



Journey to Hope Moose Jaw's



Getting Loud

for

Mental Wellness

2.0





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This Publication was Developed and Sponsored by Journey to Hope Moose Jaw

Journey to Hope Moose Jaw is a grassroots group that was inspired from the hearts of two members of the W.J.Jones & Son's Survivors of Suicide Loss Support Group back in January of 2008. Since that time, we have grown our membership to include a diverse group of passionate people who work FOR and WITH this community to raise awareness for suicide prevention, intervention, postvention and mental wellness awareness. We do so in partnership with CMHA and are forever grateful for their support. All monies raised by Journey to Hope Moose Jaw stay locally, and this publication is just one way we have invested the funds raised. This "GETTING LOUD FOR MENTAL WELLNESS 2.0" publication is a project that is close to our hearts, for it highlights and spreads the word about some of the many rich resources available for our community and surrounding area, in support of mental wellbeing. It is our hope that you will read through these pages, keep this publication close by, and refer to it when you, or someone you know needs support. Please, draw on these resources and the hope they have to offer you. HOPE just might be one phone call away.

Submitted with great hope and much gratitude,

Della Ferguson
Chair

Journey to Hope Youth Chapter



Submitted by Jan Stewart and Della Ferguson
Journey to Hope Moose Jaw Liaisons to the J2H Youth Chapters

Did you know that there is a Journey2Hope Youth Chapter that is comprised of students from Central Collegiate, Peacock Collegiate and Riverview Collegiate? We call these youth, "Hope Ambassadors" as they work on awareness raising through the schools and the community at large. We are so grateful to the school teacher liaisons: Tammy Saylor & Kerrie Binetrui (Central), Cori Saas (Peacock) and Amanda Papillion (Riverview) for their inspired leadership with these students. These students use their time and talents to reach out to our community with hope through outreach projects and notably, through their "Community Arts Festival"; Journey to Hope Mural in Crescent Park and Open Mic gatherings. Every student offers who they are and what they can do in service to the higher good, and for that, we are inspired.

The Hope Learning Centre is a new program offered by the Canadian Mental Health Association Saskatchewan Division. The Hope Learning Centre offers more than 35 courses on various mental health subjects. Our Courses are offered on a 3-month rotating semester schedule,

similar to a community college. Students can create a free profile on our website: www.SkHopeLearningCentre.ca, and self-register for as many courses as they like. Most classes are Free and offered virtually and in the evenings, with some classes having an In-Person option for students to join us in our Regina, Sk. Classroom. Everyone is welcome; our course material has something for everyone.

Courses at the Hope Learning Centre are intended to help students learn more about their mental health. Our classes have been co-developed by people with lived experience, professionals, subject matter specialists, and members of the public to offer unique multi-faceted courses that take current best practices, common questions, and real-world personal experience into consideration in the course material. We provide practical skills related to coping strategies, boundary setting, relationship building, and stress management. As well as easy-to-understand information about many different mental health topics such as Depression and Anxiety. Classes are always facilitated by two trained instructors with personal lived experience in a safe, gentle learning environment where all are welcome.

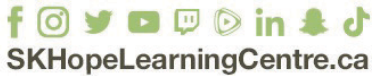
The Hope Learning Centre is an Upstream prevention tool to help students learn important life skills they may not otherwise have an opportunity to practice. We want our students to graduate from our courses with new ideas for managing their mental health or the mental wellness of someone close to them. By providing coping skills, discussing different mental health conditions, and removing the stigma around treatment options, our students can better seek and self-advocate for their own formalized healthcare services. We also offer students a great place to learn more about mental health while they may be waiting for assistance in the formal mental health system.

The Hope Learning Centre also offers paid-for certifications in several in-demand mental health workshops from the Mental Health Commission of Canada and Living Works – Centre for Suicide Prevention. These workshops include Mental Health First, Applied Suicide Intervention Skills Training – ASIST, Safe Talk, Small Talk and Looking Forward. As well as 2 Canadian Mental Health Association Developed workshops called Difficult Discussions and the Psychological Health & Safety course, which are both directed at implementing workplace mental health standards of care.

We would love for you to join us in any of our upcoming courses; please visit our website for more details or to register for any of our current classes. Contact our program director, Daniel Blondeau, at DirectorHLC@cmhask.com to request promotional material or ask questions about our services!



Find us @SKHopeLC



Free In-Person & VIRTUAL

Mental Health Education in Regina, SK

Easy to Register, Sign up Today!

Daniel Blondeau, BA
Director of the Hope Learning Centre
A Program of the CMHA Sask. Division
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Regina, SK S4T 1J2

Mental Health and Addiction Services

The current focus on our service provision has been to increase access to Mental Health and Addiction Services by way of fostering more intentional relationships with our partners in Health – most notably through the offices of local doctors. This is being advanced either with a mental health professional embedded in primary health care clinics, having mental health professionals supporting the offices of multiple doctors as visiting professionals or through the assistance of a Network Nurse to serve as a link between everyday healthcare services and Mental Health and Addiction Services.

For support, please contact Mental Health and Addiction Services at 306 691 6464, talk to your local doctor or call the Healthline at 811.

The Police and Crisis Team (PACT)



The Police and Crisis Team (PACT) is a partnership between the Moose Jaw Police Service and the Saskatchewan Health Authority. PACT intervention is aimed to help create a better outcome for individuals and families struggling with mental illness.

The Moose Jaw Police Service acknowledges the need for enhanced involvement with community groups and agencies to better assist people suffering from mental illness, substance abuse and housing insecurities. Our PACT units pair a police officer with a mental health professional (Social Worker) to help direct individuals with mental health issues to appropriate services. We serve individuals who are experiencing mental illness and or addiction issues and provide real-time response to real-time crisis. The team shares resources and information, thereby improving public and personal safety through collaborative and effective crisis intervention.

Additional benefits of the partnership include a reduced number of arrests for disturbances, a decrease in the number of emergency-room visits, stabilization of recipients in the community, and successful crisis resolution by triaging services to appropriate agencies.

Finally, follow-ups are often conducted to ensure the client is no longer experiencing a mental health crisis. The Moose Jaw Police Service currently has two full time teams providing seven day a week coverage for the City of Moose Jaw.

In order to access the PACT team, individuals need to call 694-7600 and speak with dispatch.

MOBILE INTEGRATED HEALTH

Our Vision and Values – *Health Outside the Hospital*

Medavie Health Services believes many of the challenges our health care systems face can be confronted with innovative models of delivering care. We know this because we are doing it, today, with community paramedicine and similar programs across Canada. Important to our success is utilizing existing primary health care resources in the most effective and efficient ways, including ensuring paramedics practice at the top of their scope to provide ongoing care to patients in their homes and communities, keeping them healthy outside the hospital.

By helping to bring care back into our communities, people are less likely to face emergency health situations, and have more options available when they do really need the care. It's a vision that we believe reduces strains on resources, improving health outcomes and saving money.

(Medavie Health Services)



Paramedics Supporting the Covid-19 Response



Paramedics across Canada work collaboratively with other community partners to help ensure patients receive the services they require and the high quality in-home and in-community care they deserve. The declaration of the COVID-19 pandemic in March 2020 demanded a change in service delivery models, which is where Community Paramedicine programs have evolved and are meeting the needs within our communities. This has been achieved through collaborative care to help provide patient-centered care to patients/clients within their homes and their communities.

(CSA Group Executive Summary, November 2021)



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Mental Health and Addictions and Community Paramedicine Model – Moose Jaw

In collaboration with the Saskatchewan Health Authority (SHA) the Community Paramedicine Model in Moose Jaw is a connected care model, utilizing Community Paramedics to provide medical support and treatment as well as resources in a community-based setting for individuals who are experiencing mental health illness and substance abuse disorder.

The Community Paramedic *DOES NOT* replace routine practices, programs or staffing, it is an *ADDITIONAL* resource available upon request, where ONE (1) Advanced Care Paramedic/Community Paramedic is available to respond in a rapid-response vehicle to provide medical supports and treatment to patients and community stakeholder teams.

A CP response will not result in a bill to the patient. If the CP assessment identifies that an ambulance transport is appropriate and completed, standard billing for ambulance transports will apply. A transfer of information will occur once the CP event has been completed and all pertinent clinical findings will be provided to the care team.

Community Paramedicine Program Goals:

- Provide patient-centered care
- Support health care services available
- Provide emergency and acute care department patient flow supports
- Create dynamic multi-disciplinary working relationships

Which Community Stakeholders Can Refer to the Community Paramedicine Program?

- Mental Health and Addictions
- Physicians/Nurse Practitioners
- Emergency Room
- Wakamow Manor Social Detox
- Moose Jaw City Police/PACT Team & RCMP
- Pharmacists
- Primary Health Care
- Paramedics

Who Qualifies for this Service?

Clients of Wakamow Manor Social Detox, Individuals within the community with Severe Mental Health Illness and Substance Abuse Disorders.

Community Paramedicine Services Provided:

- Clinical Assessments & Diagnostics (*12-Lead ECG*)
- Physician/Psychiatry Consults
- Home Detox Treatment/Support/Medical Oversight
- Emergency Department Supports
- Administration of Intravenous Fluids/Medications & Medication Assistance
- Vital Sign Monitoring
- Wellness Checks/Clinics
- Nasopharyngeal/Oropharyngeal Swabs
- Pain Symptom Management
- Clinical Illness/Disease Surveillance

Mental Health Initiatives in Prairie South



Provincial Education Plan

Prairie South Schools aligns their strategic priorities and actions with the Ministry of Education's Provincial Education Plan. Last year and this year, the province and the division are focusing on a two-year interim plan. One of the three priorities within this plan is Mental Health and Well-being.

Five Pillars of Everyday Resiliency

During the 2021/2022 school year and again this year, Prairie South Schools worked alongside Dr. Robyne Hanley-Dafoe and focused on the Five Pillars of Everyday Resiliency. Through our learning journey we learned about the resiliency research and practical strategies related to the five pillars: Belonging, Perspective, Acceptance, Hope and Humour. Through Dr. Robyne's work and with her guidance we focus on the concepts that it is okay to be okay and that we can all do hard things. According to Dr. Robyne Hanley-Dafoe, "Our survival rate for difficult things is 100%. Despite all the noise that says okay is not enough, being okay is the heart of authentic resiliency. Being resilient means, we are okay during a set back, challenge or a crisis and we are okay on the other side of it. How we get to and stay okay varies but the practice of continuing to push forward, even when it is hard, is a choice. Resiliency lives within us all."

Not Myself Today

For the past two years, Prairie South Schools has partnered with the PSTA and CUPE to provide all staff with the Not Myself Today program. Not Myself Today is an evidence-based, practical solution to help employers transform mental health at work. It is a workplace mental health initiative that helps companies build greater awareness, reduce stigma, and foster safe and supportive cultures. Wellness Wednesday emails are sent out to all staff bi-weekly and Not Myself Today activities are incorporated into school-based administrator meetings and school level staff meetings.

States of Mental Health

Prairie South Schools focuses on awareness. One way we do this is by talking about what mental health is. Two of our Advocacy and Behaviour Consultants put together a What is Mental Health Presentation for students, staff, and parents. This presentation was an excellent overview of the states of mental health, the factors that attribute to mental health wellness (sleep, drinking enough water, a balanced diet, physical activity, and relationships), and the importance of connection. This presentation can be found on our website under the Mental Health and Well-being tab.

The Community Wellness Collaborative (CWC)

Prairie South Schools partners with Holy Trinity School Division, The Saskatchewan Health Authority, The Early Years Family Resource Center, Moose Jaw Literacy Network, Journey to Hope, and Moose Jaw Family Services on a committee called the Community Wellness Collaborative. This committee came together when the Ministry of Education announced that one of the Education Interim Plan Priorities was the Mental Health and Well-being of students and staff across the province. The Committee exists to support the Mental Wellness aspect of Mental Health and in doing so supports the School Divisions and their focus on this priority. The focus of the committee is to focus on preventative strategies. Together we plan and create monthly resource packages on various mental health wellness topics. These packages include research, literature, videos, activities, and resources and are distributed to all Prairie South and Holy Trinity schools as well as community-based organizations. This year the committee is excited to plan a Mental Health Wellness Conference for students in grades 6 – 12. This conference will take place in the Spring.

Prairie South's Partnership with River Street Promotions

Throughout the year, River Street Promotions hosts events to raise funds for mental health initiatives for youth in southern Saskatchewan. Our partnership with River Street Promotions not only provides funds for initiatives within Prairie South, but it raises awareness. The events are an opportunity to remind ourselves and others that mental health wellness is just as important as physical wellness. They get people talking openly about mental health and this is helping break down the stigma that can sometimes be associated with this topic. The funds support Prairie South's focus on student Mental Health and Well-being. We are able to use the funds to support both division and individual school initiatives. These initiatives build mental health wellness awareness, equip children and youth with mental health wellness strategies and tools, and provide students with opportunities to better their own mental health wellness and the mental health wellness of others.

Mental Health Training for Staff

Prairie South Schools is committed to training in the area of Mental Health. We have in-house staff trained to provide Go-To Educator Training, Mental Health First Aid and ASIST.

Get Loud for Mental Health (First Edition)

To learn more about additional initiatives within Prairie South Schools, check out the 2021 Edition of Get Loud for Mental Health or visit our website at www.prairiesouth.ca.



Mental Health and Well-Being Initiatives in Holy Trinity Catholic School Division

In the past year, Holy Trinity has continued with many initiatives in support of the Mental Health and Well-being of our staff and students along with adding some new initiatives.

The Mental Health First Aid Canada Instructor has continued to offer training sessions for those adults who interact with youth. This training helps staff become familiar with mental health problems and how they may present in students and co-workers. The training also serves to combat stigma and promotes overall mental health well-being.

At Vanier Collegiate, we continue to offer our locally developed Mental Health Studies 20 curriculum. The goal of this course is to develop confident, competent students who understand, appreciate, and apply health knowledge, skills, and strategies to their everyday life. It also serves to help develop critical thinking skills. Students develop an understanding of what positive mental health is and how it affects their well-being, in addition to being able to identify strategies that promote positive mental health.

As a school division, we will continue to administer the Signs of Suicide (SOS) Screener to all grades in high school. Teachers spend at least a week preparing students for the suicide screener by using the unit developed to meet curricular outcomes. Parents are asked to attend an information night and ask questions and learn about the program. As part of the screener, students are asked to identify an adult in the school as their "go to person" and matches are made with those who may need help connecting with others. Further to this training, all schools have at least one staff member trained in Applied Suicide Intervention Skills Training (ASIST). This training helps prevent suicide by recognizing signs, providing a skilled intervention, and developing a safety plan to keep someone alive.

At Holy Trinity elementary schools, the Wellness Coaches, continue to use our locally developed menu of topics, tied to curricular outcomes to support lessons in the class as well as in small groups. Last year, in all Kindergarten to Grade 8 classes, they began supporting and teaching lessons about Social Emotional Learning on a weekly basis. Social emotional learning is the process of acquiring and applying skills that students need to develop a healthy identity, manage their emotions, achieve personal goals, build strong relationships, and make caring decisions.

Holy Trinity participates on a variety of teams and committees which work together to support Mental Health initiatives such as the Community Wellness Collaborative (CWC). The committee was created to improve the mental health and well-being of all individuals in the community. Newsletters on a variety of wellness topics are created by the CWC monthly and shared with all stakeholders within Holy Trinity.

Furthermore, Holy Trinity will work in partnership with the CWC to offer a Mental Health and Wellbeing Symposium, in the spring, to all students in Grades 6-12.

Lastly, the Student Support Service team attended information sessions on new apps meant to promote Mental Health and Wellbeing for students. These apps, such as Embracing Life app and the Anxiety Canada app are now available to student services teachers and coordinators in support of students and staff. We share these apps as well as other great apps, webpages, and resources with staff, families, and students on the Division Mental Health Webpage, created by our two Educational Psychologists. You can find it at htcsd.ca, under the parent tab by clicking on parent resources.

The Importance of Connecting with Your Counsellor

Deciding to seek out a therapist and start counselling can be scary and overwhelming, however, it is normal to be nervous. After all, counselling sessions are where people are encouraged to share their fears and worries and requires you to trust your therapist and be vulnerable. You may have had a prior negative experience, be worried about being judged, or be afraid of revisiting a traumatic experience. Finding a counsellor who will support and work with you is an important part of therapy so take the time to research and choose the right person for you. When a client feels safe, they will be more comfortable and willing to open up in order to express deep-rooted feelings and issues. We are wired for connection and working with the right counsellor can be a powerful stage for healing.



As far back as the 1900's it was believed that the relationship between a counselor and a client was a key component of successful treatment. Through the years, research has shown that this therapeutic alliance is the one of the strongest predictors of whether or not therapy is successful.

So what exactly is a good "therapeutic alliance"? This refers to the close relationship between an individual and their counsellor. According to Dr. Edward Bordin, it consists of three essential qualities: an emotional bond of trust, caring, and respect; agreement on the goals of therapy; and collaboration.

In order for you and your counselor to navigate life's challenges, it is essential that the two of you work on developing trust. This takes time but starts by establishing good rapport. Counsellors not only provide a safe and relaxing physical environment, but also create a space where you feel emotionally safe and are comfortable to talk about sensitive topics without the fear of judgement. A trusting therapist shows deep, genuine interest in their clients, is sensitive to their needs and state of mind, and offers new perspectives of looking at themselves and life situations.

Therapy is also a two-way relationship where you and your counselor are equal partners in the therapy process. A good therapeutic alliance incorporates shared decision making where the counselor provides information, offers options, elicits preferences, and co-develops treatment goals and strategies to meet them. When a client has a say in the goals, it increases engagement. After all, would you work harder for a goal that you helped create or one that someone else imposed on you? A strong therapeutic relationship shares power and values the expertise that each client brings in relation to their life experiences and needs.

If you have questions or concerns about any part of your treatment, do not hesitate to discuss them with your counselor. Open, honest communication is a healthy way to resolve difficulties and improves your chances of reaching your goals. Your relationship with your counselor should be built on trust, privacy, and respect so if it doesn't feel right, search for someone else. It is unrealistic to believe that every therapist can work with every client so it's ok to move on to someone else.

Submitted by Debbie MacDonald M.Ed.
Registered Psychologist
Aspire Wellness
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MOOSE JAW
PSYCHOLOGY SERVICES

Moose Jaw Psychology Services is a private practice that offers a range of comprehensive services for the whole family! The Director, Frances Hammel-Kampus, is a mother, wife, psychologist and clinic owner and understands the overwhelm, pressure and self-doubt that can go with trying to balance family, work obligations and the general demands of life. It can be stressful. She opened Moose Jaw Psychology Services in 2020 with a mission to help you create balance, ease and fulfillment in your life. She created a clinic space designed to foster a sense of nurturance, comfort, support and safety as you work toward optimal wellness. Due to overwhelming client demand, it became necessary to develop a team of qualified therapists! This team is carefully selected to bring you only the most astute, talented and compassionate mental health professionals dedicated the highest level of client success that Moose Jaw Psychology has become known for. No waitlist for individual therapy! Your success is why we do what we do!

We offer psychological therapy and assessment services for all ages. Psychological therapy is offered in individual and group formats for everything from men's mental health to play therapy for kids, including reducing anxiety and overwhelm, increasing emotion regulation, self esteem and confidence, encouraging healthy attachment with your child, supporting you with parenting, and improving relationships. Psychological assessment allows for diagnostic clarity, gives meaning to experienced challenges and provides for a clear treatment plan. We offer psychological assessments for learning disorders, behaviour concerns, ADHD, autism, and a range of mood and psychiatric conditions.

Accessing private mental health support is an investment in your wellbeing! Although most services are covered by extended health benefits, we provide service options at a range of affordability levels including individual therapy, and group therapy programs offered at a fraction of the cost of individual therapy. Stay tuned for our new Internship Program set to launch in early 2023! The Internship Program will allow you to access individual therapy at reduced rates with interns who are gaining experience while working under close supervision.

More on Group Therapy Programs. Group therapy is a powerful venue for growth and change at a fraction of the cost of individual therapy. Children's groups are aimed at supporting your child with worry, anxiety, self-esteem, and social awareness.

The **Anxiety Groups** for grades 3-12 will target your child's feelings of worry and anxiety by discussing the various pathways anxiety manifests in the brain and body, challenging various thinking errors, and learning coping strategies.

The **Self-Esteem Group** for grades 6-8 is helpful for your child to learn to enhance their self-esteem in social and school settings. Exploring who they are and how they relate to themselves from a warm, and strengths-based mindset can ultimately influence how others relate to them as well. Topics include traits and strengths, friendships, self-talk, resiliency, and more.

Does your 9-12 year old struggle with social awareness, social skills, and rigid thinking? The Social Learners group can help! The **Social Learners group** is based on Superflex: A Social Thinking® curriculum and provides a motivating and creative way for children to increase their knowledge of social expectations, awareness of their own thinking and behaviour, adapt their thinking and behaviour in different contexts with flexible strategies. (Note: this program, including its facilitator, is not affiliated with, nor has it been reviewed, approved, or endorsed by Michelle Garcia Winner and Think Social Publishing, Inc.)

Adults who have experienced pregnancy loss can find support to connect, empower and heal in the **Healing After Pregnancy Loss** group. More group therapy programs for adults coming soon!

Moose Jaw Psychology services is continuously growing to best serve the unique needs of our clients and community. To stay up-to-date, learn more information and book online visit us at www.moosejawpsychology.ca and follow us on Facebook and Instagram.

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Lynn McKenzie Counselling Services

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T-306-630-2170

Hello, my name is Lynn McKenzie, and I am a registered social worker in Saskatchewan. I have a private practice that offers counselling services in person or online. I have over 16 years experience working as a medical and clinical social worker. I provide counselling services for adults, adolescents, and children. My experience includes supporting people who are facing life threatening illness, the loss of a loved one, anxiety, depression, addictions, and trauma.

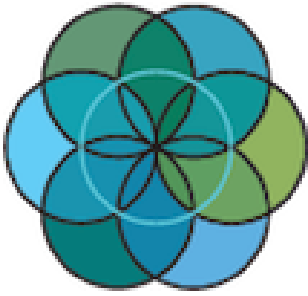
I would like to share with you the incredible opportunity I was given this past year. I had the privilege of taking Eye Movement Desensitization Reprocessing (EMDR) training. EMDR is an evidence-based therapeutic modality that is used to treat people who have experienced trauma in their lives. EMDR approach believes past emotionally charged experiences are overly influencing your present emotions, sensations, and thoughts about yourself. When we experience a traumatic event in our lives it is stored in our brain in a maladaptive way with the emotions and sensations attached to it.

The length of time it takes to reach your treatment goal depends upon on the complexity of your concerns. EMDR does not require the client to disclose details about past experiences/trauma only "headlines." EMDR uses a set of procedures to organize your negative and positive feelings, emotions, and thoughts. Bilateral stimulation, such as eye movements or alternating taping, is used in EMDR to help you effectively work through those disturbing memories. The eye movement used in EMDR are like the rapid eye movements (REM) that occurs when we sleep. During sleep we alternate between regular sleep and REM. This sleep pattern helps you process things that are troubling to you. EMDR replicates this sleep pattern by alternating between sets of eye movements and brief reports about what you are noticing. This alternating process helps you update memories to healthier present perspective. During the processing phase clients may experience different emotions and sensations, and these experiences and may continue after a session. The therapist will prepare the client by providing tools to manage the emotions during and outside of the sessions.

In my practice EMDR has been effective in treating clients that have experienced trauma in their lives. I got permission from two clients to share the effectiveness of their EMDR treatments. One of my clients had sought out treatment with an event that had been following her for 12 years. She had been in a car accident as a teenager and reported that since that time was unable to be a passenger in a car without feeling anxious. After receiving EMDR for that event she reported that she was no longer anxious as a passenger. Another client reported that "it was very effective and helpful in dealing with PTSD. As a therapist I can see the effects of EMDR. I believe I have been given an effective tool in treating people's trauma.

If you are not sure if EMDR is right for you I offer free consultations.

Lynn McKenzie, RSW, MSW, B.A psych



Online Therapy Unit

SERVICE, EDUCATION AND RESEARCH

The Online Therapy Unit is a free, confidential online mental health unit located at the University of Regina. Under the direction of Dr. Heather Hadjistavropoulos, the unit has received national and provincial funding to improve patient access to effective and safe mental health treatment using the internet.

The unit offers online cognitive behaviour therapy. With this form of therapy, clients review easy to understand and visually appealing online lessons on a weekly basis over the course of several months. Clients work on these lessons in the comfort of their own home, at their own convenience.

Current course offerings include:

- **Wellbeing Course**– for people experiencing symptoms of depression and/or anxiety
- **Wellbeing for Post-Secondary Students Course** – for post-secondary students who are experiencing symptoms of depression and/or anxiety
- **Chronic Health Conditions Course** – for people with chronic health conditions and who are experiencing symptoms of depression and/or anxiety
- **Alcohol Change Course**– for people who would like to reduce their alcohol consumption

Every course provided through the Online Therapy Unit (OTU) provides practical skills to improve client wellbeing. In addition to the online materials, Saskatchewan clients have the support and guidance of a trained mental health professional who communicates with them by secure email or telephone calls during the course of treatment.

All courses have been extensively researched and developed over time with feedback from thousands of clients in Canada, Australia, and Europe. At the OTU, approximately 95% of clients who complete treatment state that participating in online therapy was worth their time and they would recommend it to a friend. Clients also report taking part in the course improved their mental health and increased their coping abilities. One of our courses may be a good fit for you if you are 18 years old age or older, are comfortable using computers and have access to the internet, are willing to provide a local medical contact such as a family physician for emergency purposes, and are willing to complete brief questionnaires to help us evaluate our service. Note that most of our courses are available only to Saskatchewan residents, with the exception of the Alcohol Change Course which is available Canada wide.

If you are interested in improving your mental health and participating in online therapy, please visit our website www.onlinetherapyuser.ca and complete the online screen which will take about 20-40 minutes. After this you will be asked to book a telephone appointment, where an online therapy unit staff member will call you to discuss your responses and to determine if the course is a good fit for you. Specific Information about any of the online courses and admission requirements can be found on our website: www.onlinetherapyuser.ca

If you have any questions, please feel free to give us a call at 306-337-3331.
We are here to help.

MATERNAL MENTAL HEALTH MATTERS: PEER SUPPORT GROUP

According to MotherFirst (2010), Saskatchewan's Maternal Mental Health strategy, 20 per cent of people experience severe depression or anxiety during pregnancy or after childbirth. This means that 1 in 5 people experience poor mental health related to pregnancy and childbirth. While some feelings are considered normal, other feelings and behaviours might indicate a need for support services. Support has been recognized as an integral part of prevention of and recovery from Maternal Mental Health Disorders.

The vision of Moose Jaw's Maternal Mental Health Committee is that every local woman and family will have access to information, social support, and informed professional care to deal with mental health issues related to childbearing/childrearing. Moose Jaw Maternal Mental Health Committee is committed to promoting this vision through advocacy and collaboration, and by educating the professional community and the public. Membership to the committee is open, with current participation by representatives of Saskatchewan Health Authority, Kids First, and community.

At the end of 2021, Moose Jaw's Maternal Mental Health Committee focused on addressing an identified gap in service, and providing a safe avenue for the maternal population to access therapeutic and social support. Specifically, due to COVID and staffing challenges, the former Postpartum Support Group had not been offered since ~ Summer 2021. With support and collaborative efforts of the committee, Moose Jaw Early Years Family Resource Center, and Moose Jaw Family Services we sought to establish a virtual peer support group. This evidence-based practice for decreasing symptoms of anxiety, depression and social isolation has been operating under the advisory of Moose Jaw's Maternal Mental Health Committee since February 9th, 2022.

Maternal Mental Health Matters: Peer Support Group is a free, virtual group which offers coping strategies, resources, emotional and peer support to all mothers experiencing maternal mental health related concerns. The group is led by volunteer peer facilitator, and no registration is required. Group takes place weekly:

Wednesdays 10:00-11:00 AM via ZOOM
Link: <https://zoom.us/j/95353536527>
Meeting ID: 953 5353 6527

For more information on this group, or Moose Jaw Maternal Mental Health Committee, and how to get involved, please email: mj.mmhmatters@gmail.com



MATERNAL MENTAL HEALTH MATTERS: PEER SUPPORT GROUP

Wednesdays 10:00-11:00 AM via ZOOM

Meeting Link: <https://zoom.us/j/95353536527>
Meeting ID: 953 5353 6527

FREE-ONLINE-WEEKLY

Summary of Group:
This free, drop-in group offers coping strategies, resources, emotional and peer support to all mothers experiencing maternal mental health related concerns. Group is led by Peer Facilitator.

- No registration required
- Open to all mothers
- Commitment to confidentiality required

For more information email:
mj.mmhmatters@gmail.com

Offered in partnership with Moose Jaw Family Services (PH: 306-694-8135) & Moose Jaw Early Years Family Resource Centre



Child Loss Support for Grieving Mothers

On Dec 8, 2015, I got the knock on the door that every parent fears. My 17-year-old daughter Katie had been killed in a car accident. That moment divided my life into 'before' and 'after'.

My life was forever changed, and my family had a massive hole in it. I had to figure out how to survive and how to hold my broken little family together.

I was well-aware of what can happen to marriages and the mental health of the surviving siblings, so I vowed to find a way to cope. My son was 15 years old at the time and I knew he deserved a mom who could support him and give him the happy memories and life that he deserved.

However, I quickly realized that there were very few grief supports that were available specifically for grieving mothers. General grief resources made me feel even more isolated and misunderstood.

I also found most online grief groups terribly dark and depressing. In fact, many of them scared me. I didn't want Katie's death to define her. I wanted to focus on her life! I wanted to find ways to honour my daughter and ensure that she was never forgotten.

I discovered the best support was the connection with other "Angel Moms". They truly understand everything we are experiencing and feeling. I found that other moms gave me the best ideas for getting through my daughter's birthdays and anniversaries and they were always there when I hit a rough patch.

In 2019, I wrote a book called *Journey to HEALING: A Mother's Guide to Navigating Child Loss* where I shared everything that helped me. My book morphed into other grief support resources like eBooks and videos and an online grief support program that serves mothers worldwide.

Grief is something that we will always carry. There is nothing that will fix it or 'get rid of it'. However, there are many things we can do for ourselves that can make the burden of grief more bearable. Like all trauma, grief management is work, but sometimes it's hard to know where to start or what steps to take.

Even though I feel we are all 'grief experts' after losing a child (an experience no one wants to have), I have furthered my education in grief by taking the David Kessler grief educator certification program so that I am best able to serve moms and help support them on their grief journey.

If you are a mom who has lost a child and are looking for support, you can find many free resources on my website. These include blogs, videos, eBooks, and links to my social media platforms. You can also take a peek at the recent retreat that I hosted for grieving moms at a ranch in northern Saskatchewan! www.griefsupportformoms.com

You can also find my book on Amazon or at Indigo in Regina.

Walking beside you,
XO Lisa K. Boehm





Suicide Awareness and Prevention Training Through Journey to Hope Moose Jaw Inc.

Mental Health First Aid (MHFA)

2 days of training – in person

Mental Health First Aid is the help provided to a person developing a mental health problem, or experiencing a mental health crisis. Just as physical first aid is administered to an injured person before medical treatment can be obtained, MHFA is given until appropriate treatment is found, or until the crisis is resolved.

ASIST – Applied Suicide Intervention Skills Training

2 days of training – in person

ASIST is the most widely used suicide intervention skills training program in the world. It teaches participants how to connect with a person that may be having thoughts of suicide, identify if the thoughts are real, ask if they are having thoughts of suicide, and do full intervention.

safeTALK

3 to 3.5 hours – in person

safeTALK is interactive and an opportunity to learn how to identify someone that has thoughts of suicide, how to ask about those thoughts, and how to connect them with someone that can do intervention. It breaks down the myths and misinformation about suicide.

START – Online through LivingWorks

Self Registration

Learn life-saving skills anytime, anywhere. In just 90 minutes online, LivingWorks Start teaches trainees to recognize when someone is thinking about suicide and connect them to help and support.

Tattered Teddies

½ day of training – face to face or online

The workshop provides information and offers practical approaches for those working with children 12 years old and younger, and who may be at risk of suicide. Intervention approaches build on the skills taught in ASIST as it applies to children. This is appropriate for those who are previously trained in ASIST or for those who have a basic knowledge of suicide intervention.

Straight Talk

½ day of training – face to face or online

Suicide is the second leading cause of death among youth in Canada. Straight Talk has been created for individuals working with youth aged 12-24. This half-day workshop discusses strategies to strengthen the protective factors of youth and risk of suicide. Straight Talk encompasses the developmental, cognitive and emotional differences found within the age group. Intervention strategies are explored, relevant to the age group range through teaching storied and case studies.

For information regarding course offerings please contact: info@hopesummit.ca

ADOPT the UNDRIP

(United Nations Declaration on the Rights of Indigenous Peoples)

It's been a common sentiment in the last few years that reconciliation has become a catch phrase. Many talk about it, but few are doing much about it. The Truth and Reconciliation Commission's Calls to Action are steps toward reconciliation. We must continue to raise awareness and urge our governments to take action.

Call to Action #43 calls upon the federal, provincial, territorial, and municipal governments to fully adopt and implement the **United Nations Declaration on the Rights of Indigenous Peoples** as the framework for reconciliation. Adopting the framework of the United Nations Declaration on the Rights of Indigenous Peoples establishes a universal framework of minimum standards for the survival, dignity, and well-being of the Indigenous peoples of the world and it elaborates on existing human rights standards and fundamental freedoms as they apply to the specific situation of indigenous peoples.

We've seen UNDRIP affirmed by the federal government, and cities from Vancouver to Montreal, and recently, Saskatoon adopted UNDRIP on a municipal level. Each is a model for how we can adopt these principles in our own organizations and in our city.

Few people have thought about what adopting this framework means, and some people distrust the UN. But UNDRIP is about the human rights that we share. Let me explain: As a First Nations woman, I've experienced poverty, grief, trauma, racism, & discrimination. I've struggled with substance use, single parenting, disability, mental health, self-esteem, and credit. I often feel the need to explain, rationalize, affirm, fight for and defend my rights & my child's, to be, to exist, to ask for help, to have my needs known and met. I have felt judged and made to defend myself. This is especially true within the health, education and justice systems.

Every day in Canada someone from a marginalized community has to take drastic steps in order to ensure their safety, their housing, even their lives. We do not live in a country that can't afford to shelter and feed our homeless. We live in a country where it's easy to turn your back at the reality of our systemically minoritized and underserved groups.

As many of us realize, we are in the midst of a crisis, with no end in sight. Homelessness and housing insecurity is a terrifying reality or inevitable possibility for too many people. The conditions many people face, in order to not spend a night on the streets would shock and disturb you.

As long as we continue to ignore the dehumanization that occurs for our marginalized populations, we will never solve the problem of homelessness. Adopting the framework of UNDRIP is like taking the first step in admitting that we have a problem. Solutions begin with understanding that we are all human beings and we all deserve dignity and respect.

The right to access safe, accessible, affordable housing needs to become a human right that can not be denied. Especially for our most vulnerable, who are often turned away because of discrimination, misunderstanding, or refusal to accommodate.


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(United Nations Declaration on the Rights of Indigenous Peoples)*

When we understand that we have created systems that uphold supremacy and patriarchy, and maintain the myth of equality. And compare that to our knowledge of the effects of poverty, trauma and the Residential School legacy, then we can begin to address the systemic racism and the discrimination they perpetuate. And we can then work towards our common goal of a more inclusive, healthy community.

Awareness and knowledge are the first steps. Please visit a most informative Podcast by googling: Soundcloud: Understanding UNDRIP & Bill C-15. Also: Google: un.org-UNDRIP

Lori Deets
Chair of the Wakamow Aboriginal Community Association (WACA)



BOYS EMPOWERMENT



FREE 12-week program in Moose Jaw
Junior: Grades 6-8 | Senior: Grades 9-12

Enhance **leadership skills** & create **strong connections**.

This program focuses on **personal growth**, building upon self-esteem, communication skills & employment skills for the Senior group.



To register for Boys Empowerment, scan the QR code or visit our website.

www.regina.ymca.ca

For more information, contact:
Bren Hutchinson, Leadership Development Coordinator
brenden.hutchinson@mjymca.ca



**Saskatchewan
Health Authority**

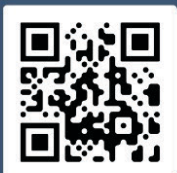
Embracing Life Initiative.

Supporting Community Wellness and Suicide Prevention

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COUNSELLING SERVICES

SERVICE	ABOUT
Aspire Wellness Call: 306-630-4214 Email: debbiemacdonald02@gmail.com aspirewellness.com	Aspire Wellness is run by Debbie MacDonald M.Ed. R. Psych (APE) #744 and offers consulting counselling, and cognitive, achievement, and behavioural assessments.
Beacon Counselling Call: 306-692-9737 Marilee Suurkivi: suurkivim@sasktel.net www.beaconcounselling.com	Beacon Counselling offers individual, couple, and family counselling.
David J. Graham Banman Counselling Call: 306-692-9737 Email David: djgb@shaw.ca djgbcounselling.com	David J. Graham Banman offers counselling in Moose Jaw.
Family Hope Counselling and Training Centre Inc. Call: 306-694-4673 Email: admin@familyhope.ca familyhope.ca	Counselling and behaviour support for children, adolescents, and adults.
Lynn McKenzie Counselling Call: 306-900-4074	Grief; Palliative Care; Trauma and PTSD
Mental Health and Addictions Services (SHA) Centralized Intake: 306-691-6464 Monday - Friday from 8 a.m. - 5 p.m. https://www.fhr.ca/MentalHealth.htm	Entry to all outpatient programs and services at Mental Health & Addictions (MHAS) is through the Centralized Intake program. Centralized Intake responds to all initial requests for mental health and addictions information or services from individuals, family physicians, family members, or community agency members in the (former) Five Hills Health Region. Program staff will briefly discuss concerns with the referring person and determine the appropriate response to the service request. Referrals may be assigned to a program area at MHAS or to one offered by another community agency. Priority for service is determined by the intensity of service required.
Moose Jaw Christian Counselling Centre Call: 306-692-5500 Email: mjccc@shaw.ca mjccc.ca	The Moose Jaw Christian Counselling Centre is an independent, Biblically-based counselling service providing a broad range of services in response to individual and institutional needs through a wide community support base.

COUNSELLING SERVICES

SERVICE	ABOUT
<p>Moose Jaw Family Services Bureau Call: 306-694-8133 Email: youngparent@mjfamilyservices.ca Email: referrals@mjfamilyservices.ca mjfamilyservices.ca</p>	<p>Moose Jaw Family Services Bureau provides a variety of services and programs, such as the Family Support Program (accessed through The Ministry of Social Services), Active Parenting, and:</p> <ul style="list-style-type: none"> • Counselling: Individual, couple, and family counselling services. • Dad’s Program and Mom’s Program: This is for new Dads/Moms, experienced Dads/Moms, and single Dads/Moms to talk to others and connect. • Diversion Program: A family support worker is provided at zero cost to participants and the focus of the service is defined by the client’s need. • Living Independent Skills: The program prepares young people 15-21 years - some of which are living at home with their parents or young people living in alternative arrangements - for living on their own. • Project Warmth: Winter clothing and blankets are available for pick up 24/7. • Resume Writing Services: This free service is for Saskatchewan residents ages 16+ who are eligible to work in Canada. Email: youngparent@mjfamilyservices.ca • Young Parent Program: Provides services for pregnant and young parents between the ages of 13 and 21 years of age. The main objectives are to provide education, support, intervention, and to strengthen healthy parent-child relationships.
<p>Moose Jaw Psychology Services Call: 306-313-5686 Email: admin@moosejawpsychology.ca moosejawpsychology.ca</p>	<p>Psychological assessments and therapy for children, adolescents, and adults.</p>
<p>Moose Jaw Transition House 24-Hour Crisis Line: 306-693-6511 or text 306-631-0962 mj-transitionhouse.com</p>	<p>Moose Jaw Transition House offers a variety of services:</p> <ul style="list-style-type: none"> • Children’s Program: Individual crisis counselling and support groups for children ages 5 to 12 exposed to violence. • Community Outreach Program: Individual, short-term educational sessions, and group work within the community, schools, and workplaces for ages 13+. • Residential Services: Services and shelter for women and their dependent children. • Shelter Support and Follow-Up Program: Shelter support and follow-up program provides ongoing contact with women both during and after their stay at the shelter.

COUNSELLING SERVICES

SERVICE	ABOUT
Online Therapy Unit Call: 306-337-3331 Email: online.therapy.user@uregina.ca onlinetherapyuser.ca	Online Therapy Unit offers adults free online Cognitive Behaviour Therapy for a number of mental health concerns. Online Cognitive Behaviour Therapy involves reviewing educational material online with the support of a therapist or a guide. The approach is found to be effective and is a convenient way to receive care.
PATH Psychological Assess Call: 306-684-5649 pathpsychologicalservices.com	Psychological Assessments; Therapy and Counselling Services; Consultations June Savage, M.Ed., Registered Psychologist
Personal Choices Counselling Stacey Jedlinski Psychologist MA, RPsych Call: 306-992-1245 #221-53 Stadacona St. W. Moose Jaw, SK S6H 1Z2	I use a variety of therapy approaches many of which are rooted in emotional insights and relational well-being. These tend to include evidence based therapies such as Dialectical Behaviour Therapy, Cognitive Behavioural Therapy and Motivational Interviewing to name a few. Person-Centered Therapy is at the heart of my work and lays the foundation.
Resolve Renew Counselling and Consulting Call: 306-631-6139 resolverenew.com	Susan Risula is a professional counsellor and psychotherapist with BSW, MSW, RSW, SEP (Somatic Experiencing Practitioner), specializing in teaching skills to reduce the symptoms of stress & trauma most affecting adults, adolescents & families.
Synapse Counselling Services Call or Text: 306-513-6051 Email: kelly@synapsecounselling.com	Kelly Tennant: Bachelor's degree in Psychology, a PhD in Neuroscience, and a Master's Certificate in Rehabilitation Counselling. Helps clients who are struggling to keep up with the busy pace of life due to managing a chronic health condition, healing from an injury, dealing with chronic pain, or feeling different due to disability or neurodiversity. Also works with family members and professionals in caregiving roles who are feeling stressed and burnt out.
Surrounding Area Counselling - A Positive Approach Wellness Counselling Email: apacounselling@gmail.com	A Positive Approach Wellness Counselling - Nikki Tiffen
Surrounding Area Counselling - Prairie Counselling and Mediation Services Email: prairiecounsellingmediation@gmail.com	Prairie Counselling and Mediation Services in Gravelbourg and Assiniboia. Connection to Inclusion and Intervention Plan: Outside Agencies – Other

SUPPORT SERVICES

SERVICE	ABOUT
211 Saskatchewan Call: 2-1-1 Email: sk.211.ca	Offers a database of over 6,000 community, social, non-clinical health, and government services across our province.
Alliance Wellness and Rehab Moose Jaw Office: 306-691-0030 Email: admin.alliance@sasktel.net alliancehealth.ca In-patient, Residential Mental Health and Addictions Centre: 306-693-6222 Email: admin.alliance@sasktel.net	A variety of health and wellness services are offered.
Alzheimer Society of Saskatchewan Call: 306-949-4141 or 1-800-263-3367 Email: office@alzheimersk.ca https://alzheimersk.ca/sk/en/about-us/alzheimer-society-saskatchewan	The Alzheimer Society of Saskatchewan empowers all people to live well with dementia while funding research into prevention, cures and quality of life.
Autism Services – Five Hills Health Region Call: 306-691-2300 https://www.fhhr.ca/AutismSpectrum.htm	<ul style="list-style-type: none"> • Autism Spectrum Disorder Program: Focusing on children up to 19 years of age (priority 0-5 years). • The Moxie Club Program: Focusing on functional life skills, communication, social skills, and recreation to increase independence for children with ASD. Participants are paired 1:1 with a mentor. There is a summer program and weekend programming in the fall and winter. Application occurs through the Moose Jaw Association of Community Living (MJACL).
Autism Services Information - Government of Saskatchewan	Information on individualized funding, symptoms, diagnosis, treatment, and resources for those with or expected of having ASD.
BridgePoint Center for Eating Disorders Call: 306-935-2240 bridgepointcenter.ca	BridgePoint Center for Eating Disorders is a provincial resource, in partnership with the Saskatchewan Health Authority, that provides program options that include recovery and healing for people who are experiencing eating disorders. They are a residential program where participants stay in the community at a facility for the duration of their program. There are 13 beds available, with 24/7 support.
Camp FYerfly SK Call: 306-655-1224 ext. 230 Email: fyrefly@outsaskatoon.ca https://www.fyreflysask.ca/	Camp fYerfly is a fun, educational, social, and personal leadership retreat for queer and trans youth ages 14 - 24. Campers explore their identity, build resilience, enhance self-esteem, and develop leadership skills that will positively impact their lives, homes, schools, and communities.

SUPPORT SERVICES

SERVICE	ABOUT
<p>Canadian Mental Health Association (CMHA)/CMHA Moose Jaw Branch Call: 306-692-4240 Email: mjbranch@cmhask.com https://cmha.ca/</p>	<p>Canadian Mental Health Association (CMHA) is the most established, most extensive community mental health organization in Canada. They are a federated charity, which means they are a collective of organizations bound together by a brand and mission. They identify and respond to Canada's most pressing mental health priorities. At the national level, they push for nationwide system and policy change. At the community level, millions of people in Canada rely on CMHA's extensive grassroots presence. The Moose Jaw Branch is focused on advocacy, education, and peer support:</p> <ul style="list-style-type: none"> • Peer Support: Peer support is a supportive relationship between people who have a lived experience in common. This support provides both an emotional and social support to others.
<p>Canadian National Institute for the Blind (CNIB) Regina Office: 1-800-563-2642 or 1-306-525-2571 https://www.cnib.ca/en?region=sk</p>	<p>Founded in 1918, the CNIB Foundation is a non-profit organization driven to change what it is to be blind today. They deliver innovative programs and powerful advocacy that empower people impacted by blindness to live their dreams and tear down barriers to inclusion.</p>
<p>Canadian Red Cross Call: 306-721-1600 Disaster Line: 1-888-800-6493 Redcross.ca</p>	<p>Prevention education, information, training, and workshops that promote respect in terms of relationship violence, bullying, and child abuse. For children: Be Safe Program and for educators: bullying, relationships, and protection programs.</p>
<p>Children's Advocate Call: 1-800-322-7221 Email: contact@saskadvocate.ca saskadvocate.ca</p>	<p>The Advocate for Children and Youth is an independent officer of the Legislative Assembly of Saskatchewan that leads a team of professionals to advocate for the rights, interests, and well-being of children and youth in Saskatchewan.</p>
<p>Citizens All Call: 306-693-6066 Email: contact@citizensall.ca www.citizensall.ca</p>	<p>Citizens All is a registered non-profit organization providing Residential and Supportive Living services to adults with intellectual disabilities in Moose Jaw. Services and programs may be adapted with the individuals and their families to meet their needs and wants.</p>

SUPPORT SERVICES

SERVICE	ABOUT
<p>Community Living Service Delivery (CLSD) Call: 306-694-3800 Email: clsd.info@gov.sk.ca</p>	<p>Community Living Service Delivery (CLSD) is a branch of the Ministry of Social Services. Branch staff work with people experiencing intellectual disabilities and help them access a variety of community-based services. CLSD staff work to ensure that the physical, emotional, and social needs of people experiencing intellectual disabilities are met and that they are able to live as independently as possible within their own communities. Services may include respite benefits for under 18 years (dependent on income), day programming and residential supports for 18+ years, community case management, and outreach and prevention services.</p> <ul style="list-style-type: none"> • Multi-Disciplinary Outreach Services (MDO): MDO is a service stream of CLSD's Specialized Programs Unit which provides individuals with intellectual disabilities access to a team of professionals to address their individual holistic needs, and to enhance their independence and quality of life. Individuals, families, and agencies can contact their local Community Living Service Delivery Community Service Workers/Community Intervention Workers to complete a referral for Multi-Disciplinary Outreach Services through Outreach and Prevention Services. • Diversified Services: People eligible to participate in these services are referred to Diversified Services through Community Living Service Delivery (CLSD). Call: 306-692-4954
<p>Early Childhood Intervention Program (ECIP) Call: 306-692-2616 https://south-central.ecip.ca/</p>	<p>Ministry of Education funds ECIP to provide free, specialized services to families of young children between birth and school entry who are either at risk for, have a diagnosis of, or exhibit developmental delay. Saskatchewan ECIP has services in 14 regions across the province.</p>
<p>FASD Network of Saskatchewan Call: 306-780-9464 Email: reginasupport@fasdnetwork.ca fasdnetwork.ca saskfasdnetwork.ca</p>	<p>Supports and education to enhance the lives of individuals and families living with FASD.</p>
<p>HealthLine 811 Call: 8-1-1</p>	<p>24/7 access to HealthLine at 811 for professional health or mental health and addictions advice, education and support. 24/7 Access to Sask211 at 211 to be connected to community services/resources.</p>
<p>Hub Tables Call: 306-630-5219</p>	<p>A Hub Table is a team of people from various government ministries and community agencies. They meet weekly to address specific situations involving individuals and/or families who have a significant probability of experiencing harm if they do not receive some type of intervention. The team works collaboratively to develop immediate, coordinated and integrated responses by mobilizing existing resources with the intent of reducing risk in a timely manner, usually within 24 to 48 hours.</p>

SUPPORT SERVICES

SERVICE	ABOUT
<p>Hunger in Moose Jaw Call: 306-692-1916 Facebook: https://www.facebook.com/hungerinmoosejaw/</p>	<p>The Hunger in Moose Jaw Program provides lunches for kids through the Children’s Nutrition Program. Additional programs: Community Kitchens Program, the Good Food Box, and Yara Community Gardens.</p>
<p>Inclusion SK Regina Office: 306-955-3344 or 306-790-5685 Email: Info@inclusionsk.com www.inclusionsk.com</p>	<p>Inclusion SK supports individuals with intellectual disabilities all over Saskatchewan.</p>
<p>Inclusion Moose Jaw Director: Kari Hennenfent Call:(306) 692-6943 or 306-693-0382 75 Ross St. W. Moose Jaw, SK S6H 2M2</p>	<p>A grassroots, family-based organization that strives to ensure that all people with intellectual disabilities are included, involved and valued citizens. A variety of programming is offered such as:</p> <ul style="list-style-type: none"> • Connection of Friends • Connect Kids Club • The Moxie Club Program: Focusing on functional life skills, communication, social skills, and recreation to increase independence for children with ASD. Participants are paired 1:1 with a mentor. There is a summer program and weekend programming in the fall and winter. • Teen Club
<p>Joe’s Place Youth Centre Call: 306-693-JOES (5637) joesplaceyouthcentre.ca</p>	<p>Joe’s Place is a youth centre in Moose Jaw.</p>
<p>John Howard Society Call: 306-693-0777 sk.johnhoward.ca</p>	<p>The John Howard Society of Saskatchewan (JHSS) is a well-established non-profit provincial organization that provides effective, just, and humane services in response to the causes and consequences of crime and assists individuals who are at risk or are involved in the criminal justice process. Their My Place Program helps people who are experiencing barriers to housing.</p>
<p>Jordan’s Principle (Funding) Call: 1-855-JP-CHILD (1-855-572-4453) https://www.sac-isc.gc.ca/eng/1568396042341/1568396159824</p>	<p>Child-first principle that was established to ensure that First Nations children (on and off reserve) have access to all government funded public services, including those beyond the normative standard of care to ensure substantive equality, culturally appropriate services, and to safeguard the best interests of the child. Funding can help with a wide range of health, social, and educational needs.</p>
<p>Kids Help Phone Call: 1-800-668-6868 kidshelpphone.ca</p>	<p>Canada’s only free, national, bilingual, confidential, and anonymous, 24-hour telephone and online counselling service for kids and teens. Resources search for Moose Jaw and area.</p>

SUPPORT SERVICES

SERVICE	ABOUT
<p>KidsFirst Call: 306-691-2340 https://www.fhr.ca/KidsFirst.htm</p>	<p>KidsFirst is a voluntary program that assists eligible families with preschool children by building family strengths and providing supports and services based on needs. KidsFirst addresses childcare and transportation barriers and provides early learning opportunities for children and non-traditional methods for service delivery. Home visitors and mental health/addictions workers provide support to vulnerable expectant and new mothers.</p>
<p>Early Childhood Intervention Program (ECIP) Call: 306-692-2616 https://south-central.ecip.ca/</p>	<p>Ministry of Education funds ECIP to provide free, specialized services to families of young children between birth and school entry who are either at risk for, have a diagnosis of, or exhibit developmental delay. Saskatchewan ECIP has services in 14 regions across the province.</p>
<p>Labour Market and Job Supports</p>	<ul style="list-style-type: none"> • Can-Sask Career and Employment Centre: 306-691-3303 • Canadian Council on Rehabilitation and Work: 306-692-7452 • Labour Market Services: 306-694-3699
<p>Lakeview Regional Wellness Centre Call: (306) 624-0777 1350 Lakeview Rd., Moose Jaw, SK S6H 7T2</p>	<p>The program helps people from all walks of life on their recovery from addiction, mental health, homelessness, trauma, or abuse. The facility has 18 units, and accommodation is made for clients and their family members as needed.</p>
<p>Legal Aid Saskatchewan Call: 306-694-3700 legalaid.sk.ca</p>	<p>If you want to apply for legal aid, please contact the Application Center at: 1-800-667-3764.</p>
<p>Mental Health and Wellness in First Nations and Inuit Communities Call the Hope for Wellness Help Line at 1-855-242-3310</p>	<p>Access programs and services to improve your mental health and help prevent suicide in Indigenous communities. https://www.sac-isc.gc.ca/eng/1576089278958/1576089333975</p>
<p>Moose Jaw and District Food Bank Call: 306-692-2911 mjfoodbank.org 270 Fairford St. W., Moose Jaw, SK S6H 1V6</p>	<p>Food bank in Moose Jaw providing food hampers every Monday, Tuesday, Thursday and Friday between 10:00am and 1:00pm. There are no hamper pick-ups on Wednesdays.</p> <ul style="list-style-type: none"> • SYN-gage is new program designed to help our clients navigate services in our community. We understand life can be difficult. If you are struggling to overcome challenges you face, our Client Resource Representative is here to help. Please call Cheantelle 306 692-2911 during hours of operation.

SUPPORT SERVICES

SERVICE	ABOUT
<p>Moose Jaw Families for Change Call: 306-693-2271 www.mjffc.com</p>	<p>Moose Jaw Families for Change is a local non-profit organization that is dedicated to supporting individuals of varying abilities in both residential and community settings. They currently support individuals through: The Kinsmen Inclusion Center: Imaging Inclusion Programs, The Kinsmen Cage: The Imagine Employment Program, three group homes, and a SILP program.</p>
<p>Moose Jaw Housing Authority Call: 306-694-4055 Email: mjha@sasktel.net moosejawhousingauthority.com</p>	<p>Rent based on income rental homes for families, adults over 55, and individuals with disabilities.</p>
<p>Moose Jaw Military Family Resource Centre Call: 306-694-2273 Email: moosejaw@cafconnection.ca https://www.cafconnection.ca/Moose-Jaw/Facilities/Military-Family-Resource-Centre-en.aspx</p>	<p>The Moose Jaw Military Family Resource Centre (MFRC) strives to build strong, capable and resilient families in a supportive Canadian Armed Forces community. The MFRC collaboratively engages with military families and community and defense partners to create positive community transitions and relevant and adaptive family services, programs, and resources for military families.</p>
<p>Outcomes Therapy Call: 306-530-1611 Email: info@outcomestherapy.com www.outcomestherapy.com</p>	<p>Founded in 2016, Outcomes Therapy brings together experienced pediatric occupational therapists to maximize a child's engagement, achievement, and independence. Working with the child, family and team, our therapists assess needs and work collaboratively to help children and youth achieve their goals.</p>
<p>Ranch Ehrlo Society Call: 306-781-1800 Email: inquiries@ranchehrlo.ca ranchehrlo.ca</p>	<p>Ranch Ehrlo Society, a non-profit organization, is a multi-service agency delivering a wide range of accredited mental health and developmental services on campuses located in and around Regina, Saskatoon, and Prince Albert. Services include assessment and counselling to individuals and families, early learning, education, and vocational training, emergency receiving services, treatment foster care, supportive house, group living treatment for children and youth with mental health and addictions needs, and group living and vocational services for older adolescents and adults with developmental disorders.</p>
<p>Rehab.ca https://www.rehab.ca/</p>	<p>Find and compare rehabs by addiction, cost, and location. Connect with a drug and alcohol treatment advisor today. List of rehab centers in Saskatchewan: https://www.rehab.ca/saskatchewan. For example:</p> <ul style="list-style-type: none"> • Alcoholics Anonymous and Narcotics Anonymous • Saskatchewan Al-Anon Meetings: 306-691-5811 • Saskatchewan Gamblers Anonymous: 1-800-306-6789 • Thunder Creek Rehabilitation Association: 306-693-2814 • Wakamow Manor Detox Center: 306-694-4030

SUPPORT SERVICES

SERVICE	ABOUT
<p>Regina Sexual Assault Center Crisis Line: 306-352-0434 Call: 306-522-2777 Email: rsac@sasktel.net reginasexualassaultcentre.ca</p>	<p>Offers free, confidential, clinical services to anyone age 5+ who is coping with sexual or intimate partner violence, as well as friends and family of survivors.</p>
<p>Riverside Mission Facebook: https://www.facebook.com/RiversideMission/ Email Rachel Mullens: rmullens@shrmsk.com shrmsk.com/services</p>	<p>Riverside Mission provides a variety of services including affordable housing, food, and men's addiction supports. There is a lunch and supper program Monday through Friday and special meals for holidays. They provide emergency overnight shelter to men in need with 10 emergency spaces available.</p>
<p>Salvation Army Call: 306-692-5899 (Family Services) and 306-692-8858 (Thrift Store) salvationarmymoosjaw.ca</p>	<p>A variety of supports are available. In Moose Jaw, Church community, family services, and a thrift store.</p>
<p>SaskAbilities Call: 306-569-9048 Email: regina@saskabilities.ca https://www.saskabilities.ca/</p> <p>Moose Jaw Office: Call: 833-444-4023 or 306-693-3025 Email: partnersinemployment.moosjaw@saskabilities.ca</p>	<p>SaskAbilities provides a variety of programs targeting daily living/rehabilitation services, quality of life, and employment services:</p> <ul style="list-style-type: none"> • Acquired Brain Injury Program: Acquired Brain Injury (ABI) Programs address community access and rehabilitation support. Participants are matched with a qualified Community Support Worker to help facilitate each individual's unique goals and interests. • Home and Day Supports: SaskAbilities operates two group homes in Moose Jaw that provide supported living services to individuals experiencing disability. • Partners in Employment: SaskAbilities vocational services are designed to help individuals with disabilities succeed in finding, and maintaining employment.
<p>Saskatchewan Brain Injury Association Email: mjchapter@hotmail.com https://www.sbia.ca/</p>	<p>Since 1985, the Saskatchewan Brain Injury Association has been helping individuals and families deal with the effects of traumatic or acquired brain injury.</p>
<p>Schizophrenia Society of Saskatchewan Call: 306-584-2620 or 1-877-584-2620 Email: info@schizophrenia.sk.ca schizophrenia.sk.ca</p>	<p>The Schizophrenia Society of Saskatchewan (SSS) is a non-profit organization founded in 1982 by families and friends of people with schizophrenia.</p>

SUPPORT SERVICES

SERVICE	ABOUT
Separation and Divorce - Family Matters Call: 1-844-863-3408 Email: familymatters@gov.sk.ca	The Family Matters program aims to minimize the impact of separation and divorce on all family members – especially children – by providing information and resources to deal with a changing family situation, and assistance to resolve urgent and outstanding issues.
Social Services Intake Call Intake: 1-866-221-5200; Moose Jaw Branch: 306-694-3647	See this link for additional resources: https://www.saskatchewan.ca/government/government-structure/ministries/social-services
Social Services for People with Disabilities - Government of Saskatchewan	Government of Saskatchewan resources for people with disabilities: https://www.saskatchewan.ca/residents/family-and-social-support/people-with-disabilities
South Saskatchewan Independent Living Centre (SSILC) Call: 306-757-7452 or 306-692-7452 (Moose Jaw)	A variety of services, programs, and resources are available as follows: <ul style="list-style-type: none"> • Employment Services Program: Call 306-757-7452 or email: info@ssilc.ca • The Entrepreneurs with Disabilities Program (EDP): Call 639-382-0731 or email: brenda@ssilc.ca • The Supported Independent Living Program (SILP): Call CLSD Intake: 306 787-3849
Supported Employment in Saskatchewan Call: 306-933-0616 Email: contact@sarcan.sk.ca	Supported Employment helps people experiencing disability to find gainful employment in their community through the assistance of a job coach. Visit sarcsarcan.ca/supported-employment/
Trans Sask. Support Services Email: treasurer@transsask.ca https://www.transsask.ca/	TransSask Support Services is a province wide non-profit organization that supports and acts as a resource network for trans-identified, genderqueer, intersex and gender non-conforming individuals, their spouses, family, friends, and allies.
Turning Leaf Community Support Services Call: 306-692-3641 Email: info@turningleafservices.ca 32 Manitoba St. W. Moose Jaw, SK S6H 1P7 turningleafservices.ca	A non-profit, charitable organization that provides person-centered, crisis and treatment services to low and high-risk vulnerable and marginalized individuals living with mental illness and intellectual challenge in our community.
Victim Services Moose Jaw Police Service	Email: TRoney@mjpolice.ca mjpolice.ca/resources/victim-services

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SUPPORT SERVICES - *continued from page 30*

**YMCA OF REGINA
(Moose Jaw location)**
Located in the Moose Jaw Family Resource Center at
1250 11th Ave N.W.,
Moose Jaw, SK S6H 4L9

Steps 4 Success and the Shared Services Mentorship program in Moose Jaw are programs working with children/youth around topics of mental health, anxiety, depression, social skills, self-esteem, etc. These programs are referral based only. Steps 4 Success referrals can only come from the Prairie South high school admin, and Shared Services Mentorship program receives referrals from SHA, MSS, HTCSD and PSSD. Contact: jill.lesuk@mjymca.ca; 306.694.5554

Boys Empowerment 12-week program for Junior (gr. 6-8) and Senior (Gr. 9-12). Contact: brenden.hutchinson@mjymca.ca

EMERGENCY NUMBERS

SERVICE	PHONE NUMBER
Ambulance/Fire/Police	911
PACT (Police and Crisis Team)	306-694-7600
Community Paramedics	306-690-6912
Canadian Red Cross Disaster Line	1-888-800-6493
Canadian Suicide Prevention Service	1-833-456-4566 or text 45645
Child Abuse Hotline	1-800-668-6868 or Regina: 306-569-2724
Farm Stress Line	1-800-667-4442
HealthLine	811
Hope for Wellness Help Line	1-855-242-3310
Indian Residential School Crisis Line	1-866-925-4419
Kids Help Phone	1-800-668-6868 or text 686868
LGBTQ+ Youthline	1-800-268-9688
Mental Health and Addictions Services Centralized Intake	306-691-6464 (Mon. - Fri. 8-5)
Moose Jaw Transition House 24-Hour Crisis Line	306-693-6511 or text 306-631-0962
Parent Helpline	1-888-603-9100
Poison Control Center - Government of Saskatchewan	1-866-454-1212
Regina Mobile Crisis Line and Southwest Crisis Services	306-757-0127 (Regina) and 1-800-567-3334 or 306-778-3692 (Southwest)
Regina Sexual Assault Centre-Crisis/ Information Line	(306) 352-0434
Seniors Neglect and Abuse Response Line - Regina and Area	306-757-0127 (Mobile Crisis)
Sexual Assault Hotline	1-800-214-7083
Social Services Intake	1-866-221-5200 or MJ Branch: 306-694-3647
Trans Lifeline	1-877-330-6366
Victim Services Moose Jaw	306-694-7621



“Wellness is the complete integration of body, mind, and spirit – the realization that everything we do, think, feel, and believe has an effect on our state of well-being.”

Greg Anderson

