilitates access to safe, affordable housing through a number of programs.



Ministry of Education

Child Nutrition & Development

The Child Nutrition and Development Program involves government and communities working in partnership to support nutrition and nutrition education programs, while working together to develop long-term solutions to poverty.

Community Internet Access Program (CAP)

Gronlid Central School Phone: 306-277-4633

Melfort Public Library Phone: 306-752-2022

Naicam Public Library Phone: 306-874-2156

Star City Public Library Phone: 306-863-4364

A government of Canada initiative that aims to provide Canadians with affordable public access to the Internet and the skills they need to use it effectively. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway.

Melfort Youth and Family Resource Center

102 Crawford Ave. E. 306-752-1982

Pre-natal nutrition program focusing on nutrition and health-care for young moms that are expecting. Programs offered: Parent groups, Collective Kitchen program, Court Worker and Transition to Employment program.



FAMILY & COMMUNITY SERVICES



North East Outreach & Support Services

103 McKendry Avenue E. Melfort
admin@northeastoutreach.ca
Phone: Office 306-752-9464
Crisis Line 1-800-611-6349

Provides a range of free and confidential support services to enhance individual and community wellness.

- **Supportive Counseling**

Is available to individuals or families experiencing forms of violence or abuse or other crises. E-counseling is available for women to access our counselors online.

- **Outreach Services**

Counseling and other services available in Melfort, Tisdale, Nipawin and area.

- **Information, Resources and Referrals**

Offers assistance regarding other services in the area.

- **Crisis Assistance and Safety Planning**

To help those in crisis.

- **Public Awareness and Prevention**

Provides education, awareness and prevention presentations as needed. Topics such as: interpersonal violence/abuse, dating violence, sexual assault/abuse and healthy relationships.

- **24 Hour Regional Crisis Line**

Our crisis line is available 24 hours a day, 7 days a week and is a free and confidential service. We do not subscribe to caller display and we do not require the caller to give us his/her name.



Canadian Mental Health Association Saskatchewan Division

Melfort Branch 306-752-2284

www.cmha.ca

Volunteer organization which supports and promotes the rights of people with mental illness to maximize their potential. Promotes and enhances mental health and well-being of all members of the community.



La Leche League Canada

Basement of United Church
Melfort
Phone: 306-863-2720

www.LLCC.ca

Meetings are held the first Monday of every month. For pregnant or new moms who are breastfeeding or considering breastfeeding. Services provided include: breastfeeding information, free monthly meetings, special interest meetings, phone support, a resource library and book and catalogue orders.

Canadian Métis Heritage Corporation Marguerite Riel Centre

104 Burrows Ave. W. Melfort

metisheritage@sasktel.net

Phone: 306-752-4950

The Marguerite Riel Centre provides on-going educational support services to improve the health and well being of primarily Métis and First Nation people in northeast and north central Saskatchewan. Programs are culturally appropriate, flexible and holistic. Services include: on site daycare, snack programs, adult and youth educational group, outreach workers and referrals, court and justice support, Residential School Health Support Workers, cultural awareness, and one on one support. Please contact the centre for more information.

- **Community Action Program for Children (CAPC)**

<http://www.phac-aspc.gc.ca>

Community Action Program for Children (CAPC) is a Parenting program for parents and children (age 0-6). Focuses on enhancing parenting skills, bonding, child development, personal development, and healing for parents; while at the same time giving our children the opportunity to have a well balanced start in life. The **Parenting Program** addresses the destruction of families stemming from Residential School Syndrome and offers a wide range of services to aid parents in all aspects of life.

- **Nobody's Perfect**

Nobody's Perfect is a parenting education and support program for parents of children birth to age 5. Participation is voluntary and free of charge.

- **Cultivating Creative Children
Cognitive Disability Program**

Onsite program for children affected by: FASD (Fetal Alcohol Spectrum Disorder), ADHD (Attention Deficit Hyperactivity Disorder), Autism or other cognitive/learning disorders. Group activities for children aged 4 years and up. Group and one to one support for parents.

Eastern Region II Métis Nation (ERII)

Melfort & Area

Phone: 306-323-4244

Er2.03@sasktel.net

Toll Free: 1-877-264-9428

ERII is a full service delivery agency whose mandate focuses on the Métis population; however they operate on a status blind, open door policy to assist any individual in need. Services are provided throughout the northeast as needed or requested. For example Social Initiatives Dept: Parenting Classes, Individual/Group counseling, Collective Kitchens, Mediation; Métis Addiction Council: Addiction Services and referrals to treatment; Justice Dept.: Justice issues; Training Employment and Education assistance.

- **Canadian Prenatal Nutrition Program (CPNP)**

Provides support, education, and supplements to pregnant women to ensure a healthy child birth and a healthy baby.

- **Parent Support Program**

Contract services through Sask. Community Resources. A Family Support Worker makes home visits. The program goal is to improve family functioning by enabling parents to better care for their children.

FAMILY & COMMUNITY SERVICES



Alcoholics Anonymous

Melfort

Held in the Basement of the Legion Hall

Phone: 306-752-5823

Naicam

301 Park St. N. Phone: 306-874-5453

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. There are no dues or fees for AA membership.



Al-Anon Family Group

Melfort—United Church

Phone: 306-752-3062

Naicam - Catholic Church

Phone: 306-874-2001

Al-Anon Family Groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. The Al-Anon Family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to help families of problem drinkers to cope with difficulties brought about by the situation.

Emotions Anonymous

Call for location

Phone: 306-752-2652

Melfort

www.emotionsanonymous.org

A twelve step program. The purpose of the meetings is to work together toward recovery of emotional difficulties. Meetings are held every Wednesday from 7:30- 8:30.

Good Food Box

Melfort

Phone: 306-752-9329

Naicam

Phone: 306-874-5724

Pleasantdale

Phone: 306-874-5626

Star City

Phone: 306-863-2272

plusind@sasktel.net

The Good Food Box is an alternative food distribution system that provides a variety of top-quality, fresh, nutritious foods at an affordable price.

Child ID Clinic

Melfort

Phone: 306-752-6420

Naicam

Phone: 306-874-2142

<http://www.missingchildren.ca>

An identification card is completed for each child. Child ID could be helpful in recovering a lost child. Contact your local RCMP for course times and information.

Melfort & Area Food Bank

201 Broadway St. N Phone: 306-752-4448

The Melfort & Area Food Bank collects, stores, and distributes food to people in emergency situations and in times of need.



Block Parent

Phone: 306-752-2324

<http://www.blockparent.ca>

Block Parents is a community program designed to help reduce the incidence of child molestation and other emergencies. The distinctive red and white Block Parent sign in the window of a home tells children, seniors and others that help is at hand if they are lost, frightened, or in distress.

Canada Safety Council Babysitting Course

Gronlid See Website

Melfort See Website

Star City See Website

For more information: 1-613-139-1535

<http://safety-council.org/training/babysitters-training-course/>

The Saskatchewan Safety Council Babysitting Course is designed to prepare students 12 years of age and up for the demands of babysitting. Courses are run by a variety of community organizations.

Buckle Up Baby

Phone: 306-752-2431

<http://www.buckleupbaby.ca>

This program works in conjunction with the Saskatchewan Safety Council's seat belt and child restraint program to educate and emphasize the correct use of child safety seats.

Car Seat Clinic

Melfort

Phone: 306-752-6420

Naicam

Phone: 306-874-2142

http://www.sgi.sk.ca/sgi_pub/road_safety/child_restraints_clinics.htm

A trained crew perform inspections and inform the public on the correct installation of car seats. Held at various times and locations once or twice during the year. Sponsored by a community organizations. Participants are eligible for a local draw and a yearly provincial draw for a \$1,000 Registered Education Savings Plan Certificate. Contact your local RCMP or check the website above for local clinic information.



Victim Services

Phone:

Melfort 306-752-6420

Naicam 306-874-2142

Trained volunteers provide services to victims of crime such as: crisis intervention, compensation and victim/witness services.

HEALTH & WELL BEING



Melfort Hospital

510 Broadway Ave. N. Phone: 306-752-8700

Emergency, inpatient and outpatient services. Day surgery and some emergency surgery.



Primary Health Care

Naicam, 305 - 1st St. S.
Phone: 306-874-2353

Nurse Practitioners work with doctors, health nurses, dietitians, therapists, social workers, home care workers, pharmacists and the community to plan and deliver services that emphasize early intervention, health promotion, treatment and follow up care.

Community Health Services



The following services are available through the Melfort Public Health Office:

107 Crawford Ave. W. Phone: 306-752-6310
<http://www.kelseytrailhealth.ca/>

- **Child Health Clinics**

Appointments with a Public Health Nurse for babies and children under 5. Immunizations according to the Saskatchewan Immunization Schedule, health check, screening and referrals for: growth and development, nutrition, dental, hearing and vision. Nurses will also provide information concerning parenting dilemmas.

- **Naicam Child Health Clinic**

Phone: 306-874-2086

The Naicam Child Health Clinic is held at the Senior Citizens Hall. Please call to book an appointment.

- **Prenatal Programs**

Prenatal mother in early to late stages of pregnancy and their partner/support person are invited to attend. Topics covered include: a hospital tour, mom & baby anatomy, baby development, labor, breathing, relaxation, care of the newborn, infant safety as well as discussing post partum depression.

- **Early Childhood Team (ECT) Speech & Language Pathologist Early Childhood Psychologist**

Our Early Childhood Team (ECT) provides primary, secondary and tertiary prevention services for children from birth to school entry. Clinical services include assessment, therapy, counseling, and programming for children with general developmental delays, cognitive delays, language delay/disorders, speech problems, fluency issues and behavioral concerns. Primary prevention efforts include newsletter for the general public and brochures that address common issues specific to early childhood.

- **Post Natal Visits**

This program is designed to ensure a healthy and successful transition from hospital to home for mother, baby and family. Contact will be made while mom and baby are still in hospital or soon after discharge. A home visit can then be arranged at the family's convenience. A nurse will provide a useful information package, mom and baby assessments, provide breast-feeding support and address questions and concerns.

- **Hello Parents**

Hello Parents is a group for new moms and dads that runs 1-2 times per year, usually 6-7 consecutive weeks one morning per week. Allows for some health teaching (i.e.) car seat safety, as well as a support group for new parents.

- **Nutritionist**

The Nutritionist helps new parents to learn baby food making, prenatal nutrition as well as offering one on one counseling.

- **“Paint a Happy Smile” Fluoride Program**

This free fluoride service is offered to all children ages 3, 4 & 5. Children younger than 3 can participate through referral at Child Health Clinics. The goal is to keep baby teeth healthy.

Mental Health & Addictions



510 Broadway Ave.
Melfort Hospital

Phone: 306-752-8767

Offer programs/services in regards to: Outpatient rehabilitation services, long term care; Therapy for victims of abuse; Child and Youth services; Behavior Management counseling; Therapy for stress, anxiety, depression, phobia; Psychological assessment; Educational information.

HEALTH & WELLBEING

Parent Mentoring Program

510 Broadway Ave. N
Melfort Hospital
Melfort Phone: 306-752-8767

www.pmps.ca

The Parent Mentoring Program of Saskatchewan (PMPS) is a volunteer based mentoring program that provides assistance and support to persons who are pregnant or already parenting newborn to five year olds. Parent participants are paired with volunteer mentors who are experienced parents and/or have skills that will enhance a parents ability to effectively care for his/her children and self. Volunteer mentors serve as supportive friends and role models.

Community Therapy

Parkland Place
402 Bemister Ave. E., Melfort
Phone: 306-752-1750

Occupational Therapy and Physical Therapy services for children and adults. Consultations with parents to provide information on home activities and equipment to meet the child's physical needs. Acquired Brain Injury Program services also available.



Autism Spectrum Disorder (ASD) Program

#5 233 Center St. Nipawin, SK
Phone: 306-862-7249

Screening, programming and intervention options for children known or suspected ASD and their families.



Doctors, Dentists & Optometrists

Associate Medical Clinic

805 Main St. Melfort Phone: 306-752-2876
Dr. Lavoie, Physician & Surgeon.

Melfort Medical Clinic

1121 Main St. Melfort Phone: 306-752-6330
Dr. Moe, Family Physician.

Family Physicians Group

1121 Main St. Melfort
Family Physicians
Dr. Myat Phone: 306-752-4595
Dr. Renouf Phone: 306-752-4900
Dr. Steffen Phone: 306-752-5222
Dr. Strydom Phone: 306-752-3375
Dr. Van Der Ross Phone: 306-752-5757
Dr. Wingate Phone: 306-752-9033
Dr. Stoll Phone: 306-752-4493

Dr. P. Hanekom

300 Burns Ave. E. Phone: 306-752-3253

Melfort Dental Group

810 Main St. Phone: 306-752-2266

Dr. Tom Carlson

Dr. Tyler Hill

Dr. M. L. Simoneau

For all of your family's dental needs.

Melfort Optical Dispensary

513 Main St. Phone: 306-752-2452
For eye appointment Phone: 306-752-2464

For family optical needs. It is recommended that children have a complete eye exam by the time they are 3 years old or earlier, should something be noticeably impaired. Saskatchewan Health covers one free eye exam per year for each child until they turn 18 years of age.



Saskatchewan Health Family Health Benefits

Phone: 1-877-696-7546

www.health.gov.sk.ca/family-health-benefits

Dental, drug, eye care/ eyeglasses, emergency ambulance, medical supplies and chiropractor services for children under the age of 18 covered for eligible families. Based on working parent or parents' income and number of children. For example: Families with 1, 2 or 3 children and an income of \$29,921 or less as reported on line 150 of their income tax form, could receive benefits. Phone for details and applications.

SPIRITUAL EDUCATION

Please call the appropriate office listed below for more information about:

- **Weekly Worship Services**
- **Spiritual Education programs offered for children**

All Saints Anglican Church

102 Caskey Dr.
Melfort Phone: 306-752-5155

Church of Jesus Christ of Latter Day Saints

610 Saskatchewan Dr. E
Melfort Phone: 306-752-5409

Emmanuel Baptist Church

104 Stovel Ave. East
Melfort Phone: 306-752-3459

Evangelical Covenant Church

Park Avenue and Star City Road
Melfort Phone: 306-752-4545

Free Methodist Church

520 Bemister Ave. E.
Melfort Phone: 306-752-4550

Immanuel Lutheran Church

303-4th. Ave. N.
Naicam Phone: 306-874-2160

Jehovah's Witness

502 Bemister Ave. W.
Melfort Phone: 306-752-5122

Lac Vert Alliance Gospel Church

Naicam Phone: 306-874-2801

Melfort Apostolic Church

600 Broadway N. Phone: 306-752-2584

Northeast Christian Fellowship

903 Main Street N.
Melfort Phone: 306-752-3030
ncf@sasktel.net

New Life Community Church

Naicam Phone: 306-874-2180

Park Avenue Bible Church

103 Park Avenue.
Melfort Phone: 306-752-2413

Pentecostal Church

204-5th. St. Star City Phone: 306-863-2265

Our Lady of Consolation Roman Catholic Church

104 Crawford Ave. W.
Melfort Phone: 306-752-5518

Salvation Army Church

102 Crawford Avenue E.
Melfort Phone: 306-752-5364

St. George's Roman Catholic Church

Naicam Phone: 306-874-5472

St. James Presbyterian Church

116 McLeod Ave. W.
Melfort Phone: 306-752-5321

St. Paul's Lutheran Church

115 Bemister Avenue E.
Melfort Phone: 306-752-9040

Taylor'side Gospel Hall

Box 1567
Melfort Phone: 306-752-3810
Turn South at Beatty onto Hwy. 368. Turn right at first MAIN road then drive another 4 miles. Call for more information.

Three Oaks United Church

301 Park St. Naicam Phone: 306-874-2012

Ukrainian Catholic Church of the Holy Spirit

215-2nd Ave. S.
Melfort Phone: 306-752-2767

United Church of Canada

Melfort
220 Burrows Ave. W. Phone: 306-752-2288
Star City
207-4th. St. Phone: 306-863-2511



SPORTS, CULTURE & RECREATION

Annual Events

Melfort City Wide Registration Night

Northern Lights Palace Phone: 306-752-5911
Sports, culture and recreation groups promote services and take registrations. Held annually in late August.

Melfort Exhibition

Melfort & District Chamber of Commerce
Phone: 306-752-4636
The Mile Long Parade kicks off the commencement of Melfort's annual exhibition. Held in mid July, the exhibition has petting zoos, animal exhibits, midway, grandstand shows, museum demonstrations for all ages.

National Aboriginal Day

Marguerite Riel Centre Phone: 306-752-4950
Celebrated annually on June 21st with culturally appropriate food and entertainment. Time and location vary.

Melfort and District Museum

Curator@cityofmelfort.ca
Phone: 306-752-5870
Hosts Canada Day celebrations and Family Day activities in mid August

Back to the 50's Annual Show and Shine

Melfort & District Chamber of Commerce
Phone: 306-752-4636
This event is held on the Friday of Father's Day weekend. Auto exhibitors come from all across the province to show off their vehicles Food kiosks and face painting make this event an ideal family outing.

Community Playgrounds & Programs

Melfort Playground Program

www.cityofmelfort.com Phone: 306-752-5911
A free program that includes crafts, activities, and much more. Children under the age of 6 must be accompanied by someone 12 years of age or older. Conducted on a drop in basis for July and August at Broadway, Brunswick and Burke playgrounds.

Broadway Elks Playground

Phone summer only: 752-3555
209 Stovel Ave. W.
Melfort

Playground has a paddling pool.
Monday & Wednesday

Brunswick Kinsmen Playground

Phone summer only: 752-2992
502 Bemister Ave.
Melfort

Playground has a paddling pool.

Tuesday, Wednesday, Thursday & Friday

Burke Kinsmen Playground

Phone summer only: 752-3910
301 Broadway Ave. S.
Melfort

Playground has a spray pad.

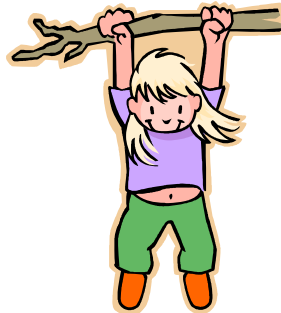
Monday, Tuesday, Thursday & Friday

Melfort Creek Playground

Park Ave. E
Melfort
Small play structure adjacent to Melfort Creek and the walking trail.

Spruce Haven Park Playground

Adjacent to Spruce Haven Ball Park
Melfort
Small play structure and green space to play for the children.



Lakeland District for Sport, Culture & Recreation

Prince Albert Office Phone: 306-953-1623 ext 2
tammy.ldscr@sasktel.net

The Mobile Playground Program is a pre-packaged summer play program that is offered to communities that cannot readily afford to put on a quality program of their own. We provide the staff and the supplies and the communities add the children! This program is structured for children aged 5 - 10 and can be booked for one, two or four days per week. Fees are assigned to three population based categories.

Gronlid Central School

Basic playground equipment.

Naicam Playground & Spray Park

Located behind Churchview Lodge
Playground equipment and spray park..

Naicam School Playground

203-3rd. St. N.
Playground with school field and play structure.

Star City School Playground

501 3rd. Ave.

Star City Playground

211 2nd. Ave.

Both playgrounds feature play structures and grass areas.

Star City Summer Playground Program

229 4th St. at the Star City Arena

Free drop in program running from first week in July to second week in August. Children have the opportunity to play games, have snacks and make crafts.

SPORTS, CULTURE & RECREATION

Recreation Facilities

Skating Arenas

Northern Lights Palace Arena

110 McLeod Ave., Melfort Phone: 306-752-7200
Indoor ice surface for public skating, figure skating and hockey.

Melfort Main Arena

Corner of Stovel Ave. and Manitoba St. Melfort
Indoor ice surface for public skating, figure skating and hockey.

Kinsmen Outdoor Rink

Located on Brunswick Ave.
Just East of MUCC Melfort
Outdoor ice surface in the winter months includes boards, a warm up shack and lights for evening use. In the summer months this facility becomes the skate park. Skateboard ramps and boxes maintained by the City of Melfort.



Viking Sportplex

206-2nd St. S., Naicam Phone: 306-874-2337
Indoor ice surface for public skating and hockey.

Naicam Outdoor Skating Rink

Located on the corner of Main St. & Town Hall. Winter skating and hockey fun.

Star City Arena

211-2nd. Ave., Phone: 306-863-2535
Public/Family skating from November - March at various times during the season. Please call for more information.

Star City Outdoor Skating Rink

229 4th St.
Open to the public for skating and hockey during the winter months.

Gronlid Skating Rink

Phone: 306-277-4653
Skating rink open to the public for skating at various times during the winter months. Open Thursday - Sunday from 9:00 a.m. 9:00 p.m.

Northern Lights Palace Wave Pool

110 McLeod Ave., Melfort
Phone: 306-752-7200
Information Line: 306-752-2177
This facility is a leisure pool with a wave pool, water-slide, hot tub, spray bar, sauna and a zero depth entrance. The pool is open year round offering lessons, aquasize, lane swimming, family swimming, public swimming and birthday parties.

Melfort & District Museum

401 Melfort St. Phone: 306-752-5870
Located in Melfort, the museum features a Pioneer Village as well as a collection of vintage farm machinery, equipment and tools. Hosts the Canada Day celebrations and have demonstrations during the three days of the Melfort Exhibition every July.

Melfort Mini Golf Course

102 Spruce Haven Rd. Phone: 306-752-4636
Open during the summer months Monday - Friday 9:00 a.m. - 8:00 p.m. and Saturday - Sunday from noon until 8:00 p.m. Mini golf for family fun. Groups rates available

Melfort Bowl

105 McLeod Ave. Phone: 306-752-3378
Bowling leagues available for all ages from children - seniors. Open for public bowling every evening from Thursday through Sunday as well as Saturday and Sunday afternoon.



Melfort Walking Trail

620 Saskatchewan Ave. E.
The Kinsmen Centenary Park and Trail features a 2.7 km long paved walking and nature trail. It runs adjacent to the Melfort Chamber and Tourism Centre and the amenities of Spruce Haven Park.

Naicam Nordic Ski Club

Phone: 306-874-5533

Regional & Recreational Parks

Melfort Memorial Trout Pond

Located West of Melfort off Hwy 41A & Melfort St.
This trout pond is for people of all ages to enjoy fishing in the outdoors. Sask. Fishing License required.

Lake Edward

11 km East of Naicam
For a fun family outing, Lake Edward is great fishing lake for perch and pickerel. Sask. Fishing License required.



Lake Charron Regional Park

Located 13 km East of Naicam
Park has picnic and barbeque facilities, a playground, beach, piers and diving board, four ball parks, campsites and a concession stand. Activities include water skiing, swimming lessons, boating and canoeing and in the winter, a cross county ski trail.

St. Brioux Regional Park

40km SW Melfort
Swimming, watersports, fishing, ball diamond, playground, camping, shower.

SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs



Melfort KidSport

Phone: 306-752-6165

KidSport program is designed to reduce barriers to children's participation in sporting programs. Sport promotes mental, physical, social and personal development through participation. Families facing financial obstacles in paying for the cost of sport programs may apply year round.

CanSkate Program

Melfort Phone: 306-752-4426
Naicam Phone: 306-874-2298
Star City Phone: 306-863-2262

Program for children aged 3 - 6 years teaches basic skating skills. Runs from October to March. Dates and times vary. Fees required.

Learn to Play Hockey

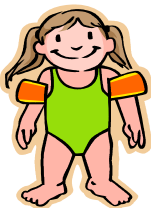
Star City Phone: 306-863-2262

Recreation program for children 5- 14 years of age (not involved in Minor hockey) to learn to play hockey. It is held on Saturdays during the Rink Season.

Minor Hockey Initiation Program

Melfort Phone: 306-752-9795
Naicam Phone: 306-984-2908
Star City Phone: 306-863-2262

This Hockey Canada program for children 4 - 6 years old is designed to make children's first contact with hockey a safe and positive experience. Program goals are to have fun, enjoy some physical activity, learn basic skills and fair play. Season runs Oct. - March. Fees and equipment required.



Preschool Aquatic Program

Melfort Northern Lights Palace
Phone: 306-752-7200

The pre-school swimming lesson program, developed for children aged 0-6 years, emphasizes parent supervision, water safety and drowning prevention techniques. The program focuses on teaching children to become comfortable in water and to stay safe.

Stoney Lake Bible Camp

Located 40 km SE of Melfort near Kip Regional Park
Summer —May 10—Sept 15

Phone: 306-873-5537

Off Season— Sept 16—May 9

slbc@sasktel.net Phone: 306- 752-5120

Outdoor and indoor activities such as swimming, kayaking, wall climbing, games and Christian education. Kids Day for young children. Family Camps and group rentals.

Melfort Jr. Golf Lessons

700 South Ave.

Phone: 306-752-3279

The Melfort Golf & Country Club offers lessons that start at the end of May in two—3 day sessions for children 5 years and up. Fees.



Learn to Play Ball

Melfort Phone: 306-752-7202
Star City Phone: 306- 863-2262

Learn to play T-Ball is for children 4 years and up. Please call for more information. Fees required.

Melfort Gymnastics Club

Phone: 306-752-9497

tsiwak@sasktel.net

Provides recreational classes designed for children 3 1/2 years and up. Program runs weekly for one hour to develop physical skills in a multi-movement approach; non-contact safe environment to learn basic gymnastic skills. Fees and insurance required.

Music for Young Children "Music Sunshine"

117 Hutcheson Street, Melfort

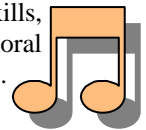
<http://myc.com>

Phone: 306-752-5285

myc.vmmalden@sasktel.net

Music for Young Children offers a 10 week preschool program of singing, rhythm, beat, social skills, group activities, musical games and choral speech to children aged 2 1/2-5 years.

Fees required.



The Dance Centre

317 Bemister Ave., Melfort

Phone: 306-682-2635

dancecentre@sasktel.net

www.dancecentre.ca

Qualified instruction in ballet, jazz and tap dance to children 4 years and up. Classes held Monday - Thursday from September - May. Fees required.



1st Melfort Scouting Group

Phone: 306-752-4272

Camping, hiking, games, new skills, teamwork, leadership, citizenship, knots, community service, fun and learning — is all in scouting

Beavers— ages 5-7

Cubs— ages 8-10

Scouts— ages 11-14

Girl Guides of Canada

Phone: 306-752-4438

Camping, crafts, singing, community service, games, fun and adventure while making new friends. Ages 5-14



Nipawin, Carrot River, Choiceland, Codette, Smeaton & White Fox

NIPAWIN HOSPITAL
NIPAWIN R.C.M.P.
SMEATON R.C.M.P.
NORTH EAST OUTREACH SUPPORT & SERVICES

306-862-4643
306-862-6270
306-426-2630

CARROT RIVER R.C.M.P.
EMERGENCY
HEALTH INFO LINE
1-800-611-6349

306-768-1200
911
1-877-800-0002

WWW.NIPAWIN.COM
WWW.CODETTE.CA

WWW.TOWN.CAROTRIVER.SK.CA

WWW.CHOICELANDSK.COM

EARLY LEARNING & CHILD CARE

Nipawin Daycare Cooperative

106 9th Ave. W. Phone: 306-862-9826
 Licensed childcare for children 6 weeks to 12 years of age. Meals, snack and learning activities are provided. Open 7:00a.m. - 6:30 p.m. Monday to Friday. 41 spaces available.

Central Park Learning Centre Day Care

501 2nd. St. E. Nipawin Phone: 306-862-9836
 This is the second location for Nipawin Daycare Cooperative. Meals, snack and activities are provided for children 6 weeks to 6 years of age. There are 14 spaces available including some "special needs" spaces. Hours of operation are 8:00a.m.- 4:15 p.m.

Puddle Jumpers Learning Centre and Daycare

405 6th St. E. Nipawin Phone: 306-862-
 Puddle Jumpers is licensed for 12 spaces aged 1 to 12 years of age. Snacks and crafts are supplied. The children part-take in circle time, free play and outside play.

Casper's Early Learning Cooperative Centre

1A Main St. Carrot River Phone: 306-768-2899
 Licensed daycare open Monday - Friday from 6:30 a.m. to 6:00 p.m. Arrangements may be made for earlier drop off or later pick up. Spaces available for children from newborn to 12 years of age.



Kids First Program

Central Park Learning Centre (501 2nd St. E.)
 Nipawin Phone: 306-862-6222

Parent or caregiver and child groups

Learning sessions are held once a week from September—April

- **Play to Learn**

For parents or caregivers and their children who are up to 36 months

- **Family Literacy**

For parents or caregivers and their 3 and 4 year old children

Moms & Tots Playgroup

2nd. St. W. at the REC Centre Smeaton Phone: 306-426-2707
 Moms and their children aged 0 - 5 meet once per week on Mondays from 9:00 - 11:00 a.m. at the recreation centre for social activities & group discussions.

Busy Bee Preschool Cooperative

301 9th. Ave. W. (Wagner School) Nipawin Phone: 306-862-9191
 A non-profit cooperative association of parents whose purpose is to operate a preschool facility of high standards for three and four year olds. Program runs from October - May on Tues, Wed and Thurs. Fees required.

Carrot River Playgroup

Carrot River Phone: 306-768-2172
 A group program for caregivers and preschoolers. Children meet for play and social activity. Program operates on Tuesday from 10:00 a.m. - 11:00 a.m. at the Carrot River United Church.



Carrot River Preschool

2nd. St. W. at the Carrot River High School Phone: 306-768-3584
 Group programs runs from September - June for 3 & 4 year old children. Sessions are held once or twice a week mornings or afternoons. All programs provide crafts, stories, structured play and social development. Facilitated by paid staff.

Choiceland Preschool

100 7th. St. E. at William Mason School Phone: 306-428-2005
 Group sessions for 3 & 4 year old children are held once a week.

White Fox Preschool

White Fox School Phone: 306-276-2303
 Program runs from October - May, two mornings per week for 2 1/2 hours. This program for 3 & 4 year olds focuses on social skills, play, crafts and group interaction.

North East Early Childhood Intervention Program

Nipawin, Carrot River, Choiceland, Smeaton, White Fox and area Phone: 306-873-3411
 This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.

EARLY LEARNING & CHILD CARE



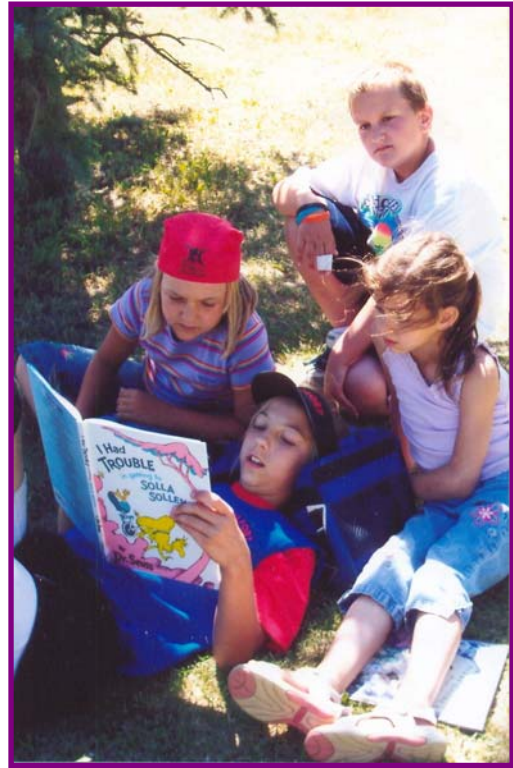
Pre-kindergarten Program

Central Park Elementary School, Nipawin
501 2nd Street East Phone: 306-862-5303
Two programs run from September - June, Monday to Thursday from 9:00 a.m. - 12:00 noon and 1 p.m.—3 p.m. Experienced teachers provide programs in a well equipped pre-kindergarten room. Parents and caregivers are required to participate each week. Applications or referrals are accepted for children who demonstrate a language delay or have been identified as benefiting from the program because of family circumstances, cognitive, behavior or physical challenges.



Kindergarten Program

Carrot River, Carrot River Elem. 306-768-2481
Choiceland, Wm. Mason School 306-428-2157
Nipawin, Central Park Elementary 306-862-5303
White Fox, White Fox Elementary 306-276-5799
Provides opportunities for children to develop physically, socially, emotionally and intellectually through participation in a variety of activities including play. Children who will be five by December 31st of the current year are eligible to attend classes offered by the North East School Division. Full day classes scheduled for 100 school days between August and June.



Public Libraries & Library Programs

Carrot River Library Phone: 306-768-2501
carcirc@panet.pa.sk.ca

Choiceland Library Phone: 306-428-2216
chocirc@panet.pa.sk.ca

Nipawin Public Library Phone: 306-862-4867
nipcirc@panet.pa.sk.ca

Smeaton Public Library Phone: 306-426-2049
smecirc@panet.pa.sk.ca

White Fox Public Library
301 Elinor Street Phone: 306-276-5800
whicirc@panet.pa.sk.ca

- **Preschool Story Hour**

Preschoolers and parents/caregivers meet each week for stories, crafts and social time. Parent/caregiver usually must attend. Please call for dates, times and location.

- **Read and Play Book Boxes**

26 theme -based and age appropriate kits containing books, toys and learning materials for children in three age groups –baby, toddler, preschool. Kits are available to borrow through selected Wapiti Branch Libraries.

- **Summer Reading Program**

This national program is designed to motivate children to read for pleasure, to develop their curiosity and to stimulate their imagination. The program is free and offered to children ages 12 and under.

- **Early Literacy Kits**

Carrot River Library
Phone: 306-768-2501
#5 Main St.

13 kits that families can borrow to promote reading and literacy skills. Each kit focuses on different skills eg. Alphabet, music, numbers, motor skills, getting ready for kindergarten etc.. These kits contains books, stickers, games and more. Please call for more information.



FAMILY & COMMUNITY SERVICES

Social Services

210—1st. Street East
Nipawin
Phone: 306-862-1700 or
Toll Free 1-800-487-8594



Providing assistance to: Carrot River, Choiceland, Codette, Cumberland House, Shoal Lake, Smeaton and White Fox.

The following programs are provided by the Ministry of Social Services (Saskatchewan Community Resources):



Income Assistance Program Phone Toll Free: 1-866-221-5200

Offers support and services to people with challenges that make it difficult to live independently and to those who need help providing for their chil-

- Saskatchewan Assistance Plan
- Child Day Care Subsidy
- Saskatchewan Employment Supplement
- Saskatchewan Child Benefit
- Saskatchewan Rental Housing Supplement



Child and Family Services

The health and well being of children including child protection, family support counseling, cultural language issues, foster children, food and nutrition, special needs support, therapeutic programs and homes. Offices all throughout the Northeast.



Adoption Services

<http://www.socialservices.gov.sk.ca/adoption>

Offers programs in domestic adoption, assisted adoption, inter country adoption, and post-adoption.



Foster Care

<http://www.socialservices.gov.sk.ca/foster-care>

Foster care is provided by families in the community who offer their homes to children who cannot live with their own families for a period of time.



Community Living Division

Staff work with people with intellectual disabilities and help them access a variety of community-based services. Such as: family support services including counseling, respite planning and funding, information and referrals.



Child Protection Services

<http://www.socialservices.gov.sk.ca>

Anyone who has a reason to believe that a child is being abused or neglected has a legal duty to report it. Members of the public are obligated by the law to report suspected abuse or neglect. You can report information to: any Social Services (Community Resources) office, a community crisis centre or unit 306-752-9464 or 1-800-611-6349; police officer (911); or First Nations Child and Family Service Agency.



Saskatchewan Housing Authorities

Nipawin #6 - 233 Centre St.	306-862-5003
Carrot River 3131-3rd. St W	306-768-3575
Choiceland Box 19	306-428-2045
Smeaton Box 189	306-426-2044
White Fox Box 195	306-276-5763

Saskatchewan Housing Authorities facilitate access to safe, affordable housing through a number of programs.



Ministry of Education

Child Nutrition & Development

The Child Nutrition and Development Program involves government and communities working in partnership to support nutrition and nutrition education programs, while working together to develop long-term solutions to poverty.

Community Internet Access Program (CAP)

Carrot River Library	Phone: 306-768-2501
Choiceland Library	Phone: 306-428-2216
Nipawin Library	Phone: 306-862-4867
Nipawin Town Office	Phone: 306-862-9866
White Fox Town Office	Phone: 306-276-2106

A government of Canada initiative that aims to provide Canadians with affordable public access to the Internet and the skills they need to use it effectively. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway and provide computer support and training.

Car Seat Clinic

Carrot River	Phone: 306-768-1200
Nipawin	Phone: 306-862-2717
Smeaton	Phone: 306-426-2630

http://www.sgi.sk.ca/sgi_pub/road_safety/child_restraints_clinics.htm

Car seat clinic locator

A trained crew perform inspections and inform the public on the correct installation of car seats. Held at various times and locations once or twice during the year. Sponsored by various community organizations. Participants are eligible for a local draw and a yearly provincial draw for a \$1,000 Registered Education Savings Plan Certificate. Contact your local RCMP

FAMILY & COMMUNITY SERVICES

Central Park Learning Centre

501 2nd St. E. Nipawin

Facilitates integrated services for early childhood and community partners such as Kids First, Public Health, North East Early Childhood Intervention Program, Nipawin Public Library & Art Gallery, and The Nipawin Day Care Coop.



Kids First Program

Located at Central Park Learning Centre

501 2nd St. E., Nipawin

Phone: 306-862-6222

A voluntary program that helps families in vulnerable circumstances learn to become the best parents they can be and to have the healthiest children possible. The program enhances knowledge, provides support, and builds family strengths through Home Visitors, Mental Health and Addictions Workers, referrals to other service providers, and group support.

- **"Mom's Time Out"**- Once a week, a group of women meet for afternoon discussions, group support and education. Facilitated in partnership with the Community Action program for Children (CAPC)
- **"Men's Group"** - Support group for men held once a week.

Please call for more information.

Eastern Region II Métis Nation (ERII)

Nipawin & Area

Er2.03@sasktel.net

Phone: 306-323-4244

Toll Free: 1-877-264-9428

ERII is a full service delivery agency whose mandate focuses on the Métis population; however they operate on a status blind, open door policy to assist any individual in need. Services are provided throughout the northeast as needed or requested. For example Social Initiatives Dept: Parenting Classes, Individual/Group counseling, Collective Kitchens, Mediation; Métis Addiction Council: Addiction Services and referrals to treatment; Justice Dept.: Justice issues; Training Employment and Education assistance.

Canadian Prenatal Nutrition Program (CPNP)

Provides support, education, and supplements to pregnant women to ensure a healthy child birth and a healthy baby.

Community Action Program for Children (CAPC)

http://www.phac-aspc.gc.ca/dca-dea/programs-mes/capc_main-eng.php

Community Action Program for Children (CAPC) is a Parenting program for parents and children (age 0-6). CAPC focuses on enhancing parenting skills, bonding, child development, personal development, and healing for parents; while at the same time giving our children the opportunity to have a well balanced start in life.

Parent Support Program

Contract services through Sask. Community Resources. A Family Support Worker makes home visits. The program goal is to improve family functioning by enabling parents to better care for their children.



North East Outreach & Support Services

103 McKendry Avenue E. Melfort

admin@northeastoutreach.ca

Phone: Office 306-752-9464

Crisis Line 1-800-611-6349

Provides a range of free and confidential support services to enhance individual and community wellness.

• Supportive Counseling

Is available to individuals or families experiencing forms of violence or abuse or other crises. E-counseling is available for women to access our counselors online.

• Outreach Services

Counseling and other services available in Melfort, Tisdale, Nipawin and area.

• Information, Resources and Referrals

Offers assistance regarding other services in the area.

• Crisis Assistance and Safety Planning

To help those in crisis.

• Public Awareness and Prevention

Provides education, awareness and prevention presentations as needed. Topics such as: interpersonal violence/abuse, dating violence, sexual assault/abuse and healthy relationships.

• 24 Hour Regional Crisis Line

Our crisis line is available 24 hours a day, 7 days a week and is a free and confidential service. We do not subscribe to caller display and we do not require the caller to give us his/her name.

Central Park Elementary School

Phone: 306-862-5303

www.cpes.nesd.ca



Community School Activities

In Motion Family Activities

Once per month Central Park Elementary School invites families to participate in a physical activity event held in the gymnasium during school hours. Eg. Dance, sock hop, exercises.

Building Bridges

Central Park Elementary School

Each kindergarten child takes home a bag filled with materials and activities to enhance skills and literacy and promote family involvement. The book bag is returned when the activities are complete. Program runs weekly throughout the school year.

Family Fun Night

Held at Central Park Elementary School

Families are invited to attend the annual event held in the evening. Activities include games, fish pond, bean bag throw, etc.

Nipawin Nutrition for Kids

Free breakfast program for children enrolled in Central Park Elementary School 7:30-8:30 a.m. every school day.

FAMILY & COMMUNITY SERVICES

Nipawin Oasis Centre

504 Railway Ave.

Phone: 306-862-5551

www.nipawin.com/oasis.php

- **Collective Kitchen**

A program for low-income families. Clients are provided with: 1. Nutrition information. 2. Preparation and food serving information based on the size of participating families. 3. Information on buying and storing food. 4. Informal budgeting counseling.

- **Youth Kitchen**

- **Community Garden**

- **Mental Health Support Program**

Offers a variety of activities for people with long-term mental illness.



Alcoholics Anonymous

315 Center St. Nipawin (Lutheran Church)

Phone: 306-862-1928

Group support for individuals struggling with alcohol addiction. Based on the 12 step program. Group meets every Wednesday evening at 8:00 pm.

Al-Anon

Nipawin

234 Centre St. (United Church)

Phone: 306-862-5937

Carrot River

1026-1st. Ave. (United Church)

Phone: 306-768-3212

Helping families of problem drinkers to cope with difficulties brought about by the situation. Meetings every Monday evening.



Victim Services

Phone Local RCMP:

Nipawin: 306-862-6270

Carrot River: 306-768-1200

Smeaton: 306-426-2630

Trained volunteers provide services to victims of crime such as: crisis intervention, compensation and victim/witness services.

Salvation Army Food Bank

211 1st. Av. Nipawin 306-862-5335

Program available for anyone once every 4 months. Service includes enough non-perishable groceries to last a few days. Identification with address is required.

Child ID Clinic

Carrot River

Phone: 306-768-1200

Nipawin

Phone: 306-862-6270

Smeaton

Phone: 306-426-2630

<http://www.missingchildren.ca>

An identification card is completed for each child, right and left hand/fingerprints, DNA sample (hair from the child). Child ID could be helpful in recovering a lost child. Contact your local RCMP for course times and information.

Saskatchewan Safety Council Babysitting Course

Sponsored by the Nipawin Kinettes

For more information: 1-613-139-1535

<http://safety-council.org/training/babysitters-training-course/>

This newly updated course is designed to prepare students 12 years of age and up for the demands of babysitting in the new millennium. Courses are run by a variety of community organizations.

SASKFEAT—Saskatchewan Families for Effective Autism Treatment

Tisdale and Nipawin

Phone: 306-862-4768

www.saskfeat.com

saskfeat@hotmail.com

Provincial organization of families, friends and professionals who have an interest in the well-being and development of individuals with autism. Monthly meetings are held at the NEECIP building in Tisdale.



*In short,
the habits we form from
childhood make no small
difference, but rather they make
all the difference.*

ARISTOTLE (384-322 B.C)

Greek Philosopher

HEALTH & WELL BEING



Nipawin Hospital

800 6th St. E. Phone: 306-862-4643

Pediatric services including inpatient and outpatient treatment. Acute care, obstetrical and surgical services. Lactation Consultant services available.



Primary Health Care

Nipawin Phone: 306-862-3151
Carrot River Phone: 306-768-3115
Smeaton Phone: 306-426-2051

Nurse Practitioners work with doctors, health nurses, dietitians, therapists, social workers, home care workers, pharmacists and the community to plan and deliver services that emphasize early intervention, health promotion, treatment and follow up care.



Community Health Services

The following services are available through the **Nipawin Public Health Office:**

210-2nd. St. W. Phone: 306-862-0761
<http://www.kelseytrailhealth.ca>

• **Child Health Clinics**

Carrot River Phone: 306-862-0761
Choiceland Phone: 306-428-2070
Nipawin Phone: 306-862-0761
Smeaton Phone: 306-426-2051
White Fox Phone: 306-862-0761

Appointments with a Public Health Nurse for babies and children under 5. Immunizations according to the Saskatchewan Immunization Schedule, health check, screening and referrals for: growth and development, nutrition, dental, hearing and vision. Nurses will also provide information concerning parenting dilemmas.

• **Prenatal Programs**

Prenatal mother in early to late stages of pregnancy and their partner/support person are invited to attend. Topics covered include: a hospital tour, mom & baby anatomy, baby development, labor, breathing, relaxation, care of the newborn, infant safety as well as discussing post partum depression.

• **Early Childhood Team (ECT) Speech & Language Pathologist Early Childhood Psychologist**

Our Early Childhood Team (ECT) provides primary, secondary and tertiary prevention services for children from birth to school entry. Clinical services include assessment, therapy, counseling and programming for children with general developmental delays, cognitive delays, language delay/disorders, speech problems, fluency issues and behavioral concerns. Primary prevention efforts include newsletter for the general public and brochures that address common issues specific to early childhood.

• **Post Natal Visits**

This program is designed to ensure a healthy and successful transition from hospital to home for mother, baby and family. Contact will be made while mom and baby are still in hospital or soon after discharge. A home visit can then be arranged at the family's convenience. A nurse will provide a useful information package, mom and baby assessments, provide breastfeeding support and address questions and concerns.

• **Nutritionist**

The Nutritionist helps new parents to learn baby food making, prenatal nutrition as well as offering one on one counseling.

• **“Paint a Happy Smile” Fluoride Program**

This free fluoride service is offered to all children aged 3, 4 & 5 years. Children younger than 3 can participate through referral at Child Health Clinics. The goal is to keep baby teeth healthy.



HEALTH & WELL BEING



Mental Health & Addiction Services

800 6th St. E. Nipawin

Phone: 306-862-9822

Offer programs/services in regards to: Outpatient rehabilitation services, long term care, Therapy for victims of abuse, Child and Youth services, Behaviour Management counseling; therapy for stress, anxiety, depression, phobia, psychological assessment, educational information and addictions.



Community Therapy

Nipawin Hospital 800-6th St. E.

Phone: 306-862-9822

Occupational Therapy and Physical Therapy services for children and adults. Consultations with parents to provide information on home activities and equipment to meet the child's physical needs. Acquired Brain Injury Program services also available.



Autism Spectrum Disorder (ASD) Program

#5 233 Center St. Nipawin, SK

Phone: 306-862-7249

Screening, programming and intervention options for children known or suspected ASD and their families.

Parent Mentoring Program

233 Centre St.

www.pmps.ca

Phone: 306-862-3820

The Parent Mentoring Program of Saskatchewan (PMPs) is a volunteer based mentoring program that provides assistance and support to persons who are pregnant or already parenting newborn to five year olds. Parent participants are paired with volunteer mentors who are experienced parents and/or have skills that will enhance a parents ability to effectively care for his/her children) and self. Volunteer mentors serve as supportive friends and role models.



Doctors, Dentists & Optometrists

Nipawin Medical Group

211-1st Ave. E Phone: 306-862-4626

Family physicians. Also provide clinics for Cumberland House Health Centre.

Nipawin Health Centre

Primary Health Care Centre

201-1st. St. W. Phone: 306-862-3151

Family physicians and nurse practitioner. Also provide clinics in Choiceland, Red Earth, Shoal Lake and Smeaton Health Centre.

Carrot River Medical Clinic

102 1st Ave Phone: 306-768-2000

Dr. Hurbert and nurse practitioner

Jurgens & Jurgens Chiropractic Services

344-1st Ave. E. Nipawin

Phone: 306-862-3129

Services for children and adults.

Oxford Dental Clinic

109 Centre St. Nipawin

Phone: 306-862-4515

Nipawin Athletic Therapy

300 Central St.

Nipawin

Phone: 306-862-4999

Services for children and adults.

Harper Dental Clinic

216-1st. Ave. W. Nipawin

Phone: 306-862-9166

Dental services for the whole family. Please call office for appointment.

Nipawin Vision Centre

1301 Highway #35 S. Phone: 306-862-3106

For family optical needs. It is recommended that children have a complete eye exam by 3 years of age, earlier, should something be noticeably impaired. Saskatchewan Health covers one free eye exam per year for each child until they turn 18 years of age.



Saskatchewan Health

Family Health Benefits

Phone: 1-877-696-7546

www.health.gov.sk.ca/family-health-benefits

Dental, drug, eye care/ eyeglasses, emergency ambulance, medical supplies and chiropractor services for children under the age of 18 are covered for eligible families. Based on working parent or parents' income and number of children. For example: Families with 1, 2 or 3 children and an income of \$29,921 or less as reported on line 150 of their income tax form, could receive benefits. Phone for details and applications.

SPIRITUAL EDUCATION

Please call the appropriate office listed below for more information about:

- **Weekly Worship Services**
- **Spiritual Education programs offered for children of all ages.**

Jehovah's Witness

1000 8th Street W. Nipawin Phone: 306-862-9222

Lutheran Church

315 Centre St. Nipawin Phone: 306-862-3723

Nipawin Alliance Church

701 Shults Rd. Nipawin Phone: 306-862-5211

Nipawin Christian Centre

206 Montgomery Dr. Nipawin Phone: 306-862-3361

Nipawin Emmanuel Baptist Church

109 9th Ave. E. Phone: 306-862-3976

Nipawin First Baptist Church

315 1st St. W. Nipawin Phone: 306-862-3387

Nipawin Apostolic Church

109 4th Ave. E. Phone: 306-863-4342

Nipawin Holiness Church

401 7th Ave. Nipawin Phone: 306-862-4267

Nipawin Pentecostal Assembly

Tindall Ave. and 3rd St. N. Nipawin
Phone: 306-862-2655

Nipawin United Church

Services in Choiceland, Nipawin, White Fox and Codette
Phone: 306-862-4108

St. Eugene's Roman Catholic

406 Nipawin Road East Phone: 306-862-4373

St. John's Anglican Church

102 3rd Ave. E. Nipawin Phone: 306-862-4112

Salvation Army Church

714-8th Street W. Nipawin Phone: 306-862-5509

Seventh Day Adventist Church

7th Ave. & Centre St. Nipawin Phone: 306-752-8680
www.nipawin.adventistchurchconnect.org

Ukrainian Catholic Church of All Saints

Nipawin Phone: 306-862-4056

Bethany Mennonite Church

13 miles West & 1/4 mile S. of Codette
Phone: 306-862-5765

Carrot River United Church

1026-1st Street NE Phone: 306-768-2472

MB Gospel Mission

1021 Main St. Carrot River Phone: 306-768-3900

Carrot River Mennonite Church

2702 Poplar Ave. Carrot River Phone: 306-768-2457

Canadian Martyrs Roman Catholic Church

1217 1st St. W. Carrot River Phone: 306-768-2447

Pasquia Hills Christian School

Farm Carrot River Phone: 306-768-3658

Ukrainian Orthodox Church

Services in Codette, Gronlid, and Brooksby
Phone: 306-233-4909

White Fox Pentecostal Hi-Way Tabernacle

101 Eliza Ave. Phone: 306-276-2124



SPORTS, CULTURE & RECREATION

Annual Events

Nipawin Family Snowmobile Ride & Weiner Roast

Phone: 306-862-9472

Nipawin has an exciting array of snowmobile trails and is part of the Trans Canada Snowmobile Trail. There are different family get-togethers available one being the annual wiener roast ride. Please call for more information. Hosted by the Twin Lakes Trailblazers Club.

Nipawin Christmas Tree Bonfire

Held at Central Park School 306-862-9866

Held each year in January. Activities include sleigh rides and kids games from 3:00 - 5:00 p.m. There is a nominal cost for some of the games. The museum provides rides in the refurbished snow plane. Hot dogs and hot chocolate served. Free public skating following the bonfire. (Helmets are recommended)



Nipawin Festival & Sled Dog Races

Starts from the Coop Marketplace Parking Lot
Held every year in March. Activities include sled dog races, rides for kids, sleigh rides etc. Events begin at 11:00 a.m.

Nipawin Exhibition

Held at Central Park Phone: 306-862-3411
Lots of fun activities for children and families. Come out for "Kiddie Day" where rides are cheaper for small children.

Nipawin Parade of Lights

1st Ave. Phone: 306-862-5252
Parade of locally designed floats showcase creativity and pride in the community. Celebration of the Christmas season. Held first or second Friday in December and organized by Nipawin Chamber of Commerce.

Community Sport Culture and Recreation Information Night

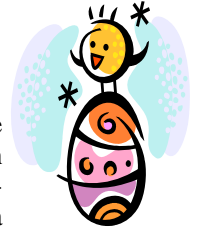
Nipawin Evergreen Centre 306-862-9866
Held in September. Community organizations provide information to the public about programs. Registration night for community programs.

Nipawin Easter Egg Hunt

Held at the Centennial Arena Nipawin

Phone: 306-862-3486

Annual Nipawin Kinettes event held the Saturday before Easter. For \$2.00 each child under the age of 12 "finds" a numbered Easter egg that corresponds with a prize worth \$2.00 - \$150.00.



Carrot River "Zabava" Event

Held at the Carrot River Community Hall

Phone: 306-768-2697

Ukrainian cultural event for the whole family held once per year. Traditional Ukrainian food, dance and demonstrations.

Love Winter Festival

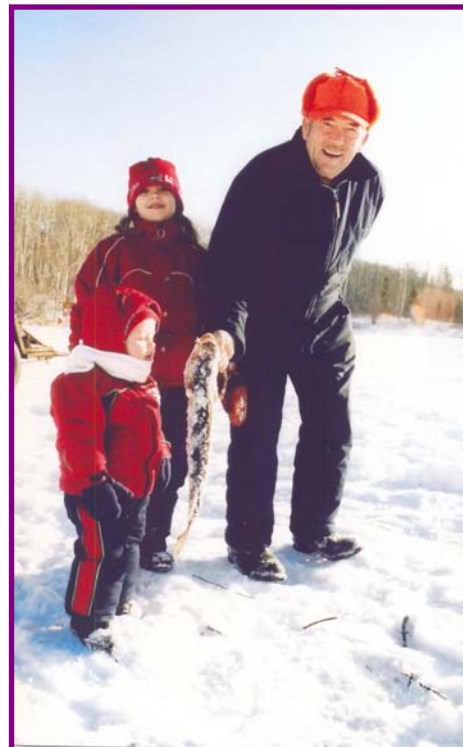
Village of Love

February event for the whole family. Outdoor contests, sleigh rides, food booths.

White Fox Family Fun Day

White Fox School

Annual July 1st weekend event. Starts with a parade. Activities include: games for the kids, fireworks, wagon rides, face painting. Fun day for the whole family.



SPORTS, CULTURE & RECREATION

Community Playgrounds & Programs

Nipawin Parks & Recreation

www.nipawin.com Phone: 306-862-9866
Various programs offered for children of all ages.
Please call office for details and program information.

Kinsmen Pinedale Park

4th. St. N. Nipawin
Playground equipment.

Rotary Park

Nipawin Rd. E. Nipawin
Ball diamond.

Royal Purple Park

Watson Cr. Nipawin
Playground equipment.

Central Park

2nd. Ave. E & 2nd. St. E. Nipawin
Playground equipment.

Montgomery Park

Montgomery Dr. Nipawin
Playground equipment.

Kitely Park

1st St. W. & Maple Rd. W. Nipawin
Playground equipment.

Millennium Elks Park

Coventry Cr. Nipawin
Playground equipment.

East Pleasantview Park

9th Ave. W. & Centre Street Nipawin
Playground equipment.

Gordon Subdivision Playground

Queen Dr. & Princess St. Nipawin
Playground equipment.

Carrot River Playground

1040-1st. St. @ the Elementary School
Featuring playground equipment and the outdoor skating rink.

Kid City

Carrot River Recreation Office
#5 Main Street Phone: 306-768-3833
www.town.carrotriver.sk.ca
"Kids City" summer activity programs run from July to August for children aged 6 - 9 years old. Please call for more information.

Lakeland District for Sport, Culture & Recreation

Prince Albert Office Phone: 306-953-1623 ext 2
tammy.ldscr@sasktel.net
The Mobile Playground Program is a pre-packaged summer play program that is offered to communities that cannot readily afford to put on a quality program of their own. We provide the staff and the supplies and the communities add the children! This program is structured for children aged 5 - 10 and can be booked for one, two or four days per week. Fees are assigned to three population based categories.

Paddling Pool Park

1st. St. W. Smeaton
Paddling pool open in the summer months for children. Must provide your own supervision. Playground equipment on site.

William Mason Playground

100-7th. St. E. Choceland
Play structures for children of all ages.

White Fox School Playground

401 Rustad Ave.
Basic playground equipment for the community to enjoy.

Elinor Street Playground

White Fox
Newly upgraded playground with equipment for all ages including preschool.



SPORTS, CULTURE & RECREATION

Recreation Facilities

Swimming Pools

Nipawin Irene Manley Pool

2nd. Ave. E. Nipawin Phone: 306-862-4207

Pasquia Regional Park Pool

Hwy 23, 10km South of Carrot River

Phone: 306-768-2855

Swimming lessons, public/family swimming. Open June to September. Please call office for swim and lesson times.

Soccer Fields and Baseball Diamonds

Elks Park

East of L.P. Miller , 6th St. E. , Nipawin

Soccer fields and ball diamonds.

Walleye Park

Located East of Kingfisher Inn on 10th Ave. Nipawin

Ball diamonds.



AJ Bowl

223 Nipawin Rd E, Nipawin 306-862-5262

Public and glow bowling evenings and weekends.

Skating Arenas

Carrot River

Phone: 306-768-3144

Chociceland

Phone: 306-428-2116

Nipawin

Phone: 306-862-3716

Smeaton

Phone: 306-426-2118

White Fox

Phone: 306-276-2044

Public/family skating at all above arenas during the winter season. Please call for details.

East Pleasantview Outdoor Skating Rink

1001-1st. St. W. Nipawin

Phone: 306-862-4313

Winter skating only.

Pinedale Outdoor Skating Rink

201-4th. St. N. Nipawin

Phone: 306-862-2250

Winter skating only.

Royal Mini Golf

Highway 35 S Nipawin

Phone: 306-862-2270



Regional & Recreational Parks

Hilltop Campground and RV Park

Tobin Lake Phone: 306-862-4444

60 Power/Water/Sewer sites, 40 Power/Water Sites, X-Large Pull-through sites with 30 A service. Free showers, flush toilets, firewood, picnic tables, Laundromat, pets allowed, playground, full service store.

Serenity Bay Campground

Tobin Lake Phone: 306-862-9810

One cabin, 10 sites for camping, hiking trails, 4-wheel trails, beaver ponds, fishing, boat launch, swimming, play area, craft store, petting zoo.

Nipawin Regional Park

2 km from Nipawin Phone: 306-862-3237

www.nipawin.com

Apart from fishing, the park is full of recreation opportunities year round. Picnicking facilities, camp kitchens, fire rings and barbecues. A well equipped playground, mini golf and barnyard zoo are on site to entertain the kids and numerous hiking trails weave their way through the forest. Stocked trout pond, ball diamonds, volleyball courts and horseshoe pits are also available for use. Serviced campground, cabin rentals, chalet rental, boat rentals.



Wapiti Valley Ski Resort

29 km N Melfort

24 km S Chociceland Phone: 306-862-5621

www.skiwapitivalley.com

Open 9 am-4:30 pm during winter. Downhill skiing and snowboarding for all ages on 8 runs of varying degrees of difficulty. Lessons, Nancy Greene Ski Program, chalet, chair lifts, ski and board rentals. Accommodation.

Smits Beach

Located South of Codette

Phone: 306-862-3986

Featuring two-2 bedroom, open loft cabins, 19 serviced and 40 camping sites, Beach, boat launch, hiking/biking trails, fish filleting, convenience store, playground, 20 ft. deck boat, 16 & 14 ft. boats with motors and paddle boats. Guided fishing and water sports available for a fee.



Pasquia Regional Park

Hwy 23, 10 km South of Carrot River

www.pasquia.com

Phone: 306-768-2881

Offering a complete range of recreational facilities. Features an inner circle complex which contains playground equipment, sandbox, volleyball courts and green space. 72 electrified campsites including showers and washroom facilities. There is also a separate electrified camping spot with 8 sites and gazebo building great for family get-togethers and other group activities. There is a regulation sized swimming pool and lessons are offered from mid June until the end of August. There is also an 18 hole mini golf course for more family enjoyment.

Tobin Lake Resort

NE of Nipawin on Hwy 55 to Hwy 255

www.tobinlakeresort.com

Phone: 306-862-4976

Cabins, serviced campsites, beach, marina, store, fish freezing, Laundromat, banquet room, hall rental, boat rentals and restaurant.

SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs



KidSport Program (Nipawin)

210 2nd Ave. E. Phone: 306-862-9866
KidSport program is designed to reduce barriers to children's participation in sporting programs. Sport promotes mental, physical, social and personal development through participation. Families facing financial obstacles in paying for the cost of sport programs may apply year round.

Nipawin Cultural Assistance Program

210 2nd. Ave. E. Phone: 306-862-9866
Assistance for financially challenged families to help pay for cultural or recreation programs such as dance or music lessons. Sponsored by the Town of Nipawin and the Nipawin Lions Club.

Nipawin Little Rockers Curling Club

300 Evergreen Dr. (Evergreen Centre)
Phone: 306-862-9795
Program runs from November - March for children 5 years and up. Parent volunteers coach and 2 bonspiels are held each season.



Nipawin Jr. Golf Club

300 Evergreen Dr. (Evergreen Centre)
Phone: 306-862-4811
Lessons start at the end of May and are held in two 3 day sessions. Jr. Day starts after the last day of school and runs every Thursday morning until school starts. Matches are set up with neighboring towns. Fees required.

Nipawin Summer Youth Program

501 2nd. St. E. Phone: 306-862-9866
Planned and supervised activities. Programs run for 6 weeks in July and August for children in 3 separate age groups:

- 3 & 4 years— facilitated through Kids First
- 5-8 years
- 9-13 years

Arts, crafts, games and playground time. Central Park Learning Centre. No fees. Drop in. Parents are welcome to stay.

Nipawin Summer Soccer Program

LP Miller Sports ground
Phone: 306-862-2529
Program for 5 and 6 year old children. Runs for May and June two times per week in the evenings.



Nipawin School of Dance

306 1st. St. W. Phone: 306-862-4468
Tiny Tots program for 3 - 5 yr. olds. Held once per week. Focuses on basic ballet, dance and free movement.

Nipawin Gymnastics Club



310 9th. Ave. W. (Wagner School)
Phone: 306-862-3591

taramckinnon@hotmail.com

Teaches basic movement, landing and safety. Ages 3 and up.

Carrot River Gymnastics Club

1040 1st. St. (Elementary School)
Phone: 306-768-3116
Recreational gymnastics for children 3 years and up. Teaches basic movement, landing and safety. 1/2 hour to 45 minute sessions run from September to February once per week.

Carrot River Little Rockers Curling Club

3230 3rd. Ave. Phone: 306-768-2404
Volunteers from the Carrot River Curling Club as well as parents provide an introduction to curling for children 4 and up. 1-2 hour sessions run once per week from November to March.

Carrot River School of Dance

3240 3rd. Ave. Phone: 306-862-4468
Tiny Tots program for 3 - 5 year olds. Held once per week and focuses on basic ballet, dance and free movement. Registration fee required. Facility approved for the "Cultural Assistance Program".

Carrot River Ukrainian Dance Club

3220 3rd. Ave. (High School)
Phone: 306-768-2812
All ages welcome but children usually start at 4 years old. Group instruction in Ukrainian dance once per week 1/2 hour to 45 minutes in length. Runs from September - April. Dancers participate in at least one competition per year as well as a recital. Fees required.

Carrot River Summer Soccer Program

Phone: 306-768-2481
Program runs at the Carrot River Elementary School during May & June on evenings from 6:00 - 8:00 p.m. for children 4 and up. Register at the elementary school.

Carrot River Winter Soccer Program

1040 1st. St. W. Phone: 306-768-2481
Program for children 9 and under, runs from January - March after school. Register at the elementary school.

SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs

Minor Hockey Initiation Program

Carrot River 3220-3rd. Ave. @ Community Centre
Phone: 306-768-3144

Nipawin 350-2nd. Ave. E. @ Centennial Arena
Phone: 306-862-9866

Smeaton 2nd St. W @ Skating Rink
Phone: 306-426-2118

White Fox 301 Elinor St. @ Skating Rink
Phone: 306-862-9471

www.hockeycanada.ca

A Hockey Canada Program for children 4 - 6 years designed to make children's first contact with hockey a safe and positive experience. Goals are to have fun, enjoy some physical activity, basic skills and fair play. Season runs from October - March. Fees and equipment required.

CanSkate Program

Carrot River 3220-3rd. Ave. 306-768-3144

Nipawin 350-2ns Ave. W. 306-862-9866

Smeaton 2nd St. W. 306-426-2118

White Fox 301 Elinor St. 306-276-2181

Learn to skate program for children aged 3 - 6 years runs from October to March. Start and end dates and times vary. Please call for more details.

Learn to Play Ball Program

Carrot River Phone: 306-768-3144

Nipawin Phone: 306-862-2464

White Fox Phone: 306-276-5945

Learn to play T-Ball is a program for children 4 years and up. Please call for more information.

Preschool Aquatic Program

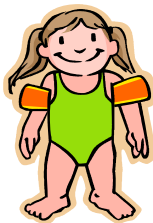
Nipawin Irene Manley Pool

Phone: 306-862-4207

Pasquia Regional Park Pool

Carrot River

Phone: 306-768-2855



The pre-school swimming lesson program, developed for children aged 0-6 years, emphasizes parent supervision, water safety and drowning prevention techniques. The program focuses on teaching children to become comfortable in water and to learn how to stay safe.

Youth Bowling

AJ Bowl

223 Nipawin Rd E, Nipawin 306-862-5262

Youth bowling leagues for ages 4 and up. Public and glow bowling evenings and weekends.

William Mason School Dances

101 7th St. E. Choiceland Phone: 306-428-2157

Families with children of all ages attend dances 4 times per year.

Nancy Green Snowsport Ski Lessons

Located at Wapiti Valley Ski Hill, Fort-a-la Corne

Phone: 306-862-5621

Ski lessons for children of all ages.

Dates, times and fees vary every season. Please call for more information.



Torch Trail Bible Camp

Located 3.2 km South & 6 km West

of Choiceland Phone: 306-428-2989

www.torchtrail.ca

Family camps and trail rides scheduled July and August.

Cost covered by registration fees or donations. Community swimming lessons in August.



CHINESE PROVERB:

*One generation plants the trees;
another gets the shade.*



Tisdale, Arborfield, Bjorkdale, Sylvania & Zenon Park

TISDALE HOSPITAL 306-873-2621
TISDALE RCMP 306-878-3810
EMERGENCY 911
HEALTH INFO LINE 1-877-800-0002

NORTH EAST OUTREACH SUPPORT & SERVICES 1-800-611-6349
WWW.TOWNOFTISDALE.COM
WWW.ARBORFIELD.SK.CA
WWW.ZENONPARK.COM

EARLY LEARNING & CHILD CARE

Honey Pot Daycare

800 - 101st. Street.
Tisdale RECplex Phone: 306-873-3090
Licensed quality childcare and early learning for children 6 weeks -12 years of age.

La Pouponniere Cooperative Daycare Centre

#4 751 2nd Ave. W. Zenon Park
Phone: 306-767-2214
Non-profit cooperative licensed daycare centre governed by a parent board. 15 child care spaces available for infants to 12 years old. Open 8:00 am - 5:30 pm Monday - Friday. Arrangements may be made for extended hours. Subsidies available. Bilingual staff. Our goal is to provide quality early childhood education and care for the children in attendance.

Jack & Jill Preschool Cooperative

Tisdale Phone: 306-873-5502
Classes run from October - April for children aged 3 - 5. Focus is on play, structured activities and interaction with other children.

Tisdale Tiny Tornadoes Daycare

610-100A Street Tisdale
Phone: 306-873-4242
Tisdale Tiny Tornadoes Daycare is a licensed community based childcare center. The daycare is both a non-profit and a charitable organization. The daycare is governed by a volunteer Board of Directors, and managed by an Executive Director. Funds are obtained from government grants, fundraising and donations. Hours of operation are Monday to Friday 7:30 a.m. to 6:00 p.m. Twenty eight spaces are available from infant to school age.

Sylvania Daycare

701 1st Street North (Formally Sylvania School)
306-873-4995
Sylvania Daycare is a licensed daycare for 12 children infant to 12 years of age. The program offers a nutritious meal and snacks, outdoor play, educational activities, field trips, Christmas concert. Hours of operation are 7:30am—5:30 pm Monday to Friday. After school care is available.

Sylvania Playschool

701 1st Street North (Formally Sylvania School)
306-873-4995
A playschool for preschool aged children runs October to May, Tuesdays and Thursdays. 9 am to 11:30 am. Social and educational activities include stories, crafts, play, Christmas concert, Easter and Valentine's parties.

Little Valley Playschool

Bjorkdale School Phone: 306-886-4542
Program runs from October - May for 3 and 4 year olds. Focus is on group play and learning activities. Per month fee required for 1 or 2 days per week. Staff consists of 2 teachers and a parent helper.

Arborfield Preschool

311 3rd. Ave. Arborfield
Phone: 306-769-4119
Program runs from October - May mornings depending on enrollment numbers. Activities for 3 & 4 year olds help prepare them for kindergarten.

North East Early Childhood Intervention Program

Tisdale, Arborfield, Bjorkdale, Zenon Park
Phone: 306-873-3411
This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.



EARLY LEARNING & CHILD CARE

Pre-kindergarten Program



Tisdale Elementary School
306-873-4533

For 3 & 4 year old children. Program runs from September - June, Monday - Friday mornings. Snacks, family involvement and play. Age appropriate activities. Space for 16 children by referral or application. Applications available for all children but first consideration is given to children with special needs and children with barriers to participation in other pre-school programs.



Kindergarten Program

Arborfield, 311-3rd. Ave.	306-769-8784
Bjorkdale, Box 98	306-886-2123
Tisdale, 513-105th St.	306-873-4533
Zenon Park, 920 Park Rd.	306-767-2451

Provides opportunities for children to develop physically, socially, emotionally and intellectually through participation in a variety of activities including play. Children who will be five by December 31st of the current year are eligible to attend classes offered by the North East School Division. Full day classes scheduled for 100 school days between August and June.

Healthy Parents and Healthy Babies Program

St. Paul's United Church 905-10 1st Ave.
306-873-2299

gfbbox.tisdale@sasktel.net

The two six week sessions are held Monday mornings 9am—10 am, fall and spring. Parents and babies participate in age appropriate health and wellness activities, literacy activities



Public Libraries & Library Programs

Arborfield

315-3rd. Ave. W. Phone: 306-769-8533

arbcirc@panet.pa.sk.ca

Story time is offered on Thursdays and Fridays by request.

Bjorkdale Phone: 306-886-4348

Tisdale

Tisdale RECplex

800-101st. Ave. Phone: 306-873-4767

<http://www.panet.pa.sk.ca>

• Books For Babies

Each newborn baby and their parent receives one book and an informational package about the Tisdale Library, the hours of service and the importance of reading. Sponsored by the Tisdale Library, Tisdale Ministerial Association, Tisdale Hospital Auxiliary and Kids First Regional. Distributed by a Public Health Nurse at a Child Health Clinic.

• Preschool Story Hour - Tisdale Library

For children 3—5 years of age. Librarian reads a story to the children and leads a craft or activity. Held on Tuesday and Wednesday afternoons.

• Summer Reading Program

This national program is designed to motivate children to read for pleasure, to develop their curiosity and to stimulate their imagination. The program is free and offered to children ages 12 and under.

• Read and Play Book Boxes

26 theme-based and age appropriate kits containing books, toys and learning materials for children in three age groups – baby, toddler and preschool. Kits are available to borrow at participating Wapiti Branch Libraries.

• Literacy Boxes

The Literacy Boxes were put into place to increase awareness of literacy and provide materials for families to use to promote literacy in the home. Ukrainian and Russian immigrant families are the target group for the Literacy Boxes. The boxes are for children of all age levels. Each box contains English and either Ukrainian or Russian books, as well as a couple age-appropriate games and puzzles. There are 16 boxes available, 8 in Ukrainian and 8 in Russian.

FAMILY & COMMUNITY SERVICES

Social Services

107 Crawford Street E.
Melfort, SK
Phone: 306-752-6100 or
Toll Free 1-800-487-8640



Providing assistance for: Bjorkdale, Gronlid,
Naicam, Pleasantdale, Porcupine Plain, Star City,
Tisdale

The following programs are provided by the Ministry
of Social Services (Community Resources):



Income Assistance Program Toll free: 1-866-221-5200

Offers support and services to people with challenges
that make it difficult to live independently and those who
need help providing for their children.

- Saskatchewan Assistance Plan
- Child Day Care Subsidy
- Saskatchewan Employment Supplement
- Saskatchewan Child Benefit
- Saskatchewan Rental Housing Supplement



Child and Family Services

The health and well being of children including child
protection, family support counseling, cultural language
issues, foster children, food and nutrition, special needs
support, therapeutic programs and homes. Offices all
throughout the Northeast.



Adoption Services

<http://www.socialservices.gov.sk.ca/adoption>

Offers programs in domestic adoption, assisted adoption,
inter country adoption, and post-adoption.



Foster Care

<http://www.socialservices.gov.sk.ca/foster-care>

Foster care is provided by families in the community
who offer their homes to children who cannot live with
their own families for a period of time.



Community Living Division

Staff work with people with intellectual disabilities and
help them access a variety of community-based services.
Such as: family support services including counseling,
respite planning and funding, information and referrals.



Child Protection Services

<http://www.socialservices.gov.sk.ca>

Anyone who has a reason to believe that a child is being
abused or neglected has a legal duty to report it. Members of
the public are obligated by the law to report suspected abuse
or neglect. You can report information to: any Social Services
(Community Resources) office, a community crisis centre or
unit 306-752-9464 or 1-800-611-6349; police officer (911);
or First Nations Child and Family Service Agency.



Saskatchewan Housing Authority

Arborfield, 5th Ave. Phone: 306-769-8758
Bjorkdale, Box 259 Phone: 306-886-2281

Tisdale, 800-103rd. Ave. Phone: 306-873-2412

Zenon Park, Box 175 Phone: 306-767-2498

Saskatchewan Housing Authorities facilitate access to safe,
affordable housing through a number of programs.



Ministry of Education

Child Nutrition & Development

The Child Nutrition and Development Program involves gov-
ernment and communities working in partnership to support
nutrition and nutrition education programs, while working
together to develop long-term solutions to poverty.

Eastern Region II Métis Nation (ERII)

Tisdale & Area

Er2.03@sasktel.net

Phone: 306-323-4244

Toll Free: 1-877-264-9428

ERII is a full service delivery agency whose mandate focuses
on the Métis population; however they operate on a status
blind, open door policy to assist any individual in need. Ser-
vices are provided throughout the northeast as needed or re-
quested. For example Social Initiatives Dept: Parenting
Classes, Individual/Group counseling, Collective Kitchens,
Mediation; Métis Addiction Council: Addiction Services and
referrals to treatment; Justice Dept.: Justice issues; Training
Employment and Education assistance.

- **Canadian Prenatal Nutrition Program (CPNP)**

Provides support, education, and supplements to pregnant
women to ensure a healthy child birth and a healthy baby.

- **Parent Support Program**

Contract services through Sask. Community Resources. A
Family Support Worker makes home visits. The program
goal is to improve family functioning by enabling parents to
better care for their children.

- **Community Action Program
for Children (CAPC)**

[http://www.phac-aspc.gc.ca/dca-dea/programs-mes/
capc_main_e.html](http://www.phac-aspc.gc.ca/dca-dea/programs-mes/capc_main_e.html)

Community Action Program for Children (CAPC) is a pro-
gram for parents and children (age 0-6). Focuses on enhanc-
ing parenting skills, bonding, child development, personal
development, and healing for parents; while at giving chil-
dren a well balanced start in life.

FAMILY & COMMUNITY SERVICES



North East Outreach & Support Services

103 McKendry Avenue E. Melfort
admin@northeastoutreach.ca
Phone: Office 306-752-9464
Crisis Line 1-800-611-6349

Provides a range of free and confidential support services to enhance individual and community wellness.

- **Supportive Counseling**

Is available to individuals or families experiencing forms of violence or abuse or other crises. E-counseling is available for women to access our counselors online.

- **Outreach Services**

Counseling and other services available in Melfort, Tisdale, Nipawin and area.

- **Information, Resources and Referrals**

Offers assistance regarding other services in the area.

- **Crisis Assistance and Safety Planning**

To help those in crisis.

- **Public Awareness and Prevention**

Provides education, awareness and prevention presentations as needed. Topics such as: interpersonal violence/abuse, dating violence, sexual assault/abuse and healthy relationships.

- **24 Hour Regional Crisis Line**

Our crisis line is available 24 hours a day, 7 days a week and is a free and confidential service. We do not subscribe to caller display and we do not require the caller to give us his/her name.

Salvation Army Food Bank

1013-101st. Ave. Tisdale Phone: 306-873-4643
Emergency food for children and families experiencing food insecurity. Bring record of income and expenses and your Saskatchewan Health Card. Call for hours of operation

Good Food Box

Tisdale Phone: 306-873-2299

The Good Food Box is an alternative food distribution system that provides a variety of top-quality, fresh, nutritious foods at an affordable price.

Tisdale & Area Community Action Cooperative Ltd. (TAACACL)

Phone: 306-873-2299

Collective Kitchens offered for parents and caregivers at various times and locations throughout the year. Kitchens are group sessions of food and meal preparation. Food is shared at the session and/or taken home to families. Collective Kitchens also offered for school age children. Phone for more details.



Al-Anon

Presbyterian Church Basement
100th St., Tisdale Phone: 306-873-4219

Helping families of problem drinkers to cope with difficulties brought about by the situation. Meetings are on Fridays at 8:00 p.m.

Alcoholics Anonymous

Presbyterian Church Basement, 100th St. Tisdale
<http://www.aaregina.com/> Phone: 306-873-2307
Group support for individuals struggling with alcohol addiction. Based on the 12 step program. Meetings every Tuesday and Friday.

Community Internet Access Program (CAP)

Arborfield Library Phone: 306-769-8533
Bjorkdale School Phone: 306-886-2123
Tisdale Public Library Phone: 306-873-4767
Zenon Park Phone: 306-767-2451

A government of Canada initiative that aims to provide Canadians with affordable public access to the Internet and the skills they need to use it effectively. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway.

Child ID Clinic

Tisdale Phone: 306-873-3810
<http://www.missingchildren.ca>

An identification card is completed for each child, right and left hand/fingerprints, DNA sample (hair from the child). Child ID could be helpful in recovering a lost child. Contact your local RCMP for course times and information.

Car Seat Clinic

Tisdale Phone: 306-873-3810
www.sgi.sk.ca/sgi_pub/road_safety/child_restraints_clinics.htm

A trained crew perform inspections and inform the public on the correct installation of car seats. Held at various times and locations once or twice during the year. Sponsored by various Community Organizations. Contact your local RCMP or check website above for local clinic information.

Canada Safety Council Babysitting Course

Tisdale: See Website
For more information: 1-613-139-1535
<http://safety-council.org/training/babysitters-training-course/>

The Saskatchewan Safety Council Babysitting Course is designed to prepare students 12 years of age and up for the demands of babysitting. Courses are run by a variety of community organizations.

SASKFEAT—Saskatchewan Families for Effective Autism Treatment

Tisdale and Nipawin Phone: 306-862-4768
www.saskfeat.com saskfeat@hotmail.com

Provincial organization of families, friends and professionals who have an interest in the well-being and development of individuals with autism. Monthly meetings are held at the NEECIP building in Tisdale.

HEALTH & WELL BEING



Tisdale Hospital

2010-110Ave. Phone: 306-873-2621

Emergency, inpatient and outpatient services.



Primary Health Care

Arborfield Health Centre, 5th Ave.
Phone: 306-769-8757
Tisdale Medical Clinic 1001 102 Ave
Phone: 306-873-4561

Public and Child Health Clinics. Advanced clinical nurses work with doctors, health nurses, dietitians, therapists, social workers, home care workers, pharmacists and the community to plan and deliver services that emphasize early intervention, health promotion, treatment and follow up care.



Community Health Services

The following services are available through the Tisdale Public Health Office:

800 1st St. Phone: 306-873-8282

<http://www.kelseytrailhealth.ca/>

- **Child Health Clinic**

Appointments with a Public Health Nurse for babies and children under 5. Immunizations according to the Saskatchewan Immunization Schedule, health check, screening and referrals for: growth and development, nutrition, dental, hearing and vision. Nurses will also provide information concerning parenting dilemmas.

5th. Ave. Arborfield Phone: 306-769-8757
800-1st. St. E. Tisdale Phone: 306-873-8282



Children are
the only future
of any people.

Frances Cress Welsing
American Psychiatrist

- **Early Childhood Team (ECT)
Speech & Language Pathologist
Early Childhood Psychologist**

Our Early Childhood Team (ECT) provides primary, secondary and tertiary prevention services for children from birth to school entry. Clinical services include assessment, therapy, counseling and programming for children with general developmental delays, cognitive delays, language delay/disorders, speech problems, fluency issues and behavioral concerns. Primary prevention efforts include newsletter for the general public and brochures that address common issues specific to early childhood.

- **Nutritionist**

Baby food making, prenatal nutrition and one on one counseling is offered.

- **“Paint a Happy Smile” Fluoride Program**

This (free) fluoride service is offered to all children ages 3, 4, & 5. Children younger than 3 can participate through referral at Child Health Clinics. The goal is to keep baby teeth healthy.

- **Prenatal Programs**

Prenatal mother in early to late stages of pregnancy and their partner/support person are invited to attend. Topics covered include: a hospital tour, mom & baby anatomy, baby development, labor, breathing, relaxation, care of the newborn, infant safety as well as discussing post partum depression.

- **Post Natal Visits**

This program is designed to ensure a healthy and successful transition from hospital to home for mother, baby and family. Contact will be made while mom and baby are still in hospital or soon after discharge. A home visit can then be arranged at the family’s convenience. A nurse will provide a useful information package, mom and baby assessments, provide breastfeeding support and address questions and concerns.

- **Community Therapy**

800 1st St. E. Tisdale Phone: 306-873-8282
Occupational Therapy and Physical Therapy services for children and adults. Consultations with parents to provide information on home activities and equipment to meet the child’s physical needs. Acquired Brain Injury Program services also available.

HEALTH & WELL BEING



Mental Health & Addiction Services

Tisdale Hospital Phone: 306-873-3760
<http://www.kelseytrailhealth.ca/>

Offer programs/services in regards to: Outpatient rehabilitation services, long term care, Therapy for victims of abuse, Child and Youth services, Behavior Management counseling, Therapy for stress, anxiety, depression, phobia, Psychological assessment, Educational information.

- **Behavior Management Consultant**

Behavior Management Consultant works with families to coordinate and manage complex needs cases where there is multi system involvement with the child or youth and the family

- **Child & Youth Program**

Child and youth program provides assessment, treatment and support for children and their families who have mental health disorders



Autism Spectrum Disorder (ASD) Program

#5 233 Center St. Nipawin, SK
Phone: 306-862-7249

Screening, programming and intervention options for children known or suspected ASD and their families.

Parent Mentoring Program

107 Crawford Ave. E.
Melfort Phone: 306-752-8767

www.pmps.ca

The Parent Mentoring Program of Saskatchewan (PMPS) is a volunteer based mentoring program that provides assistance and support to persons who are pregnant or already parenting newborn to five year olds. Parent participants are paired with volunteer mentors who are experienced parents and/or have skills that will enhance a parents ability to effectively care for his/her children) and self. Volunteer mentors serve as supportive friends and role models.



Tisdale Phone: 306-873-8289

Community Developer works regionally with communities to strengthen the capacity to respond to the needs of children aged 0—5 and their families. Referrals are made to programs regarding early childhood development.

0-3 Years Early Childhood Taskforce

Box 1625 Tisdale Phone: 306-873-8289

A regional taskforce who provide leadership in the enhancement of child development during the important 0-3 years. Taskforce strategies raise awareness of early childhood development and family services, reporting relevant early childhood issues, supporting intersectoral community development and collaboration in service delivery.

Doctors, Dentists & Optometrists

Tisdale Medical Clinic

1001 102nd Ave. Phone: 306-873-4561
Family physicians and nurse practitioner. Hours of operation are Monday - Friday 9:00 - 12:00 noon and 1:00 - 5:00 p.m.

Tisdale Dental Health Clinic

1003 102nd Ave. Phone: 306-873-4255
For all of your family dental needs.



Saskatchewan Health Family Health Benefits

Phone: 1-877-696-7546

www.health.gov.sk.ca/family-health-benefits

Costs covered for dental, drug, eye care/ eyeglasses, emergency ambulance, medical supplies and chiropractor services for children under the age of 18. Families are eligible based on working parent or parents' income and number of children. For example: Families with 1, 2 or 3 children and an income of \$29,921 or less as reported on line 150 of their income tax form, could receive benefits. Phone for details and applications.

Tisdale Optical Dispensary

1009 102nd Ave. Phone: 306-873-2834
For family optical needs. It is recommended that children have a complete eye exam by 3 years of age or earlier, should something be noticeably impaired. Saskatchewan Health covers one free eye exam per year for each child until they turn 18 years of age.

SPIRITUAL EDUCATION

Please call the appropriate office listed below for more information about:

- Weekly Worship Services
- Spiritual Education programs offered for children

Christ Evangelical Lutheran Church

1701-100 A St. Tisdale Phone: 306-873-4266

Community Bible Church

802-101st. Ave. Tisdale Phone: 306-873-4274

Immaculate Conception R.C. Church

Tisdale Phone: 306-873-2825

St. Andrew's Presbyterian Church

1306-100th St. Tisdale Phone: 306-873-2451

St. Matthew's Anglican Church

98th. St. & 103rd. Ave. Tisdale
Phone: 306-873-4675

St. Paul's United Church

905-10-1st. Ave. Tisdale Phone: 306-873-2424

Salvation Army Church

1007-103rd Ave. Tisdale Phone: 306-873-2813

Tisdale Alliance Church

1321-96th St. Tisdale Phone: 306-873-4277

Tisdale Pentecostal Tabernacle

717 100th St. Phone: 306-873-2822

Invest in a human soul?

Who knows?

It might be a diamond in the rough.

Mary Mcleod Bethune

(1875-1955)

Anglican Church

2nd. Ave. Arborfield Phone: 306-769-8665

Arborfield United Church

Phone: 306-768-2472

Bjorkdale United/Anglican Church

Phone: 306-278-2065

St. Anthony's Catholic Church

Bjorkdale Phone: 306-873-2825

St. Lucy's Christian Community Church

1st. Ave. Arborfield Phone: 306-769-8546

Zenon Park Notre Dame De La Nativite

Roman Catholic Church
861 Park Rd Zenon Park Phone: 306-767-2733



SPORTS, CULTURE & RECREATION

Annual Events

Bjorkdale Community Christmas Concert

Held at the Community Hall
Annual musical performances by the community and for the community.

Bjorkdale Annual Spring Concert

Bjorkdale School Phone: 306-886-2123
Preschool and school age children perform for community audience.

Sylvania School Community Centre Daycare and Pre-school Christmas Concert

306-873-4995
701 1st Street North (Formally Sylvania School)
Concert held in December.



Tisdale Children's Festival

Town Square, Tisdale
Held in June with venues at the Tisdale Town Square and the Civic Centre. Live drama, music, dance performances, learning activities, games and fun. Free of charge. For children of all ages and their families.



Honeybee Music and Dance Camp

800-101st. St. Tisdale Phone: 306-873-5216
Annual five day long music & dance camp held in August for children and adults of all ages. "Morning Fun" for preschoolers aged 3 - 5 years features 5 mornings of activities with Kinder Music, dance, music theatre and crafts. 15 minute long private lessons are available in the afternoon with certified Suzuki teachers.

Community Playgrounds & Programs

Tisdale Elementary School Playground

105th Ave. & 95th St.
Featuring playground equipment, soccer pitches and ball diamonds.

Tisdale Lions Spray Park

105th Ave. & 100 A St.
Phone: 306-873-2154

www.townoftisdale.com

Featuring playground equipment, a picnic site and apparatus for water fun. Open daily in the summer at no charge. Also offer "Fun Zone" playground activities in July and August.

Memorial Park

96th Ave. & Hwy 35, Tisdale
Phone: 306-873-2154

www.townoftisdale.com

Playground equipment and picnic sites.

Kinsmen Park

Tisdale Riverside Golf Course Rd., Tisdale
Phone: 306-873-2154

www.townoftisdale.com

Playground equipment, picnic, shale ball diamonds and walking trails along the Doghide River.

Brydon Park

Arborfield
Campground, picnic sites and small playground for children.

Bjorkdale Playground

Bjorkdale School
Playground with equipment for preschoolers.

Zenon Park School Playground

920 Park Rd.
Playground equipment.

Zenon Park Playground

880 Park Rd. Behind the Community Hall
Playground equipment.



SPORTS, CULTURE & RECREATION

Recreation Facilities

Skating Arenas

Arborfield - 1st St. N. Phone: 306-769-8742

Bjorkdale Phone: 306-886-2155

Sylvania Phone: 306-873-5296

Tisdale 800- 101st St. Phone: 306-873-2154

- Indoor skating at the RECplex.
- Outdoor skating available with a heated skate shack.

Zenon Park - 2nd Av E. Phone: 306-767-2433

• **Public Skating**

Please call local rink for dates and times of public/family skating.

RECplex Aquatic Centre

800 101st St. Tisdale Phone: 306-873-4043

Open May to August. Outdoor swimming and wading pool, slide, diving board. Red Cross swim lessons for all. Public and family swims. Children 5 and under must be accompanied by an adult or responsible care giver.

Tisdale Lanes

707-100th St. Tisdale Phone: 306-873-2515

Public bowling and glow bowling.

Tisdale Doghide River Trails

Enter trails at Kinsmen Park or East of 102nd St.

Phone: 306-873-2154

Offering 2 km of walking, cycling and ski trails along the Doghide River. Take in the trout pond, boardwalk and observation deck.

Tisdale Outdoor Mini Golf Centre

Located Hwy 3 & 35, right behind the Big Bee

Phone: 306-873-2523

Open from the May long weekend until September long weekend. 7 days per week from 9:00 a.m. - 9:00 p.m. Fees required.



Regional and Recreational Parks

Kipabiskua Regional Park

28 km South & 11 km West of Tisdale

Phone: 306-873-5625

Featuring a long sandy beach for lots of family fun. Enjoy swimming, fishing, boating, hiking, canoeing, sailing, camping. Swimming lessons, store, picnic sites, cabin rentals, washrooms, showers and laundry facilities. Special annual activities includes fireworks on July 1st.

Barrier Lake Resort

40 km Southeast of Tisdale Phone:306-323-4713

Fishing, swimming, boating, canoeing, hiking camping, playground.



SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs

CanSkate Program

Arborfield Phone: 306-769-8742
Bjorkdale Phone: 306-886-2026
Sylvania Phone: 306-873-5408
Tisdale Phone: 306-873-8282
Zenon Park Phone: 306-767-2245



Learn to skate program for children aged 3 - 6 years. Program runs from October to March but dates and times vary. Please call for more details. Fees required.

Sylvania Shinny Program

Phone: 303-873-4350
Ages 5-12 as requested.

Sylvania Power Skating

Phone: 306-873-4350
Initiation, Novice and Atom level

Minor Hockey Initiation Program

Arborfield Phone: 306-769-8742
Sylvania Phone: 306-873-5660
Tisdale Phone: 306-873-2154

www.hockeycanada.ca

Hockey Canada program for children 4 - 6 years old is designed to make children's first contact with hockey a safe and positive experience. Goals are to have fun, enjoy some physical activity, basic skills and fair play. Season runs from October - March. Fees and equipment required.



Red Cross Preschool Swim

Tisdale Aquatic Centre
RECplex, 800-101st. St., Tisdale
Phone: 306-873-4043

www.redcross.ca

For children of all ages including babies as young as 4 months old may be enrolled. 7 program levels with flexible entry and exit points. Colorful, fun mascots are used on stickers and progress booklets created specifically for preschoolers.



Learn to Play T-Ball Program

Tisdale - Call for location Phone: 306-873-5953
Arborfield School Field Phone: 306-769-8784
Sylvania Phone: 306-873-5408
Introduction to the basics of playing ball. Program for children aged of 4-6 years. Once per week. Fees required.



Tisdale Jr. Mite - Learn to Play Softball

Phone: 306-873-2154

Program runs from April - June for children ages 5-9 years. Introduction to the sport of softball. Children have fun while improving their fitness and developing their skills. Blast ball loaner kit available for schools/groups from Softball Saskatchewan Office.

Tisdale Twisters Gymnastics Club

Tisdale Mall

Phone: 306-873-3539

Group recreational classes for children 4 and up. Parent and tot classes available if demand is sufficient. Fall session is 10 classes - October - December. Winter session is 10 classes January - March. Fee and insurance costs required.



Arborfield Springers Gymnastics Club

311 3rd Ave., In the School Gym

Phone: 306-769-8644

The club meets once a week from September to November with "Parent Night" on the final night. Nominal athletic fee covers registration and insurance. This club benefits 4 - 12 year olds.

Youth Bowling League

707-100th St. Tisdale Phone: 306-873-2515
Youth Bowling League for children aged 4 and up.



Sport needs to be suited to each stage of a child's development, it needs to keep the child challenged and interested, and it needs to be fun.

Silken Laumann
Canadian Olympian

SPORTS, CULTURE & RECREATION

Tisdale Youth Soccer Association

Held at the Tisdale Elementary School

Phone: 306-873-2154

www.sasksoccer.com

Youth indoor soccer programs run from September - June. Call for more information.



Tisdale KidSport

Phone: 306-873-8289

KidSport program is designed to reduce barriers to children's participation in sporting programs. Sport promotes mental, physical, social and personal development through participation. Families facing financial obstacles in paying for the cost of sport programs may apply year round.



Tisdale Dance Centre

902-100th St.

Phone: 306-873-5802

Lessons run from September to May on a weekly basis for children 4 years and older. Ballet, tap, jazz, hip hop, lyrical and musical theatre. Lessons are once per week.



Vopni Music Studio

Tisdale - 1405 98th St

Phone: 306-873-5216

Zenon Park - Francophone Association Building

Group and individual music instruction for children aged 2 1/2 years and older. Suzuki method of instruction for piano, flute, violin, viola, cello and preschool voice. Fees per lesson range from \$8 - \$30. Family rates are available. Please call for more information.

Zenon Park Dance Lessons

Held at the Zenon Park School.

Phone: 306-862-4468

Tiny Tots program for 3 - 5 year old children. Held once per week and focuses on basic ballet, dance and free movement. Instruction by the Nipawin School of Dance.

Beeland Co-op Kids Club

Arborfield

Phone: 306-769-8552

Tisdale

Phone: 306-873-2688

<http://www.beelandcoop.com/>

For children 12 and under in the Tisdale/ Arborfield area. As a Kids' Club Member you will: get something special from our grocery department each time you come in the store and present us with your Kids' Club Card. Enter the contests and participate in the free events planned throughout the year.



Play is the lifeblood
of childhood— it brings
children joy, it nurtures and
excites their creativity, it
builds social skills and it
strengthens their bodies.

Silken Laumann (1964-)
Canadian Olympic medalist
Author: *Child's Play*

EARLY LEARNING & CHILD CARE

Angel's Haven Licensed Day Care

South of Hudson Bay across from Bay Tire
Phone: 306-865-2555

Licensed daycare for children newborn and older. Breakfast, lunch and 2 snacks during the day. Games, crafts, stories and social play. Open from 7:00 a.m. - 6:00 p.m. Monday - Friday.

Hudson Bay Child Care Cooperative

702 Prince St. Phone: 306-865-2655
Licensed daycare for children 18 months to 12 years. Provide quality care, education, social skills, games, crafts, stories. Literacy program and cooking program available for the children. Snacks are provided. Open Monday - Friday from 7:00 a.m. - 5:30 p.m. Max. 30 children. Subsidies available.

Books for Babies

614 Prince St. Phone: 306-865-2634
Program to provide information and resources (books) to parents to encourage them to read to their children from birth on. This intersectoral initiative is funded locally. A cloth book bag, a book and information for parents is provided free of charge at birth, 4 months and 12 months of age through the Public Health Nurse.

Toddlers and Crawlers Playgroup

Phone: 306-865-2341 or 306-865-2601
For infants to age 5 and their parents. The group meets at the former Blake Beatty School or Regional Park weather permitting, for unstructured play and social activity. Snacks provided. Program runs from September - June, except school holidays, mornings from 10:00 - 11:30 a.m. \$1 drop-in fee required.

North East Early Childhood Intervention Program

Hudson Bay Phone: 306-873-3411
This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with pre-school aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.



Stewart Hawke Elementary School Programs

702 Churchill St. Phone: 306-865-2515

- **Pre-Kindergarten**

Phone: 306-865-2220

Our pre—k provides a holistic, responsive developmentally appropriate and caring learning program. The focus is on the development of the whole child; physical, social, emotional, spiritual and intellectual. Young children learn best through direct concrete experience of the world - playing. Runs two half days a week 8:30 a.m.—11:30 a.m. September to June.

- **3 Year Old Playschool Program**

Phone: 306-865-2220

Our program helps young children to become familiar with their playschool environment while socializing with children their own age through play. Children must be 3 years old by December 31st. Held 1 day a week.

- **Kindergarten Program**

Phone: 306-865-2525

Provides opportunities for children to develop physically, socially, emotionally and intellectually through participation in a variety of activities including play. Children who will be five by December 31st of the current year are eligible to attend classes offered by the North East School Division. Full day classes scheduled for 100 school days between August and June.

- **Rhymes, Stories & Songs**

Phone: 306-865-2515

A program for children aged 0-18 months. Encourages parents to interact with their young children through songs, rhymes and stories. Program provides written songs and story recommendations that can be easily accessed through local libraries.



EARLY LEARNING & CHILD CARE

Public Libraries & Library Programs

Hudson Bay Public Library Programs

130 Main St.

Phone: 306-865-3110

<http://www.panet.pa.sk.ca/branchweb/hudsonbay/public.htm>

- **Preschool Story Hour**

Program runs Tuesdays from September to May 1:30 - 2:30 p.m. Children 2 1/2 - 5 years of age listen to stories, play games and make crafts. Public librarian reads the story and parent volunteers prepare a craft for the children. Free of charge.

- **Read and Play Book Boxes**

26 theme -based and age appropriate kits containing books, toys and learning materials for children in three age groups –baby, toddler and preschool. Kits are available to borrow through participating Wapiti Branch Libraries.

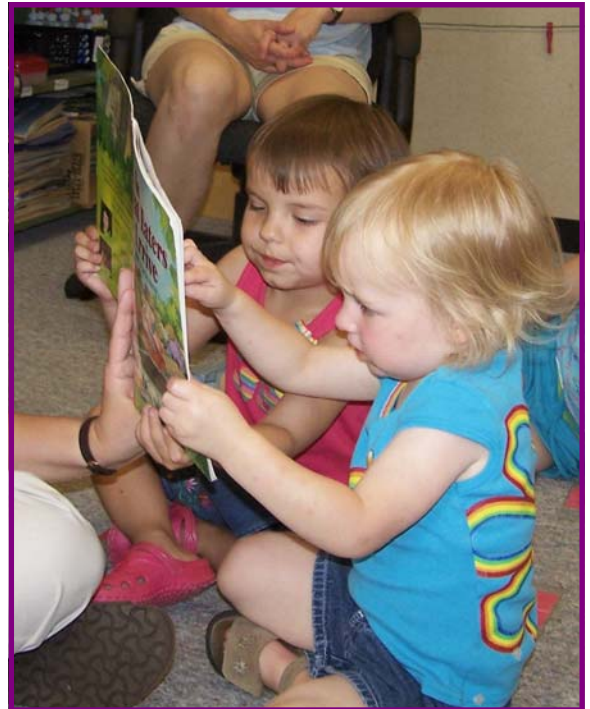
Summer Reading Program

This national program is designed to motivate children to read for pleasure, to develop their curiosity and to stimulate their imagination. The program is free and offered to children ages 12 and under, even to the young ones that do not yet read. Held 6 nights a week during summer.



The important thing is not so much that every child should be taught, as that every child should be given the wish to learn.

Sir John Lubbock
(1834-1913)
British Archaeologist



FAMILY & COMMUNITY SERVICES

Social Services
210 1st. Street East
Nipawin



Phone: 306-862-1700 or
Toll Free 1-800-487-8594

Providing assistance to: Hudson Bay, Carrot River, Choiceland, Codette, Cumberland House, Shoal Lake, Smeaton and White Fox.

The following programs are provided by the Ministry of Social Services (Community Resources):



Income Assistance Program

Toll free phone: 1-866-221-5200

Offers support and services to people with challenges that make it difficult to live independently and those who need help providing for their children.

- Saskatchewan Assistance Plan
- Child Day Care Subsidy
- Saskatchewan Employment Supplement
- Saskatchewan Child Benefit
- Saskatchewan Rental Housing Supplement



Child Protection Services

<http://www.socialservices.gov.sk.ca>

Anyone who has a reason to believe that a child is being abused or neglected has a legal duty to report it. Members of the public are obligated by the law to report suspected abuse or neglect. You can report information to: any Social Services (Community Resources) office, a community crisis centre or unit 306-752-9464 or 1-800-611-6349; police officer (911); or First Nations Child and Family Service Agency.



Community Living Division

Staff work with people with intellectual disabilities and help them access a variety of community-based services. Such as: family support services including counseling, respite planning and funding, information and referrals.



Foster Care

<http://www.socialservices.gov.sk.ca/foster-care>

Foster care is provided by families in the community who offer their homes to children who cannot live with their own families for a period of time.



Child and Family Services

The health and well being of children including child protection, family support counseling, cultural language issues, foster children, food and nutrition, special needs support, therapeutic programs and homes.



Adoption Services

<http://www.socialservices.gov.sk.ca/adoption>

Offers programs in domestic adoption, assisted adoption, inter country adoption, and post-adoption.



Saskatchewan Housing Authority Hudson Bay Housing Authority

514 Churchill St. Phone: 306-865-3314

Saskatchewan Housing Authorities facilitate access to safe, affordable housing through a number of programs.



Ministry of Education Child Nutrition & Development

The Child Nutrition and Development Program involves government and communities working in partnership to support nutrition and nutrition education programs, while working together to develop long-term solutions to poverty.



Victim Services

Local RCMP

Phone:

Hudson Bay 306-865-5550

Trained volunteers provide services to victims of crime such as: crisis intervention, compensation and victim/witness services.



FAMILY & COMMUNITY SERVICES

Hudson Bay Family and Support Centre (24 hours)

Phone: 306-865-3064 or 1-866-865-7274

A non-profit organization that provides emergency safe home shelter for individuals experiencing domestic violence. Provide support services to victims of family and personal violence. Promote social change within the community.

- **Angels Anonymous**

Program to purchase, collect and distribute new toys to financially challenged families. Referrals come from Community Resources and other agencies.

Community Internet Access Program (CAP)

Hudson Bay Public Library, 130 Main St.

Phone: 306-865-3110

http://www.phac-aspc.gc.ca/dca-dea/programs-mes/capc_main_e.html

A government of Canada initiative that aims to provide Canadians with affordable public access to the Internet and the skills they need to use it effectively. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway and provide computer support and training.

Car Seat Clinic

RCMP Phone: 306-865-5550

A trained crew perform inspections and informs the public on the correct installation of car seats. Held at various times and locations once or twice during the year. Sponsored by various Community Organizations. Contact your local RCMP or check website above for local clinic information.

Child ID Clinic

RCMP Phone: 306-865-5550

<http://www.missingchildren.ca>

An identification card is completed for each child, right and left hand/fingerprints, DNA sample (hair from the child). Child ID could be helpful in recovering a lost child. Contact your local RCMP for course times and information.



Alcoholics Anonymous

130 Main St. Phone: 306-865-3915

<http://www.aaregina.com>

Group support for individuals struggling with alcohol addiction. Based on the 12 Step program. Held Tuesday and Friday at 8:00 p.m. Open meetings held on Saturdays at 8:00 p.m. at 130 Main St.



Al-Anon

130 Main St. Phone: 306-865-3694

Helping families of problem drinkers to cope with difficulties brought about by the situation. Meetings are Monday at 7:00 pm

How to Drug Proof Your Kids

702 Churchill St. Phone: 306-865-3277

Program runs weekly for parents of children all ages. Designed to help parents become aware of the abuse and effects of different drugs. Encourages parents to build a strong relationship with their children and to help them make healthy choices in life.

Ladies Group

203 Patricia St. Phone: 306-865-3064 or
1-866-865-7274

Twice per month, a group of women gather to meet and interact with other women in the community. Provides group support and social activity.

Dare to Care Food Bank

203 Patricia St. Phone: 306-865-3064

Program offers up to 11 hampers yearly for a family in need of emergency food. Application requires Saskatchewan Health Card. Open Monday - Friday from 9:00 - 4:00 p.m.

Eastern Region II Métis Nation (ERII)

Hudson Bay & Area

Er2.03@sasktel.net

Phone: 306-323-4244

Toll Free: 1-877-264-9428

Fax: 1-306-323-4520

ERII is a full service delivery agency whose mandate focuses on the Métis population; however they operate on a status blind, open door policy to assist any individual in need. Services are provided throughout the northeast as needed or requested. For example Social Initiatives Dept: Parenting Classes, Individual/Group counseling, Collective Kitchens, Mediation; Justice Dept.: Justice issues; Courtworker Program and Aboriginal Diabetes Initiative

- **Canadian Prenatal Nutrition Program (CPNP)**

Provides support, education, and supplements to pregnant women to ensure a healthy child birth and a healthy baby.

- **Parent Support Program**

Contract services through Sask. Community Resources. A Family Support Worker makes home visits. The program goal is to improve family functioning by enabling parents to better care for their children.

- **Canadian Action Plan for Children (CAPC)**

Community Action Program for Children (CAPC) is a Parenting program for parents and children (age 0-6). CAPC focuses on enhancing parenting skills, bonding, child development, personal development, and healing for parents; while at the same time giving our children the opportunity to have a well balanced start in life.



HEALTH & WELL BEING



Hudson Bay Hospital

614 Prince St.

Phone: 306-865-2219

<http://www.kelseytrailhealth.ca/>

Emergency and Outpatient services.

- **Community Therapy**

Phone: 306-865-3370

Physiotherapy and Occupational Therapy is available for children and adults. Doctor referral is necessary.

- **Primary Health Care**

Phone: 306-865-2211

A Nurse Practitioner works with doctors, health nurses, dietitians, therapists, social workers, home care workers, pharmacists and the community to plan and deliver services that emphasize early intervention, health promotion, treatment and follow up care. Patients are treated for common problems as well as help with managing chronic conditions.

- **Mental Health & Addictions**

Phone: 306-865-4262

Offer programs/services in regards to: Outpatient rehabilitation services, long term care; Therapy for victims of abuse; Child and Youth services; Behavior Management counseling; Therapy for stress, anxiety, depression, phobia; Psychological assessment; Educational information.



Autism Spectrum Disorder (ASD) Program

#5 233 Center St. Nipawin, SK

Phone: 306-862-7249

Screening, programming and intervention options for children known or suspected ASD and their families.

Parent Mentoring Program

Office in Nipawin (233 Centre St.)

www.pmps.ca

Phone: 306-862-3820

A volunteer based mentoring program that provides assistance and support to persons who are pregnant or already parenting newborn to five year olds. Parent participants are paired with volunteer mentors who serve as supportive friends and role models.



Community Health Services

614 Prince St

Phone: 306-865-2634

- **Child Health Clinic**

Appointments with a Public Health Nurse for babies and children under 5. Immunizations according to the Saskatchewan Immunization Schedule, health check, screening and referrals for: growth and development, nutrition, dental, hearing and vision. Nurses will also provide information concerning parenting dilemmas.

- **Nutritionist**

Baby food making, prenatal nutrition and one on one counseling is offered.

- **“Paint a Happy Smile” Fluoride Program**

This (free) fluoride service is offered to all children ages 3, 4 & 5. Younger children can participate through referral at Child Health Clinics. The goal is to keep baby teeth healthy.

- **Prenatal Programs**

Prenatal mother in early to late stages of pregnancy and their partner/support person are invited to attend. Topics: a hospital tour, mom & baby anatomy, baby development, labor, breathing, relaxation, care of the newborn, infant safety as well as discussing post partum depression.

- **Post Natal Visits**

- **Early Childhood Team (ECT)**

This program is designed to ensure a healthy and successful transition from hospital to home for mother, baby and family. Contact will be made while mom and baby are still in hospital or soon after discharge. A home visit can then be arranged at the family's convenience. A nurse provides information, mom and baby assessments, breastfeeding support and addresses concerns.

Speech & Language Pathologist

Early Childhood Psychologist

Our Early Childhood Team (ECT) provides services for children from birth to school entry. Clinical services include assessment, therapy, counseling, and programming for children with general developmental delays, cognitive delays, language delay/disorders, speech problems, fluency issues, and behavioral concerns.

Doctors, Dentists & Optometrists

Hudson Bay Medical Group

607 Albert St.

Phone: 306-865-2238

Hours of operation are from 9a.m. - 5p.m. Monday to Friday. Closed 12 – 1 for lunch. Office has 3 doctors and a nurse practitioner.

Hudson Bay Dental Clinic

607 Albert St.

Phone: 306-865-2247

Dentist is by appointment only on Monday, Tuesday and Thursday from 9a.m. - 5p.m. All ages accepted.

Dr. A. FitzPatrick, Optometrist

Phone: 306-865-2226 for appointment



Saskatchewan Health

Family Health Benefits

Phone: 1-877-696-7546

www.health.gov.sk.ca/family-health-benefits-brochure

Costs covered for dental, drug, eye care/ eyeglasses, emergency ambulance, medical supplies and chiropractor services for children under the age of 18. Families are eligible based on working parent or parents' income and number of children. Phone for details and applications.

SPIRITUAL EDUCATION

Please call the appropriate office listed below for more information about:

- **Weekly Worship Services**
- **Spiritual Education programs offered for children of all ages**

Anglican Church

218 Churchill St. Phone: 306-865-3488

Apostolic Church

301 Prince St. Phone: 306-865-2980

Church of God

Erwood Phone: 306-865-3935

Kingdom Hall

Phone: 306-865-2059

Lutheran Church

602 Hudson St. Phone: 306-865-3333

Pineridge Fellowship Chapel

540 Main St. Phone: 306-865-2623

Roman Catholic Church

205 Prince St. Phone: 306-865-3398

Seventh Day Adventist Church

Contact Melfort Phone: 306-752-7238

Saturday Sabbath School offered to children of all ages.
Every Saturday at 9:45 a.m.

St. Stephan's United Church

230 Main St. Phone: 306-865-2539



SPORTS, CULTURE & RECREATION

Annual Events

Heritage Days

Al Mazur Memorial Park

Held on the 3rd Saturday in August every year. Events include a pancake breakfast, parade, pie baking contest, old time country music, food booth, bread baking, train and wagon rides and a costume contest. Children's activities include a decorated bicycle contest, coloring contest, fish pond, sack races and more.

Santa Day-Weyehauser & Community Schools

Stewart Hawke School Phone: 306-865-1775

Movie, crafts, gym activities, sleigh ride, petting zoo, gift bag of goodies and a hot dog lunch. For families and children of all ages. Day long event held in December.

Erwood Family Fun Night

Held at the Erwood Community Hall

Annual Penny Carnival for children. Held the 3rd Saturday in April every year.

Community Playgrounds & Recreation Facilities

Stewart Hawke School Playground

702 Churchill St.

Offering playground equipment for children.

Wally Dawyduk Arena

303 2nd Ave.

Phone: 306-865-2261

Please call arena for public or family skating times

Hudson Bay Aquatic Centre

Main St.

Phone: 306-865-2728

Outdoor swimming pool open June, July and August. Swimming lessons and public swimming for all ages. 2 ft. deep wading pool for preschoolers.



The Pendulum Bowling Center

204 Churchill St. Next to McLeod's

Phone: 306-865-3700

Youth bowling league runs once per week from October - March. Public and glow bowling offered. Please call for details.

Modeon Theater

Prince Street

Phone: 306-865-2533

Movies shown Friday and Saturday



Regional & Recreational Parks

Al Mazur Memorial Heritage Park

Junction of #3 and #9 Highways.

Phone: 306-865-2180

Open 7 days a week from 9:00 am - 5:00 pm from May 15 - September 15. Entry Fees for Adults, Seniors and students. Preschoolers free. Come enjoy a train ride around our 16 acre park. Rides are \$1.00 each. See the Tea House, Print Shop, Threshing Demonstration, Homestead, Bread making, Blacksmith shop and more

Ruby Lake

11 km North Hudson Bay

Phone: 306-865-2712

Offering: swimming lessons, playground, camping, picnic, boat launch, washrooms, telephone, drinking water, firewood, sandy beach, swimming and water ski (ramp) This is not a fishing lake.

Hudson Bay Regional Park

2 km South of Town

Phone: 306-865-2261 or

306-865-4144

Come out for year round family fun. Campground offers electrical sites, RV sewage disposal, drinking water, showers and bathrooms. Picnic sites run along the river's edge and a covered camp kitchen is also available for use. Golfing, rodeo/saddle club, ball diamonds, playground equipment, "Tunnel of Mist", trampoline and more in summer. Approximately 30 km of groomed cross country ski trails and a great tobogganing hill for family winter fun.



SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs

CanSkate Program

Phone: 306-865-2261

Learn to skate program for children aged 3 - 6 yrs. Program runs from October to March but dates and times vary. Please call for more details. Fees required.



Hudson Bay KidSport

Phone: 306-865-2515

KidSport program is designed to reduce barriers to children's participation in sporting programs. Sport promotes mental, physical, social and personal development through participation. Families facing financial obstacles in paying for the cost of sport programs may apply year round

Learn to Play T-Ball

Held at the Stewart Hawke School grounds.

Phone: 306-865-3079

Introduction to the basics of playing ball. Program for children 4 to 6 years of age. Once per week. Fees required.



Red Deer Saddle Club

4 miles South on Hwy. #9

Phone: 306-865-3434

Organizes family trail rides, horse clinics for children and an annual rodeo with events and activities for children 3 years old and up.



Perfect Balance Gymnastics Club

Held in the Stewart Hawke School Gym

Phone: 306-865-2977

Parent & Tot group sessions available for children 2-3 years of age. Children explore gymnastics equipment and movement with the assistance of the parent. Preschool group sessions are for children 3-5 years of age. This introduction to gymnastics features fun, tumbling, games and learning gymnastics skills. Sessions are held September to April.



Minor Hockey Initiation Program

Wally Dawyduk Rink

303 2nd Ave

Phone: 306-865-2261

www.hockeycanada.ca

Hockey Canada Program for children 4 - 6 years of age designed to make children's first contact with hockey a safe and positive experience. Goals are to have fun, enjoy some physical activity, learn basic skills and fair play. Season runs from October - March. Fees and equipment required.



In Motion Family Activities

Held at the Stewart Hawke School

Phone: 306-865-2515

Family activities are organized throughout the school year for Sunday afternoons. Families with children of any age are welcome to attend. Free of charge, door prizes. E.g.. Walking, biking, skiing, sledding/tobogganing, snow shoeing, curling, bowling.

Hudson Bay Golf Club

Highway #9 S.

Phone: 306-865-2100

Offering Jr. Golf Lessons if enough interest is shown.

Hudson Bay Dance Club

Held upstairs at Wally Dawyduk Arena

Phone: 306-865-2948

Primary ballet and Tiny Tot group lessons for children aged 3 years and up. Per month registration fee. Yearly recital. Operated from September - early May.



Ukrainian Dance Club

Held in the Stewart Hawke School Gym

Phone: 306-865-2124

Group dance instruction for children aged 3 years and up. Once a week. Dancers are grouped by age and capability. Beginner, Junior, Intermediate and Senior. Operates from September or October to April or May with a year-end recital. Per child yearly fee plus fundraising activities.

Preschool Aquatic Program

Hudson Bay Aquatic Centre

Main St.

Phone: 306-865-2728

The preschool swimming lesson program, developed by the Red Cross for children aged 0-6 years, emphasizes parent supervision, water safety and drowning prevention techniques. The program focuses on teaching children to become comfortable in water and to learn how to stay safe.



Porcupine Plain

wwPORCUPINE CARRAGANA HOSPITAL 306-278-2211
R.C.M.P. 306-278-8180
CRISIS CENTRE 1-866-865-7274
EMERGENCY 911
HEALTH INFO LINE 1-877-800-0002
WWW.PORCUPINEPLAIN.COM

EARLY LEARNING & CHILD CARE

Porcupine Plain Playgroup

Held in the Playschool room @ 310 Elm St.
Phone: 306-278-3028
Parents, toddlers and infants meet once a week from September - May for peer support and socialization of their children. Minimal fee to pay rent expenses.

Porcupine Plain Cooperative Playschool

310 Elm St. Phone: 306-278-2399
Play, socializing and group learning activities for 3 & 4 year old children.. Program is offered once or twice a week from September to May.

North East Early Childhood Intervention Program

Porcupine Plain Phone: 306-873-3411
This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.



License Child Care Centre

319 Pine St.
Phone: 306-278-2288
Child care spaces located in the Porcupine Plain Comprehensive school. Centre scheduled to open November 2010.



Porcupine Plain Elementary School

Programs
Pine St.
Phone: 306-278-2344

Porcupine Plain Comprehensive School Programs

319 Pine St.
Phone: 306-278-2288
(School to open November 2010)

- **Kindergarten Program**

Provides opportunities for children to develop physically, socially, emotionally and intellectually through participation in a variety of activities including play. Children who will be five by December 31st of the current year are eligible to attend classes offered by the North East School Division. Full day classes scheduled for 100 school days between August and June.

Public Libraries & Library Programs

Porcupine Plain Public Library

310 Elm St. Phone: 306-278-2488
<http://www.panet.pa.sk.ca/branchweb/porcupineplain/public.htm>

- **Literacy Boxes**

The Literacy Boxes were put into place to increase awareness of literacy and provide materials for families to use to promote literacy in the home. Filipino immigrant families are the target group for the Literacy Boxes. The boxes are for children of all ages. Each box contains English and Filipino books, as well as a couple age-appropriate games and puzzles. There are 16 boxes available.



- **Preschool Story Hour**

Once every 2 weeks story time is offered to 3 & 4 year old children attending playschool. Children listen to a story read by the branch librarian and borrow books.

- **Read and Play Book Boxes**

26 theme-based and age appropriate kits containing books, toys and learning materials for children in three age groups –baby, toddler and preschool. Kits are available to borrow through participating Wapiti Branch Libraries.

- **Summer Reading Program**

This national program is designed to motivate children to read for pleasure, to develop their curiosity and to stimulate their imagination. The program is free and offered to children ages 12 and under, even to the young ones that do not yet read.

FAMILY & COMMUNITY SERVICES

Social Services

107 Crawford Street E.
Melfort, SK
Phone: 306-752-6100 or



Toll Free 1-800-487-8640

Providing assistance for:

Melfort, Bjorkdale, Gronlid, Naicam, Pleasantdale,
Porcupine Plain, Star City, Tisdale

The following programs are provided by the Ministry of
Social Services (Community Resources):



Income Assistance Program Toll free: 1-866-221-5200

Offers support and services to people with challenges that make it difficult to live independently and those who need help providing for their children.

- Saskatchewan Assistance Plan
- Child Day Care Subsidy
- Saskatchewan Employment Supplement
- Saskatchewan Child Benefit
- Saskatchewan Rental Housing Supplement



Adoption Services

<http://www.socialservices.gov.sk.ca/adoption>

Offers programs in domestic adoption, assisted adoption, inter country adoption, and post-adoption.



Foster Care

<http://www.socialservices.gov.sk.ca/foster-care>

Foster care is provided by families in the community who offer their homes to children who cannot live with their own families for a period of time.



Child and Family Services

This department focuses on the health and well being of children including child protection, family support counseling, cultural language issues, foster children, food and nutrition, special needs support, therapeutic programs and homes.



Child Protection Services

<http://www.socialservices.gov.sk.ca>

Anyone who has a reason to believe that a child is being abused or neglected has a legal duty to report it. Members of the public are obligated by the law to report suspected abuse or neglect. You can report information to: any Social Services (Community Resources) office, a community crisis centre or unit 306-752-9464 or 1-800-611-6349; police officer (911); or First Nations Child and Family Service Agency.



Community Living Division

Staff work with people with intellectual disabilities and help them access a variety of community-based services. Such as: family support services including counseling, respite planning and funding, information and referrals.



Saskatchewan Housing Authority

Box 25 Phone: 306-278-2450
Saskatchewan Housing Authorities facilitate access to safe, affordable housing through a number of programs.



Ministry of Education

Child Nutrition & Development

The Child Nutrition and Development Program involves government and communities working in partnership to support nutrition and nutrition education programs, while working together to develop long-term solutions to poverty.

Community Access Program (CAP)

Porcupine Plain Public Library
310 Elm St. Phone: 306-278-2488

A government of Canada initiative that aims to provide Canadians with affordable public access to the Internet and the skills they need to use it effectively. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway.

Car Seat Clinic

EMT Phone: 306-278-2009

A trained crew perform inspections and informs the public on the correct installation of car seats. Held at various times and locations once or twice during the year. Sponsored by various Community Organizations.

Child ID Clinic

RCMP Phone: 306-278-8180

<http://www.missingchildren.ca>

An identification card is completed for each child, right and left hand/fingerprints, DNA sample (hair from the child). Child ID could be helpful in recovering a lost child. Contact your local RCMP for course times and information.

Eastern Region II Métis Nation (ERII)

Porcupine Plain & Area
Er2.03@sasktel.net Phone: 306-323-4244
Toll Free: 1-877-264-9428

ERII is a full service delivery agency whose mandate focuses on the Métis population; however they operate on a status blind, open door policy to assist any individual in need. Services are provided throughout the northeast as needed or requested. For example Social Initiatives Dept: Parenting Classes, Individual/Group counseling, Collective Kitchens, Mediation; Métis Addiction Council: Addiction Services and referrals to treatment; Justice Dept.: Justice issues; Training Employment and Education assistance.



Victim Services

Contact RCMP Phone: 306-278-8180

Trained volunteers provide services to victims of crime such as: crisis intervention, compensation and victim/witness services.

HEALTH & WELL BEING



Porcupine Carragana Hospital

Windsor Ave. Phone: 306-278-2211
24 hour Health Line. Inpatient, Outpatient and
Emergency Services.

<http://www.kelseytrailhealth.ca/>



Primary Health Care

207 Elm St. Phone: 306-278-2151
Nurse Practitioners work with doctors, health nurses, dieticians, therapists, social workers, home care workers, pharmacists and the community to plan and deliver services that emphasize early intervention, health promotion, treatment and follow up care. Primary care nurses provide a wide range of services and serve as a familiar first contact into the health system and make it even easier for residents to get the help they need. Patients are treated for common problems as well as help with managing chronic conditions.



Community Health Services

- **Child Health Clinic**

330 Oak St. in the Red Deer Nursing Home
Phone: 306-865-2634

Appointments with a Public Health Nurse for babies and children under 5. Immunizations according to the Saskatchewan Immunization Schedule, health check, screening and referrals for: growth and development, nutrition, dental, hearing and vision. Nurses will also provide information concerning parenting dilemmas.



Autism Spectrum Disorder (ASD) Program

#5 233 Center St. Nipawin, SK
Phone: 306-862-7249

Screening, programming and intervention options for children known or suspected ASD and their families.

- **Early Childhood Team (ECT)
Speech & Language Pathologist
Early Childhood Psychologist**

Our Early Childhood Team (ECT) provides services for children from birth to school entry. Clinical services and primary prevention to address common issues specific to language and cognitive development of children.

- **Nutritionist**

Baby food making, prenatal nutrition and one on one counseling is offered.

- **“Paint a Happy Smile” Fluoride Program**

This (free) fluoride service is offered to all children ages 3, 4 & 5 years. Children younger than 3 can participate through referral at Child Health Clinics.

- **Prenatal Programs**

Prenatal mother in early to late stages of pregnancy and their partner/support person are invited to attend sessions. Topics : a hospital tour, mom & baby anatomy, baby development, labor, care of the newborn, etc.

- **Post Natal Visits**

This program is designed to ensure a healthy and successful transition from hospital to home for mother, babies, and families. A home visit by a Public Health Nurse can be arranged at the family's convenience.

Porcupine Medical Clinic

207 Elm St. Phone: 306-278-2151
Family physician.



Saskatchewan Health Family Health Benefits

Phone: 1-877-696-7546

www.health.gov.sk.ca/family-health-benefits

Costs covered for dental, drug, eye care/ eyeglasses, emergency ambulance, medical supplies and chiropractor services for children under the age of 18. Families are eligible based on working parent or parents' income and number of children. Phone for details and applications.

SPIRITUAL EDUCATION

Please call the appropriate office listed below for more information about:

- **Weekly Worship Services**
- **Spiritual Education programs offered for children.**

Bethany Good Shepherd Anglican/United Church
218 Rose Ave. Phone: 306-278-2065

Church of Jesus Christ of Latter Day Saints
Phone: 306-278-2546

Kingdom Hall of Jehovah's Witnesses
Phone: 306-278-3123

Porcupine Full Gospel Church
133 Katherine Ave. N. Phone: 306-278-2006

Prayer Baptist Church

Corner of Ash & Swan Streets
Phone: 306-278-2444

Redeemer Lutheran Church

110 Swan St. Phone: 306-278-2733

Roman Catholic Church

217 Oak St. Phone: 306-278-2658

Saints Peter and Paul Ukrainian Catholic Church

Phone: 306-278-3022

Weekes Evangelical Church

Phone: 306-278-3252

SPORTS, CULTURE & RECREATION

Annual Events

Family Fun Night

Held at the Town Hall Phone: 306-278-2288
Held annually the Saturday before Halloween. Families and children of all ages welcome. Organized by the Larwood Shaw Memorial Pool.



Community Playgrounds & Recreation Facilities

Kinsmen Park

Located West of 3rd Ave.
Playground equipment for the children.

Olaf Quale Park

Pine Street
Playground equipment and tennis courts.



Scott Park

Corner of Oak Street and Rose Street
Playground equipment and picnic tables.

Porcupine Playground

Located at the Elementary School
Playground equipment for children.

Chase Place Arena

Ash Street N. Phone: 306-278-2361

- **Public and Family** skating once or twice per week. Call arena for details and times.

Larwood Shaw Memorial Pool

315 Ash St. Phone: 306-278-2198

- Outdoor swimming pool open June - August. Public & family swims. 2ft deep wading pool and hot tub. Red Cross swimming lessons July & August.

Community Theatre

320 Elm St. Phone: 306-278-2231

Movies are shown Friday, Saturday and Sundays. Free admission for preschoolers.

Regional & Recreational Parks

Greenwater Lake Provincial Park

25 km Southwest of Porcupine Plain

Phone: 306-278-3515

Picnics, camping, swimming, boating, interpretive center, mini golf, hiking, fishing, playground, paddle boat rentals and cabin rentals. Family events scheduled in July and August. E.g.. Canada Day, Saskatchewan Express, Evening Hikes, Crafty Critters.



Marean Lake

50 km Southwest of Porcupine Plain

Phone: 306-278-2799

Privately owned resort with swimming, playground equipment, convenience store, campgrounds, shower, coin laundry, swimming lessons and cabin rentals.

SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs

Lakeland District for Sport, Culture & Recreation

Nipawin Office Phone: 306-862-2113

tammy.ldscr@sasktel.net

The Mobile Playground Program is a pre-packaged summer play program that is offered to communities that cannot readily afford to put on a quality program of their own. We provide the staff and the supplies and the communities add the children! This program is structured for children aged 5 - 10 and can be booked for one, two or four days per week. Fees are assigned to three population based categories.

Learn to Play T-Ball

Held at the Elementary School Grounds

Phone: 306-278-2288

Learn to Play T-Ball is for children under the age of 5. Runs May & June. Registration fee required.



Outdoor Soccer Program

Held at the Elementary School Grounds

Phone: 306-278-2775

Recreational soccer for children 3 and up. Preschool soccer for children 5 and under. Fall session runs September to October. Spring session runs May to June. All sessions run once per week.



Minor Hockey Initiation Program

Phone: 306-

278-3384

Hockey Canada program for children 4 - 6 years old designed to make children's first contact with hockey a safe and positive experience. Goals are to have fun, enjoy some physical activity, basic skills and fair play. Season runs from October - March. Fees and equipment required.



CanSkate Program

Phone: 306-278-2344

The CanSkate program for children aged 3 - 6 years teaches basic skating skills. Runs from October to March. Dates and times vary. Please call for more details. Fees required.



Porcupine Plain Gymnastics Club

Held at the Elementary School Gym

Phone: 306-278-2344

Recreational gymnastics for children 3 and up. Preschool gymnastics for 3, 4 & 5 year old children. Fees and insurance required.



Porcupine Plain Dance Club

Held at either the Elementary or High Schools

Phone: 306-278-2288

Weekly lessons offered from October - April. Group dance, ballet, tap and jazz instruction for children of all ages. Teeny Tots Dance for children under the age of 4 years. Tiny Tots Dance for children under the age of 5 years. Registration fee required.



Preschool Aquatic Program

Larwood Shaw Memorial Pool

315 Ash St. Phone: 306-278-2288

Red Cross preschool swimming lessons offered in July & August. Developed for children aged 0-6 years. Emphasizes parent supervision, water safety and drowning prevention. Teaches children to become comfortable in the water and how to stay safe. Fees required.



If we think that sport should bring joy, we should seek to create sport in our communities that is joyful for children.

Silken Laumann
Canadian Olympian
Author of *Child's Play*

Kinistin Saulteaux Nation



KINISTIN WELLNESS CENTRE
TISDALE R.C.M.P.
EMERGENCY
HEALTH INFO LINE
WWW.KINISTIN.SK.CA

306-878-8181
306-878-3810
911
1-877-800-0002

EARLY LEARNING & CHILD CARE

Kinistin Day Care

Located next to the Band Hall

Phone: 306-878-2680

Professional childcare services for working parents and/or parents in training. Provides childcare for children 6 months to 12 years of age. Program focuses on games, learning, socialization, motor skills, role play, crafts, music and cultural activities. Children receive guidance both spiritually and socially.

North East Early Childhood Intervention Program

Held at Kinistin Day Care

Phone: 306-878-2680

This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.

Headstart Program

Held at Kinistin Day Care

Phone: 306-878-2680

Program for children between the ages of 3-6. Runs for three hours every day from Tuesday - Friday. Program teaches skills and prepares children for nursery school.

Nursery School Program

Kinistin Education Complex

Phone: 306-878-8180

Preschool program for 4 year olds. Runs from 8:30 - 10:30 a.m. every school day from the end of August to Mid June. Program offers a variety of group learning and play activities focusing on socialization.

Kindergarten Program

Kinistin Education Complex

Phone: 306-878-8180

Education for 5 year olds based on the Saskatchewan Education curriculum. Group and individual activities aim to develop growth in language skills, social, emotional and physical growth. Scheduled from 10:30 - 2:30 p.m. every school day from August - mid June.



FAMILY & COMMUNITY SERVICES

Canadian Prenatal Nutrition Program (CPNC)

Kinistin Wellness Centre

Phone: 306-878-8181

Nutrition classes, grocery shopping and budgeting. Cooking classes once per month. Support workers available to help with breastfeeding and supplies. Grocery coupons available for Good Food Box and Co-op.

Good Food Box

Kinistin Wellness Centre Phone: 306-878-8181

The Good Food Box is an alternative food distribution system that provides a variety of top-quality, fresh, nutritious foods at an affordable price. Boxes are preordered for prenatal requirements and those with diabetes.

Community Access Program (CAP)

Kinistin Band Office

Phone: 306-878-

8188

A government of Canada initiative that aims to provide Canadians with affordable public access to the Internet and the skills they need to use it effectively. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway and provide computer support and training.

Alcoholics Anonymous

Kinistin Wellness Centre Phone: 306-878-8181

Group support for individuals struggling with alcohol addiction. Based on the 12 Step program. Call for more information.

HEALTH & WELL BEING

Kinistin Wellness Centre

Located West of the Kinistin Education Centre

Phone: 306-878-8181

Hours of operation are:

Monday to Friday 8:00 a.m.—12 noon
 1:00 p.m.—4:00 p.m.

Staff consists of :

- ◆ Health Program Manager
- ◆ Receptionist/ Medical Transportation Coordinator
- ◆ Nurses
- ◆ Community Health Representative
- ◆ Maternal Home Visitor
- ◆ Community Wellness Worker
- ◆ Home Care Aide
- ◆ TB Worker
- ◆ Medical Taxi Driver
- ◆ Social Development Coordinator

Medical Taxi

To arrange for transportation for medical appointments (doctor, dentist, optometrist, specialist) contact the Medical Transportation Coordinator at the Kinistin Wellness Centre.

Child and Family Services Program

Toll Free response—1-866-871-4237

Saskatoon Tribal Council

Advocacy, parent education, child protection, placement services, 24 hour toll free response



Community Health Services

Provides services to help maintain the health of the community ie: education awareness, lifestyle, diabetes issues, health monitoring, immunizations, chronic care, FAS/FAE education and awareness, HIV/Aids prevention, pre and post natal care, pandemic planning, etc.

◆ **Child Health Clinic**

Nurses immunize and provide a general health and growth check for children under the age of 6. Parent information and referrals are provided.

◆ **Pre and Post Natal Programs**

Nurses make home visits to women during pregnancy and after delivery to provide education and support.

◆ **Maternal Child Health Program**

A trained home visitor provides support and information to pregnant women and families with young children. The program's goal is to enhance the growth and development of infants and young children. Program focus is on education to promote healthy mothers and families.

◆ **Dental Health Program**

Dental Health Educator/ Therapists through the Child Oral Health Initiative offer: education, fluoride varnish, fluoride rinse, brushing program, dental screening and referrals to dentists

◆ **NNAADAP/Living Well Program**

Community wide comprehensive strategy to try and decrease the use of alcohol and drugs in pregnant women. Individual counseling and education is led by the Community Health Center and involves the school, community health representative, elders and family services.

◆ **Community Wellness Program**

NNAADAP—Community Wellness Worker facilitate one to one counseling and support groups for adults

◆ **Home Care**

Services are provided to children and adults based on assessed need to help people maintain their independence in the home. Some examples of services are: home care nursing, personal care, home management, diabetes education and support and case management

SPIRITUAL EDUCATION

Cultural Camp

Annual week long wilderness camp held in summer for people of all ages. Tenting, physical activities, traditional hunting, spiritual ceremonies.

Feasts & Round Dances

Held in the Community Hall or Outdoors

Phone: 306-878-8180

Feasts and Round Dances are hosted by families at various times during the year. Community members of all ages are welcome to attend.

SPORTS, CULTURE & RECREATION

Community Playgrounds & Recreation Facilities

Kinistin School Playground

Playground equipment and field to play.

New Core Area Playground

Playground equipment.

North End Playground

Playground equipment



Outdoor Rink

Located at the west end of Kinistin Education Complex
Asphalt surface is flooded for skating in the winter and used for floor hockey or street hockey in the summer.

Sports, Culture & Recreational Programs

In Motion

Phone: 306-878-2680

Community incentive program to promote an increase in physical activity. Band staff and students fill out daily logs to keep track of activity completed. Program runs from April - June.

Splash Program

Kinistin Band Office Phone: 306-878-8188

Recreation workers organize activities for children 5 years old and up. Program runs July & August, Monday - Friday at 9:00 - 12:00 noon, 1:00 - 4:00 p.m. & 5:30 - 6:00 p.m. Snacks and either a noon or supper meal are included.



Kinistin Pow Wow Club

Held at the Kinistin Education Complex

Phone: 306-878-8180

Traditional dance for children starting from the age of 2 years. Practices are held twice a week on Thursday and Friday after school from spring to late fall. Kinistin Pow Wow Club accepts invitations to perform several times per year.

Cultural Days

Held at the Kinistin Education Complex

Phone: 306-878-8180

Held once every 6 days on the school day cycle. Open to everyone of all ages. The community participates in a traditional Saulteaux cultural activities such as feasts, fishing, and dancing. Musical performances and drama from other communities are also featured. The elders share their teaching through storytelling, demonstrations and dancing. Lunch is served from 11:30 - 12:30 with activities following from 12:30 - 2:30 p.m

Red Earth First Nation

RED EARTH HEALTH CENTRE 306-768-3617 OR 306-768-2686
CARROT RIVER R.C.M.P. 306-768-1200
CRISIS INTEVENTION 1- 866- 768-3315 OR 306-768- 2443
—Nicapanak Centre
SASK HEALTH INFO LINE 1-877-800-0002
POISON CONROL LINE 1-866-454-1212
EMERGENCY 911



EARLY LEARNING & CHILD CARE

Awasisuk Day Care

Located next to the Community Hall Phone: 306-768-3300
Childcare for children aged 6 months to 6 years. Early learning activities include singing, crafts, reciting, and development of motor skills. Program emphasizes good nutrition. Open 8:30 am - 4:30 pm.

North East Early Childhood Intervention Program (NEECIP)

At the Health Centre Phone: 306-768-3617 or 2443
This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with pre-school aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.



Come Read with Me

Family literacy program. Parents and children learn together by reading and fun activities. Sessions offered through head start or daycare. For more information call PAGC Early Childhood Consultant

Headstart “Tiny Tots Learning Centre”

Located across from the Elementary School
Phone: 306-768-3417
Space for 41 children between the ages of 3 and 4 years. Children attend 1/2 day classes Monday through Thursday. Teaches motor skills, primary colors, shapes etc. in order to prepare the children for nursery school.

Ki-Waytinok Nursery School

Ki—Waytinok Elementary School
Phone: 306-768-3544
Pre-kindergarten program for 4 year old children. Runs from September - June in two separate groups, Monday - Thursday from 9:00 - 11:30 a.m. and 1:00 - 3:30 p.m.

Kindergarten Program

Ki-Waytinok Elementary School
Phone: 306-768-3544
Education for 5 year olds based on the Saskatchewan Education curriculum. Group and individual activities to develop language, social skills, emotional growth and physical skills. Teaching English as a second language is the main focus, however, Cree speaking teachers provide interpretation and instruction at times.

FAMILY & COMMUNITY SERVICES

Nicapanak Centre Office

Beside the Band Office Phone: 306-768-2443 or Toll Free 1-866-768-3315
Provides child protection services within the First Nations of Red Earth, Shoal Lake and Cumberland House. Services offered include crisis intervention, referral services, arranging assessments and treatment services, voluntary placement services of children, counseling, prevention services and foster care. The main office is in Shoal Lake with a sub-office in Red Earth and Cumberland.



Alcoholics Anonymous

Health Centre Phone: 306-768-3617
Group support for individuals struggling with alcohol addiction. Based on the 12 Step program. Meetings held on Tuesdays at 7:00 p.m.

Good Food Box

Distributed at the Red Earth High School
Phone: 306-768-3654
Residents can purchase a box of fresh fruit and vegetables for wholesale prices once per month. Boxes are delivered to families and pregnant or nursing women throughout the community.

Saskatchewan Safety Council Babysitting Course

Held at the Health Centre Phone: 306-768-3617
<http://www.safety-council.org/training/baby/babysitt.htm>
This newly updated course is designed to prepare students 12 years of age and up for the demands of babysitting in the new millennium. Courses are run by a variety of community organizations.

HEALTH & WELL BEING

Red Earth Health Centre

Located next to the Band Office

Phone: 306-768-3617 or 306-768-2686

Hours of operation are:

Monday to Thursday 9:00 a.m.—4:30 p.m.

Friday 9:00 a.m.—12 noon or 3 pm

- **Medical Clinics**

Dr. Chernesky conducts a primary care health clinic every Monday at the Red Earth Health Centre. Call the Red Earth Health Centre to book an appointment.

- **Transportation Services**

To arrange for transportation for medical appointments off—reserve, contact the Red Earth Health Centre Transportation clerk

Community Health Services

Red Earth Health Centre provides community health services through the following staff :

- Nurses
- Community Health Representative (CHR)
- Maternal Child Health Home Visitor
- TB Worker
- Receptionist

Child Health Clinic/ Well Baby Clinic

Nurses immunize and provide general health and growth checks for children under 6. Parent information and referrals are provided. Clinics are Tuesdays and Wednesdays as scheduled. Please call for appointment.

Maternal Child Health Program

- **Canadian Pre- natal Nutrition program**

Offers counseling on healthy nutrition and breastfeeding support to women who are pregnant or have a child under the age of one. Offers incentives, Good Food Box, and food coupons for healthy eating.

- **Prenatal Classes**

Classes for pregnant women held throughout the year approximately once a month. Topics include: nutrition for a healthy pregnancy, healthy child development during pregnancy, effects of alcohol, smoking and other drugs.

- **Breastfeeding Support**

Nurses, volunteers, Community Health Representative (CHR), and/or Maternal Child Health Home Visitor make home visits and provide information to encourage breastfeeding. Meetings with moms are held once per month with support from Community Health .

- **Prenatal and Postnatal Program**

Nurses make home visits to women during pregnancy and after delivery to provide education and support.

- **Maternal Child Health Home Visitor Program**

. A trained home visitor provides support and information to pregnant women and families with young children. The program's goal is to enhance the growth and development of infants and young children. Program focus is on education to promote healthy mothers and families.

Communicable Disease Program

Prevention and treatment of communicable and infectious diseases such as Tuberculosis (TB), Sexually Transmitted Infections (STI) and others.

- **Hand Washing Program**

Community health education for infection control. Presentations and poster reminders to wash your hands thoroughly and regularly to prevent disease and infection

Dental Health

- **Prevention Program**

A Dental Therapist visits the daycare, Headstart and Nursery schools to apply **fluoride varnish** to the children's teeth and teach them about the importance of dental health. Though the **Brushing Program**, brushes, toothpaste and supplies are provided to the children to use daily at the day care, Head Start, Nursery School and Kindergarten.

- **Dental screening**

Dental Health Therapist examines child's teeth and referrals are made for further dental care if required.



Home and Community Care Services

Services are provided to children and adults based on assessed need to help people maintain their independence in the home. Some examples of services are: home care nursing, personal care, home management, diabetes education and support , and case management

Mental Health Therapy

Visiting Mental Health Therapist provides one to one counseling services and group therapy.

Brighter Futures

Injury Prevention Program for children 0 - 8 years old. Funding provided for various proposals that address injury prevention.

- **Car Seat Clinic** for parents of children 0 - 5 years old and prenatal parents.

- **Bike rodeo** for children 3 - 8 years old.

- **Parenting Skills Workshop**—Organized by the Brighter Futures Coordinator for parent's of children 0 -8 years old five or six times per year. Local or guest speakers provide information and education to parents on different important issues and topics.

National Native

Alcohol & Drug Addiction Program

Program provides prevention, intervention and counseling services.

Pharmacy Services

Pharmacy and Pharmacist available one and a half days each weeks.

Diabetes Team

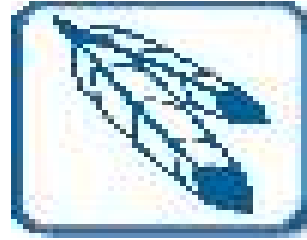
Prince Albert Grand Council visiting diabetes educator and dietician see referrals as needed.

SPIRITUAL EDUCATION

Cultural Camp

Phone: 306-768-3617

Annual 3 - 5 day spiritual retreat held August - October for community and families. Children of all ages and adults are welcome. People camp in tents in the wilderness and participate in a variety of traditional activities. Families need to supply their own tents and bedding. Food is supplied. This retreat is alcohol and drug free. Over 300 people attend.



SPORTS, CULTURE & RECREATION

Community Playgrounds

Ki-Waytinok Elementary School Playground

Playground equipment.

John William Head Memorial Playground

Playground equipment.

John William Head Outdoor Skating Rink

Skating for families in the winter months.



SHOAL LAKE HEALTH CLINIC
CARROT RIVER R.C.M.P.
EMERGENCY
CRISIS INTERVENTION
NIPAWIN HOSPITAL
HEALTH INFO LINE

306-768-3457
306-768-1200
911
1-866-768-3315 (NICAPANAK CENTRE)
306-862-4643
1-877-800-0002



EARLY LEARNING & CHILD CARE

Shoal Lake Day Care

Phone: 306-768-3388

Providing culturally based child care services for working parents or parents in training.

Aboriginal Head Start Program

Nicapanak Center Phone: 306-768-3377

For 3 and 4 year old children. Operates half days in the mornings Monday - Friday. Teaches motor skills, primary colors and shapes etc. Prepares children for nursery school.

North East Early Childhood Intervention Program

(NEECIP) Phone: 306-768-3457
or

306-873-3411

This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.

Parent & Tot Program

Held at the Health Clinic Phone: 306-768-3457

Parents/caregivers and child meet once per month for two hours. Parents discuss topics such as nutrition and dental health. Early learning activities are planned for the children. 3 different sessions are offered: for caregivers and babies up to 18 months, caregivers and children 18 months to 3 years, and caregivers and children preschool to 5 years. Program runs from October - April. Transportation is provided. Free of charge.

Come Read with Me

Family literacy program. Parents and children learn together by reading and fun activities. Sessions offered through head start or daycare. For more information call PAGC Early Childhood Consultant



Wacihk School Programs

Phone: 306-768-3526

• Nursery School Program

Wacihk School

Preschool program for 4 year old children. Runs every school day throughout the year from the end of August to mid June. Variety of group learning and play activities focusing on socialization.

• Kindergarten Program

Wacihk School

Education for 5 year old children based on the Saskatchewan Education curriculum. Group and individual activities to develop growth in language, social, emotional and physical growth. Runs half days from August - June.

• Story Hour

Held at the Wacihk School

1/2 hour reading program held once per week for 5 and 6 year olds. Program runs Tuesday and Wednesday each week at 11:30 a.m. and 1:45 p.m.

• Public Library—Wacihk School

Books and materials may be borrowed by the public from the school library 9:00 a.m.—4:00 p.m. throughout the school year.

• Family Literacy Program

Parents and children meet at the Wacihk School Library twice a month 7:00 p.m.—8:00 p.m. for a family reading program.

FAMILY & COMMUNITY SERVICES

Nicapanak Centre

Across from Store Phone: 306-768-3318

Provides child protection services within the First Nations of Red Earth, Shoal Lake and Cumberland House. Services offered include crisis intervention, referral services, arranging assessments and treatment services, voluntary placement services of children, counseling and foster care.

Canadian Prenatal Nutrition Program (CPNP)

Shoal Lake Health Clinic Phone: 306-768-3457

Nutrition classes, grocery shopping and budgeting, have cooking classes twice per month and also provide support workers to help with breastfeeding and supplies.

National Native Alcohol & Drug Addiction Program

Shoal Lake Health Clinic Phone: 306-768-3457

Program provides prevention, intervention and counseling services.



Alcoholics Anonymous

Shoal Lake Health Clinic Phone: 306-768-3457

Group support for individuals struggling with alcohol addiction. Based on the 12 step program.

Meetings held every Wednesday at 4:00 p.m.

Good Food Box

Shoal Lake Health Clinic Phone: 306-768-3457

Provides nutritional food for pregnant and nursing mothers. Please call in advance if you have a need for this service.

HEALTH & WELL BEING

Shoal Lake Health Clinic Programs

Phone: 306-768-3457

Hours of operation are:

Monday to Thursday 9:00 a.m.—5:00 p.m.

Friday 9:00 a.m.—12 noon

◆ **Medical Transportation**

To arrange for transportation for medical appointments (doctor, dentist, optometrist, specialist) contact the Medical Transportation Coordinator at the Shoal Lake Health Centre

Shoal Lake Health Clinic staff consists of :

- ◆ **Health Director**
- ◆ **Receptionist**
- ◆ **Nurses**
- ◆ **Community Health Representative**
- ◆ **Maternal Home Visitor**
- ◆ **NNAADAP Worker**
- ◆ **Home Care Aides**
- ◆ **TB Worker**
- ◆ **Patient transportation clerk**
- ◆ **Janitor**
- ◆ **Visiting professionals—Mental Health Therapist, TB Nurse, Dental Therapist and Doctor**

• **Medical Clinics**

Doctor Chernesky provides clinical services every Tuesday. Please call for an appointment.

• **Well Baby Clinic**

Well Baby clinics provide immunizations, height and weight measurements and a general health check children under 5 years.

• **Pre and Post Natal Programs**

Nurses make home visits to women during pregnancy and after delivery to provide education and support.

• **Dental Health Program**

Clinics held on Thursdays for preventative and fluoride treatments for children under 4 years of age.

• **Mental Health Therapy**

Visiting Mental Health Therapist provides one to one counseling services and group therapy.

• **Women's Wellness Group**

A Mental Health Therapist facilitates a women's support group once or twice a month.

• **Men's Group**

A Mental Health Therapist facilitates a men's support group once or twice a month.

• **Prevention of Fetal Alcohol Spectrum Disorder**

Community wide comprehensive strategy to try and decrease the use of alcohol and drugs in pregnant women. Individual counseling and education is led by Community Health and involves the school, community health representative, elders and family services.

• **Parenting Sessions**

Group Sessions held once a week for parents with children of any age.

• **Nutrition Training**

Adults learn about buying, cooking and serving healthy foods for their families.

• **Home Care**

Services are provided for children and adults based on assessed need to help people maintain their independence in the home.

• **Diabetes Educator**

Once a month a diabetes educator visits Shoal Lake for community prevention and education.

• **TB Worker**

1-2 days per week a TB worker visits Shoal Lake for tuberculosis treatment, referrals, education and prevention activities.

SPIRITUAL EDUCATION

Please contact the churches listed below for more information about:

- Weekly Worship Services
- Spiritual Education programs offered for children

Anglican Church

Located near the store.

Full Gospel Church

Located near the Health Centre.



SPORTS, CULTURE & RECREATION

Shoal Lake Family Camp

Phone: 306-768-3457

Outdoor wilderness camp held annually for 5 days in July or August. All ages welcome. Families provide their own tents and bedding. Some community tents are available to borrow. Food and water are provided. There is no charge. The camp builds relationships in the family and clan units as well as develops relationships with the past and the present day. Families learn about the cultural aspects of living off the land and parenting without modern technology and provides an opportunity for personal spiritual, emotional, physical and mental growth.

Walking Program

Shoal Lake Health Clinic

Phone: 306-768-3457

Group walking program for all ages. Meet at the clinic Monday to Friday 1:30—2:30 p.m.

Summer Program

Nicapanak Centre

Phone: 306-768-3315 or
Toll Free 1-866-768-3315

Supervised, planned activities are held during July and August for children 3 years of age and up.

Outdoor Skating Rink

Located by the school. Winter activities only. Open for public and family skating.

Wacihk School Playground

Playground equipment.

Shoal Lake Playground

Located near the Health Clinic. Playground equipment.



THANK YOU

Thank you.....

- ◆ To university students Brenna Peterson, Kelsi Carswell and Rebecca Wilson who worked diligently as research and administrative assistants.
- ◆ To Liz Hoffman for aiding in the collection of contact names and data entry of many of the programs and services listed in this *Guide*.
- ◆ To the individuals who provided community program information for the *Early Years and Family Services Guide*.
- ◆ To the many volunteers and professionals providing services and delivering programs for young children and their families. Your work strengthens our communities now and for the future.

.....Brenda Ives
Community Coordinator
North East Understanding the Early Years



Early Years and Family Service Guide
Published by North East Understanding the Early Years
August 2010
Copies available at: <http://earlyyears.nesd.ca>

CHILDREN LEARN WHAT THEY LIVE

BY DOROTHY LAW NOLTE



If a child lives with criticism,
he learns to condemn.

If a child lives with fairness,
he learns justice.

If a child lives with hostility,
he learns to fight.

If a child lives with security,
he learns to have faith.

If a child lives with ridicule,
he learns to be shy.

If a child lives with approval,
he learns to like himself.

If a child lives with shame,
he learns to feel guilty.

If a child lives with honesty,
he learns truth.

If a child lives with tolerance,
he learns to be patient.

If a child lives with acceptance
and friendship, he learns to
find love in the world.

If a child lives with encouragement,
he learns confidence.

If a child lives with praise,
he learns to appreciate.

