



PRINCE ALBERT PROGRAMS AND SERVICES COMMUNITY DIRECTORY



Photos Courtesy of Prince Albert Tourism and Marketing and the City of Prince Albert Strategic Plan

TABLE OF CONTENTS

TABLE OF CONTENTS	2
USING THIS DIRECTORY	2
LOCAL	3
ABILITIES	3
ARTS AND CULTURE.....	3
BUSINESS.....	7
CIVIC – CITY OF PRINCE ALBERT.....	7
COMMUNITY SERVICES	9
EDUCATION AND TRAINING.....	15
EMERGENCY SERVICES.....	17
EMPLOYMENT SERVICES.....	18
FOOD.....	19
FAMILY	24
GOVERNMENT	26
HEALTH AND WELLNESS	26
HOUSING.....	32
NEWS MEDIA	34
SENIORS.....	35
SPIRITUAL AND FAITH-BASED	35
TRANSPORTATION.....	38
VOLUNTEERS	39
YOUTH AND CHILDREN.....	39
MÉTIS COMMUNITY	42
FIRST NATION COMMUNITY	44
PRINCE ALBERT GRAND COUNCIL (PAGC)	46
PROVINCIAL.....	47
FEDERAL	50

USING THIS DIRECTORY

Programs and services offered in Prince Albert are listed throughout the following pages. The table of contents is located above. If you have questions about a particular program or service, call the telephone number listed, or call Samantha Mark at 306-371-7719.

This directory was developed in collaboration between the Prince Albert Urban Indigenous Coalition (PAUIC) and Community Networking Coalition (CNC). The directory is a working document.

This directory is being updated and maintained by PAUIC Coordinators, Prairie Wild Consulting. If you would like to make a submission or request information to be updated, please contact Samantha Mark at samantha.mark@prairiewildconsulting.ca or 306-371-7719.

In light of the COVID-19 pandemic, the directory is being updated on a regular basis.

You may also access this directory and updates on the PAUIC Facebook Page and Directory Facebook Group Page:

PAUIC: <https://www.facebook.com/PrinceAlbertUrbanIndigenousCoalition/>

Directory Group: https://www.facebook.com/groups/2180248298784994/?source_id=107971874184673

LOCAL

ABILITIES

FASD NETWORK OF SASKATCHEWAN

PHONE: 866-673-3276

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

DESCRIPTION: All FASD offices and face-to-face meetings are currently closed. During this time, the Network is providing virtual supports, referrals and assistance with paperwork and reporting to community services. Several on-line training sessions are being held through Zoom – visit the website for more information on upcoming workshops. Through support, training, and events the FASD Network provides services to individuals and families living with Fetal Alcohol Spectrum Disorder and provides education across the province.

INCLUSION SASKATCHEWAN

PHONE: 306-955-3344

WEB: <https://www.inclusionsk.com/>

DESCRIPTION: All offices are currently closed to the public but staff continue to work and can be reached by phone or email. Staff are currently providing remote services that include: consultation, support navigating service disruptions, and assistance in finding available community supports. Please visit the website (<https://www.inclusionsk.com/covid-19-resources>) for relevant and reliable plain-language information regarding COVID-19. Inclusion Saskatchewan is a provincial organization that works to ensure that individuals living with an intellectual disability are valued, supported, and included members of society and have opportunities and choice in all aspects of life.

ARTS AND CULTURE

COMMON WEAL COMMUNITY ARTS INC.

PHONE: 306-960-3833 or 306-763-8023

WEB: <https://commonweal.ca/>

DESCRIPTION: The Common Weal team offers virtual art programs through their website. For more information, visit <https://commonweal.ca/current-programming>. Northern office is located in the Prince Albert Arts Centre. Common Weal Community Arts is a provincial arts organization that collaboratively engages professional artists with communities to promote social change and cultural identity through creative expression.

EA RAWLINSON CENTRE FOR THE ARTS

PHONE: 306-765-1270

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

DESCRIPTION: The EA Rawlinson Centre for the Arts presents artists of world-class caliber diverse in genre and disciplines, enhancing the cultural fabric of Prince Albert and region, and provides opportunities for community engagement through local artist, audience, and event development. The EA Rawlinson Centre for the Arts is open to the public. Protocols are put in place for the box office and shows. Please visit the website for more details.

EVOLUTION OF EDUCATION MUSEUM

PHONE: 306-764-2992 (Sept.-April) or 306-763-3506 (May-Aug)

WEB: https://www.historypa.com/policing_education.html

DESCRIPTION: The museum is operated by the Prince Albert Historical Society (PAHS). The museum is now open to the public. Summer time hours are from 9:00am to 5:00pm daily. The museum is located in the Claytonville one room school, and includes artifacts and archival documents about the students and they way they were taught in the early 1900s.

FIREBIRD NORTH SISTEMA MUSIC PROJECT

PHONE: 306-961-7683

WEB: <https://www.firebirdnorth.com/>

DESCRIPTION: Firebird North Sistema Music Project is a program that means to bring positive social change to neighborhoods in Prince Albert by engaging children and youth through music, movement, and community-building. Firebird North Sistema Music Project is free and accessible. The program runs daily after-school at King George School. We resumed operations with orchestra, yoga and dance programming on Oct 5, 2020. COVID-19 protocols have been put in place for daily operations. More information is available at our website: <https://www.firebirdnorth.com/>.

GRACE CAMPBELL GALLERY

PHONE: 306-763-8496

WEB: <http://www.jmcpl.ca/grace-campbell-gallery/>

DESCRIPTION: The gallery is located in the John M. Cuelenaere library. The gallery is reopening as of July 12th and returning to normal circulation activities. The TD Summer Reading club activities will remain virtual. For more information on services offered, please visit <https://princealbertlibrary.ca/node/222>.

INDIGENOUS PEOPLES ARTIST COLLECTIVE (IPAC)

PHONE: 306-764-7667 or 306-763-8023

EMAIL: ipac_pa@live.com

WEB: <https://www.facebook.com/The-Indigenous-Peoples-Artist-Collective-IPAC-143411302418852/>

DESCRIPTION: Office is located in the Prince Albert Arts Centre. Visit the Facebook page for updates and information of interest. IPAC is a non-profit organization that links Indigenous and Métis artists and communities to promote social change. IPAC has worked with First Nations and Métis people, inner city youth, women, and all groups generally outside of the mainstream arts community for social, economic and cultural reasons.

JOHN AND OLIVE DIEFENBAKER MUSEUM

PHONE: 306-764-2992 (Sept-Mid-May) or 306-953-4863 (End of May-Sept)

WEB: https://historypa.com/diefenbaker_house.html

DESCRIPTION: The museum is operated by the Prince Albert Historical Society (PAHS). The museum is now open to the public. You may contact the Curator/Manager to make an appointment for a small group or family tour. The 2021 Summer Season is in effect and the museum will be open from 9:00am to 5:00pm daily. The museum is designated as a National Historic Site. It was the residence of John G. Diefenbaker immediately prior to his becoming Prime Minister of Canada and is furnished as it was at that time.

JOHN V. HICKS GALLERY

PHONE: 306-953-4811

WEB: <https://www.mannartgallery.ca/john-v-hicks-gallery>

DESCRIPTION: This satellite space of the Mann Art Gallery is located in the Prince Albert Arts Centre. The gallery presents a diverse schedule of exhibitions by local art artists, guilds, and organizations, as well as touring exhibitions programmed through the Organization of Saskatchewan Arts Councils.

KYLA ARTIST GROUP

WEB: <https://www.facebook.com/kylagroup/>

DESCRIPTION: 'Kyla' is a group of 20 professional artists based in Prince Albert, SK and area. We have been in existence for over 40 years, holding popular show/sales.

MANN ART GALLERY (MAG)

PHONE: 306-763-7080

WEB: <https://www.mannartgallery.ca>
<https://www.facebook.com/MannArtGalleryPA/>

DESCRIPTION: The gallery is now open with the following safety guidelines: <https://www.mannartgallery.ca/covid-19-procedures>. The MAG is open from Tuesday-Friday, 10-5pm and Saturday, 12-5pm, and closed on statutory holidays.

MID PRO ROCK & GEM SOCIETY

PHONE: 306-764-5766 or 306-961-2534

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. Please call the number above for more information.

NORTHERN IMAGE PHOTOGRAPHERS

PHONE: 306-922-3394

WEB: <http://www.nipphoto.ca/>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. Club is composed of local people of all ages who share an interest in improving their photography.

NORTHERN WATERS FLY FISHERS

PHONE: 306-961-3473

WEB: <http://www.nwff.ca/>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. Visitors and new members are always welcome. Promote the sport of fly-fishing, and ideas and techniques.

ON THE AVENUE ARTISAN'S GALLERY

PHONE: 306-763-1999

WEB: <https://www.facebook.com/On-the-Avenue-Artisans-Gallery-1572060133019926/>

DESCRIPTION: On the Avenue Artisan's Gallery is a space for local Prince Albert and area artists and artisans to showcase their talent.

PRINCE ALBERT ARTS BOARD

EMAIL: s.stapleton@sasktel.net

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

DESCRIPTION: The Arts Board advocated on behalf of artists and arts organizations. stewarding the Civic Arts Policy and assisting the City of Prince Albert in its implementation, actively engaging artists and arts organizations to understand their unique perspectives and needs, representing the arts in public policy making, generating and sharing resources to benefit the diverse community of Prince Albert and area through the arts, promoting Prince Albert and area arts within the city and beyond.

PRINCE ALBERT ARTS CENTRE

PHONE: 306-953-4811

WEB: <https://www.citypa.ca/en/parks-recreation-and-culture/arts-centre.aspx>

DESCRIPTION: The Arts Centre is open Monday to Friday from 9:00am-5:00pm. The Arts Centre is offering a number of fall classes. Room rentals are also available with reduced gathering sizes. The latest Program Guide is available at www.citypa.ca.

PRINCE ALBERT COUNCIL FOR THE ARTS

PHONE: 306-764-3556

WEB: <https://www.princealbertarts.com/>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. The Prince Albert Council for the Arts is committed to promoting arts by providing opportunities to participate in a variety of art activities.

PRINCE ALBERT HIGHLANDS PIPES & DRUMS

WEB: <https://pahighlanders.ca/>

DESCRIPTION: All practices have been cancelled until further notice. The Prince Albert Highlanders Pipes & Drums is a recreational Highland pipe band whose primary purpose is to entertain folks with a variety of traditional Celtic tunes from the 1700, 1800, and 1900's. Visit the website to get in touch.

PRINCE ALBERT HISTORICAL MUSEUM

PHONE: 306-764-2992

WEB: https://historypa.com/historical_museum.html

DESCRIPTION: The museum is operated by the Prince Albert Historical Society (PAHS). The museum is now open to the public. You may contact the Curator/Manager to make an appointment for a small group or family tour. The 2021 Summer Season is in effect and is open daily from 9:00 – 5:00pm. Extended hours and dates can be found on the website.

PRINCE ALBERT HISTORICAL SOCIETY (PAHS)

PHONE: 306-764-2992

WEB: <https://historypa.com/>

DESCRIPTION: The PAHS is committed to preserving local history and being able to showcase it to local residents and visitors alike. They are open Monday – Friday, 9am – 4pm. They operate four museums in Prince Albert and participate in many annual events. All museum buildings are open for the 2021 Summer Season. Check out the website for museum hours, and the Facebook page for regular posts and historical information.

PRINCE ALBERT POTTER'S GUILD

EMAIL: ikertb@sasktel.net

WEB: <https://www.facebook.com/Prince-Albert-Potters-Guild-1069172469770201/>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. All potters are welcome. The guild is a non-profit group of clay artists.

PRINCE ALBERT SPINNERS AND WEAVERS GUILD

PHONE: 306-929-4448 or 306-960-6366

WEB: <https://www.sasksws.org/prince-albert.html>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. The Prince Albert Spinners and Weavers Guild actively promotes weaving, spinning, dyeing, and associated fibre arts. New members are invited to join the guild and use the guild's equipment and library. The variety of looms, spinning wheels and associated equipment available makes it easy and cost effective for members to learn, experiment and expand their skills without large financial outlays. Access to guild equipment is available to members year round.

PRINCE ALBERT WOODTURNERS GUILD

PHONE: 306-812-9067

WEB: <https://www.facebook.com/Prince-Albert-Woodturners-Guild-158904454478029/>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. Offers learning experience from all skill levels of talented people.

ROTARY MUSEUM OF POLICE AND CORRECTIONS

PHONE: 306-764-2992 (Sept.-April) or 306-922-3313 (May-Aug)

WEB: https://www.historypa.com/policing_education.html

DESCRIPTION: The museum is operated by the Prince Albert Historical Society (PAHS). The museum is now open to the public. You may contact the Curator/Manager to make an appointment for a small group or family tour. The 2021 Summer Season is in effect and all museums are open daily from 9:00am to 5:00pm. The Rotary Museum of Police and Correction is the original guard room for the F Division of the North West Mounted Police, and includes artifacts and archival documents about law enforcement in Prince Albert and Western Canada since 1884.

WATSONAIRS

PHONE: 306-982-2539

WEB: <https://www.facebook.com/Watsonairs/>

DESCRIPTION: Meetings are typically held at the Prince Albert Arts Centre. Longest continually operating choral group in the province. Provide women in the community an opportunity to sing, perform and give back through music.

BUSINESS

PRINCE ALBERT AND DISTRICT CHAMBER OF COMMERCE

PHONE: 306-764-6222

WEB: <https://www.princealbertchamber.com/>
<https://www.facebook.com/PrinceAlbertChamber>

DESCRIPTION: The Chamber has a mandate to act as the primary voice of business through involvement in activities, projects, and matters that are of importance to members of the Chamber. The Chamber is hosting a number of virtual events. The office hours are Monday to Friday, 8:30am to 4:30pm.

PRINCE ALBERT & DISTRICT CHAMBER OF COMMERCE SHOP LOCAL INITIATIVE

PHONE: 306-221-2373

WEB: <https://www.princealbertchamber.com/prince-albert-district-chamber-of-commerce-shop-local-initiative/>
<http://www.princealbertnorthmarket.ca/>

DESCRIPTION: Prince Albert & District Chamber of Commerce is launching a major 2-part project to assist small business in their recovery from COVID-19.

The first part is a series of professional videos that showcase #LocallyOwnedYPA business owners who are locally owned with store fronts and are for-profit businesses. This will complement the 2nd portion, which is a multi-vendor shopping portal where vendors from Prince Albert and Northern Saskatchewan can sell online to their local community. The portal is called Prince Albert North Market (see WEB link above) and will be live Summer of 2021.

PRINCE ALBERT DOWNTOWN BUSINESS IMPROVEMENT DISTRICT

PHONE: 306-763-1802

WEB: <https://www.princealbertdowntown.ca/>
<https://www.facebook.com/princealbertdowntown>

DESCRIPTION: The Downtown Business Improvement District office is open weekdays 9:00 am-4:00 pm, by appointment. Prince Albert's local downtown merchants are offering curbside pick-up, deliveries, online ordering or by taking your phone call inquires in order to help you shop local. The purpose or mandate of the Business Improvement District is to encourage the development of a vibrant and prosperous downtown business district by improving the area's appearance and image, promoting and marketing the area, and undertaking initiatives and projects that facilitate the ongoing rejuvenation and redevelopment of the area. The PADBD has a new office location: 1109 Central Ave, 2nd Floor.

SUPPORTING PRINCE ALBERT BUSINESSES OPEN DURING COVID-19

WEB: <https://www.facebook.com/groups/210827193673875/>

DESCRIPTION: Facebook group where local businesses and citizens can post about business activities in the community.

THINGS THAT ARE OPEN

WEB: https://princealbert.thingsthatareopen.com/business-directory/?fbclid=IwAR2VRQJwJFRWKRDTwfVwXKWCzD_nG9F9eZhWjE3gCGv95h-P9sUnlvwKYT8

DESCRIPTION: This COVID-19 business directory provides information on local businesses that continue to serve community. Businesses are able to add and update their information.

CIVIC – CITY OF PRINCE ALBERT

COVID-19 PORTAL, CITY OF PRINCE ALBERT

WEB: <https://www.citypa.ca/en/living-in-our-community/covid-19.aspx>

AFTER HOURS ASSISTANCE – NON EMERGENCY SERVICES

PHONE: 306-953-4348

CITY HALL

PHONE: 306-953-4884

WEB: <https://www.citypa.ca/en/index.aspx>

DESCRIPTION: As of July 12th, all floors of City Hall will be open to the public. The building will be open Monday – Friday, 8:00am – 4:30pm. See www.citypa.ca/covid19 for more details on restrictions and processes in place.

COMMUNITY SERVICES

PHONE: 306-953-4800

EVENTS CALENDAR

WEB: <https://events.citypa.ca/>

DESCRIPTION: The purpose of the event calendar is to provide a useful and reliable source of information that helps the community organizations avoid duplication and/or competing events; and promotes events to residents and tourists.

PA TOGETHER AT HOME

WEB: <https://www.citypa.ca/en/parks-recreation-and-culture/pa-together-at-home.aspx>

DESCRIPTION: Arts and Recreation staff are compiling activities to do at home.

PARKS, PLAYGROUNDS AND SPORTS AMENITIES

PHONE: 306-953-4812

DESCRIPTION: Parks and trails in Prince Albert: <https://www.citypa.ca/en/parks-recreation-and-culture/parks-and-trails.aspx>

PARKING

PHONE: 306-953-4330

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

DESCRIPTION: Parking in the City of Prince Albert is regulated under the Traffic Bylaw No. 1 of 2013. More information about parking and how to pay parking tickets may be found on the website.

PLANNING AND DEVELOPMENT

PHONE: 306-953-4370

WEB: <https://www.citypa.ca/en/building-business-and-development/planning-and-development.aspx>

DESCRIPTION: Please contact the department by email or phone with any questions about building permits, demolition permits, development permits and sign permits, or the permit process. Online applications are available.

PRINCE ALBERT VISITOR CENTRE

PHONE: 306-940-9239

WEB: <https://www.facebook.com/PrinceAlbertTourism/>

DESCRIPTION: Due to the uncertainty of a tourism season this year, the Prince Albert Visitors Centre will remain closed. Staff are still working remotely. General inquiries regarding Tourism in Prince Albert can be forwarded to: ceo@princealberttourism.ca. The website is currently under construction.

TAXATION

PHONE: 306-953-4320

WEB: <https://www.citypa.ca/en/living-in-our-community/taxes-and-assessment.aspx?mid=371>

DESCRIPTION: 2021 is a revaluation year. Assessment notices have gone out which reflect the value of properties as of January 1, 2019. Please note that any impact on 2021 property taxes will only be available in April 2021 when the budget and revaluation changes are complete.

TRANSIT

PHONE: 306-953-4900

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

DESCRIPTION: The Prince Albert Transit System is operating with fully seated loads. Transit riders will need to provide their own mask. Please visit the website for details about routes.

WATER UTILITY SERVICES

PHONE: 306-953-4340

WEB: <https://www.citypa.ca/en/living-in-our-community/water-and-sewer-services.aspx>

COMMUNITY SERVICES

FRESH START MINISTRIES (OPEN DOOR COMMUNITY CHURCH)

PHONE: 306-762-7766

WEB: <http://cwnazarene.org/other-ministries/fresh-start-ministries>

DESCRIPTION: Open Door Community Church, which began in 1930 as the Prince Albert Church of the Nazarene, has a long and rich history. Services are held Sunday at 10:30am through Zoom. Call the office for the Zoom link.

JOHN HOWARD SOCIETY (PRINCE ALBERT)

PHONE: 306-981-2264

WEB: <https://www.sk.johnhoward.ca/>

<https://www.facebook.com/JohnHowardSask/>

<https://twitter.com/jhsocietysask>

<https://www.instagram.com/johnhowardsask/>

<https://www.linkedin.com/company/john-howard-society-of-saskatchewan>

DESCRIPTION: John Howard Society, Prince Albert will provide a community alternative to accused who would otherwise be involved in short-term municipal police, RCMP or other custody cells. Services will be provided to no more than thirty (30) participants for short-term informed case management and potential crisis residency concern with the objectives of:

1. Reducing the chance of criminal re-offending;
2. Increasing compliance with any legal conditions while in the community; and
3. Increasing the likelihood of the participant attending scheduled court appearances, while awaiting conclusion of criminal charges.

REINTEGRATION PROGRAMMING

DESCRIPTION: Offers adults with a high risk to reoffend a positive connection to sustainable supports in the community. Risk is managed by enhancing the adult's personal assets and skill base as well as transitioning to natural sustainable support within the Regina, Saskatoon and Prince Albert communities.

RELAPSE PREVENTION PROGRAMMING

DESCRIPTION: CORNERSTONE, building the foundation for a brighter future, aims to provide youth with the opportunity to integrate learnings they acquired while in custody, increase self-awareness and offer youth hope for a more fulfilling life. An important component of this program is to help youth in understanding and accepting their own particular risk factors for future criminal behavior and establishing a responsibility for self-management. It is an overarching goal of the program to increase community safety and increase the individual's ability to become resilient and navigate their lives successfully, offence free.

The program will run consecutively after completion of the previous program. Participation and attendance in all modules will be expected. Throughout the 12 sessions, youth will be introduced to community supports and engage in community events when available.

REINTEGRATION HOUSING OPTIONS

DESCRIPTION: Located in Regina. Sooksit Lodge – Mission: To provide low barrier supported independent living residency program for males over the age of 55 who have been incarcerated.

Liberty Lodge - Intended for men 25 years of age and older with a history of incarceration and in need of housing.

LAKELAND DISTRICT FOR SPORT, CULTURE AND RECREATION (LDSCR)

PHONE: 306-953-1623

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

<https://www.facebook.com/Lakeland-District-for-Sport-Culture-Recreation-168558819845384>

DESCRIPTION: In alignment with our funders and precautionary recommendations; LDSCR staff are available via phone or email. All in person meetings will be postponed. Our main office is closed to the public. LDSCR is providing various virtual opportunities. LDSCR's mission is to facilitate capacity building in our communities to sustain a sport, culture, and recreation delivery system that enhances the quality of life of the people within our District.

NATIVE COORDINATING COUNCIL

PHONE: 306-764-1652

DESCRIPTION: Provides a range of community-based programming in Prince Albert including: family services; parent aides; parent aide specialists; in-home support: education on basic parenting, age/stage development, age appropriate discipline, nutrition, and budgeting; mediation; homebuilder programming; transportation to active clients for medical, legal, Ministry and grocery needs; VST Program; and 24 hour crisis centre which provides services to children (see Children's Haven).

PARKLAND RESTORATIVE JUSTICE

PHONE: 306-763-6224

WEB: www.parklandrestorativejustice.com

<https://www.facebook.com/princealbertprj>

DESCRIPTION: Parkland Restorative Justice (PRJ) is a community-based non-profit located on Treaty Six Territory in Prince Albert. We offer positive social support to inmates at the Saskatchewan Penitentiary, and recently released individuals reintegrating into the Parkland region and beyond. To do this we rely on volunteers to help us deliver our programming. We believe that human connection and positive social support is a basic need of all souls that leads to healing and restoration. By walking with those in our justice system we are helping to improve community safety and demonstrating that no one is disposable. Core to what we do are the values and principles found in restorative justice. We emphasize the following restorative practices in our programming:

- Providing social support to offenders while encouraging them to understand, accept, and carry out obligations.
- Encouraging collaboration and reintegration, rather than coercion and isolation in our justice system.
- Showing respect for all parties, including victims, offenders and justice colleagues.
- Involving and empowering the affected community through the justice process, while increasing its capacity to recognize and respond to the base of crime.

PRINCE ALBERT & AREA COMMUNITY FOUNDATION

PHONE: 306-764-9108

WEB: <https://pafoundation.ca/>

DESCRIPTION: The Prince Albert and Area Community Foundation exists to encourage philanthropy and to fund charitable activities that will contribute to an improved quality of life in our region.

PRINCE ALBERT COMMUNITY SERVICE CENTRE (PACSC)

PHONE: 306-953-4460

WEB: <http://www.pacsc.com/>

DESCRIPTION: The Community Service Centre is open to participants. COVID-19 processes are in place to limit the number of people in the waiting area. Appointments are preferred. Please call the office to arrange an appointment.

SPECIALIZED EMPLOYMENT

DESCRIPTION: Prince Albert Supported Employment (PASE) and Work Preparation Programs:

Vocational Counsellors work with participants to identify and reduce barriers to employment through practices that encourage, enhance, and empower personal responsibility towards action-oriented goals. Participant skills, interests, aptitudes and experiences determine their direction as short and long-term goals are identified. Viable action plans are developed and evaluated at each session. Where appropriate, employment supports such as specialized training, work assessments, job coaches and psycho-educational assessments are utilized to increase the likelihood of long-term employment. Job Finding Clubs offer opportunities for participants in a closed group setting to develop enhanced job search skills while benefiting from the support and encouragement of hunting in packs. Work Preparation is available to job seekers over 16 years of age interested in actively moving forward towards future employment. The PASE program is focused on helping people overcome barriers to employment due to disability.

Call Tyness at 306-953-4471 or Melanie at 306-953-4476 for Work Preparation

Call Regan at 306-953-4463 or Jody at 306-953-4486 for PASE

YOUTH FUTURES

DESCRIPTION: Offers one on one vocational counselling and case management in a similar manner to the above programs to individuals between 16 and 30 years of age facing barriers to employment and have not been in a training program or employed in the previous 4 months prior to applying for Youth Futures. This program also offers eligible participants a 16-week closed group program that focuses on personal awareness, soft skill and employment readiness skill development, Job Finding Club, specialized workplace skills training and up to 8 weeks work placement leading to employment.

Call Val at 306-953-4487

INDIVIDUALIZED JOB SEARCH

DESCRIPTION: Provides quick service access without the need for an appointment (scheduled times are preferred during COVID). Vocational Counsellors facilitate access to computers, phone, fax and printer in order for participants to search for employment. Counsellors will assist with resume and cover letter preparation and assist participants in applying for jobs online. Space may be available to complete requests for electronic job interviews (zoom). Counsellors can assist participants in preparing for job interviews. Vocational counsellors also provide insights into cracking the hidden job market and developing networks.

Call Krista at 306-953-4475 or Kristy at 306-953-4464

BUDGET COUNSELLING

DESCRIPTION: Budget Counselling is offered to Ministry of Social Services referred participants. Trustee services include but are not limited to financial goal setting, budget development, assistance with financial decision making and assistance managing personal financial affairs. The intended outcome is assisting individuals with barriers to money management ensuring their budget is successfully administered.

PRINCE ALBERT HUB

PHONE: 306-765-2880

EMAIL: smorash@papolice.ca

DESCRIPTION: Hub is a collaborative, integrated multi-agency team striving to build safer and healthier communities through mobilization of existing resources to support individuals/families at acutely elevated risk.

Hub is collaborative risk-driven intervention by mobilizing existing services in situations of acutely-elevated risk. Acutely elevated risk means that a situation meets these elements: - Significant interest at stake, - Probability of harm occurring, - Significant intensity of harm, and - Multi-agency nature of the risk.

PRINCE ALBERT INDIAN AND MÉTIS FRIENDSHIP CENTRE

PHONE: 306-764-3431

WEB: https://www.afcs.ca/pages/indian_metis_friendship_centre_of_prince_albert.html
<https://www.facebook.com/PAIMFC>

DESCRIPTION: All events and activities have been cancelled until further notice. Individuals are being provided limited access to the building. The PAIMFC is hosting virtual youth nights. Message us if you have any youth that may be interested and see Facebook for more details. Aboriginal Court Worker and Family Law Court Worker are housed at the centre.

PRINCE ALBERT MÉTIS WOMEN'S ASSOCIATION INC.

PHONE: 306-763-5356

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

DESCRIPTION: The Prince Albert Metis Women's Association is a non-profit organization that administers numerous programs and services for Metis women. Our main focus is to support and educate. We offer a safe space, resources and support. Programs and services are listed below.

CANCER PROGRAM

PHONE: 306-763-5356

DESCRIPTION: Program is designed to explore barriers faced by Indigenous cancer patients.

ELDER ACTIVITIES PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: We encourage elders to keep active, maintain social contact and make their daily lives more pleasurable. Elder program provides a variety of physical, social and recreational activities.

EMPLOYMENT SUPPORT FOR YOUTH:

PHONE: 306-763-0024 or 306-763-5356

DESCRIPTION: 12-week employment program aimed at young people ages 18-29 who face barriers to employment. 4 intakes each year, 12 youth per intake. The program includes skill development and work placement opportunities.

HIV/AIDS HEALTH PROMOTION PROGRAM:

PHONE: 306-763-5356

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

JUST WORKERS YOUTH RESTITUTION PROGRAM:

PHONE: 306-763-5356

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

MICHIF LANGUAGE PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: Preservation of the Michif language provided by Elder teachings.

OOSHTA - EXPLORING BARRIERS TO INDIGENOUS WOMEN'S ECONOMIC SECURITY:

PHONE: 306-763-5356

DESCRIPTION: Program is designed to explore barriers to Indigenous women's economic security and identify solutions to those barriers.

REACHING HOME – HOUSING WORKS PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: To deliver activities that will lead to housing or prevent homelessness. Activities include but are not limited to supporting clients to find and retain housing, landlord liaison and budgeting.

ROYAL CANADIAN LEGION PRINCE ALBERT BRANCH NO. 2

PHONE: 306-953-1623763-7201

WEB: <http://palegion2.ca/>

DESCRIPTION: The Legion office and lounge is now open and will be following all provincial government guidelines. There are regular hours in the lounge, Monday to Saturday 12:00pm-8:00pm. The weekly suppers will begin on September 19 at 5:30pm. There will be table service instead of a buffet-style dinner. The Legion's objectives are to advance the spirit of comradeship and mutual assistance among all who have served and to never forget the deeds of the fallen. There are three types of memberships available and anyone can join.

SCHOOL MEDIATION PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: The goal of the program is to assist community schools in teaching conflict resolution techniques, using the principles of restorative justice, to their students and families in need. The School Mediator also offers anger management classes and workshops for youth and adults. Topics include communication skills and dating violence.

TARGETED INITIATIVE FOR OLDER WORKERS:

PHONE: 306-763-0030 or 306-763-5356

DESCRIPTION: 15-week employment program targeting Older Workers ages 55-64 who face barriers to employment and require support to re-enter the workforce. This program includes both, an in-class and work placement opportunity. Participants selected receive a training allowance while enrolled in the program.

TRANSITIONAL HOUSING FOR YOUTH

PHONE: 306-763-5356

DESCRIPTION: Providing youth with 4 - two bed units and 2 - 1 bed units for rent.

PRINCE ALBERT MULTICULTURAL COUNCIL (PAMC)

PHONE: 306-922-0400

WEB: <https://www.pamcsc.com/>

DESCRIPTION: Client accesses are by appointment only. Appointments can be made by calling the main phone number. English classes and STAGE classes will start online distance learning.

PRINCE ALBERT PRIDE

EMAIL: princealbertpride@gmail.com

WEB: <https://www.facebook.com/PrinceAlbertPride/>

DESCRIPTION: Prince Albert Pride provides support and events for the Gender and Sexual Diverse community and our Allies. Check out the Facebook page for news about virtual events and supports.

PRINCE ALBERT PUBLIC LIBRARY (PAPL)

PHONE: 306-763-8496

WEB: <https://princealbertlibrary.ca/>
<https://www.facebook.com/jmcppl.ca/>

DESCRIPTION: As of July 12th, the PAPL will be opening to full capacity. Please visit the website for further details.

SOCIÉTÉ CANADIENNE-FRANÇAISE DE PRINCE ALBERT (SCFPA):

PHONE: 306-763-0337

WEB: <https://www.scfpa.net/>

DESCRIPTION: The Société Canadienne-Française hosts Camp FrancoFun day camp which is a French-focused program. The camp typically can accommodate 30 children per day. This year, the day camp will be limited to 15 kids. The mission of the Société Canadienne-Française de Prince Albert is to make the French language accessible and to introduce French-Canadian culture, to bring together Francophones and Francophiles from the Prince Albert region and to promote Francophone artists from all walks of life.

STR8-UP, PRINCE ALBERT OFFICE

PHONE: 306-763-3001

WEB: <https://www.str8-up.ca/>

DESCRIPTION: Str8-Up has opened an office in Prince Albert to deliver the Provincial Gang Strategy's Community Intervention Model. This project is designed to work with gang-affiliated individuals between the ages of 15 to 30 who are considering leaving their gang and need support on their healing journey. Due to Covid-19 Str8-Up is temporarily expanding outreach services to individuals outside of these parameters who are being released into the community from corrections facilities or need re-integration support. Please see the contact information below for more information:

STR8-UP Prince Albert CIM Program Coordinator at 306-763-3001

Fionncara MacEoin STR8-UP Saskatoon CIM Program Coordinator at 306-381-3124 or fionncara.m@str8-up.ca

Russ Miskey Executive Director STR8-UP Saskatoon CIM at 306-244-1771

TOASTMASTERS

WOODLAND COMMUNICATORS TOASTMASTERS CLUB

PHONE: 306-940-8910

EMAIL: woodlandcommunicators@gmail.com

WEB: <https://woodland.toastmastersclubs.org/>

<https://www.facebook.com/woodlandcommunicators>

DESCRIPTION: Join us weekly as we build confidence, develop our communication skills, practice active listening, discover and hone our leadership skills! These real-world, highly in-demand soft skills will help you advance your personal life, career, or even get a new job! You will join a community of learners, and in Toastmasters meeting we learn by doing. Meets every Tuesday 7:00 – 8:30 p.m.

WAPITI REGIONAL LIBRARY

PHONE: 306-764-0712

WEB: <https://wapitilibrary.ca/>

DESCRIPTION: The Wapiti Regional Library is now open. The library has 8 curbside pickup locations; 16 appointment only locations; and 15 locations open to the public with limited capacity. Please visit: <https://wapitilibrary.ca/COVID19/> for more information.

WEST FLAT CITIZEN'S GROUP INC. (BERNICE SAYESE CENTRE)

PHONE: 306-763-9378

WEB: <https://www.bernicestayese.com/>

<https://www.facebook.com/groups/350525541636169/>

DESCRIPTION: The centre is closed to the public until further notice, though staff continue to work to provide services to the public. The daycare and Riverbank Development remain accessible. Provides programs and services to residents of the West Flat community, please call for more information.

YWCA SETTLEMENT SERVICES

PHONE: 306-763-0736

WEB: <https://www.ywcaprincealbert.ca/settlement-services>

DESCRIPTION: Settlement Services houses programs and services that settle refugees arriving in Prince Albert. Among the services provided are language classes, employment assistance workshops, and cultural integration information. Services are available by contacting staff directly.

YWCA COMMUNITY CONNECTION CENTRE

PHONE: 306-765-2530

WEB: <https://www.ywcaprincealbert.ca/community-connection-centre>

DESCRIPTION: The Community Connection Centre is open again in a limited capacity. Services are by appointment only. Call us to book an appointment.

EDUCATION AND TRAINING

A2Z SAFETY & TRAINING LTD.

PHONE: 306-960-2881 or 855-756-2884 (toll free)

WEB: <https://www.a2zsafetyandtraining.ca/>

DESCRIPTION: Offering modified classroom safety training, drug and alcohol testing and online courses. Will be following COVID-19 guidelines and maintaining social distancing. To connect and for more information on bookings, please call.

CANADIAN RED CROSS SOCIETY, PRINCE ALBERT BRANCH

PHONE: 306-765-2600

WEB: <https://www.redcross.ca/in-your-community/saskatchewan/find-a-branch/prince-albert-branch>

DESCRIPTION: The branch office is currently closed to the public. Phone messages are being checked regularly. Offering several online training and certifications, including in First Aid and CPR.

FIRST NATION UNIVERSITY OF CANADA, PRINCE ALBERT CAMPUS

PHONE: 306-765-3333

WEB: <http://fnuniv.ca/>

DESCRIPTION: For the Spring/Summer 2021 term, all classes will continue to be delivered remotely, to include a combination of real-time class meetings via Zoom (synchronous) and web-based course delivery via UR Courses (asynchronous). All community-based programming will also be done remotely with no students in class. First Nations University of Canada offers its university programs and services on its campuses, as well as in First Nations communities across Saskatchewan and Canada. Each campus offers registration, academic advising, and student support services, library services, student lounges, as well as cultural and traditional advising services (through the Elders). Each campus also houses a campus student association.

GABRIEL DUMONT INSTITUTE, PRINCE ALBERT CAMPUS

PHONE: 306-922-1656

WEB: <https://gdins.org/>

DESCRIPTION: Classes are continuing to be offered remotely and additional supports are being made available to Training and Employment clients. Every Monday, the institute shares performances from Métis Artists. New Mental Wellness Student Support Program and COVID-19 Emergency Bursary for Métis Students has been announced – visit the website for more information and regular updates (<https://gdins.org/covid-19/>). GDI is a Saskatchewan-based educational, employment and cultural institute serving Métis across the province. The Prince Albert location also offers access to the Saskatchewan Urban Native Teacher Education Program (SUNTEP) (call 306-764-1797) and features a Training and Employment Centre (call 306-763-8013).

LEARNING DISABILITIES ASSOCIATION OF SASKATCHEWAN, PRINCE ALBERT BRANCH

PHONE: 306-922-1071

EMAIL: premaa@ldas.org

florah@ldas.org

WEB: <https://www.ldas.org/>

DESCRIPTION: The branch office is now fully functional as of June 8th, 2020. The office is not open to the public. Please call or come to the front door and someone will assist you. Academic programs are continuing on in-class with staff & students attending; safety precautions have been put in place to help keep us all safe. We continue to take applications for our academic programs; GED Upgrading & Adult 12. Contact can be made via Email, Phone, & Walk-In.

LDAS promotes the education, employment, wellness, and human rights of all children and adults (you do not need to have a learning disability to access programs at LDAS).

PRINCE ALBERT CATHOLIC SCHOOL DIVISION

PHONE: 306-953-7500

WEB: <http://pacsd.ca/>

DESCRIPTION: Pre-K to Grade 12 Catholic Education School Division with 7 schools. Classes are suspended indefinitely, though school personnel are contacting students/families to discuss programming options. Programming will be made available after April 20, 2020.

SASKATCHEWAN INDIAN INSTITUTE OF TECHNOLOGIES (SIIT), PRINCE ALBERT CAMPUS

PHONE: 306-953-7225

WEB: <https://siit.ca/>

DESCRIPTION: As we begin the 2020/21 academic year, the health and safety of all staff, students, clients and visitors are of utmost importance and SIIT is taking every precaution to keep our learning community safe. All programs have delivery plans prepared for each phase of Saskatchewan's Re-Open Plan and our safety plan has been reviewed and approved by the Saskatchewan Ministry of Health.

In accordance with guidelines from the Province of Saskatchewan **all SIIT facilities will remain closed to the general public until further notice**. Registered SIIT students and staff will continue to have access to their primary sites. Children, family, and friends are not allowed to accompany staff or students to class/work. Visitors/clients may only enter SIIT sites if they have an appointment. For job seekers and employers looking to access the Careers Centers, please call or email to arrange an appointment. Contact information for each location can be found at <https://siit.ca/> and follow your local Career Centre Facebook page for updates.

SASKATCHEWAN INDIAN INSTITUTE OF TECHNOLOGIES (SIIT), PRINCE ALBERT CAREER CENTRE

PHONE: 306-953-7228

WEB: <https://siit.ca/career-centres/>

DESCRIPTION: As we begin the 2020/21 academic year, the health and safety of all staff, students, clients and visitors are of utmost importance and SIIT is taking every precaution to keep our learning community safe. All programs have delivery plans prepared for each phase of Saskatchewan's Re-Open Plan and our safety plan has been reviewed and approved by the Saskatchewan Ministry of Health.

In accordance with guidelines from the Province of Saskatchewan **all SIIT facilities will remain closed to the general public until further notice**. Registered SIIT students and staff will continue to have access to their primary sites. Children, family, and friends are not allowed to accompany staff or students to class/work. Visitors/clients may only enter SIIT sites if they have an appointment. For job seekers and employers looking to access the Careers Centers, please call or email to arrange an appointment. Contact information for each location can be found at <https://siit.ca/> and follow your local Career Centre Facebook page for updates. The Career Centre offers resume updates, career counselling services, job search preparation, and employer links to employment.

SASKATCHEWAN POLYTECHNIC, PRINCE ALBERT CAMPUS

PHONE: 866-467-4278

WEB: <https://saskpolytech.ca/about/campuses/prince-albert-campus.aspx>

DESCRIPTION: Employees and students are being asked to continue working and studying from home. Several supports are being offered to students and staff including counselling or accessibility services. Visit the website for more information and updates. Saskatchewan Polytechnic serves students through applied learning opportunities.

SASKATCHEWAN RIVERS PUBLIC SCHOOL DIVISION

PHONE: 306-764-1571 or 888-764-1571 (toll free)

WEB: www.srsd119.ca

DESCRIPTION: Saskatchewan Rivers Public School Division is a publicly funded, public school division serving Pre-K to Grade 12 students. As such, we welcome students of all faiths and backgrounds, and provide a range of programming that is the envy of school divisions across the province. Students looking for that wide range of programming, provided in a values-laden environment, have found great comfort, and success, in our schools. We are a large school division geographically, with schools located in the City of Prince Albert, as well as in rural areas in all four directions from the city, ranging from Big River to St. Louis to Kinistino to Meath Park to Christopher Lake, and many points in between; 32 schools in all, serving 9,000 students.

UNIVERSITY OF SASKATCHEWAN, PRINCE ALBERT CAMPUS

PHONE: 306-765-7655 or toll-free: 844-765-7655

WEB: <https://pa.usask.ca/>

DESCRIPTION: Classes are currently being offered remotely/online. The USask Prince Albert Campus offers classes for direct entry colleges, including Arts and Science, Agriculture and Bioresources, Education, Edwards School of Business and Kinesiology, as well as credit toward many other programs. The first, pre-professional year toward professional colleges such as Dentistry, Law, Medicine, Nutrition, Pharmacy, Physical Therapy, Veterinary Law, Optometry, and Social Work is also available. The entire Bachelor Science of Nursing degree can be taken at the USask Prince Albert Campus.

EMERGENCY SERVICES

FOR EMERGENCIES PLEASE DIAL: 911

FIRE: NON-EMERGENCY

PHONE: 306-953-4200

PARKLAND AMBULANCE

PHONE: 306-953-9800

POLICE: NON-EMERGENCY

PHONE: 306-953-4222 X1

PRINCE ALBERT MOBILE CRISIS UNIT

PHONE: 306-763-8181

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

DESCRIPTION: Provides crisis response, intervention services and offer sexual assault counselling. Call 306-764-1011 for the crisis line. Call 306-764-1039 for the sexual assault line.

PRINCE ALBERT POLICE SERVICE – VICTIM SERVICES UNIT (PAPS VSU)

PHONE: 306-953-4357

DESCRIPTION: Victim Services is a program of the Prince Albert Police Service dedicated to assisting all victims of crime and traumatic events through referral, advocacy, information, and support immediately after an event and throughout the court process.

We can also provide victims with: court updates on the accused and help with court prep should they be subpoenaed to testify, Victims Compensation Applications and Victim Impact Statements.

The Indigenous Resource Officer (IRO) is a program within PAPS VSU: An IRO will provide culturally appropriate support services to Indigenous victims of crime and traumatic events. This includes providing information, support, referral and advocacy. We participate in cultural activities, committees and meetings with agencies within our community. We also communicate with our Police Service to provide the best possible support and assistance for our clients. IRO also provides Indigenous education and protocol to PAPS Members. IRO also can refer Police Members and Victims to sweat lodges or other ceremonies when appropriate.

Missing Persons Liaison (MPL) is a program within PAPS VSU and they have a certain mandate to help provide specific services to families of Missing Persons, and they have a tool kit that helps families.

Both IRO and MPL also carry a VS caseload alongside our specialized programs.

VSU is now at the New PAPS Substation at 40-10th Street East and no longer in the main station.

EMPLOYMENT SERVICES

PRINCE ALBERT COMMUNITY SERVICE CENTRE (PACSC)

PHONE: 306-953-4460

WEB: <http://www.pacsc.com/>

DESCRIPTION: The Community Service Centre is open to participants. COVID-19 processes are in place to limit the number of people in the waiting area. Appointments are preferred. Please call the office to arrange an appointment.

SPECIALIZED EMPLOYMENT

DESCRIPTION: Prince Albert Supported Employment (PASE) and Work Preparation Programs:

Vocational Counsellors work with participants to identify and reduce barriers to employment through practices that encourage, enhance, and empower personal responsibility towards action-oriented goals. Participant skills, interests, aptitudes and experiences determine their direction as short and long-term goals are identified. Viable action plans are developed and evaluated at each session. Where appropriate, employment supports such as specialized training, work assessments, job coaches and psycho-educational assessments are utilized to increase the likelihood of long-term employment. Job Finding Clubs offer opportunities for participants in a closed group setting to develop enhanced job search skills while benefiting from the support and encouragement of hunting in packs. Work Preparation is available to job seekers over 16 years of age interested in actively moving forward towards future employment. The PASE program is focused on helping people overcome barriers to employment due to disability.

Call Tyne at 306-953-4471 or Melanie at 306-953-4476 for Work Preparation

Call Regan at 306-953-4463 or Jody at 306-953-4486 for PASE

YOUTH FUTURES

DESCRIPTION: Offers one on one vocational counselling and case management in a similar manner to the above programs to individuals between 16 and 30 years of age facing barriers to employment and have not been in a training program or employed in the previous 4 months prior to applying for Youth Futures. This program also offers eligible participants a 16-week closed group program that focuses on personal awareness, soft skill and employment readiness skill development, Job Finding Club, specialized workplace skills training and up to 8 weeks work placement leading to employment.

Call Val at 306-953-4487

INDIVIDUALIZED JOB SEARCH

DESCRIPTION: Provides quick service access without the need for an appointment (scheduled times are preferred during COVID). Vocational Counsellors facilitate access to computers, phone, fax and printer in order for participants to search for employment. Counsellors will assist with resume and cover letter preparation and assist participants in applying for jobs on-line. Space may be available to complete requests for electronic job interviews (zoom). Counsellors can assist participants in preparing for job interviews. Vocational counsellors also provide insights into cracking the hidden job market and developing networks.

Call Krista at 306-953-4475 or Kristy at 306-953-4464

PRINCE ALBERT GRAND COUNCIL YOUTH EMPLOYMENT SUPPORT

PHONE: 306-765-5300

WEB: <https://www.pagc.sk.ca/urban-services/urban-services-urban-programs/>

DESCRIPTION: There are now two Employment Support Persons (Job Coaches) hired to assist and support Youth at Risk gain job placements through the Work Experience Program at Carlton Comprehensive High School and Wesmor Community School. This was made possible through a partnership between Prince Albert Grand Council Urban Services and Saskatchewan Rivers School Division #119 funded by the Corrections and Public Safety.

PRINCE ALBERT MULTICULTURAL COUNCIL (PAMC) SKILLS TRAINING FOR ACHIEVEMENT AND GAINFUL EMPLOYMENT (STAGE)

PHONE: 306-922-0400

WEB: <https://www.pamc.sk.ca/>

DESCRIPTION: Client accesses are by appointment only. Appointments can be made by calling the main phone number.

SERVICE CANADA

PHONE: 800-622-6232

WEB: <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

DESCRIPTION: Due to recent service changes as a result of COVID-19 (Coronavirus), we urge you not to visit local Service Canada Centres unless it is absolutely necessary to do so. Individuals should continue to use Service Canada's many online services whenever possible.

1) Go online: [Canada.ca](https://www.canada.ca)

For the most convenient, easy-to-use and secure way to apply, view or update your information, access our [most requested services online](#). Please note that you can now apply online for a Social Insurance Number (SIN), essential for accessing government services and benefits, through the secure [SIN online portal](#).

2) Call us

Access our [most requested toll-free numbers](#) for service. Please note that call volumes are expected to be high during this time.

3) Get extra help without leaving your home

If you have a question, need extra help or need to make an appointment for an in-person service, fill out the [service request form](#) and a Service Canada officer will call you back within 2 business days.

If your community members or individuals within your network do not have access to the internet or face other barriers, the Service Canada Outreach Support Centre will ensure they get access to the services and benefits they need. Call our toll-free number [1-877-631-2657](tel:1-877-631-2657) (TTY: 1-833-719-2657) from 8:30am to 4:00pm Monday to Friday.

4) Visit us by APPOINTMENT

If you require service in-person please make a request for an appointment by filling out the [service request form](#). A Service Canada officer will call you back within 2 business days. If your request cannot be completed by phone, they will offer you an appointment for service at a Service Canada Centre. Please note that we are not accepting requests for same day bookings.

If you require an appointment and do not have access to the internet call our toll free Service Canada Outreach Support Centre at [1-877-631-2657](tel:1-877-631-2657) (TTY: 1-833-719-2657) from 8:30am to 4:00pm Monday to Friday.

YWCA COMMUNITY CONNECTION CENTRE

PHONE: 306-765-2530

WEB: <https://www.ywcaprincealbert.ca/community-connection-centre>

DESCRIPTION: The Community Connection Centre is open again in a limited capacity. Services are by appointment only. Call us to book an appointment.

FOOD

AJ'S CONVENIENCE STORE

PHONE: 306-922-9201

WEB: <https://www.facebook.com/AJS-Convenience-East-Indian-groceries-1543578049267862/>

DESCRIPTION: Offer a variety of east Indian food items and basic groceries. Open Monday-Friday 9:00am-6:00pm and Saturday and Sunday from 10:00am-6:00pm. Offering delivery of groceries after 6:00pm on orders over 50 dollars.

BEV'S FISH AND SEAFOOD LTD.

PHONE: 877-434-7477

WEB: <http://www.bevsfishandseafood.ca/>

DESCRIPTION: Plant Location is currently closed to the public for retail purposes. The Cornerstone location is operating on reduced hours and limiting the number of customers who can enter the store. Provide wild caught Saskatchewan fish and a variety of other seafood options.

BIG WINGS

PHONE: 306-764-7777

WEB: <https://www.facebook.com/bigwingspa/>

DESCRIPTION: Open for pick up or delivery. Call to place order. We carry over 100 delicious and diverse flavours (sweet, savoury, spicy, and salty) for our chicken wings, boneless wings, and boneless dry ribs. We have the best fries and gravy (beef or chicken), poutine, deep fried pickles, deep fried Mac and cheese, etc.

BISON CAFE

PHONE: 306-763-9095

WEB: <https://www.facebook.com/pg/BisonCafePrinceAlbert>

DESCRIPTION: The Café is now open. To maintain the required distance, decals will be placed on the floor. There is a limit of 2 customers per table and plexiglass will be provided to protect you and your friend. Hours are Monday-Friday - 8:00am-4:00pm, Saturday - 9:00am-2:30pm and Sundays – closed. The Red Door Gallery will remain closed.

BISTRO FILIPINO

PHONE: 306-970-9292

WEB: <https://www.facebook.com/bistrofilipinoprincealbert/>

DESCRIPTION: Dining room is closed until further notice. Accepting take-out or pick-up orders. Delivery is available for orders over \$30.

BOSTON PIZZA

PHONE: 306-764-8877

WEB: <https://www.bostonpizza.com/>

DESCRIPTION: The patio, dining room and sports bar are open. Take out and delivery are available. Hours are Sunday-Wednesday 11am-11pm and Thursday-Saturday 11am-12am. Call or order through Skip the Dishes.

CROWN PIZZA

PHONE: 306-922-6000

WEB: https://www.facebook.com/pg/crownpizzaprincealbert/about/?ref=page_internal

DESCRIPTION: Open for deliveries. Please call to place order.

D&L GOURMET MEATS

PHONE: 306-922-2050

WEB: <https://www.facebook.com/dlgourmetmeats/>

DESCRIPTION: Offering deliveries for those self-isolating. Limiting 3 customers in the store at any given time during COVID-19. D&L Gourmet Meats is a family run business that provides the finest quality smoked sausage, beef and pork products, with a 20-year history in the community.

DR. JAVA'S COFFEE HOUSE

PHONE: 306-764-5282

WEB: <https://www.facebook.com/Dr.Javas/>

DESCRIPTION: We are excited to be open both in the drive thru and in store! Come down for lunch to stay or pick up in the drive thru! Social distancing measures are in place to keep you safe and also to keep us safe!

HAROLD'S FAMILY FOODS

PHONE: 306-922-3663

WEB: <http://familyfoods.ca/store-locator/saskatchewan/#sk-prince-albert-harolds-family-foods-saskatchewan>

DESCRIPTION: Providing grocery delivery for \$7.50.

INSTACART.CAWEB: <https://www.instacart.ca/grocery-delivery/prince-albert-sk?zipcode=S6V%207G9>

DESCRIPTION: Grocery delivery service that allows individuals to shop from Real-Canadian Superstore, Walmart, Shoppers Drug Mart, Staples and M&M Food Market.

LAKE COUNTRY CO-OP FOOD STORE

PHONE: 306-764-9393

WEB: <https://www.lakecountryco-op.crs/sites/lakecountry>DESCRIPTION: The food store is providing a designated shopping hour from 8:00am-9:00am Monday through Sunday for seniors and vulnerable community members. Otherwise the store is open everyday from 8:00am-8:00pm. A purchase limited has been placed on high-demand essential items including toilet paper and other paper products. Curbside pick-up and delivery is available to all members, Monday to Friday. For more information or to place an order visit: <https://www.lakecountryco-op.crs/sites/lakecountry/local/detail/delivery-curbside-pickup>**MONTANA'S BBQ AND BAR**

PHONE: 306-763-4888

WEB: <https://www.facebook.com/montanasprincealbert/>

DESCRIPTION: Dining room is now open. New hours for take-out: Sunday-Wednesday 11:00am-9:00pm; Thursday-Saturday 11:00am-10:00pm.

MY PLACE COFFEE HOUSE BISTRO AND CATERING

PHONE: 306-922-2299 or 306-981-3765

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

DESCRIPTION: Now open for eat in meals as well as take-out Monday-Friday 10:00am-5:00pm; Saturday 11:00am-3:00pm. Offering take away made in house meals. Orders can be phoned in and can be delivered out to your vehicle.

NEW WORLD LICENCED RESTAURANT

PHONE: 306-764-1500

WEB: <http://newworldrestaurant.ca/#>

DESCRIPTION: Buffet has been closed, but delivery services are available Monday to Sunday starting at 11:30am. Offers Chinese and Western style cuisine.

PA FOOD BOX (SMART FAMILIES FOOD CO-OPERATIVE)

PHONE: 306-763-0242

WEB: <http://www.pafoodbox.ca/>

DESCRIPTION: With our depots closed we opted to have pick ups from the Box Truck at Save On Foods on Box Days (10-12). If this doesn't work you may contact the Food Box Coordinator at the number provided or pafoodbox@gmail.com. The only local non-profit subscription food box, with a history of over 15 years in our community.

PIZZA 73

PHONE: 306-764-7373

WEB: https://www.pizza73.com/Pizza73/pizza-73-locations/#Prince_Albert_Saskatchewan

DESCRIPTION: Offering take-out and delivery services.

PRINCE ALBERT COMMUNITY CARES KITCHEN

PHONE: 306-930-1339

WEB: <https://www.facebook.com/Community-Cares-Kitchen-Prince-Albert-109149180723734/>

DESCRIPTION: Community Cares Kitchen has a mandate of serving Elders and vulnerable neighbors during the COVID-19 pandemic. We also prepare lunches and soup for the Gate Program at Access Place. We are operating out of the PAGC Parkland Hall location. Here is a list of items required currently: socks, snacks of any kind, fabric for masks. Socks & snacks can be donated at Parkland Hall from 1:00pm-2:30pm daily or please call ahead. Contact Natalie Guimond at the number above to discuss sponsorship/donations/etransfers/drop-offs.

PRINCE ALBERT COMMUNITY MEALS

PHONE: 306-961-1628

WEB: <https://www.facebook.com/Community-Cares-Kitchen-Prince-Albert-109149180723734/>

DESCRIPTION: Offers free sandwiches on Tuesdays from 1:00 to 3:00pm to individuals in need. Works in conjunction with the outreach trailer that is parked behind and on the side street of the Prince Albert Indian and Métis Friendship Centre.

PRINCE ALBERT FARMER'S MARKET

WEB: <https://pafm.ca/>

<https://www.facebook.com/pafarmmarket/>

DESCRIPTION: Due to COVID-19 we have had to stop our Saturday Farmer's Market at Gateway Mall. For most of us vendors, however, we are still doing what we can for the community we love to serve!

PRINCE ALBERT FOOD BANK

PHONE: 306-763-5040

WEB: <http://www.pafoodbank.ca/>

DESCRIPTION: We provide emergency food support to those in need and support local feeding and food security initiatives. Community Kitchen programming and services have been suspended. The food bank is open from 9:00am-12:00pm, then 1:00-5:00pm from Monday to Friday. Food Hamper operations are continuing as usual, with pickup times between 1:00-2:30pm from Monday to Friday. A pet friendly winter warm up room is available.

RED SWAN PIZZA

PHONE: 306-970-3040

WEB: <https://redswanpizza-princealbert.brygid.online/zgrid/proc/site/start.jsp>

DESCRIPTION: Offering contact-less delivery services and takeout.

RICKY'S ALL-DAY GRILL

PHONE: 306-922-0909

WEB: <https://rickysrestaurants.ca/locations/prince-albert/>
<https://www.facebook.com/RickysPrinceAlbert/>

DESCRIPTION: Open for dine-in, delivery and take-out. Call directly to place orders.

SAVE-ON-FOODS

PHONE: 306-953-0250

WEB: <https://www.saveonfoods.com/store/prince-albert/>

DESCRIPTION: Store is open from 7:00am-8:00am for seniors and those most vulnerable to shop. Otherwise the store is open everyday from 8:00am-8:00pm. Online shopping, delivery and pick-up is available through the store's website.

SCIENCE FICTION PIZZA

PHONE: 306-922-9000

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

DESCRIPTION: Delivery services are available.

SELENA'S DONAIR

PHONE: 306-763-3200

WEB: <https://www.selenasdonair.com/>
https://www.facebook.com/selenasdonair/?hc_location=ufi

DESCRIPTION: Indoor dining is temporarily unavailable. Open for pick-up and delivery orders are available Monday to Sunday from 11:00am-10:00pm.

SPICE TRAIL RESTAURANT

PHONE: 306-970-9442

WEB: <https://www.facebook.com/thespicetrailpa/>DESCRIPTION: Offering dine-in, take-out and delivery services. Orders can be placed through their free app on www.foodbooking.com**SPICY PEPPERCORN CHINESE AND VIETNAMESE RESTAURANT**

PHONE: 306-763-7755

WEB: <http://www.spicypeppercorn.com/>

DESCRIPTION: Offering delivery services.

STAR HOUSE CHINESE FAMILY RESTAURANT

PHONE: 306-764-6700

WEB: <https://www.starhousefamilyrestaurant.com/>

DESCRIPTION: Offering delivery and curbside pick-up.

SUPERSTORE

PHONE: 306-953-8100

WEB: <https://www.realcanadiansuperstore.ca/>DESCRIPTION: Store is open from 7:00am-8:00am for seniors and those most vulnerable to shop. Otherwise the store is open everyday from 8:00am-8:00pm. Online shopping and pick-up is available at the store through their app. Delivery services are available through [Instacart.ca](https://www.instacart.ca).**SUSHI HOUSE**

PHONE: 306-314-9831 (temporary number)

WEB: <https://www.facebook.com/pages/Sushi-House/158895234262724>

DESCRIPTION: Pick-up and cash only are available at this time. Call to place orders.

SWEET STELLS CAKES AND MORE

PHONE: 306-960-5398

WEB: <https://www.facebook.com/sweetstells/>

DESCRIPTION: Currently accepting custom cake, cupcake and cookie orders. Pre-orders for bread and cinnamon buns can also be made. Afternoon deliveries can be accommodated. Preferred payment options are e-transfer, tap debit or credit. Contact for details.

THE GATE

PHONE: 306-764-2744

WEB: <https://www.gatewaycovenant.ca/the-gate>
<https://www.facebook.com/TheGatePA/>

DESCRIPTION: The Gate is operated by the Gateway Covenant Church. Currently, the drop-in center is closed. The Gate is providing take-out sack lunches (in partnership with PA Outreach and the Community Cares Kitchen) Monday to Friday from 10:00-11:30am (toast is served) and 2:00-3:30pm (soup and sandwiches are served). Coffee is also being made available. Hygiene bags are also being distributed on Wednesdays from 2:00-3:30pm.

THE RUSTY OWL

PHONE: 306-970-8022

WEB: <https://www.the-rusty-owl.com/>
<https://www.facebook.com/therustyowlexperience/>

DESCRIPTION: Dining room is temporarily closed due to the COVID-19 pandemic. Offering for sale frozen soups, perogies, cabbage rolls, stews, baking and much more. Please watch their page for pricing and pick up or delivery options. Hours are Monday to Saturday, 11:00am-7:00pm.

TJ'S PIZZA

PHONE: 306-764-5599

WEB: <https://tjspizza-ordering-pa.securebrygid.com/zgrid/proc/site/start.jsp>

DESCRIPTION: Delivery and pick up are available.

VENICE HOUSE RESTAURANT

PHONE: 306-763-8555

WEB: <https://venicehouseoncentral.ca/>

DESCRIPTION: Dining room is closed. Offering take-out and delivery services. Call or visit website for details.

VERN'S PIZZA

PHONE: 306-763-7777

WEB: <https://vernspizza.com/index.php?page=prince-albert>

DESCRIPTION: Orders can be placed over the phone and online. Pick-up or delivery are available. Regular hours of operation are being maintained.

WOKBOX

PHONE: 306-922-5414

WEB: <https://www.facebook.com/WOKBOXPrinceAlbert/>

DESCRIPTION: Dining room is closed. Offering take-out and delivery services.

WALMART

PHONE: 306-764-9770

WEB: <https://www.walmart.ca/en/stores-near-me/prince-albert-supercentre-3073>

DESCRIPTION: Store is open from 7:00am-8:00am on weekdays for seniors and those most vulnerable to shop. Otherwise the store is open everyday from 8:00am-8:00pm. Online shopping and pick-up are available through the website.

FAMILY**BIG BROTHERS BIG SISTERS OF PRINCE ALBERT**

PHONE: 306-922-1299

WEB: <https://princealbert.bigbrothersbigsisters.ca/>

DESCRIPTION: Our vision is for all young people to realize their full potential. We match young people aged 6 to 16 who are facing adversity with trained caring adult volunteer mentors to help them build a positive developmental relationship to challenge growth, provide support, share power and expand possibilities. Our office is currently open by appointment only and we invite you to call us at 306-922-1299 to learn more about our programs or to book an appointment with our Mentoring Coordinator. We have a new office location: 29-11th St. E.

DREAM BROKERS PROGRAM

PHONE: 306-975-3405

WEB: <https://www.givekidsachancecharity.ca/about/programs/dreambrokers>

DESCRIPTION: The Prince Albert Dream Broker team has been putting together kits to deliver to families that include activities, games, snacks, mental health info, hygiene products, community aid news, and more. To donate items for these kits, please contact dawn.mcdougall@pacsd.ca. The Dream Broker Program is led by a team of individuals who work with the community to help under privileged children participate in sport, culture and recreational activities, and support families in accessing opportunities within Saskatoon, Regina and Prince Albert.

EARLY CHILDHOOD INTERVENTION PROGRAM (ECIP)

PHONE: 306-922-3247

WEB: <https://prince-albert.ecip.ca/>

DESCRIPTION: All staff are currently working from home. The ECIP is a province-wide network of community-based supports for the families of children aged 0-6 years that experience developmental delays or are at risk of delay.

FAMILY FUTURES INC.

PHONE: 306-763-0760

WEB: <https://familyfuturespa.ca/>

DESCRIPTION: Outreach staff at Family Futures will work from home and will continue to support their clients. We will continue to take new intakes. If you are pregnant and need support we are still taking referrals. Service is provided for free. If you are interested in joining Family Futures Inc Prenatal Program, please call the office. Leave us a message on the phone, and someone will get back to you. We will check messages on a regular basis and will still be collecting the mail.

KIDSFIRST PRINCE ALBERT

PHONE: 306-765-6656

WEB: <https://www.kidsfirstprincealbert.com/>
<https://www.facebook.com/KidsFirst-Prince-Albert-100213364687294/>

DESCRIPTION: Currently posting daily activities amid COVID to give families ideas for activities to do together. KidsFirst provides support and education to help you increase your knowledge of healthy early child development and attachment to your baby. The program provides support and builds on family strengths through home visiting and links to other community-based services. We are relocating to the Gateway Mall.

PA EARLY YEARS FAMILY RESOURCE CENTRE (PAEYFRC)

PHONE: 306-763-0771

EMAIL: eyfamilyresource@sasktel.net

WEB: <https://www.facebook.com/PA-Early-Years-Family-Resource-Centre-104636624471184/>

DESCRIPTION: A safe, stimulating environment for families to learn and grow with their children. We offer a wide range of programs/events for families that will be FREE. We act as a visible, inclusive and welcoming access point for all families in Prince Albert & community specifically families with children ages prenatal-5 years.

PRINCE ALBERT EARLY CHILDHOOD COUNCIL

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

DESCRIPTION: Website can be used as a source to find supports and services in Prince Albert for families with young children, prenatal information and early childhood development information. The Family Expo slated for May 9 has been cancelled. Anyone who has paid for their booth space will have their cheque returned to them.

PRINCE ALBERT LITERACY NETWORK

PHONE: 306-922-6736

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

DESCRIPTION: The Prince Albert Literacy Network is open. Due to Covid-19, the office hours may vary. Please call ahead to ensure that our office is open. The Prince Albert Literacy Network is dedicated to helping people increase their level of literacy and to promote and support family literacy in our community. To reach this goal we have two areas of focus: Family Literacy and Adult Literacy.

GOVERNMENT

CITY

OF PRINCE ALBERT, MAYOR – GREG DIONNE

PHONE: 306-953-4300

CITY OF PRINCE ALBERT, WARD 1 COUNCILLOR – CHARLENE MILLER

PHONE: 306-764-3690

CITY OF PRINCE ALBERT, WARD 2 COUNCILLOR – TERRA LENNOX-ZEPP

PHONE: 306-763-3818

CITY OF PRINCE ALBERT, WARD 3 COUNCILLOR – TONY HEAD

PHONE: 306-960-3048

CITY OF PRINCE ALBERT, WARD 4 COUNCILLOR – DON CODY

PHONE: 306-764-2177 or 306-961-7870

CITY OF PRINCE ALBERT, WARD 5 COUNCILLOR - DENNIS OGRODNICK

PHONE: 306-764-2655

CITY OF PRINCE ALBERT, WARD 6 COUNCILLOR - BLAKE EDWARDS

PHONE: 306-961-2921

CITY OF PRINCE ALBERT, WARD 7 COUNCILLOR – DAWN KILMER

PHONE: 306-922-1707

CITY OF PRINCE ALBERT, WARD 8 COUNCILLOR - TED ZURAKOWSKI

PHONE: 306-764-6461

MLA, PRINCE ALBERT CARLTON – JOE HARGRAVE

PHONE: 306-922-2828

EMAIL: pacarltonmla@sasktel.net

WEB: <https://www.saskparty.com/hargrave>

DESCRIPTION: Our office is closed during the COVID-19 pandemic, but are available via phone or email. Office hours are still Monday to Friday 9:00am-4:30pm.

MLA, PRINCE ALBERT NORTHCOTE – ALANA ROSS

PHONE: 306-970-7677

EMAIL: <https://www.saskparty.com/alana.ross@saskparty.com>

WEB: <https://www.saskparty.com/alanaross>

MP, PRINCE ALBERT – RANDY HOBACK

PHONE: 306-500-9193

EMAIL: info@randyhoback.com

WEB: <https://www.randyhoback.com/>

HEALTH AND WELLNESS

ACCESS PLACE

PHONE: 306-765-6544

WEB: <https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place>

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

ACCESS PLACE, RAPID ACCESS TO ADDICTIONS MEDICINE (RAAM) CLINIC

PHONE: 306-765-6544

WEB: <https://paphr.ca/services/addiction-mental-health-services/rapid-access-to-addictions-medicine>

DESCRIPTION: For clients seeking care related to substance use. By appointment or walk in.

ACQUIRED BRAIN INJURY OUTREACH SUPPORT TEAM, SASKATCHEWAN NORTH

PHONE: 306-765-6630

WEB: <https://paphr.ca/services/acquired-brain-injury-services>

DESCRIPTION: ABI Outreach Support Teams accept self-referrals as well as those from health facilities, physicians, rehabilitation program, professional support services, schools, and community agencies.

ALCOHOLICS ANONYMOUS

WEB: <https://aasask.org>

DESCRIPTION: Currently offering "COME AS YOU ARE" online meetings every Sunday night at 7:00pm. These are closed meetings for A.A. members. See website for more details.

ALZHEIMER SOCIETY OF SASKATCHEWAN

PHONE: 800-263-3367 (Prince Albert) or 306-949-4141 (Provincial) or 800-263-3367 (Provincial toll free)

WEB: <https://alzheimer.ca/en/sk>

DESCRIPTION: Alzheimer Society of Saskatchewan is open. Face-to-face meetings, educational events, support groups and other in-person programs are temporarily cancelled. Our Dementia Helpline remains open at 1-877-949-4141 and by email: helpline@alzheimer.sk.ca. The Alzheimer Society is taking direct referral through the First Link© Program. For more information about how to make a **First Link® Referral**, please review our website: [Making a Referral to First Link](#). Referral Forms may be submitted by fax at 1-866-746-1507 or email firstlinkreferral@alzheimer.sk.ca.

Walks for Alzheimer's Registration remains open. The Alzheimer Society provides programs and services for people living with dementia, and fund research to improve care and find a cure.

ASPIRE TOO COUNSELLING

PHONE: 306-382-2391

WEB: www.aspiretoo.ca

DESCRIPTION: Provides individual, couples and family counselling, debriefing for professionals, wellness plans, presentations, response to community crisis, and new ways for families program.

AURORA COUNSELLING AND HOLISTIC HEALTH

PHONE: 306-941-7081

WEB: www.aurorachhealth.com

DESCRIPTION: Providing counselling services through several platforms including telephone, email, text, and video conferencing using a PIPEDA service. All in-person sessions have been temporarily suspended. Aurora is an NIHB approved services as well as other health benefits plans.

BRANCHING OUT CHILDREN'S THERAPIES

PHONE: 306-922-1200

E-MAIL: branchingout@sasktel.net

DESCRIPTION: Branching Out Children's Therapies is a collaboration of services involving Occupational Therapy (OT), Speech Language Pathology (SLP), and Infant and Early Childhood Mental Health-Social Work (IECMH-SW). The registered clinicians have been serving infants and children in our community for a combined total of over 50 years experience using play-based, family-focused approaches. We specialize in working with children under 6 years of age providing assessment, treatment, and consultations for children and families experiencing developmental challenges. Children ages 6 and up are considered if space is available.

BRIEF AND SOCIAL DETOX CENTRE

PHONE: 306-765-6700

WEB: <https://paphr.ca/services/addiction-mental-health-services>

DESCRIPTION: Social detox clients can still access counselling services via phone.

CANADIAN BLOOD SERVICES

PHONE: 1-888-236-6283

WEB: <https://myaccount.blood.ca/en>

DESCRIPTION: Donor clinics are returning to Prince Albert. There will be an opportunity to give blood Monday July 6, from 2-7pm at the Prince Albert Exhibition Grounds. In order to manage the number of people in the centre, all donors must make an appointment at <https://www.blood.ca/en>.

CANADIAN MENTAL HEALTH ASSOCIATION (CMHA)

PHONE: 306-763-7747 or 306-940-7678 (Wellness Support Line)

WEB: <http://princealbert.cmha.ca/>

DESCRIPTION: The Prince Albert Branch of CMHA has collaborated with CMHA Division and CMHA branches from across Saskatchewan to provide support during the Covid-19 pandemic. Provides inclusive programming and services to people coping with mental health issues and illnesses. Phone lines have been set up to support individuals who may be struggling in these times.

CANADIAN RED CROSS PRINCE ALBERT BRANCH

PHONE: 306-765-2600

WEB: <https://www.redcross.ca/in-your-community/saskatchewan/find-a-branch/prince-albert-branch>

DESCRIPTION: The Canadian Red Cross branch is currently closed to the public due to COVID-19. If you need assistance after a house fire, call: 1-888-800-6493. For donations or a tax receipt, call: 1-800-418-1111. For questions about First Aid or Water Safety, call 1-877-356-3226. For any other queries call 306-765-2606. Messages will be checked regularly.

CATHOLIC FAMILY SERVICES OF PRINCE ALBERT

PHONE: 306-922-3202

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

DESCRIPTION: CFSPA has resumed in-person counselling session. Please visit the website for details. Counselling via phone or video is still available. You can make appointments by calling the office. Reception is available 9am-12pm & 1pm-5pm, Monday to Friday. Clients at YWCA Central, Our House and Homeward Bound facilities have scheduled access to walk-in counselling services via phone. Please speak to staff at those locations for further detail. Group programming has resumed. Dates and services are listed on the website tabs for: Life Improvement Programs, Bridges and Strengthening Families. Please note that the office is closed to the public at this time. Please call for more information.

CBI HEALTH CENTRE, PRINCE ALBERT

PHONE: 306-764-4999

WEB: <https://www.cbi.ca/web/physiotherapy-prince-albert-second-west>

DESCRIPTION: All Physiotherapy, Occupational Therapy, Psychology and Exercise Therapy services are being provided. There is an option to book virtual care. Book an appointment by calling the phone number above or visit the website. Hours are Monday to Friday 8:00am-6:00pm.

CO-OPERATIVE HEALTH CENTRE COMMUNITY CLINIC

PHONE: 306-763-6464

WEB: <https://www.coophealth.com/>

DESCRIPTION: Please call the health centre before attending for services. We are currently pre-screening all clients and providing over-the-phone support whenever possible. Delivers quality health care and effective health programming. Some services provided include: transportation, mental health, nutrition, diagnostic testing, family physician services.

COVID-19 YOUTH MENTAL HEALTH RESOURCE HUB

PHONE: 1-800-688-6868 (Kids Help Phone)

WEB: <https://jack.org/covid>

DESCRIPTION: COVID-19 has, and will, impact the mental health of people everywhere. Some young people who belong to certain groups (e.g. youth from low-income families, Indigenous young people, youth with illnesses, etc.) are also at-risk for being disproportionately affected by the novel coronavirus. Kids Help Phone has seen an unprecedented surge of young people feeling more stressed than usual reaching out during this global pandemic. With information on mental health and COVID-19 scattered all over the internet, finding accurate information and appropriate resources can be hard. Jack.org, School Mental Health Ontario and Kids Help Phone have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need. Take care of yourself, and each other.

CRESCENT HEIGHTS PHARMACY

PHONE: 306-764-5510

WEB: <https://www.facebook.com/CrescentHeightsPharmacy/>

DESCRIPTION: Offering free, no-contact delivery within the city. Curbside pick up is also available. Currently limiting number of people in the store. Please call ahead to refill prescriptions or to arrange pick-ups and delivery.

DEMENTIA HELP LINE

PHONE: 877-949-4141

EMAIL: helpline@alzheimer.sk.ca

GAMBLING HELP LINE

PHONE: 800-306-6789

GRAY CHEMISTS PHARMACY

PHONE: 306-764-2300

WEB: <https://graychemists.com/>

DESCRIPTION: Continuing to provide essential services at this time. Call the pharmacy ahead of arrival to arrange for curbside pickup or deliveries of prescriptions. Deliveries leave the store every day at 2:30pm.

HAMMOND'S HEALTHMED PHARMACY

PHONE: 306-922-4446

WEB: <http://www.rxhealthmed.ca/sk/hammonds-pharmacy-0>

DESCRIPTION: Contact the pharmacy for more information on prescription pick-up and delivery options.

HILLSIDE PHYSICAL HEALTH AND FITNESS

PHONE: 306-764-3434

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

DESCRIPTION: Currently offering TeleRehab private physical therapy services during the COVID-19 pandemic. Call or email sw.hillside@sasktel.net to schedule a session.

HOPE FOR WELLNESS HELP LINE

PHONE: 855-242-3310

WEB: <https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

DESCRIPTION: Offers 24/7 counselling and crisis intervention to all Indigenous peoples across Canada. Telephone and online counselling are available in Cree, Ojibway and Inuktitut.

KARLA ETHIER COUNSELLING

PHONE: 306-763-4599

WEB: karlaethiercounselling.com

DESCRIPTION: Counselling services with specialization in counselling for children and play therapy.

KIDS HELP PHONE

PHONE: 800-668-6868 (or text: 686868)

WEB: <https://kidshelpphone.ca/get-involved/our-impact/in-the-community/saskatchewan>

DESCRIPTION: Kids Help Phone is Canada's only 24/7, national support service. We offer professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French. Whether by phone, text, mobile app or through our website, you can connect with us whenever you want, however you want. Our service is completely confidential — you don't even have to tell us your name if you don't want to.

LIVWELL WITH CHRONIC CONDITIONS/PAIN PROGRAM

PHONE: 306-714-7307

WEB: <https://paphr.ca/services/managing-chronic-illnesses/livewell-with-chronic-conditions>

DESCRIPTION: Workshops are currently cancelled. Phone messages are checked once a week. For more information please call.

MEDI-CENTER PHARMACY

PHONE: 306-763-2022

WEB: <https://medicenterpharmacy.ca/>

DESCRIPTION: Call ahead to arrange for prescription pick-up or delivery. Prescription deliveries leave the store at 2:30pm Monday to Friday.

MEDICAL PHARMACY P.A.

PHONE: 306-763-2637

WEB: <https://www.facebook.com/Medical-Pharmacy-151092571582304/>

DESCRIPTION: Offering prescription delivery services. Call the store for details and to make arrangements.

MÉTIS ADDICTIONS COUNCIL OF SASKATCHEWAN INC. (MACSI), PRINCE ALBERT CENTRE

PHONE: 306-953-8250 or 866-722-2155 (toll free)

WEB: <http://macsi.ca/macsi-prince-albert-centre/>

DESCRIPTION: MASCI is currently providing virtual and telephone 1-1 counselling. The Stabilization Unit is operating at 50 % capacity and the Inpatient Unit is operating at 50% capacity.

NARCOTICS ANONYMOUS

PHONE: 306-9652-5216

WEB: www.csana.org

DESCRIPTION: To offer recovery from the effects of addiction through working a twelve-step program, including regular attendance at group meetings. The group atmosphere provides help from peers and offers an ongoing support network for addicts who wish to pursue and maintain a drug-free lifestyle.

NORTHERN INTER-TRIBAL HEALTH AUTHORITY (NITHA)

PHONE: 306-953-5000

WEB: <http://www.nitha.com/>

DESCRIPTION: Providing latest COVID-19 details to communities. A Precautionary Health Advisory has been issued for Northern Saskatchewan linked to travel between north-west Saskatchewan and Alberta. Regional health officers are advising against all non-essential travel effective immediately until further notice. NITHA is comprised of the Prince Albert Grand Council, Meadow Lake Tribal Council, Peter Ballantyne Cree Nation, and Lac La Ronge Indian Band and each has extensive experience in health service delivery. The Partners formally joined together in 1998 to create NITHA to deliver a service known as "Third Level."

PRINCE ALBERT AND AREA COMMUNITY ALCOHOL STRATEGY STEERING COMMITTEE (CASSC)

WEB: <https://paalcoholstrategy.ca/>
<https://www.facebook.com/PACASSC/>

DESCRIPTION: The goal of the Community Alcohol Strategy Steering Committee (CASSC) is to create healthy communities by changing unhealthy attitudes and behaviours around alcohol use and encouraging healthier communities. CASSC may be contacted by email at: communityalcoholstrategy@gmail.com.

PRINCE ALBERT SEXUAL ASSAULT CENTRE

PHONE: 306-764-1039

WEB: <https://www.pacrisis.ca/sexualassault>

DESCRIPTION: the Prince Albert Sexual Assault Centre operates out of the Mobile Crisis office. The Centre provides confidential counselling for survivors and the family of survivors. Call the phone number above for immediate response or to book an appointment.

S.H.A.R.E PRINCE ALBERT

PHONE: 306-922-0255

WEB: <http://shareprincealbert.ca/index.html>
<https://www.facebook.com/SHARESASK/>

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

STRAIGHT TO THE POINT HARM REDUCTION

PHONE: 306-765-6533

WEB: <https://paphr.ca/hospitals-clinic-locations/primary-care-walk-in-clinics/sexual-health-clinic-access-place>

DESCRIPTION: Regional needle exchange program. Open from 8:30am-4:30pm. After hours service is currently not available.

SASKATCHEWAN PREVENTION INSTITUTE

PHONE: 306-651-4300

WEB: <https://skprevention.ca/###>

My Saskatchewan Pregnancy app: <https://skprevention.ca/my-saskatchewan-pregnancy/>

DESCRIPTION: All staff are working from home until further notice. All in-person training and meetings have been suspended. Staff are still available, mostly by email. The Saskatchewan Prevention Institute is committed to working collaboratively to promote primary prevention throughout the province. We share evidence-based information through print and web-based resources. We provide education and training on all of our areas of focus. We collaborate to help communities work towards primary prevention of identified needs. Content experts and consumers of our information and training are involved to help us expand our programming.

SASKATCHEWAN HEALTH AUTHORITY, PRINCE ALBERT OFFICE

PHONE: 306-765-6400

WEB: <https://paphr.ca/>

DESCRIPTION: Provides a variety of health care services based in facilities and locations throughout the region. Services include: public health, public health inspections, home care, care homes and end of life care, laboratories, X-rays and scans, autism services, addiction and mental health services, emergency and ambulance services, emergency and ambulance services, managing chronic illnesses, therapy services, acquired brain injury services.

SASKATCHEWAN HEALTHLINE

PHONE: 811

WEB: <https://www.saskhealthauthority.ca/Services-Locations/HealthLine>

DESCRIPTION: HealthLine 811 is a confidential, 24-hour health and mental health addiction service.

THE SHIFT COUNSELLING SERVICES

PHONE: 306-290-7735

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

DESCRIPTION: Offering services via phone and online video platforms. Visit website for booking hours. The Shift Counselling Services provides professional counselling, coaching, and consulting services to individuals ages 5 and up. Counselling supports are available to individuals, couples, families, and groups.

TURQUOOISE TREE COUNSELLING AND WELLNESS INC.

PHONE: 306-922-2777

WEB: <https://www.turquoisetreecounselling.com/>

DESCRIPTION: Continuing to provide mental health services to existing and new clients. Offering sessions by telephone, video, messaging and/or email. Visit the website or call for more information.

VICTORIA HOSPITAL

PHONE: 306-765-6000

WEB: <http://paphr.ca/locations/hospitals/victoria-hospital>

DESCRIPTION: Regional hospital with a wide variety of specialized services, including emergency health care, general surgery, internal medicine, orthopedics, pediatrics, obstetrics and gynecology, psychiatry and anesthesiology.

VICTORIA SQUARE COMPOUNDING PHARMACY

PHONE: 306-922-8959

WEB: <http://www.vscp.ca/>

DESCRIPTION: Offering pick-up and drive through options for prescriptions. Contactless home delivery options are also available. Please call to make arrangements.

WELLNESS TOGETHER CANADA: MENTAL HEALTH AND SUBSTANCE USE SUPPORT

PHONE: For immediate support text 686868 (youth) or 741741 (adult)

WEB: <https://ca.portal.gs/>

DESCRIPTION: Wellness Together Canada provides free online resources, tools, apps and connections to trained volunteers and qualified mental health professionals when needed.

HOUSING

ABBAYFIELD HOUSE PRINCE ALBERT

PHONE: 306-763-7756 or 306-764-0100

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

DESCRIPTION: At the present time visitors are not allowed into Abbeyfield due to the COVID-19 pandemic. Other measures related to limiting the number of different staff, regular sanitizing, physical distancing, grocery delivery have been put in place to keep our residents safe. We appreciate the support of families in our efforts to keep everyone safe. Abbeyfield House provides independent living to independent seniors.

AVENUE LIVING COMMUNITIES

PHONE: 403-770-7003

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

DESCRIPTION: Apartment building owner and operator. Currently offering assistance to their residents in need of assistance with groceries or mobility assistance. See website for more details.

NORTHERN SPRUCE HOUSING CORPORATION

PHONE: 306-922-4122

WEB: <http://northern-spruce-housing-corporation.sk.xsask.com/>

DESCRIPTION: Provider of Housing Providers equipment/products/services.

PRINCE ALBERT COMMUNITY HOUSING SOCIETY INC.

PHONE: 306-922-5440

WEB: <https://pachsi.ca/>

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

PRINCE ALBERT HOUSING AUTHORITY

PHONE: 306-953-7420

WEB: <https://pahousingauthority.com/>

DESCRIPTION: Open by appointment only, please call the office ahead. Encouraging drop-off or online payments and lease renewal options. Administers social housing units to older adults, non-elderly singles and families.

PRINCE ALBERT SAFE SHELTER FOR WOMEN

PHONE: 306-764-7233

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

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

REUNITE PROGRAM – OPERATION COME HOME

PHONE: 800-668-4663

WEB: <http://operationcomehome.ca/>

DESCRIPTION: Offers travel assistance to runaway youth. Operation Come Home works in partnership with Canadian bus companies and VIA Rail to help youth ages 16-25 get out of dangerous situations by providing them with a ticket to get back home to their families. Eligibility includes adults 16-25 years of age. Hours of operation are Monday to Friday, 8:00am-4:00pm Eastern.

RIVERBANK DEVELOPMENT CORP.

PHONE: 306-763-4221

WEB: <https://riverbankdevelopment.ca/>

DESCRIPTION: Offers affordable housing in different neighbourhoods in Prince Albert. Currently assisting the homeless population during COVID-19 including finding safe locations to quarantine and putting up facilities such as portable wash stations and washrooms, and supporting food programs.

YWCA CENTRAL AVENUE

PHONE: 306-763-8571

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

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

YWCA HOMEWARD BOUND

PHONE: 306-703-0123

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

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

YWCA OUR HOUSE

PHONE: 306-922-6162

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

DESCRIPTION: Our House offers adult shelter for women and men including crisis shelter, transitional shelter and cold weather shelter. The cold weather shelter has closed for this year.

YWCA RENDALYN HOME

PHONE: 306-765-2522

WEB: <https://www.ywcaprincealbert.ca/rendalyn-home>

DESCRIPTION: Rendalyn Home offers a safe and supportive home environment for expectant mothers and young mothers and their children. Mothers receive individualized support that empower them to become successful women and mothers while providing a nurturing environment for their children.

YWCA YOUTH HOMES

PHONE: 306-765-2520

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

DESCRIPTION: Youth Homes provide transitional housing for youth aged twelve to fifteen (Terrance Place) and those aged sixteen to twenty-one (Harmony Home). Advocacy, life skills building, resume assistance, job searches, and education are all individualized to help each young adult achieve overall success and well-being.

NEWS MEDIA

CTV PRINCE ALBERT

PHONE: 306-922-6066

EMAIL: panews@ctv.ca

WEB: <https://saskatoon.ctvnews.ca/prince-albert>

MISSINUPI BROADCASTING

PHONE: 800-668-4003

EMAIL: news@mbcradio.com

WEB: <https://www.mbcradio.com/>

PANOW

PHONE: 306-763-7421

EMAIL: panews@jpbjg.ca

WEB: <https://panow.com/>

PATTISON RADIO PRINCE ALBERT – XFM, CKBI, POWER99

PHONE: 306-763-7421

EMAIL: karl.johnston@jpbjg.ca

WEB: <https://www.xfmrocks.com/>

<https://www.ckbi.com/>

<https://www.power99fm.com/>

PRINCE ALBERT SHOPPER

PHONE: 306-763-8461

EMAIL: pashopper@sasktel.net

WEB: <https://www.princealbertshopper.com/>

SHAW SPOTLIGHT

PHONE: 306-665-3796

EMAIL: ShawSpotlightSask@sjrb.ca

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

THE PRINCE ALBERT DAILY HERALD

PHONE: 306-764-4276

WEB: <https://paherald.sk.ca/>

DESCRIPTION: Check out the Virtual Arts Centre (<https://paherald.sk.ca/virtual-arts-centre/>), an online venue for the community to share art, music, writing during the COVID-19 pandemic.

SENIORS

ABBAYFIELD HOUSE PRINCE ALBERT

PHONE: 306-763-7756 or 306-764-0100

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

DESCRIPTION: At the present time visitors are not allowed into Abbeyfield due to the COVID-19 pandemic. Other measures related to limiting the number of different staff, regular sanitizing, physical distancing, grocery delivery have been put in place to keep our residents safe. We appreciate the support of families in our efforts to keep everyone safe. Abbeyfield House provides independent living to independent seniors.

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

PHONE: 306-953-4477

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

DESCRIPTION: The Seniors Transportation Program is offered through the Prince Albert Community Service Centre. The program provides door-to-door attendant transportation to those aged 60 years or older. The program is currently offering grocery delivery services during the COVID-19 pandemic. Weekend service has been suspended at this time.

THE HEART OF SENIORS GATHERING

PHONE: 306-970-8675 or 306-981-2574

DESCRIPTION: In response to the COVID-19 crisis, the church has developed a delivery service of "healthy food" hampers and "personal hygiene" packages to isolated seniors in the downtown core of Prince Albert. The "healthy food" hampers will be delivered once a month with no contact delivery, around the 15th of each month. The "personal hygiene" packages will be delivered once every two months. The church will also be in regular telephone contact with the hamper recipients in an attempt to break the imposed isolation so many experience during this time.

THE PRINCE ALBERT AND AREA SENIORS ABUSE PROGRAM

PHONE: 306-970-8675

DESCRIPTION: By appointment only.

THE PRINCE ALBERT SENIORS ADVOCACY CENTRE

PHONE: 306-970-8675

WEB: www.seniorprincealbert.com

DESCRIPTION: Operated by Jubilation Residential Centres Inc. The centre has postponed all information sessions and social programs until the end of April 2020. The official launch of the Prince Albert and Area Seniors Abuse Program is postponed to at least May 2020. There will only be limited access under the Advocacy and Navigation Program - no personal contacts or face to face meetings. Calls will still be fielded.

SPIRITUAL AND FAITH-BASED

CALVARY UNITED CHURCH

PHONE: 306-763-8695

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

DESCRIPTION: Congregational gathering are suspended until further notice. Online worship videos are posted weekly to the website. The Church's Youth Group will also be doing regular online events. A Young Adult Zoom Discussion Group is also being offered in partnership with other United Churches for the those aged 18-35 on Wednesdays at 6:30pm.

CATHOLIC FAMILY SERVICES OF PRINCE ALBERT

PHONE: 306-922-3202

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

DESCRIPTION: CFSPA has resumed in-person counselling session. Please visit the website for details. Counselling via phone or video is still available. You can make appointments by calling the office. Reception is available 9am-12pm & 1pm-5pm, Monday to Friday. Clients at YWCA Central, Our House and Homeward Bound facilities have scheduled access to walk-in counselling services via phone. Please speak to staff at those locations for further detail. Group programming has resumed. Dates and services are listed on the website tabs for: Life Improvement Programs, Bridges and Strengthening Families. Please note that the office is closed to the public at this time. Please call for more information.

EMBASSY CHURCH

PHONE: 306-764-4411

WEB: <https://embassychurch.ca/>

DESCRIPTION: Celebrations and masses are being live streamed on Facebook every Sunday. The church's 12-17 Youth Group Fearless 365 will also be doing regular online events.

FIRST BAPTIST CHURCH PRINCE ALBERT

PHONE: 306-764-5869

WEB: <https://www.fbcpa.net/><https://www.facebook.com/PAFirstBaptist/>

DESCRIPTION: Currently hosting in-person service with rules for social distancing and masks while singing are in effect. Live-streaming of worship services will continue through Facebook and YouTube. This will continue on for the foreseeable future. Church volunteers are also available to help with grocery delivery and other tasks – contact the church for more information.

MESSIAH LUTHERAN CHURCH

PHONE: 306-763-7374

WEB: <http://messiahluthpa.com/><https://www.facebook.com/MessiahLutheranChurchPrinceAlbert/>

DESCRIPTION: Online worships and daily devotions are being offered through Facebook and website. Office is closed to the public, but continues to be staffed Tuesday-Friday from 9:00-4:00pm.

NORTH HARVEST COMMUNITY CHURCH

PHONE: 306-922-0727

WEB: <https://www.northharvestchurch.ca/><https://www.facebook.com/NHCCinPA/><https://www.youtube.com/channel/UCYkhdslisfr87qqDU6z1VA>

DESCRIPTION: Public meetings are currently postponed. Regular posts are being made to their Facebook.

PRINCE ALBERT ALLIANCE CHURCH

PHONE: 306-763-3771

WEB: <https://www.princealbertalliance.com/>

DESCRIPTION: Celebrations and masses are being live streamed on Facebook and posted to the website regularly. The church's volunteers are encouraging folks to contact the church office to make arrangements if they need help with things such as grocery/medication pick-up, and faith or social support.

PRINCE ALBERT BAPTIST CHURCH

PHONE: 306-961-9866

WEB: <http://www.pabaptist.ca/>

DESCRIPTION: Posting weekly Sunday sermon recordings to the website.

PRINCE ALBERT SEVENTH-DAY ADVENTIST CHURCH

PHONE: 306-764-6853

WEB: <https://princealbertsk.adventistchurch.org/>
<https://www.facebook.com/PrinceAlbertSDAChurch/>

DESCRIPTION: Church services on Sabbath morning are cancelled until further notice. Posts are being made regularly to Facebook.

ROMAN CATHOLIC DIOCESE OF PRINCE ALBERT

PHONE: 306-922-4747

WEB: <https://www.padiocese.ca/>
<https://www.facebook.com/padiocese/>

DESCRIPTION: The Roman Catholic Diocese of Prince Albert is welcoming congregation members back through the doors beginning Sunday. Each parish will have its own way of keeping the numbers under the limit.

ST. ALBAN'S ANGLICAN CATHEDRAL

PHONE: 306 922 0044

WEB: <https://stalbanspa.org/>
www.FB.com/StAlbansPA

DESCRIPTION: We are open for in-person, public worship. Services at 8am & 10:30am, Sundays, with Sunday School & Nursery at the 10:30 service. Active Youth Group – check our websites for details.

ST. DAVID'S ANGLICAN CHURCH

PHONE: 306-764-1310

WEB: <https://stdavidspa.org/>

DESCRIPTION: Public worship and gatherings are temporarily suspended. Weekly service booklets are being made available through the website. The church is also encouraging individuals to visit <https://www.facebook.com/skdiocese/> to view pre-recorded Family Prayer services.

THE GATE

PHONE: 306-764-2744

WEB: <https://www.gatewaycovenant.ca/the-gate>
<https://www.facebook.com/TheGatePA/>

DESCRIPTION: The Gate is operated by the Gateway Covenant Church. Currently, the drop-in center is closed. The Gate is providing take-out sack lunches (in partnership with PA Outreach and the Community Cares Kitchen) Monday to Friday from 10:00-11:30am (toast is served) and 2:00-3:30pm (soup and sandwiches are served). Coffee is also being made available. Hygiene bags are also being distributed on Wednesdays from 2:00-3:30pm.

THE HEART OF SENIORS GATHERING

PHONE: 306-970-8675 or 306-981-2574

DESCRIPTION: In response to the COVID-19 crisis, the church has developed a delivery service of "healthy food" hampers and "personal hygiene" packages to isolated seniors in the downtown core of Prince Albert. The "healthy food" hampers will be delivered once a month with no contact delivery, around the 15th of each month. The "personal hygiene" packages will be delivered once every two months. The church will also be in regular telephone contact with the hamper recipients in an attempt to break the imposed isolation so many experience during this time.

THE SALVATION ARMY PRINCE ALBERT

PHONE: 306-763-6078

WEB: <https://www.facebook.com/tsaPrinceAlbert/>

DESCRIPTION: The Thrift Store Donation Centre and Community and Family Services office remain open with adjusted hours. Thrift store staff are assisting with the Soup on Saturday program, which provides bagged lunches to vulnerable populations.

WAY OF WISDOM MINISTRIES

PHONE: 306-961-7082

WEB: <https://wayofwisdom.ca/>
<https://www.facebook.com/WayOfWisdomMinistriesIntlnc/>

DESCRIPTION: WoW Ministries is Way of Wisdom Church, located in Prince Albert, Saskatchewan. Way of Wisdom Church offers Sunday Service at 10:30 am. Due to the state of emergency being declared, Way of Wisdom Church has suspended Sunday Service. Visit and follow our Facebook page for live FB messages from Pastor Sharon.

TRANSPORTATION

AURORA CHARTER & BUS SERVICE (BETWEEN PRINCE ALBERT & SASKATOON)

PHONE: 306-961-6178

WEB: www.auroracharterservice.ca

DESCRIPTION: Working to fill the void left by STC, we operate the new bus service between Prince Albert and Saskatoon. We provide service five days a week, and connect directly with other bus companies such as Rider Express. This makes travel and parcel delivery to various cities possible with minimal layover, such as: North Battleford, Lloydminster, Edmonton, Regina, Weyburn, Estevan and stops in-between. One-way tickets to/from Prince Albert/Saskatoon are \$35.00 (taxes included), and Saskatoon airport(YXE) pickup/drop off is available upon request for an additional \$10.00. Please inquire about our parcel service.

Pick up/drop off location in Prince Albert: Coronet Hotel at 3551 2nd Ave. W.

Pick up/drop off location in Saskatoon: Downtown - 210 2nd Ave. N (Rider Express office).

On Monday/Wednesday/Friday there is service twice a day, on Sunday/Thursday there is service once in the evening. No Service on Tuesdays/Saturdays.

Visit our website for the full schedule and to purchase tickets online, or give us a call to book a ticket and pay at the bus by cash, debit or credit card.

Mandatory masks required at all times on the bus.

CITY OF PRINCE ALBERT TRANSIT

PHONE: 306-953-4900

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

DESCRIPTION: As of August 31, 2020 the system will move to fully seated loads with no standees and mandatory masks for all riders. Operating hours will also be restored with The East Flat, West Flat, East Hill, West Hill and All Day routes will running from 6:45am to 7:15pm and the morning (6:45 am to 9:15am) and afternoon (2:45pm-6:45pm) rush hour route on weekdays.

PRINCE ALBERT COMMUNITY SERVICE CENTRE (PACSC) – PARATRANSIT

PHONE: 306-953-4477

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

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

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

PHONE: 306-953-4477

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

DESCRIPTION: The Seniors Transportation Program is offered through the Prince Albert Community Service Centre. The program provides door-to-door attendant transportation to those aged 60 years or older. The program is currently offering grocery delivery services during the COVID-19 pandemic. Weekend service has been suspended at this time. Masks are required.

VOLUNTEERS

BIG BROTHERS BIG SISTERS OF PRINCE ALBERT

PHONE: 306-922-1299

WEB: <https://princealbert.bigbrothersbigsisters.ca/>

DESCRIPTION: We are seeking adult volunteers to help with our child & youth mentoring programs. We are an affiliated member of BBBS Canada and all our volunteers are trained, supported and insured as part of our national accreditation standards. No experience is necessary and interested individuals can apply on our website <https://princealbert.bigbrothersbigsisters.ca/volunteer> or inquire by email to Patricia Neufeld at patricia.neufeld@bigbrothersbigsisters.ca. Applicants will be interviewed and asked to submit references and a criminal record check (We will cover costs associated with the record check). If you have questions about applying, or are interested in volunteering to help with fundraising initiatives please call our office at 306-922-1299. We have a new office location: 29-11th St. E.

CANADIAN RED CROSS PRINCE ALBERT BRANCH

PHONE: 306-765-2600

WEB: <https://www.redcross.ca/in-your-community/saskatchewan/find-a-branch/prince-albert-branch>

DESCRIPTION: Anyone interested in volunteering with Red Cross can go to <https://www.redcross.ca/volunteer> for more information.

CITY OF PRINCE ALBERT – SASKATCHEWAN SENIORS FITNESS ASSOCIATION (SSFA) 55+ GAMES

EMAIL: kilmerdawn@gmail.com

WEB: <https://www.citypa.ca/en/parks-recreation-and-culture/volunteer.aspx>

DESCRIPTION: The SSFA 55+ Games have been postponed due to COVID-19. They will be hosted in Prince Albert on June 14-16, 2022. Many volunteers are needed. For more information see the website or send an email at the address listed above.

EA RAWLINSON CENTRE FOR THE ARTS

PHONE: 306-765-1270

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

DESCRIPTION: The EA Rawlinson Centre for the Arts has a number of volunteer opportunities. From ushers to ticket takers, bartenders to backstage crew. Due to COVID-19, all volunteers (existing and new) are required to attend a safety protocol session before they are able to volunteer. Please see website for further details.

SASKATCHEWAN HEALTH AUTHORITY PRINCE ALBERT AND AREA MEALS ON WHEELS

PHONE: 306-765-6119

WEB: <https://www.caredove.com/saskatchewanhealthauthority/serviceorganization/19578/refr/search>

EMAIL: volunteers@saskhealthauthority.ca

DESCRIPTION: The Saskatchewan Health Authority Prince Albert and Area is currently looking for Meals on Wheels Volunteers to deliver meals in the city of Prince Albert. As directed by the Saskatchewan Ministry of Health, volunteers must be under the age of 65 years old. We are very flexible with volunteer availability. Volunteering your time once per week, twice per month or more often would be wonderful. Our meals are delivered daily Monday – Friday, pickup time is 10:45 from the Starlight Restaurant and it usually takes about 1 hour. Feel free to contact us if you have any questions.

YOUTH AND CHILDREN

BIG BROTHERS BIG SISTERS OF PRINCE ALBERT

PHONE: 306-922-1299

WEB: <https://princealbert.bigbrothersbigsisters.ca/>

DESCRIPTION: Our vision is for all young people to realize their full potential. We match young people aged 6 to 16 who are facing adversity with trained caring adult volunteer mentors to help them build a positive developmental relationship to challenge growth, provide support, share power and expand possibilities. Our office is currently open by appointment only and we invite you to call us at 306-922-1299 to learn more about our programs or to book an appointment with our Mentoring Coordinator.

BRANCHING OUT CHILDREN'S THERAPIES

PHONE: 306-922-1200

E-MAIL: branchingout@sasktel.net

DESCRIPTION: Branching Out Children's Therapies is a collaboration of services involving Occupational Therapy (OT), Speech Language Pathology (SLP), and Infant and Early Childhood Mental Health-Social Work (IECMH-SW). The registered clinicians have been serving infants and children in our community for a combined total of over 50 years experience using play-based, family-focused approaches. We specialize in working with children under 6 years of age providing assessment, treatment, and consultations for children and families experiencing developmental challenges. Children ages 6 and up are considered if space is available.

COMMUNITIES BUILDING YOUTH FUTURES PRINCE ALBERT

PHONE: 306-922-4251

WEB: <https://cbyfpa.ca/>

<https://www.facebook.com/CBYFPA>

<https://www.instagram.com/cbyfprincealbert/>

DESCRIPTION: CBYF is a project recently launched in Prince Albert supported by the Prince Albert Urban Indigenous Coalition (PAUIC) and the Community Networking Coalition (CNC) as a response to community feedback noting the need for youth programming & services. The West Flat Citizens Group Inc. is the accountable partner. It is a 5 year project with funding support coming from the Government of Canada and Tamarack Institute. The goal is to support ALL youth ages 14-30 through all transitions to achieve their educational & personal goals as they enter adulthood.

COVID-19 YOUTH MENTAL HEALTH RESOURCE HUB

PHONE: 1-800-688-6868 (Kids Help Phone)

WEB: <https://jack.org/covid>

DESCRIPTION: COVID-19 has, and will, impact the mental health of people everywhere. Some young people who belong to certain groups (e.g. youth from low-income families, Indigenous young people, youth with illnesses, etc.) are also at-risk for being disproportionately affected by the novel coronavirus. Kids Help Phone has seen an unprecedented surge of young people feeling more stressed than usual reaching out during this global pandemic. With information on mental health and COVID-19 scattered all over the internet, finding accurate information and appropriate resources can be hard. Jack.org, School Mental Health Ontario and Kids Help Phone have partnered to bring you all the information needed in one easy-to-access hub so that youth mental health remains top of mind, and our communities are able to easily access the education, tools, support and reliable information they need. Take care of yourself, and each other.

EAGLE'S NEST YOUTH RANCH

PHONE: 306-765-6727

WEB: <https://www.facebook.com/eaglesnestyouthranch/>

DESCRIPTION: Eagle's Nest Youth Ranch provides quality care, counseling, and therapeutic social and educational programs to youth in a group living environment. We work collaboratively with youth, families, and community groups to facilitate individual growth and social change that will improve the lives of youth and families in our communities.

FIREBIRD NORTH SISTEMA MUSIC PROJECT

PHONE: 306-961-7683

WEB: <https://www.firebirdnorth.com/>

DESCRIPTION: Firebird North Sistema Music Project is a program that means to bring positive social change to neighborhoods in Prince Albert by engaging children and youth through music, movement, and community-building. Firebird North Sistema Music Project is free and accessible. The program runs daily after-school at King George School. COVID-19 protocols have been put in place for daily operations. More information is available at our website: <https://www.firebirdnorth.com/>.

HOPE'S HOME PA EARLY LEARNING AND CHILDCARE CENTRE

PHONE: 306-922-2025

WEB: <https://hopeshome.org/><https://www.facebook.com/Hopes-Home-Prince-Albert-2081927672025775/>

DESCRIPTION: Hope's Home provides necessary care for children with complex medical needs, their siblings as well as typically developing children from the community. They provide daycare services, early learning and development programming, respite services, supportive living as well as transition care when moving children from the hospital into their community home.

KARLA ETHIER COUNSELLING

PHONE: 306-763-4599

WEB: karlaethiercounselling.com

DESCRIPTION: Counselling services with specialization in counselling for children and play therapy.

KIDSFIRST PRINCE ALBERT

PHONE: 306-765-6656

WEB: <https://www.kidsfirstprincealbert.com/><https://www.facebook.com/KidsFirst-Prince-Albert-100213364687294/>

DESCRIPTION: Currently posting daily activities amid COVID to give families ideas for activities to do together. KidsFirst provides support and education to help you increase your knowledge of healthy early child development and attachment to your baby. The program provides support and builds on family strengths through home visiting and links to other community-based services.

KIDSPORT PRINCE ALBERT

PHONE: 306-975-0818

WEB: <http://www.kidsportcanada.ca/saskatchewan/prince-albert/><https://www.facebook.com/KidSport-Prince-Albert-167438416637877/>

DESCRIPTION: In response to COVID-19 KidSport is not issuing cheques to spot organizations for individual support until programming resumes. KidSport is a children's charity dedicated to assisting children of families facing financial obstacles to participate in sport. Administered by a provincial volunteer committee and local/regional volunteer committees, KidSport helps kids become better people through the benefits of sport.

PRINCE ALBERT CHILDREN'S HAVEN

PHONE: 306-922-4454

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

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

PA OUTREACH PROGRAM INC.

PHONE: 306-961-5897

WEB: <https://www.facebook.com/people/Paoutreach-Wonska/100013033994909>

DESCRIPTION: PA Outreach offers a variety of services to at risk youth in our community including: Elder and Cultural services; an Addictions worker; Advocacy and Referrals; a Court worker; Community Re-integration workers. We also have an Outreach Van that goes out into the community to provide information, food and hygiene support.

YWCA YOUTH HOMES

PHONE: 306-765-2520

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

DESCRIPTION: Youth Homes provide transitional housing for youth aged twelve to fifteen (Terrance Place) and those aged sixteen to twenty-one (Harmony Home). Advocacy, life skills building, resume assistance, job searches, and education are all individualized to help each young adult achieve overall success and well-being.

MÉTIS COMMUNITY

MÉTIS WESTERN REGION 2

PHONE: 306-922-2206

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

DESCRIPTION: Our Mission is to promote the Métis culture, heritage, language, history, and traditions. While creating, and delivering effective programming and services, that will enhance the lives of all communities, families, and Individuals.

MÉTIS ADDICTIONS COUNCIL OF SASKATCHEWAN INC. (MACSI), PRINCE ALBERT CENTRE

PHONE: 306-953-8250 or 866-722-2155 (toll free)

WEB: <http://macsi.ca/macsi-prince-albert-centre/>

DESCRIPTION: MASCI is currently providing virtual and telephone 1-1 counselling. The Stabilization Unit is operating at 50 % capacity and the Inpatient Unit is operating at 50% capacity.

MÉTIS NATION – SASKATCHEWAN (MN-S)

PHONE: 306-343-8285 or 833-343-8285

WEB: <https://metisnationsk.com/>

<https://www.facebook.com/MNSask/>

DESCRIPTION: MN-S head office and registry offices are closed to the public. MN-S is providing various COVID-19 supports. More information may be found at: <https://metisnationsk.com/covid/>. A Métis specific toll-free help line for navigating mental health and addition supports is available from 8am to 4pm central time, Monday to Friday. Please call 1-855-671-5638. For crisis situations, a 24 hour crisis line is available at 1-877-767-7572.

MÉTIS NATION – SASKATCHEWAN (WR2)

PHONE: 306-922-2206

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

DESCRIPTION: The Métis Central Western Region 2 Council new office is located at #1308 B 1st AVE East, Prince Albert.

NORTH SASK RIVER MÉTIS NATION LOCAL #269

PHONE: 306-764-1172

EMAIL: local2691@shaw.ca

PRINCE ALBERT METIS NATION LOCAL #7

PHONE: 306-763-5356

PRINCE ALBERT MÉTIS WOMEN'S ASSOCIATION INC.

PHONE: 306-763-5356

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

DESCRIPTION: The Prince Albert Metis Women's Association is a non-profit organization that administers numerous programs and services for Metis women. Our main focus is to support and educate. We offer a safe space, resources and support. Programs and services are listed below.

CANCER PROGRAM

PHONE: 306-763-5356

DESCRIPTION: Program is designed to explore barriers faced by Indigenous cancer patients.

ELDER ACTIVITIES PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: We encourage elders to keep active, maintain social contact and make their daily lives more pleasurable. Elder program provides a variety of physical, social and recreational activities.

EMPLOYMENT SUPPORT FOR YOUTH:

PHONE: 306-763-0024 or 306-763-5356

DESCRIPTION: 12-week employment program aimed at young people ages 18-29 who face barriers to employment. 4 intakes each year, 12 youth per intake. The program includes skill development and work placement opportunities.

HIV/AIDS HEALTH PROMOTION PROGRAM:

PHONE: 306-763-5356

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

JUST WORKERS YOUTH RESTITUTION PROGRAM:

PHONE: 306-763-5356

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

MICHIF LANGUAGE PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: Preservation of the Michif language provided by Elder teachings.

OOSHTA - EXPLORING BARRIERS TO INDIGENOUS WOMEN'S ECONOMIC SECURITY:

PHONE: 306-763-5356

DESCRIPTION: Program is designed to explore barriers to Indigenous women's economic security and identify solutions to those barriers.

REACHING HOME – HOUSING WORKS PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: To deliver activities that will lead to housing or prevent homelessness. Activities include but are not limited to supporting clients to find and retain housing, landlord liaison and budgeting.

SCHOOL MEDIATION PROGRAM:

PHONE: 306-763-5356

DESCRIPTION: The goal of the program is to assist community schools in teaching conflict resolution techniques, using the principles of restorative justice, to their students and families in need. The School Mediator also offers anger management classes and workshops for youth and adults. Topics include communication skills and dating violence.

TARGETED INITIATIVE FOR OLDER WORKERS:

PHONE: 306-763-0030 or 306-763-5356

DESCRIPTION: 15-week employment program targeting Older Workers ages 55-64 who face barriers to employment and require support to re-enter the workforce. This program includes both, an in-class and work placement opportunity. Participants selected receive a training allowance while enrolled in the program.

TRANSITIONAL HOUSING FOR YOUTH

PHONE: 306-763-5356

DESCRIPTION: Providing youth with 4 - two bed units and 2 - 1 bed units for rent.

PRINCE ALBERT COMMUNITY HOUSING SOCIETY INC.

PHONE: 306-922-5440

WEB: <https://pachsi.ca/>

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

SASKMÉTIS ECONOMIC DEVELOPMENT CORPORATION (SMEDCO)

PHONE: 306-477-4350

WEB: <http://www.smedco.ca/>

DESCRIPTION: SMEDCO provides financing solutions and empowers Métis owned businesses across Saskatchewan.

FIRST NATION COMMUNITY

AHTAHKAKOOP CREE NATION, BAND OFFICE

PHONE: 306-468-2326

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

ASSEMBLY OF FIRST NATIONS (AFN)

PHONE: 866-869-6789 (toll free) or 613-241-6789

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

DESCRIPTION: The role of the AFN is to advocate with all governments for planning, preparation and response measures related to COVID-19 that address the unique needs of First Nations and involve First Nations, to facilitate direct communication with First Nations and governments, and to share important and helpful information. For COVID-19 related updates and resources, see <https://www.afn.ca/coronavirus/>.

BEARDY'S & OKEMASIS FIRST NATION, BAND OFFICE

PHONE: 306-467-4523 or 888-232-7394 (toll free)

WEB: <https://bofn9697.com/>

BLACK LAKE DENESULINE FIRST NATION, BAND OFFICE

PHONE: 306-284-2044

WEB: <https://blacklakefirstnation.ca/>

CANADIAN COUNCIL FOR ABORIGINAL BUSINESS

PHONE: 416-961-3995

WEB: <https://www.ccab.com/>

DESCRIPTION: COVID-19 updates, information and resources are available at: <https://www.ccab.com/news/covid-19-updates-information-and-resources/>. CCAB builds bridges between Aboriginal and non-Aboriginal peoples, businesses, and communities through diverse programming, providing tools, training, network building, major business awards, and national events.

COALITION OF INDIGENOUS PEOPLES OF SASKATCHEWAN (CIPS)

WEB: <https://www.facebook.com/pages/Coalition-of-Indigenous-Peoples-of-Saskatchewan/294190964256566>

DESCRIPTION: CIPS is an affiliate of the Congress of Aboriginal Peoples, representing the rights and interests of all off-reserve status and non-status Indians, Métis and Southern Inuit Aboriginal Peoples.

CONGRESS OF ABORIGINAL PEOPLES (CAP)

PHONE: 888-997-9927 (toll free) or 613-747-6022

WEB: <http://www.abo-peoples.org/>

DESCRIPTION: CAP represents the interest of all off-reserve status and non-status Indians, Métis and Southern Inuit Aboriginal Peoples, and serves as the national voice for its provincial and territorial affiliate organizations.

CUMBERLAND HOUSE CREE NATION, BAND OFFICE

PHONE: 306-888-2226

WEB: <http://chcn.ca/>

FEDERATION OF SOVEREIGN INDIGENOUS NATIONS (FSIN)

PHONE: 888-833-8885 (emergency management) or 306-665-1215

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

DESCRIPTION: FSIN is providing emergency management information and resources to First Nations communities. The toll free emergency management line is open from 9:00am-9:00pm daily. To access this information, visit:

<https://www.fsin.ca/emergency-management/>

FOND DU LAC DENESULINE FIRST NATION, BAND OFFICE

PHONE: 306-686-2102

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

HATCHET LAKE DENESULINE FIRST NATION, BAND OFFICE

PHONE: 306-633-2003

HOPE FOR WELLNESS HELP LINE

PHONE: 855-242-3310

WEB: <https://www.sac-isc.gc.ca/eng/1576089519527/1576089566478>

DESCRIPTION: Offers 24/7 counselling and crisis intervention to all Indigenous peoples across Canada. Telephone and online counselling are available in Cree, Ojibway and Inuktitut.

JAMES SMITH CREE NATION, BAND OFFICE

PHONE: 306-864-3636

WEB: <http://www.jamessmithcreenation.com/>

LAC LA RONGE INDIAN BAND, BAND OFFICE

PHONE: 306-425-2183 or 800-567-7736 (toll free)

WEB: <http://llrib.com/>

MISTAWASIS FIRST NATION, BAND OFFICE

PHONE: 306-466-4800

WEB: <http://www.mistawasis.ca/>

MONTREAL LAKE CREE NATION, BAND OFFICE

PHONE: 306-663-5349

WEB: <https://mlcn.ca/>

MUSKEG LAKE CREE NATION, BAND OFFICE

PHONE: 306-466-4959

WEB: <https://muskeglake.com/>

MUSKODAY FIRST NATION, BAND OFFICE

PHONE: 306-764-1282

WEB: <https://muskodayfn.ca/>

NATIVE WOMEN'S ASSOCIATION OF CANADA (NWAC)

PHONE: 613-722-3033 or 800-461-4043 (toll-free)

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

DESCRIPTION: During the ongoing pandemic, the NWAC offices will remain closed, though staff continue to work from home. NWAC is offering COVID-19 Elder Support Services Monday to Friday from 7:00-9:00am and 11:00am-1:00pm. Please visit the website (<https://www.nwac.ca/covid19-support/>) for more information. NWAC is a National Indigenous Organization representing the political voice of Indigenous women, girls and gender diverse people in Canada, inclusive of First Nations on and off reserve, status and non-status, disenfranchised, Métis and Inuit.

NORTHERN INTER-TRIBAL HEALTH AUTHORITY (NITHA)

PHONE: 306-953-5000

WEB: <http://www.nitha.com/>

DESCRIPTION: Providing latest COVID-19 details to communities. A Precautionary Health Advisory has been issued for Northern Saskatchewan linked to travel between north-west Saskatchewan and Alberta. Regional health officers are advising against all non-essential travel effective immediately until further notice. NITHA is comprised of the Prince Albert Grand Council, Meadow Lake Tribal Council, Peter Ballantyne Cree Nation, and Lac La Ronge Indian Band and each has extensive experience in health service delivery. The Partners formally joined together in 1998 to create NITHA to deliver a service known as "Third Level."

ONE ARROW FIRST NATION, BAND OFFICE

PHONE: 306-423-5900

PETER BALLANTYNE CREE NATION, BAND OFFICE

PHONE: 306-632-2125

RED EARTH CREE NATION, BAND OFFICE

PHONE: 306-768-3640

WEB: <http://www.redearthcreenation.com/>

SHOAL LAKE CREE NATION, BAND OFFICE

PHONE: 306-768-3551

WEB: <http://www.slcnc.ca/>

STURGEON LAKE FIRST NATION, BAND OFFICE

PHONE: 306-764-1872

WEB: <http://www.slnf.ca/>

WAHPETON DAKOTA NATION, BAND OFFICE

PHONE: 306-764-6649

PRINCE ALBERT GRAND COUNCIL (PAGC)

MAIN OFFICE

PHONE: 306-953-7200

WEB: <https://www.pagc.sk.ca/>

DESCRIPTION: All non-essential services have been suspended and the main office is closed. Please call for further information on services.

ABORIGINAL HEADSTART/PRESCHOOL

PHONE: 306-763-7676

AGRICULTURE

PHONE: 306-953-2755

CHILD CARE EDUCATION CENTRE

PHONE: 306-953-7210

LEARN AND GROW DAY CARE

PHONE: 306-765-5308

EDUCATION

PHONE: 306-953-7234

FIRST NATIONS INSURANCE

PHONE: 306-763-4712

HEALTH AND SOCIAL DEVELOPMENT

PHONE: 306-953-7248

HOLISTIC WELLNESS CENTRE

PHONE: 306-765-5305

INFORMATION TECHNOLOGY SERVICES

PHONE: 306-953-7281

JUSTICE

PHONE: 306-953-7254

NORTHERN LIGHTS COMMUNITY DEVELOPMENT CORPORATION

PHONE: 306-953-7259

PERSONNEL AND FINANCE

PHONE: 306-953-7217

PRINCE ALBERT DEVELOPMENT CORPORATION

PHONE: 306-922-0099

PAGC TRIBUNE

PHONE: 306-763-6628

SAKWATAMO LODGE

PHONE: 306-864-3631

SPIRITUAL HEALING LODGE

PHONE: 306-953-2498

SPORTS, CULTURE AND RECREATION

PHONE: 306-765-5300

SPRUCE LODGE BOARDING HOME

PHONE: 306-953-1595

TECHNICAL SERVICES AND HOUSING

PHONE: 306-953-7242

URBAN SERVICES

PHONE: 306-765-5300

VALLEY HILL YOUTH TREATMENT CENTRE

PHONE: 306-764-2311

PROVINCIAL**COVID-19 PORTAL, GOVERNMENT OF SASKATCHEWAN**

PHONE: Health Questions: 811

Non Health-Related Questions: Saskatchewan Public Safety Agency: 855-559-5502

WEB: https://www.saskatchewan.ca/~/_link.aspx?id=6C6BF971659346E0B8E9DE4AE3B2AFF9&z=z

COVID-19 PORTAL, INFORMATION FOR HEALTH CARE PROVIDERS

WEB: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/information-for-health-care-providers>
DESCRIPTION: Includes various information and resources for all health care providers about: testing, screening, treatment and medical directives; PPE/Infection Prevention and Control; Online screening tool; Clinical practice resources; Become involved; Resilient workplace; Information for Physicians; Profession-specific information; virtual care; facility signage; and blood services.

COVID-19 PROVINCIAL OUTBREAK TRACKER

WEB: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/cases-and-risk-of-covid-19-in-saskatchewan>

COVID-19 SUPPORTS FOR BUSINESSES

PHONE: 844-800-8688

WEB: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-information-for-businesses-and-workers/support-for-businesses>
https://www.saskatchewan.ca/step-3-business-workers-faq#utm_campaign=q2_2015&utm_medium=short&utm_source=%2Fstep-3-business-workers-faq

DESCRIPTION: This portal provides links to resources and supports available to businesses related to COVID-19. Important supports that have been developed for businesses, include, but are not limited to: Re-Open Saskatchewan Training Subsidy, Saskatchewan Tourism Sector Support Program, Saskatchewan Small Business Emergency Payment, Provincial Sales Tax, and others.

COVID-19 SUPPORTS FOR WORKERS

WEB: <https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/covid-19-information-for-businesses-and-workers/support-for-workers>

DESCRIPTION: This portal provides links to resources and supports available to workers related to COVID-19.

COVID-19 SUPPORTS FOR WORKERS, CHILDCARE

PHONE: Saskatoon (Central and Northern Region) 306-933-6071

WEB: https://www.saskatchewan.ca/covid19-childcare#utm_campaign=q2_2015&utm_medium=short&utm_source=%2F covid19-childcare

DESCRIPTION: The Government of Saskatchewan announced that anyone currently working or returning to work under Phase One, Phase Two or Phase Three of the Re-Open Saskatchewan Plan will have access to licensed child care services located within Saskatchewan schools.

This child care service is available to workers associated with businesses and services that were not directed to close and workers associated with businesses and services that are reopening as a part of Phase One, Phase Two and Phase Three of the Re-open Saskatchewan Plan. Priority for these spaces will be given to parents of infant, toddler, preschool or school-age children, that require care as those individuals continue to provide support in the response to the COVID-19 pandemic.

RE-OPEN SASKATCHEWAN PLAN

WEB: https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus/re-open-saskatchewan-plan/re-open-saskatchewan?fbclid=IwAR3gKbFw9XjPBiAWS7iDLxScAOLxYZuNSu_Rq0aSD11qPdeyBkdFTWJSeTq

EHEALTH SASKATCHEWAN

PHONE: 306-787-3251 or 800-667-7551

WEB: <https://www.ehealthsask.ca/residents/health-cards>

FARM STRESS LINE

PHONE: 800-667-4442

WEB: <https://www.saskatchewan.ca/business/agriculture-natural-resources-and-industry/agribusiness-farmers-and-ranchers/programs-and-services/farm-stress-line>

LABOUR MARKET SERVICES

PHONE: 306-953-2488

WEB: <https://www.saskatchewan.ca/residents/jobs-working-and-training/find-the-labour-market-services-office-near-you>

DESCRIPTION: Saskatchewan Labour Market Services offer career, employment and training information and services to Saskatchewan residents. These services continue to be available from anywhere in the province, by calling or emailing your nearest Labour Market Services office.

LEGAL AID SASKATCHEWAN

PHONE: 306-953-2850

WEB: www.legalaid.sk.ca/contact/office_list.php

DESCRIPTION: To provide accessible, professional legal services in criminal and family law to those eligible.

MINISTRY OF JUSTICE CORRECTIONS AND POLICING

PHONE: 306-953-2836 or 866-305-3888

WEB: <https://www.saskatchewan.ca/government/government-structure/ministries/corrections-and-policing>

PINE GROVE CORRECTIONAL CENTRE

PHONE: 306-953-3100

WEB: <https://www.saskatchewan.ca/government/directory?ou=bd40a8d3-2fc1-428d-81ce-3f6fa6601d1f>

PRINCE ALBERT PROVINCIAL CORRECTIONAL CENTRE

PHONE: 306-953-3000

WEB: <https://www.saskatchewan.ca/government/directory?ou=43811082-26c6-48b7-8b9e-848b27a8d891>

PRINCE ALBERT PROVINCIAL CORRECTIONAL CENTRE – REINTEGRATION UNIT

PHONE: 306-953-3150

WEB: <https://www.saskatchewan.ca/government/directory?ou=4beeb82e-3649-489c-b169-9ce41ae6b43f>

MINISTRY OF SOCIAL SERVICES

PHONE: 306-953-2422

WEB: <https://www.saskatchewan.ca/government/government-structure/ministries/social-services>

MINISTRY OF SOCIAL SERVICES - CHILD AND FAMILY SERVICES

PHONE: 306-953-2422 or 866-719-6164

WEB: <https://www.saskatchewan.ca/residents/justice-crime-and-the-law/child-protection/child-abuse-and-neglect>

MINISTRY OF SOCIAL SERVICES – FAMILY HEALTH BENEFITS

PHONE: 306-787-4723 or 888-488-6385

WEB: <https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan/family-health-benefits>

MINISTRY OF SOCIAL SERVICES – INCOME ASSISTANCE

PHONE: 306-953-2345 or 800-487-8603

WEB: <https://www.saskatchewan.ca/residents/family-and-social-support/financial-help/financial-help-for-unemployed-or-lower-income-people-and-families>

PRINCE ALBERT PROVINCIAL COURT OFFICE

PHONE: 306-953-2819

WEB: <https://www.saskatchewan.ca/government/directory?ou=bd9f17be-c6bf-488b-b301-ae7960fa56e2>

PROBATION SERVICES

PHONE: 306-953-2835 or 866-305-3888

WEB: <http://www.gtds.gov.sk.ca/Pages/Details.aspx?organizationid=175c00af-24ab-44d5-91a4-4bcde35d0e52>

SASKATCHEWAN EMPLOYMENT SUPPLEMENT (SES)

PHONE: 888-488-6385

WEB: <https://www.saskatchewan.ca/residents/family-and-social-support/financial-help/income-support-for-working-families-or-parents>

SASKATCHEWAN PARKS

PHONE: 855-737-7275

WEB: <https://saskparks.goingtocamp.com/home>

DESCRIPTION: Camping in provincial parks will only be open to Saskatchewan residents starting June 1, until further notice. Recreational facilities, including swimming pools, beaches, picnic areas and playgrounds will be closed, and with limited access to washrooms and no access to shower and laundry facilities, campers will need to plan accordingly.

SASKATCHEWAN STUDENT LOANS

PHONE: 800-597-8278

WEB: <https://www.saskatchewan.ca/residents/education-and-learning/student-loans>

DESCRIPTION: Effective immediately, a six-month student loan repayment moratorium has been put in place, mirroring a similar federal provision. This provides individuals with student loans immediate relief and comes at a \$4 million cost to the provincial government.

TAXATION AND INTERGOVERNMENTAL AFFAIRS BRANCH

PHONE: 306-787-6722

WEB: <https://www.saskatchewan.ca/residents/taxes-and-investments/personal-income-tax-new/personal-income-tax-structure>

FEDERAL

AGRICULTURE AND AGRI-FOOD CANADA – INDIGENOUS AGRICULTURE AND FOOD SYSTEMS INITIATIVE

WEB: http://www.agr.gc.ca/eng/agricultural-programs-and-services/indigenous-agriculture-and-food-systems-initiative/guide/?id=1544123669824&utm_source=BenchmarkEmail&utm_campaign=Northern_Region_-_Newsletter_31_March_2020&utm_medium=email#a1.1

DESCRIPTION: AAFC has developed the Indigenous Agriculture and Food Systems Initiative, which is a five year, \$8.5 million initiative that will support Indigenous communities and entrepreneurs who are ready to launch agriculture and food systems projects and others who want to build their capacity to participate in the Canadian agriculture and agri-food sector. This initiative funds up to \$500,000 per year, with multiple year funding available. Eligible activities categorized into two streams: Community readiness and pre-development support activities; and supporting Indigenous agriculture and food systems projects. Proposals are accepted until September 30, 2022. The Initiative ends on March 31, 2023.

COVID ALERT APP

WEB: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19/covid-alert.html>

DESCRIPTION: COVID Alert app is a tool to help prevent the transmission of COVID-19. The app uses Bluetooth technology to detect when users are near each other. If a user tests positive for COVID-19, they can choose to let other users know about potential exposure risk without sharing any personal information. The app can be downloaded on the Apple App Store or Google Play.

COVID-19 PORTAL, GOVERNMENT OF CANADA

WEB: <https://www.canada.ca/en/public-health/services/diseases/coronavirus-disease-covid-19.html>

DESCRIPTION: This portal can link to all COVID-19 related updates and resources from the Government of Canada. Information related to the current outbreak situation, health, travel, financial and economic support, and safety and security are all accessible through the site.

COVID-19 FEDERAL OUTBREAK TRACKER

WEB: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection.html#a1>

COVID-19 EPIDEMIOLOGICAL SUMMARY

WEB: <https://www.canada.ca/en/public-health/services/diseases/2019-novel-coronavirus-infection/health-professionals/epidemiological-summary-covid-19-cases.html>

COVID-19 AND INDIGENOUS COMMUNITIES

PHONE: 833-784-4397 (toll free)

EMAIL: ibrahim.khan@canada.ca

WEB: <https://www.sac-isc.gc.ca/eng/1581964230816/1581964277298>

DESCRIPTION: This portal provides links to resources and supports available to Indigenous individuals, organizations, communities, and businesses related to COVID-19. Important supports that have been developed, include, but are not limited to: the Indigenous Community Support Fund, child and family services supports for youth reaching the age of majority during the outbreak, annual treaty payment event postponements, payment deferrals on Ministerial Loan Guarantees, and supports for Indigenous businesses.

COVID-19 CANADA'S ECONOMIC RESPONSE PLAN

WEB: <https://www.canada.ca/en/department-finance/economic-response-plan.html>

DESCRIPTION: This portal provides links to resources and supports available to individuals, businesses and industries related to COVID-19.

COVID-19 CANADIAN EMERGENCY WAGE SUBSIDY (CEWS)

PHONE: 833-966-2099 (eligibility and application questions)

WEB: <https://www.canada.ca/en/revenue-agency/services/subsidy/emergency-wage-subsidy.html>

DESCRIPTION: As a Canadian employer whose business has been affected by COVID-19, you may be eligible for a subsidy of 75% of employee wages for up to 12 weeks. Applications for claim period 10 (November 22 to December 19 2020) are now open. A proposal has been made to continue the CEWS until June 2021.

COVID-19 REGIONAL RELIEF AND RECOVERY FUND (RRRF)

WEB: <https://www.wd-deo.gc.ca/eng/20060.asp>

DESCRIPTION: Western Economic Diversification Canada (WD) will provide eligible small- and medium-sized enterprises (SMEs) with an interest-free repayable contribution of up to \$40,000 to help alleviate financial hardship resulting from COVID-19. The objective of this program is to assist western Canadian SMEs that do not qualify for the Canadian Emergency Business Account (CEBA) program or the RRRF – Community Futures Stream.

COVID-19 SAFE RESTART AGREEMENT

DESCRIPTION: Federal announcement to invest \$19 billion to help provinces and territories safely restart their economies. Centered around priorities of: testing, contract tracing, and data management; health care system capacity; vulnerable populations; municipalities; personal protective equipment for health and non-health workers; child care for returning workers; and pan-Canadian sick leave.

COVID-19 SUPPORTS FOR BUSINESSES

WEB: <https://www.canada.ca/en/department-finance/economic-response-plan.html#businesses>

DESCRIPTION: Supports listed on this page include those for: avoiding layoffs and rehiring employees; access to credit; deferred payments; support for self-employed individuals; Indigenous businesses; and supporting financial stability.

COVID-19 SUPPORTS FOR INDIVIDUALS

WEB: <https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html>

DESCRIPTION: Supports listed on this page include those for: individuals and families; people facing loss of income; Indigenous peoples; vulnerable populations; seniors; students and recent graduates.

COVID-19 SUPPORTS FOR INDUSTRIES

WEB: <https://www.canada.ca/en/department-finance/economic-response-plan.html#industry>

DESCRIPTION: Supports listed on this page include those for the following sectors: agriculture, agri-food, aquaculture and fisheries; cultural, heritage and sports; air transportation; tourism; energy.

CANADA CHILD BENEFIT (CCB)

PHONE: 800-387-1193

WEB: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html>

CANADA EMPLOYMENT INSURANCE (EI)

PHONE: 800-206-7218

WEB: <https://www.canada.ca/en/employment-social-development/corporate/contact/ei-individual.html>

DESCRIPTION: Those who have stopped working because of COVID-19 can apply for the Canada Emergency Response Benefit (CERB). For those who have not applied to EI or CERB and would like more information on eligibility, call 833-966-2099.

CANADA PENSION PLAN/OLD AGE SECURITY

PHONE: 800-277-9914 (toll free)

WEB: <https://www.canada.ca/en/employment-social-development/corporate/contact/cpp.html>
<https://www.canada.ca/en/employment-social-development/corporate/contact/oas.html>

DESCRIPTION: Due to COVID-19, new applicants are being asked to apply for these benefits online.

CANADA STUDENT LOANS/ CANADA APPRENTICE LOANS

PHONE: 888-815-4514 (toll free)

WEB: <https://www.csnpe-nslsc.canada.ca/en/home>
<https://www.pca-cal.ca/en/Home>

CANADA'S LOCAL FOOD INFRASTRUCTURE PROGRAM

WEB: <https://www.agr.gc.ca/eng/agricultural-programs-and-services/local-food-infrastructure-fund/supporting-people-experiencing-food-insecurity-in-canada-because-of-covid-19/?id=1585855025072>

DESCRIPTION: Under the Food Policy for Canada's Local Food Infrastructure Fund, the Government of Canada is making up to \$100 million available in emergency funding to Canadian five organizations: Food Banks Canada, Second Harvest, Community Food Centres Canada, the Breakfast Club of Canada and the Salvation Army. These organizations will help improve access to food for people experiencing food insecurity in Canada due to the COVID-19 pandemic. Organizations seeking assistance should reach out to the five organizations above to obtain emergency aid.

CLIMATE CHANGE AND HEALTH ADAPTATION PROGRAM

WEB: <https://www.sac-isc.gc.ca/eng/1536238477403/1536780059794#s1>

DESCRIPTION: The Climate Change and Health Adaptation program (CCHAP) is designed to build capacity for climate change adaptation by funding community-designed and driven projects. This program funds First Nations and Inuit communities' efforts to build capacity to adapt to the health impacts of climate change. Some of the areas of adaptation and research that past projects have examined include traditional food security and access to country food, documentation of traditional medicines and safety while on the land. There is no deadline; you may apply any time.

EMERGENCY FOOD SECURITY FUND

WEB: <https://www.agr.gc.ca/eng/agricultural-programs-and-services/emergency-food-security-fund/?id=1585855025072>

DESCRIPTION: On October 9th, the Prime Minister announced an additional investment of \$100 million through the Emergency Food Security Fund. This investment will help improve access to food and increase food supply for vulnerable Canadians across the country, who are facing the impacts of the global COVID-19 pandemic. The Government of Canada will provide this funding to national and regional organizations, who will then support food banks and local food organizations across Canada in order to help reach people experiencing food insecurity.

FIRST NATION AND INUIT HEALTH

PHONE: 613-957-7701

WEB: <https://www.canada.ca/en/indigenous-services-canada/services/first-nations-inuit-health.html>

INDIGENOUS SERVICES CANADA

EMAIL: InfoPubs@aadnc-aandc.gc.ca

WEB: <https://www.canada.ca/en/indigenous-services-canada.html>

INDIGENOUS COMMUNITY SUPPORT FUND

WEB: <https://www.sac-isc.gc.ca/eng/1585189335380/1585189357198>

DESCRIPTION: This fund helps Indigenous communities prevent, prepare and respond to COVID-19. Funds can be used for a wide range of measures, including measures to address food insecurity.

INDIVIDUAL TAX ENQUIRIES LINE

PHONE: 800-959-8281

WEB: <https://www.canada.ca/en/revenue-agency/corporate/contact-information/individual-income-tax-enquiries-line.html>

MENTAL HEALTH COMMISSION OF CANADA – RESOURCE HUB

PHONE: 613-683-3755

WEB: <https://www.mentalhealthcommission.ca/English/covid19>

NORTHERN INTEGRATED COMMERCIAL FISHERIES INITIATIVE

WEB: <https://www.dfo-mpo.gc.ca/fisheries-peches/aboriginal-autochtones/nicfi-ipc/in/index-eng.html>

DESCRIPTION: Northern Integrated Commercial Fisheries Initiative (NICFI) supports development of Indigenous-owned communal commercial fishing enterprises and aquaculture operations. NICFI uses a step wise approach with a particular focus on business development planning and advice. It is targeted at enterprise-specific training for fisheries. It aims to meet the needs of communities whether they wish to pursue a commercial fishery, a redistributive commercial fishery or a hybrid of both. The objectives of NICFI include to build knowledge and skills required to manage fisheries enterprises; increase access to training to fish safely and effectively operate their vessels; and build the capacity needed to meet future commercial fisheries operations, administration and training requirements independently; and to enhance economic returns from fisheries and aquaculture for the local and broader benefit of communities.

NUTRITION NORTH CANADA (NNC)

WEB: <https://www.nutritionnorthcanada.gc.ca/eng/1415385762263/1415385790537>

DESCRIPTION: This fund helps Indigenous communities prevent, prepare and respond to COVID-19. Funds can be used for a wide range of measures, including measures to address food insecurity.

RIVERBEND INSTITUTION

PHONE: 306-765-8000

WEB: <https://www.canada.ca/en/parole-board/corporate/publications-and-forms/federal-institutions/prairie-region/riverbend-institution.html>

SERVICE CANADA

PHONE: 800-622-6232

WEB: <https://www.canada.ca/en/employment-social-development/corporate/portfolio/service-canada.html>

DESCRIPTION: Due to recent service changes as a result of COVID-19 (Coronavirus), we urge you not to visit local Service Canada Centres unless it is absolutely necessary to do so. Individuals should continue to use Service Canada's many online services whenever possible.

1) Go online: [Canada.ca](https://www.canada.ca)

For the most convenient, easy-to-use and secure way to apply, view or update your information, access our [most requested services online](#). Please note that you can now apply online for a Social Insurance Number (SIN), essential for accessing government services and benefits, through the secure [SIN online portal](#).

2) Call us

Access our [most requested toll-free numbers](#) for service. Please note that call volumes are expected to be high during this time.

3) Get extra help without leaving your home

If you have a question, need extra help or need to make an appointment for an in-person service, fill out the [service request form](#) and a Service Canada officer will call you back within 2 business days.

If your community members or individuals within your network do not have access to the internet or face other barriers, the Service Canada Outreach Support Centre will ensure they get access to the services and benefits they need. Call our toll-free number **1-877-631-2657** (TTY: 1-833-719-2657) from 8:30am to 4:00pm Monday to Friday.

4) Visit us by APPOINTMENT

If you require service in-person please make a request for an appointment by filling out the [service request form](#). A Service Canada officer will call you back within 2 business days. If your request cannot be completed by phone, they will offer you an appointment for service at a Service Canada Centre. Please note that we are not accepting requests for same day bookings.

If you require an appointment and do not have access to the internet call our toll free Service Canada Outreach Support Centre at **1-877-631-2657** (TTY: 1-833-719-2657) from 8:30am to 4:00pm Monday to Friday.

SOCIAL INSURANCE NUMBER PROGRAM

PHONE: 866-274-6627

WEB: <https://www.canada.ca/en/employment-social-development/corporate/contact/sin.html>

WELLNESS TOGETHER CANADA: MENTAL HEALTH AND SUBSTANCE USE SUPPORT

PHONE: For immediate support text 686868 (youth) or 741741 (adult)

WEB: <https://ca.portal.gs/>