

Family Resource Guide



Keeping Families Close ®



RMHC
Saskatchewan

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➔ PROGRAMS & ACTIVITIES INCLUDED IN YOUR STAY

Our mission is to provide programs that improve the health and wellbeing of the entire family. Programs are based on volunteer availability and may be offered seasonally. Check-in with staff to inquire about availability or to provide feedback.

AROUND THE COFFEE TABLE

A safe and supportive space to share and connect with one another. Caregivers are invited to join a Social Work student from CFS Saskatoon for informal conversation.

ART WITH KIDS

Meet Linda, An expressive art therapist, in the dining room for engaging art projects for all ages. Check out our Multi-Purpose room at the end of the main floor hallway for more fun crafts and activities every day of the week.

BINGO

Come play Bingo with us in the Dining Room. There are lots of fun prizes to be won!

FAMILY CONNECTIONS

Staff from Family Service Saskatoon are on-site to discuss family-focused education topics and offer related resources.

FOOD PROGRAMS

Breakfast Program: Weekday mornings 7:30-9:00am and Sunday mornings.

Grab and Go Lunches: Nutritional lunch items are prepared fresh daily and available in the Community Pantry for you to pack for your day or night at the hospital.

Home for Dinner: Join families and staff in the dining room on Tuesday, Wednesday, and Thursday evenings for a home cooked meal. Staff and volunteer groups are happy to support this program.

FOREST SCHOOL

Tykes and Tots Forest School is a truly unique learning experience for children aged 3-15 years to engage with open-ended play in nature, learn to identify animal tracks, build shelters, and care for their surrounding environment. Children will learn how to safely use and care for tools, learn about very basic survival (like what to do if you become lost), and will have a chance to play with their peers inside of a nature-first environment.

KIDS CARE

Free childcare for children of all ages are offered on-site by Tykes and Tots Early Learning Centre. Visit the Family Service Office to sign up.

PET THERAPY

Join Dibs and handler, Taunia, and spend time with a St. John's Ambulance trained Therapy Dog!

SELF-CARE NIGHT

Students from MC College will be on-site twice each month to provide mini-manicures, hand massages, and hair styling for families.

SHUTTLE PROGRAM

The RMHC-SK Shuttle Program is volunteer run, and provide free and safe transportation to clinic, hospital, or grocery stores. This program runs weekdays 7:30-10am and 4-6pm.

**STORIES WITH
UNCLE LYNDON**

Join Uncle Lyndon, an Indigenous Knowledge Keeper, for a coffee chat or some storytelling.

WELLNESS BAGS

If this is your first time staying at RMHC-SK, you likely received a Wellness Bag from the Family Service team when you first arrived. These bags are filled with items that we hope support your wellness while you care for your sick child.

**COMPUTER
COMMONS**

Common computers available for use just off of the kitchen. We also have a Nintendo Switch and laptop available for loan. Let us know if you need anything printed!

GARDEN NEXT DOOR

Enjoy quality time outdoors in our beautiful gated garden across the parking lot. Help yourself to fresh produce and let us know if you want to help with any of the gardening.

MASSAGE CHAIR

Located on the 2nd floor landing of the spiral staircase, the massage chair is a great place to relax and unwind. Adults only please!

MEDIA ROOM

Located at the south end of the House on the lower level, the Media Room is a great place to hang out, play board games, video games or watch a movie.

MOTHERS' ROOMS

Located on the 2nd and 3rd floors off of the south elevator, the Mothers' Rooms are private spaces for new moms. Each room contains a breast pump, rocking chairs, and a freezer to store your breast milk. Come see us in the Family Service Office if you require an attachment kit for the breast pump.

**OUTDOOR
PLAYGROUND**

A fun place to hangout outside. Access the playground through the kitchen side doors to the patio.

QUIET ROOM

Our quiet room is located on the second floor landing of the spiral staircase at the south end of the House. This is a space to relax, take space, and connect. Close the door, enjoy the sunshine, pray, journal, or whatever helps you to nurture your own spiritual health.

**ROWDY PLAYROOM
AND KITCHEN PLAY
AREA**

Our House has two designated indoor play areas for children: near the north kitchen on the main floor, and just off the north elevator on the lower level. Both areas include toys and space for kids to be kids. Please ensure children are supervised at all times.

**SHARED KITCHENS
AND LIVING AREAS**

Make yourself at home in our two large shared kitchens and five living spaces throughout the House. We know that a sense of normalcy is part of what is lost when you need to travel for your sick child's treatment. We hope that spaces to cook and relax will help regain some sense of normal for you and your family.

Medical social workers are available at each of the hospitals in Saskatoon. As part of your child's medical team, a medical social worker offers support through counselling, assistance navigating the medical system, connection to resources, and discharge planning.

By helping to address emotional and social difficulties, a medical social worker can enhance your hospital experience and strengthen your ability to advocate for your families needs. A medical social worker may come to meet with you as part of your routine care while you're in the hospital.

You can also reach out by phoning the social work office mainline yourself.

**ROYAL UNIVERSITY HOSPITAL
& JIM PATTISON CHILDREN'S
HOSPITAL**

Main Social Work Office
Room 1619 Main Floor, A Wing
306-655-2579

SASKATOON CITY HOSPITAL

Main Social Work Office
Level One
306-655-8294 or 306-655-8785

ST. PAUL'S HOSPITAL

Main Social Work Office
Main Floor, B Wing
306-655-5877

Child life specialists are also available to assist during your hospital visits. Child life specialists support teams of recreation therapists, art therapists, music therapists and child life workers who advocate for children and their families. Focusing on patient and family-centered care, they can support families during hospitalization, challenging events and, when necessary, in bereavement.

CHILD LIFE ZONE

Jim Pattison Children's Hospital
306.655.3255

BRIDGE CITY MEDICLINIC**HOURS OF OPERATION:****Monday - Friday:** 8:00 AM - 8:00 PM**Saturday:** 9:00 AM - 6:00 PM**Sunday:** 9:00 AM - 4:00 PM

3.5 km
101-3333 8th St. E
Saskatoon, SK
S7H 4K1



306-700-5252



Website

LAKESIDE MEDICAL CLINIC**HOURS OF OPERATION:****Monday - Friday:** 8:00 AM - 10:00 PM**Saturday & Sunday:** 9:00 AM - 9:00 PM

4.1 km
215 Joseph
Okemasis Dr.
Saskatoon, SK
S7N 3A8



306-374-6884



Website

LIFEBRIDGE HEALTH CENTRE**HOURS OF OPERATION:****Monday - Thursday:** 9:00 AM - 8:00 PM**Friday:** 9:00 AM - 5:00 PM**Saturday:** 10:00 AM - 3:00 PM**Sunday:** Closed

4.7 km
36-118 Cope Cres.
Saskatoon, SK
S7T 0X3



306-955-5433



Website

**PRIMACY - GREYSTONE
MEDICAL CLINIC****HOURS OF OPERATION:****Monday - Friday:** 11:30 AM - 5:00 PM**Saturday & Sunday:** Closed

2.7 km
2921 8th St. E
Saskatoon, SK
S7H 3E6



306-373-3223



Website



BRUNSKILL PHARMACY**HOURS OF OPERATION:****Monday - Saturday:** 9:30 AM - 6:00 PM**Sunday:** Closed

500 m
1302 Temperance St.
Saskatoon, SK
S7N 0P3

**306-653-2922**[Website](#)**MEDICINE SHOPPE
PHARMACY****HOURS OF OPERATION:****Monday - Friday:** 9:00 AM - 5:00 PM**Saturday & Sunday:** Closed

450 m
103 Hospital Dr.
Saskatoon, SK
S7N 0W8

**306-655-4045**[Website](#)**SAVE ON FOODS PHARMACY****HOURS OF OPERATION:****Monday - Friday:** 9:00 AM - 9:00 PM**Saturday & Sunday:** 10:00 AM - 6:00 PM

1.6 km
20-1503 8th St. E
Saskatoon, SK
S7H 0T2

**306-978-8890**[Website](#)**WALKER'S PHARMACY****HOURS OF OPERATION:****Monday - Friday:** 9:00 AM - 6:00 PM**Saturday:** 10:00 AM - 6:00 PM**Sunday:** Closed

900 m
516 Clarence
Ave. S
Saskatoon, SK
S7H 2C9

**306-653-4382**[Website](#)

CFS SASKATOON

Offers free walk-in counselling for individuals, couples, and families in-person and over the phone. Please call CFS directly for more information on location and hours.



900 m
200-506 25th St. E
Saskatoon, SK
S7K 4A7



306-244-7773



Website

FAMILY SERVICE SASKATOON

Offers free rapid access counselling on a first-come, first-served basis. Counselling is provided either by phone, video or in-person at some locations. Call **306-244-0127** for more information or visit **www.counsellingconnectsask.ca**. Counselling sessions are offered at the following agencies:

FAMILY SERVICE SASKATOON

Monday & Wednesdays: 1:00 PM - 5:00 PM

AXIOM CAREER COLLEGE

Thursdays: 11:00 AM - 3:00 PM

PRAIRIE HARM REDUCTION

Wednesdays: 12:30 PM - 4:00 PM

SASKATOON PUBLIC LIBRARY

Fridays: 1:00 PM - 5:00 PM

OUT SASKATOON

Thursdays: 4:00 PM - 8:00 PM

BOUNCEBACK COACHING

Offers up to 6 free sessions of online mental health supports over the course of 6 months. Anyone 15 years of age or older, experiencing mild to moderate mental health concerns, and connected with a primary healthcare provider can apply.



Website

FIRST NATIONS AND INUIT HOPE FOR WELLNESS HELPLINE

A 24/7 toll-free line to access immediate support when experiencing emotional distress.



855-242-3310



Website

INDIAN RESIDENTIAL SCHOOL CRISIS LINE

A National 24-hour crisis line for anyone experiencing pain or distress as a result of their residential school experience.



800-721-0066



Website

JUST4WOMEN PROGRAM, INTERNATIONAL WOMEN OF SASKATOON

A women's-only program designed to provide gender-sensitive support services to newcomer women who are vulnerable to the risks of isolation, domestic violence and lack of access to support networks. Supports include skill-building, networking, cooking, leadership, and more.



301-336 5th Ave. N
Saskatoon, SK .
S7K 2P4



306-978-6611



[E-mail](#)



[Website](#)

TRANS LIFELINE

A 24/7 toll-free line to connect with trans peer support. Peer support for family and friends of trans people also available.



877-330-6366



[Website](#)

NISA HELPLINE

Offers free, anonymous and confidential 12-hr telephone line available to Muslim women across North America, seven days a week from 10 am to 10 pm EST.



888-315-6472



[Website](#)

NON-INSURED HEALTH BENEFITS, MENTAL HEALTH SUPPORT

Offers free counselling through approved providers to individuals with treaty status.



Website

ONLINE THERAPY USER

Offers free well-being, alcohol change, and chronic health condition courses, using cognitive behavioral therapy resources and guided by a professional.



**3737 Wascana
Parkway
Regina, SK
S4S 0A2**



306-337-3331



E-mail



Website

OPIOID ASSISTED RECOVERY SERVICES

These clinics offer assistance in opioid assisted recovery. Services include refills, counselling referrals, and the support of a multidisciplinary team.



**3.4 km
1611 20th St. W
Saskatoon, SK
S7M 0Z9**



306-655-0480



E-mail



**Mayfair Clinic
2.7 km
504 33rd St. W
Saskatoon, SK
S7L 0V8**



Website

OUT SASKATOON

Provides free counselling, peer support, resource navigation, training, and sexual health clinic for 2SLGBTQ+ folx and their loved ones.



3.4 km
213 Ave. C S
Saskatoon, SK
S7M 1N3



306-665-1224



E-mail



Website

SASKATOON CRISIS INTERVENTION SERVICE

Call their 24/7 phone line if you feel you or your family are in, or are about to experience a crisis situation and need assistance. Emergency/crisis situations may include: suicidal feelings, marriage and family problems, child abuse and neglect, substance abuse, worries about safety, bereavement, homelessness and more.



2.4 km
103-506 25th St. E
Saskatoon, SK
S7K 4A7



306-933-6200



Website

STC INTEGRATED WELLNESS

Offers a variety of supports to individuals experiencing mental wellness or addictions concerns. Services take a holistic approach to encompass each aspect of the medicine wheel and include counselling, referral to traditional healing, crisis intervention, and more.



4.0 km
1514 20th St. W
Saskatoon, SK
S7M 0Z6



306-956-0345



E-mail



Website

AL-ANON - AL-ATEEN

A non-professional self-help recovery program based on the 12 steps of Alcoholics Anonymous with the single purpose of helping families and friends of alcoholics. This is an anonymous and spiritual program compatible with all religious or non-religious beliefs.



900 m
601 Spadina Cres. E
Saskatoon, SK
S7K 3J8



306-665-3838



Website

ALCOHOLICS ANONYMOUS

One alcoholic, helping another recovering from alcoholism, using the 12-step programming of Alcoholics Anonymous. The only requirement is a desire to stop drinking.



1.2 km
515-245 3rd Ave. S
Saskatoon, SK
S7K 1M4



306-665-6727



E-mail



Website

BRIDGEPOINT CENTRE FOR EATING DISORDER RECOVERY

Offers virtual and in person workshops and retreats for individuals experiencing eating disorders and eating disorder behaviors.



93km
744 Saskatchewan
Ave.
Milden, SK
S0L 2L0



306-935-2240



E-mail



Website

GAMBLERS ANONYMOUS

The phone number will provide you with someone to speak with 24 hours a day. A self-help, 12 step program to share information and to provide support to individuals with a gambling addiction.



Group locations
vary.



855-781-9522



Website



E-mail

NARCOTICS ANONYMOUS

A group of people recovering from narcotics addiction who meet regularly to help each other stay clean. The program uses the 12-step program from Alcoholics Anonymous. Meetings are open to everyone.



Group locations
vary.



306-652-5216



Website



E-mail

PROBLEM GAMBLING HELP LINE

Telephone assessment, information and referral for either the problem gambler themselves, or family and friends. They offer province-wide referrals to support groups, problem gambling counsellors, and treatment alternatives.



800-306-6789

***does not subscribe to call display.**

HAVEN KIDS' HOUSE

Offers immediate shelter for children when the family is experiencing a crisis. Open 24/7.



1.8 km
1020 Victoria Ave.
Saskatoon, SK
S7N 0Z8



306-242-2433



E-mail



Website

SASKATOON OPEN DOOR SOCIETY - LANGUAGE TRAINING & CHILDCARE CENTRE

Offers a range of supports to newcomers, including parenting classes, childcare, English classes, community connections, and more. This location hosts language classes and daycare.



1.4 km
247 1st Ave. N
Saskatoon, SK
S7K 1X2



306-653-4464



E-mail



Website

SWEET DREAMS EARLY LEARNING CENTRE

Offers daycare and pre-school activities to children 6 weeks to 5 years old.



3.5 km
EGADZ
485 1st Ave. N
S7K 1X5



306-933-9940



E-mail



Website

CFS SASKATOON

Offers a variety of drop-in and pre-registered classes on topics including parenting, healthy relationships, stress management, self-care, and more. Free walk-in counselling is also available.



900 m
200-506 25th St. E
Saskatoon, SK
S7K 4A7



306-244-7773



Website

FAMILY SERVICE SASKATOON

Offers a variety of drop-in and pre-registered classes on topics including parenting, anger management, intimate partner violence, depression, anxiety and more. Free walk-in counselling is also available.



900 m
102-506 25th St. E
Saskatoon, SK
S7K 4A7



306-244-0127



E-mail



Website

FAMILY SUPPORT PROGRAM - SASKATOON INDIAN AND METIS FRIENDSHIP CENTRE

Offers individual and family counselling, advocacy services, housing support, referrals, and life-skills workshops to individuals and families who are experiencing challenges relating to poverty, addiction, spousal/child abuse, and cross-cultural issues.



2.3 km
168 Wall St.
Saskatoon, SK
S7K 1N4



306-244-0174



E-mail



Website

HAVEN FAMILY SUPPORT

Offers free parenting support through one-on-one coaching, resource navigation, and connecting to community resources. Visit their website to apply for a Family Support person.



1.8 km
1020 Victoria Ave.
Saskatoon, SK
S7N 0Z8



306-974-3171



E-mail



Website

SASKATOON CRISIS INTERVENTION SERVICE

Call their 24/7 phone line if you feel you or your family are in, or about to experience a crisis situation and need assistance. Emergency/crisis situations may include: suicidal feelings, marriage and family problems, child abuse and neglect, substance abuse, worries about safety, bereavement, homelessness and more.



1.5 km
103-506 25th St. E
Saskatoon, SK
S7K 4A7



306-933-6200



E-mail



Website

HEALTHY MOTHER HEALTHY BABY

Offers information, education, advocacy and in-home support to pregnant teens and women living in the community with various risk factors. Includes support from prenatal health nurses and outreach workers, as well as a food program led by a part-time nutritionist.



5.2 km
West Winds Primary
Health Centre
3311 Fairlight Dr.
Saskatoon, SK
S7M 3Y5



306-655-4810



E-mail



Website

INDIGENOUS BIRTH SUPPORT WORKER

Provides prenatal, labour and early postpartum support to First Nations, Métis and Inuit women. Includes advocacy, holistic care, and assistance with birth planning.



400 m
Maternal Care
Centre, 3rd Floor
103 Hospital Drive
Saskatoon, SK
S7N 0W8



306-514-7978



E-mail



Website

MIDWIFERY PROGRAM - SASKATOON CITY HOSPITAL

Midwives offer a range of support for women and their families through pregnancy and childbirth. Saskatoon's midwifery program is integrated into the provincial healthcare system and does not require a referral.



1.0 km
Women's Health
Centre
701 Queen Street,
Saskatoon City
Hospital
Saskatoon, SK
S7K 0M7



306-655-7533



E-mail



Website

BREASTFEEDING CENTRE

Staffed by International Board Certified Lactation Consultants.

***There is a fee for service.**



5.2 km
3311 Fairlight Dr.
Saskatoon, SK
S7M 3Y5



306-655-4806



E-mail



Website

HEALTHY AND HOME SASKATOON HEALTH REGION

Offers post-partum services to new parents. Nurses are available 7 days a week between 8:30 AM - 4:30 PM.



5.2 km
West Winds Primary
Health Centre
3311 Fairlight Dr.
Saskatoon, SK
S7M 3Y5



306-655-4860



Website

MOMS & KIDS HEALTH SASKATCHEWAN

Offers a range of supports for mothers and children including, in-hospital care, outpatient care, home care, complex and respite care, and rehabilitation care. See their website for comprehensive resources in areas including pre and post natal health, infant and child health, and hospital information.



306-655-0080



Website

KEEPING UP WITH SCHOOL PROGRAM

Continuing with schoolwork while in hospital is encouraged for your child to maintain a sense of normalcy and create a smoother return to school. JPCH has classrooms and teachers available to patients in kindergarten to grade 12. Learning time and format is flexible to accommodate your child's medical needs.



400 m
103 Hospital Dr.
Saskatoon, SK
S7N 0W8



306-655-2589



Website

OUT SASKATOON

Provides free counselling, peer support, resource navigation, training, and sexual health clinic for 2SLGBTQ+ folx and their loved ones.



2.9 km
213 Ave. C S
Saskatoon, SK
S7M 1N3



306-665-1224



E-mail



Website

SASKATOON FOOD BANK AND LEARNING CENTRE

Offers a literacy program and employment program for adults, counselling for individuals and families at no cost, income tax support and a clothing depot.



1.9 km
202 Ave. C South
Saskatoon, SK
S7M 1N2



306-664-6565



E-mail



Website

SASKATOON INDIAN AND MÉTIS FRIENDSHIP CENTRE FAMILY SUPPORT PROGRAM

Assists individuals and families who are experiencing challenges relating to poverty, addiction, spousal/child abuse, and cross cultural issues. This program offers individual and family counselling, advocacy services, housing support, referrals, and life-skill workshops.



2.3 km
168 Wall St.
Saskatoon, SK
S7K 1N4



306-244-0174



E-mail



[Website](#)

URBAN FAMILY SERVICES - SASKATOON TRIBAL COUNCIL

Provides culturally safe educational, intervention, and preventative services to parents, youth, and children challenged with the child welfare system.



4.6 km
200-335 Packham Ave
Saskatoon, SK
S7N 4S1



306-956-6100



[Website](#)

WHITE BUFFALO YOUTH LODGE

A wide range of social, health, recreation and educational programming designed for differing age groups, is delivered Monday - Friday. A health & dental clinic, and counselling services are also available.



2.2 km
602 20th St. W
Saskatoon, SK
S7M 0X7



306-659-2500



E-mail



[Website](#)

ALVIN BUCKWOLD CHILD DEVELOPMENT PROGRAM, KINSMEN CHILDREN'S CENTRE

Offers diagnostic and treatment services to children 0-18 years of age, who display or are at significant risk for development, cognitive and/or physical challenges, as well as support to families.



700 m
1319 Colony St.
Saskatoon, SK
S7N 1K3



306-655-1070



[Website](#)

CLIENT PATIENT ACCESS SERVICE (CPAS)

Offers support to patients with acquire brain injury, HIV/AIDS, pediatrics, in palliative care, and the Quick Response Program. A CPAS worker can help connect you to a variety of resources as you navigate your child's diagnosis.



1.7 km
201-310 Idylwyld Dr.
North
Saskatoon, SK
S7L 0Z2



306-655-4346



[Website](#)

EARLY CHILDHOOD INTERVENTION PROGRAM (ECIP)

A province-wide network of home and community based services provided to families with children from birth to school-age who experience, or are at risk for developmental delays.



4.4 km
10-2302 Hanselman Ave.
Saskatoon, SK
S7L 5Z3



306-657-3247



[Website](#)

EARLY PSYCHOSIS INTERVENTION PROGRAM

Provides treatment and support (for up to 5 years) to young people experiencing psychosis for the first time (usually in adolescence or early 20s). Support is also available for their families.



550 m
Royal University
Hospital
103 Hospital Drive
Saskatoon, SK



306.655.7777



[E-mail](#)



[Website](#)

EPILEPSY SASKATOON

Offers programs to improve education and public awareness about epilepsy, as well as support groups for people with epilepsy and their families.



1 km
333 4th Ave. North
Saskatoon, SK
S7K 2L7



306-665-1939



[E-mail](#)



[Website](#)

FASD SUPPORT NETWORK OF SASKATCHEWAN INC.

A parent-led provincial organization dedicated to increasing awareness about Fetal Alcohol Spectrum Disorder (FASD). Caregiver and peer support groups, as well as case planning, are available.



3.9 km
200-510 Cynthia St.
Saskatoon, SK
S7L 7K7



866-673-3276



[E-mail](#)



[Website](#)

SASKATCHEWAN CEREBRAL PALSY ASSOCIATION

Offers a variety of services to assist children and adults with cerebral palsy. Members have access to resource material, a car seat loaner program for children with disabilities, grant assistance, equipment lending library and scholarships.



3.3 km
2310 Louise Ave.
Saskatoon, SK
S7J 2C7



306-955-7272



E-mail



Website

TEAMMATES FOR KIDS CHILD LIFE ZONE

Offers in-hospital support and education for patients and families to help reduce the anxiety and stress of a hospital stay.



400 m
103 Hospital Dr.
Saskatoon, SK
S7N 0W8



306-655-3225



E-mail



Website

CANADIAN CANCER SOCIETY - SASKATCHEWAN

Offers patient support groups, financial aid to cancer patients, research, fundraising and educational information and presentations.



**1910 McIntyre St.
Regina, SK
S4P 2R3**



888-939-3333



Website

SASKATOON CANCER CENTRE

Offers both individual and family counselling services for children with cancer. They hold social gatherings for peer support and provide a school re-entry program.



**700 m
20 Campus Dr.
Saskatoon, SK
S7N 4H4**



306-665-2662



Website

THE GOLD HOPE PROJECT

Provides portrait sessions for pediatric cancer patients and their families. This free professional photographic service is available to any child, 21 and under, with a current or past cancer diagnosis.



E-mail



Website

WHEELS OF HOPE CANADIAN CANCER SOCIETY

A volunteer driver transportation program that gives patients rides to and from their appointments during active treatment for cancer.

***There is an annual registration fee of \$100 and rides must be requested in advance.**



888-939-3333



Website



At RMHC-SK, we honour the death of a child by lighting a candle while the family is still in the House. If you notice a candle lit in the front living room, remember to take extra care when interacting with other families.

COMPASSIONATE FRIENDS - SASKATOON

A self-help bereavement group that meets on the last Tuesday of every month throughout the year. This group is for parents who have experienced the loss of a child at any age.



1 km
333 4th Ave. N
Saskatoon, SK
S7K 2L7



306-374-8862



E-mail



Website

EMPTY ARMS PERINATAL LOSS SUPPORT SERVICES

Provides support to individuals and families who have lost a child during pregnancy or up to the age of 6. All supports are free of charge and include one-on-one support, memory making options, postpartum information, support groups and more.



800 m
237 5th Ave. N
Saskatoon, SK
S7N 2P2



306-260-6806



E-mail



Website

FAMILIES EXPERIENCING EXCEPTIONAL LOSS (FEEL) INCLUSION SASKATCHEWAN

Provides support and programming for families who have lost a child who lived with an intellectual disability. Please connect with them directly in-person, online or via phone for support and information on group gatherings and upcoming events.



306-341-2416



Facebook

GRIEF & LOSS COUNSELLING - CENTRAL URBAN METIS FEDERATION INC.

Offers grief and loss counselling to members with an emphasis on Aboriginal spirituality and traditions; incorporating a core healing tool to overcome the grief and loss experienced by Aboriginal people.



3.7 km
315 Ave. M South
Saskatoon, SK
S7M 2K5



306-975-9999



[E-mail](#)



[Website](#)

HEALING TO THE MAX

A compassionate community of hope and healing for those that have lost a loved one by suicide. All programs are facilitated through the lens of narrative therapy with a particular emphasis on healing from trauma.



[Website](#)



306-955-7306



[E-mail](#)

SASKATCHEWAN ANGEL DRESSES

Gifts grieving families beautiful layettes made of repurposed bridal gowns to bury their baby in.



Facebook

**INTERPRETATION
SERVICES**

If it is difficult for you to communicate in English, we have a number of staff and volunteers who are able to communicate in other languages. If this support would be helpful, please let us know and we will do our best to accommodate.

**MEAL
ACCOMMODATIONS**

Our Food Programs staff offer a variety of meals to families throughout the week. Although we strive to offer options, we may not be aware of the specific cultural or religious food needs of your family. Please let our Food Programs staff know of any dietary requirements you have and feel free to suggest favorite meals that might help you feel a bit more at home.

QUIET ROOM

Our Quiet Room is located on the 2nd floor landing of the spiral staircase at the south end of the House. This is a space to relax, take space, and connect. Close the door, enjoy the sunshine, pray, journal, or whatever helps you to nurture your own spiritual health.

**SMUDGING IN THE
GARDEN NEXT DOOR**

Please feel free to smudge in the Garden Next Door as weather permits (unfortunately we cannot currently support regular smudging indoors). Knowledge Keeper, Lyndon Linklater, has created a smudging kit for your use, upon request. You can find Lyndon's phone number in the kit if you require additional support. Visit us in the Family Service office if you're interested.

**SPIRITUALLY
BLESSED ROOM**

Our House is smudged annually by local Indigenous leaders. In addition to cleansing common areas and rooms, one guest room has been blessed in honour of the late Band Councilor, Edwin Boneleye of Black Lake Denesuline First Nation. Coloured ribbons are hung to represent healing of all parts of the self. Please speak with Family Services to inquire about room availability.

**STORIES WITH
UNCLE LYNDON**

Join Uncle Lyndon, an Indigenous Knowledge Keeper, for a coffee chat or some storytelling.

GLOBAL GATHERING PLACE

Offers assistance and fellowship to all immigrants and refugees regardless of how long you've been in Canada, immigration status, age or gender. Services include one-on-one assistance, English classes, language interpretation, skill-building, opportunities for social connection, and services for refugees.



800 m
100 5th Ave. N
Saskatoon, SK
S7K 2N7



306-665-0268



E-mail



Website

INDIAN RESIDENTIAL SCHOOL CRISIS LINE

A National 24-hour crisis line for anyone experiencing pain or distress as a result of their Residential school experience.



800-721-0066

LINKLATER FAMILY COMMUNITY SWEATLODGE

Holds community sweats, full moon ceremonies and spirituality workshops. Visit their Facebook page for the most recent updates.



4.4 km
10-2302 Hanselman
Ave.
Saskatoon, SK
S7L 5Z3



306-657-3247



Facebook

SASKATOON INDIAN AND MÉTIS FRIENDSHIP CENTRE

Hosts a variety of programming to support Indigenous cultures and provide pertinent recreational and learning programs. Visit their website for upcoming events.



1.6 km
168 Wall St.
Saskatoon, SK
S7K 1N4



306-244-0174



E-mail



Website

THE ISLAMIC ASSOCIATION OF SASKATCHEWAN (SASKATOON) INC.

Connect with the Islamic Centre for information on prayer times, community events, or to be connected with an Imam.



1.6 km
222 Copland Cres.
Saskatoon, SK
S7H 2Z5



306-665-6424



E-mail



Website

WHITE BUFFALO YOUTH LODGE

Hosts a variety of Indigenous ceremonies, programs and education opportunities throughout the year. Contact the organization directly or visit their website for upcoming events.



2.2 km
602 20th St. W
Saskatoon, SK
S7M 0X7



306-653-7676



E-mail



Website

GLOBAL GATHERING PLACE

Offers assistance and fellowship to all immigrants and refugees regardless of how long you've been in Canada, immigration status, age or gender. Services include one-on-one assistance, English classes, language interpretation, skill-building, opportunities for social connection, and services for refugees.



800 m
100 5th Ave. N
Saskatoon, SK
S7K 2N7



306-665-0268



E-mail



Website

SASKATOON OPEN DOOR SOCIETY

Offers a range of supports to newcomers including parenting classes, childcare, English classes, language interpretation, support with employment, community connections and more.



1.1 km
100-129 3rd Ave. N
Saskatoon, SK
S7K 2H4



306-653-4464



E-mail



Website

CHAPEL AND MULTI-FAITH ROOMS

Available at each hospital. The space is available for private smudging, ceremonies and prayer. There are also scheduled times for Muslim prayer, Roman Catholic mass, and smudging throughout the week.

Please call the switchboard to have the room opened at 306-655-1000.



Website: Royal University Hospital (RUH)



Website: Saskatoon City Hospital



Website: St. Paul's Hospital

ELDER GLORIA MYO

Available to offer guidance and support as an Indigenous Elder at Royal University Hospital, St. Paul's Hospital, Saskatoon City Hospital or the Jim Pattison Children's Hospital.



306-655-1251

SPIRITUAL CARE MANAGER

Available at St. Paul's Hospital.



306-655-5880



Website

**KNOWLEDGE KEEPER,
VERNON LINKLATER****306-655-0508**

Available for support at Royal University Hospital, St. Paul's Hospital, Saskatoon City Hospital, or the Jim Pattison Children's Hospital.

**FIRST NATIONS AND MÉTIS
HEALTH SERVICES**

Provides a variety of supports to First Nations and Métis patients, including coordination of benefits through NIHB and Jordan's Principle, links to traditional supports, interpretation and translation, assistance navigating the healthcare system and advocacy.

**ROYAL UNIVERSITY HOSPITAL
& JIM PATTISON CHILDREN'S
HOSPITAL**

5406-103 Hospital Drive
Saskatoon, SK
S7N 0W8
306-655-0166

Hours of Operation:

Monday - Friday: 8:00 AM - 4:30 PM

ST. PAUL'S HOSPITAL

b1, 37-1702 20th St. W
Saskatoon, SK
S7M 0Z9
306-655-0518

Hours of Operation:

Monday - Friday: 8:00 AM - 4:30 PM

- ➔ **RMHC-SK offers accommodations for families of sick children age 18 and younger who are receiving medical treatment in Saskatoon. We are happy to support you and your family with one private room and access to shared living spaces for as long as your child is receiving medical care in Saskatoon. If you are considering moving to Saskatoon permanently for easier access to your child's medical team, below are some organizations that offer affordable housing for low-income families.**

CAMPONI HOUSING CORPORATION

Geared to income rentals, affordable housing units, and supported living models for Indigenous-identifying families.



3.8 km
1715 11st St. W
Saskatoon, SK
S7M 1H8



306-653-0384



E-mail



Website

CO-OPERATIVE D'HABITATION VILLA BONHEUR

Assists families, seniors, singles, and university students by providing 38 affordable rental housing units in the form of a housing cooperative.



5.8 km
116-160 Meilicke Rd.
Saskatoon, SK
S7K 6R1



306-242-4841



E-mail



Website

CRESS HOUSING

Provides affordable and adequate housing for Indigenous seniors, families, singles and students living in Saskatoon.



4.0 km
200-335 Packham Ave.
Saskatoon, SK
S7N 4S1



306-244-7747



E-mail



Website

CUMFI AFFORDABLE HOUSING

64 affordable housing units in the Pleasant Hill area. All homes and affordable apartments have a zero-tolerance policy toward alcohol/substance abuse and violent behaviors.



3.7 km
315 Ave. M South
Saskatoon, SK
S7M 2K5



306-975-9999



[E-mail](#)



[Website](#)

FUSION 22

A clean and sober living apartment where families can feel safe and continue to gather the knowledge, skills and tools they need to be successful. Fusion 22 is a multipurpose supported living program that is designed to assist families who are vulnerable transition into interdependence.



1.7 km
485-1st Ave. North
Saskatoon, SK
S7K 1X5



306-931-6644



[E-mail](#)



[Website](#)

LUTHER FAMILY HOUSING

Offers 30 three-bedroom townhouse units, available to families at subsidized monthly rent. Twenty of the units are two-storey townhouses, while 10 are wheelchair accessible bungalows. Each unit is equipped with a fridge, stove, washer and dryer.



5.0 km
207 Heritage Way
Saskatoon, SK
S7H 5N8



306-664-0501
Ext. 223



[E-mail](#)



[Website](#)

QUINT DEVELOPMENT CORPORATION

Offers an affordable housing program including apartments, townhouses and condos with opportunities to participate in various community activities.



2.8 km
101-1120 20th St. W
Saskatoon, SK
S7M 0Y8



306-978-4041



E-mail



Website

SASKATOON HOUSING AUTHORITY

Rentals for low-income families available. Visit their website to apply.



800 m
525 24th St. E
Saskatoon, SK
S7K 0K9



306-668-2700



E-mail



Website

TERRA HOUSING CO-OPERATIVE

Provides 48 affordable rental options for families. Please call to inquire for more information.



6.0 km
100-135 McCormack
Rd.
Saskatoon, SK
S7M 5K4



306-978-0252



E-mail



Website

WESTGATE HEIGHTS ATTAINABLE HOUSING

Part of Crime Free Multi-Housing Program with the Saskatoon Police Service, the Westgate Heights Attainable Housing Program includes 40 apartments and 34 townhouses offered at discounted rates for low-income families and individuals. Criteria and application can be found on their website.



5.8 km
3315 Centennial Dr.
Saskatoon, SK
S7L 6V4



306-716-0376



E-mail



Website

➔ **RMHC-SK currently has one House in Saskatoon and a Family Room located in Prince Albert. Should you be transferred to a hospital closer to your home to complete your child's care, please see below for some housing options for your stay. housing for low-income families.**

RAWLCO CENTRE HOSTEL

Offers a private room inside the Regina General Hospital for new parents. Accommodations are based on priority. Please speak to your healthcare team for details.



**1440 14th Ave.
Unit 2C
Regina, SK
S4P 0W5**



306-766-0738



Website

REGINA CANCER PATIENT LODGE

Located near Pasqua Hospital. Visit their website for information on applications and eligibility.



**4104 Dedney Ave.
Regina, SK
S4T 1A3**



306-359-3166



Website

REGINA GENERAL HOSPITAL MEDICAL SOCIAL WORK

Connect with a Medical Social Worker through the System Wide Admission and Discharge Department (SWADD) at the Regina General Hospital for discounted rates at nearby hotels.



306-766-7200



Website

RONALD MCDONALD FAMILY ROOM

Located in the Victoria Hospital on the Pediatric Ward, the Ronald McDonald Family Room provides a place for families to escape the hospital setting and enjoy the comforts of home in a relaxing, peaceful and warm environment.



**1200 24th St. W
Victoria Hospital
Pediatric Ward (L3)
Prince Albert, SK
S6V 4B2**



306-765-2309



E-mail



Website



Ronald McDonald House Charities is a global organization with locations across Canada. If your child needs to be transferred to a major city in another province, there is likely a Ronald McDonald House nearby. Please come chat with us in the Family Service Office if you are being transferred and would like to be connected with a Ronald McDonald House in another city.

**BREAKFAST
PROGRAM****Served daily 7:30 AM - 9:30 AM (weekend times vary)**

Help yourself to fresh breakfast served in the Dining Room by our Food Programs staff every morning.

LUNCH PROGRAM**Available Mondays, Wednesdays and Fridays**

- JPCH (PIPD, PEDS, PICU, NICU, Emergency)
- Dubé Centre
- Alvin Buckwold Centre

Enjoy a bag lunch packed by our Food Programs staff and delivered to you at the locations listed above. First come, first serve in hospital fridges.

HOME FOR DINNER**Available Tuesdays, Wednesdays and Thursdays
5:30 PM - 6:30 PM**

Enjoy a home-cooked meal prepared by our Food Programs staff. Meals are served in the Dining Room or set aside in the fridge for you to eat at your convenience. The meal schedule is subject to change. See us in the Family Service Office to confirm which days we are offering meals that week.

**COMMUNITY
PANTRY**

Located across from the children's play area, just off of the north kitchen on the main floor is the Community Pantry. This space is available to all families. We encourage families to do their own grocery shopping and cooking but understand that unexpected medical expenses can make purchasing food more difficult. Please help yourself to leftovers, dry goods and fresh produce at any time - no questions asked.

CHEP GOOD FOOD BOX

Offers a variety of discounted fresh food options delivered to local depots every two weeks. Visit their website for the latest information on delivery dates, locations, and to place an order.



2.8 km
204-1120 20th St. W
Saskatoon, SK
S8M 0Y8



306-655-4575



Website

OUTSIDE AGENCY FUNDING

If an outside agency has agreed to cover your stay at RMHC-SK, you may also be eligible to receive meal supports. Talk to a medical social worker at the hospital to inquire.

SASKATOON FOOD BANK AND LEARNING CENTRE

Provides 2 to 3 days of emergency food. People can access the Food Bank once every 14 days and must provide a health card and proof of Saskatoon residency (RMHC-SK applies). Talk to a Family Service Associate to make arrangements for delivery or pick up.



1.9 km
202 Ave. C South
Saskatoon, SK
S7M 1N2



306-664-6565



E-mail



Website

SHUTTLE PROGRAM

The RMHC-SK Shuttle Program offers families a free ride to and from the hospital, clinic, or select grocery stores. Come see us in the Family Service Office for more information on dates, times, and to request a ride.

WESTJET CARES

Every year, WestJet donates a specific number of flights to RMHC-SK. These flights are used to assist family members travelling with, or to, their sick child. Please talk to a Family Service Associate to see if this is an option for you and to start the process.

AIR CANADA HOSPITAL TRANSPORTATION PROGRAM

Transports parents and children to medical centers across Canada. Please talk to your Medical Social Worker for more information.



Website

AMBULANCE (GROUND OR AIR)

Your child may require an air or ground transfer if you live in a remote community or are being transferred to a different hospital for care. Arrangements will be made with your healthcare team. For more information, visit their website.



Website

ANGELS OF FLIGHT

Helps coordinate transportation of sick individuals and can connect with potential financial options if needed. They work closely with the Global Angel Charitable organization.



Website



705-743-5433
800-563-7686

FAMILY HEALTH BENEFITS GOVERNMENT OF SASKATCHEWAN

Covers the cost of emergency ambulance for low-income families. The Ministry of Social Services determines eligibility.



Website



**306-787-4723
888-488-6385**

GLOBAL ANGEL CHARITABLE ORGANIZATION

Assists with medical transport by air ambulance, commercial airline and ground transport. Works closely with Angels of Flight.



Website



705-740-2645

HOPE AIR

Pays for flights and accommodations needed to access healthcare. Must provide details of a confirmed medical appointment and documentation demonstrating you are unable to afford travel to your child's appointment.



Website



877-346-4673

NON-INSURED HEALTH BENEFITS FOR FIRST NATIONS AND INUIT (NIHB)

In addition to medical coverage, NIHB can arrange for taxi vouchers to and from medical appointments for eligible First Nations and Inuit clients. You can request coverage by connecting with Social Work or First Nations and Métis Health Services at the hospital.



Website



NIHB: 866-885-3933 ext. 1

Social Work: 306-655-2579 (JPCH)

FNMHS: 306-655-0166 (JPCH)

NORTHERN MEDICAL TRANSPORTATION PROGRAM GOVERNMENT OF SASKATCHEWAN

Covers the cost of emergency transportation provided by private air carriers, medical taxi or road ambulance for all northern residents. The program also covers costs of non-emergency transportation to assist social assistance clients with access to medical treatment and appointments outside of their community.



Website



306-787-3764

**TRAVEL TREATMENT FUND
CANADIAN CANCER SOCIETY**

Offers short-term help to cover some costs of travelling to cancer treatments.



Website



888-939-3333

**WHEELS OF HOPE
CANADIAN CANCER
SOCIETY**

A shared ride service available for cancer patients who are unable to arrange rides for their appointments during their active cancer treatment. Volunteer service provided Monday - Friday and require at least 3 business days' notice to book.



Website



705-740-2645

***\$100 annual registration fee required.**

SASKATOON TRANSIT (BUS)

Requires exact change or a Go Pass card to ride. Download the free app for information on routes and timing or come see us in the Family Service Office to have a route map printed. Bus stops on Clarence Avenue and College Drive.



1.2 km
Downtown Office
226 23rd St. E
Saskatoon, SK
S7K 0J4



306-975-3100



E-mail



Website

TAXI - RIIDE

Riide is the main taxi service in Saskatoon. Call any of the numbers below to book your ride or download the Riide App.

833-757-4433
306-664-6464
306-652-2222
306-653-3333



Website

JORDAN ZACHARIAS MEMORIAL FUND

Provides financial support to families of children with a life threatening illness. Contact through e-mail or speak with your medical social worker to apply.



E-mail



Website

JORDAN'S PRINCIPLE

Responds to unmet needs of First Nations children through additional funding, coordination of supports, and assistance navigating the healthcare system. Contact Jordan's Principle directly or talk to your Social Worker to inquire about coverage options.



833-752-4453
855-572-4453



Website

KINSMEN TELEMIRACLE

Covers the costs associated with access to medical treatment outside your home community, as well as any special needs, mobility, or communication equipment. All residents of Saskatchewan and Lloydminster are eligible to apply. Please note this is a funder of last resort.



4.3 km
2217C Hanselman
Court
Saskatoon, SK
S7L 6A8



306-244-6400
877-777-8979



Website

LOCAL BAND COVERAGE

Contact your local band office for information on what they may be able to cover to help assist you.



Website

MINISTRY OF SOCIAL SERVICES

If you receive financial support through social assistance, you may also be eligible to receive coverage for your stay at RMHC-SK. Talk to your support worker to make arrangements.

NON-INSURED HEALTH BENEFITS FOR FIRST NATIONS AND INUIT (NIHB)

In addition to medical coverage, NIHB can arrange for taxi vouchers to and from medical appointments for eligible First Nations and Inuit clients. You can request coverage by connecting with Social Work or First Nations and Métis Health Services at the hospital.



Website



NIHB: 866-885-3933 ext. 1

Social Work: 306-655-2579 (JPCH)

FNMHS: 306-655-0166 (JPCH)

BELIEVE IN THE GOLD

Funds available to help support families of children with cancer to pay medical expenses not covered by provincial healthcare or extended benefit plans.



403-968-0822



Website

DRUG COST ASSISTANCE **GOVERNMENT OF SASKATCHEWAN**

Helps with high drug costs in relation to income. The Ministry of Health determines eligibility.



E-mail



306-787-3317



Website

FAMILY HEALTH BENEFITS **MINISTRY OF SOCIAL SERVICES**

Covers children's medical costs including eye, dental, emergency ambulance, basic medical supplies, and prescription drugs. Available for low income families who meet the standards of an income test.



306-787-4723

888-488-6385



Website

**SASKATCHEWAN AIDS TO
INDEPENDENT LIVING (SAIL)
GOVERNMENT OF SASKATCHEWAN**

Covers expenses related to equipment, devices, products, and supplies to people with physical disabilities and chronic health conditions.

***Requires a referral from your healthcare provider.**



306-787-7121



Website



E-mail

THRIVE ALIVE FOUNDATION

Supplements costs associated with cancer treatments and services not covered by government or health care plans.



Website

CHILD DISABILITY BENEFIT
CANADA REVENUE AGENCY (CRA)

Gives a monthly allowance to families who care for a child under 18 with severe prolonged impairment in physical or mental functions. Eligibility depends on family's income.



800-387-1193



Website

**EMPLOYMENT INSURANCE
(EI) COMPASSIONATE CARE
BENEFITS**
SERVICE CANADA

Paid to people who need to be away from work temporarily to care for a family member who is ill with a risk of death. Applications require a medical certificate from a doctor, psychologist, or psychiatrist. Benefit lasts a maximum of 26 weeks.



800-206-7218



Website

FAMILY CAREGIVER BENEFIT
SERVICE CANADA

Provides up to 35 weeks of financial assistance to caregivers supporting a critically ill or injured child. Requires demonstration of decreased work hours due to care of the child and family relation.



800-206-7218



Website

ALEX'S LEMONADE STAND TRAVEL FOR CARE PROGRAM

Supplemental financial assistance for families of children with cancer to help cover transportation costs. Applications must be submitted by a social worker or member of the oncology care team.



610-649-3034



Website



E-mail

SHINE THROUGH THE RAIN FOUNDATION

Supports families through life-threatening illnesses by assisting with utility, rental, grocery, transportation and parking costs up to \$1,500 per year. Social worker and families need to complete the application together. Kids' gift bundles also available.



905-477-7743



Website



E-mail

THE PHOEBE ROSE ROCKS FOUNDATION

Supportive packages sent to families that have to travel 200 km + to access cancer treatment.



Website



E-mail

DISABILITY TAX CREDIT

Given to parents with a child who has a "severe or prolonged mental or physical impairment." Eligible families may also be available for other benefits like the Child Disability Benefit.



Website

FAMILY CAREGIVER TAX CREDIT

Available for someone who is taking care of a sick family member.



Website

MEDICAL EXPENSE TAX CREDIT

Allows a person to claim expense for wigs, medications, medical equipment, tutoring, and travel expenses, including meals, accommodation, and parking. You must keep your receipts in order to receive the tax credit.



Website

If your specialist refers you outside of Canada to receive treatment not available in Saskatchewan or other provinces, your Saskatchewan health coverage may cover the full cost of the treatment.

Prior approval is required. Your specialist must ask for prior approval from the Medical Services Branch of Saskatchewan Health or from the Saskatchewan Cancer Agency.

If the treatment is approved, Saskatchewan Health will pay the full cost of treatment at a rate that the Saskatchewan Ministry of Health considers fair and reasonable after taking into account the location where the insured service is provided.



Website



306-787-3475

NON-INSURED HEALTH BENEFITS FOR FIRST NATIONS AND INUIT (NIHB)

In addition to medical coverage, NIHB can cover the cost of medical supplies for eligible First Nations and Inuit clients. You can request coverage by connecting with Social Work or First Nations and Métis Health Services at the hospital.



Website



NIHB: 866-885-3933 ext. 1

Social Work: 306-655-2579 (JPCH)

FNMHS: 306-655-0166 (JPCH)

SASKABILITIES

A variety of environmental and ambulatory equipment is provided on a free loan basis to Saskatchewan residents who possess a valid Health Services number and are not eligible for funding from any other government agency.



**3.3 km
2310 Louise Ave.
Saskatoon, SK
S7J 2C7**



306-664-6646



E-mail



Website

PRAIRIE OXYGEN



3.7 km
3-2210 Millar Ave.
Saskatoon, SK
S7K 4L1



877-738-8702
306-384-5255



E-mail

MEDIGAS



3.8 km
2301 Millar Ave.
Unit G
Saskatoon, SK
S7K 2Y1



866-446-6302
306-242-3325



E-mail



Website

LINDE CANADA



5.0 km
807 51st St. E
Saskatoon, SK
S7K 0X7



905-803-1600
306-934-4472



Website

**PROVINCIAL HOME OXYGEN
INC.**



5.9 km
1-3122 Millar Ave.
Saskatoon, SK
S7K 5Y2



306-651-1243

VITALAIRE



4.6 km
518 48th St. E
Saskatoon, SK
S7K 5T9



833-904-2473



Website

SASKABILITIES



3.3 km
2310 Louise Ave.
Saskatoon, SK
S7J 2C7



306-664-6646



E-mail

GOLDEN MOBILITY & REHAB LTD.



6.1 km
3150A Faithfull Ave.
Saskatoon, SK
S7K 8H3



306-242-9060



E-mail

MAXIMUM MOBILITY PRODUCTS



4.0 km
2214 Ave. C North
Saskatoon, SK
S7L 6C3



306-683-3636

ADDITIONAL SUPPORT

We have breast pumps available for your use at RMHC-SK. Should you require access to one, please visit the Family Service Office.

MEDELA

Co-op Pharmacy - 306-651-2000

Cravings - 306-477-8200

London Drugs (Primrose Drive) - 306-975-3843

London Drugs (8th Street) - 306-664-9521

Medicine Shop (RUH Lobby) - 306-665-4045

PharmaChoice (Stonebridge) - 306-649-4649

Pharmasave (Central Ave) - 306-955-7200

Pharmasave (Stonebridge) - 306-384-1600

Shoppers (Hampton Village) - 306-249-2930

AMEDA

The Berry Breast - 306-612-2297

London Drugs (Primrose) - 306-975-3843

London Drugs (8th Street) - 306-664-9521

Medicine Shop (RUH Lobby) - 306-665-4045

Willowgrove Pharmacy (Nelson) - 306-665-1000

Contact Us

House in Saskatoon

1011 University Drive
Saskatoon, SK S7N 0K4
(t) 306-244-5700
rmh.sk.ca

Family Room in Prince Albert

Victoria Hospital - 1200 24 St. W
Prince Albert, SK S6V 4B2
(t) 306-765-2309
rmh.sk.ca



Keeping Families Close ®



RMHC®
Saskatchewan