



Moose Jaw Community Resources for Mental Health		
Emergency Numbers		
Police and Ambulance 911	Child Abuse Hotline 1-800-668-6868	Regina Sexual Assault Centre http://www.reginalsexualassaultcentre.ca/ 24 hour crisis line 306-352-0434 or Office: 306-522-2777 1830 MacKay St. Regina, Sk
Saskatchewan Healthline 811	Moose Jaw Police Services 306-694-7600	
Kids Help Phone 1-800-668-6868 www.kidshelpphone.ca	Your Life Your Voice (from Boys Town) one on one help for children and families 24/7 http://www.yourlifeyourvoice.org/Pages/ways-to-get- help.aspx Call 1-800-448-3000	Sexual Assault Hotline 1-800-214-7083 sassk.ca (sexual assault services of Saskatchewan)
Parents Helpline 1-888-603-9100		Moose Jaw Transition House 24 hour crisis line 306-693-6511 or email thousedir@sasktel.net
Saskatchewan Farm Stress Line 24/7 1-800-667-4442	Suicide Prevention Lifeline 1-800-273-8255(TALK) Suicidepreventionlifeline.org	Red Cross Personal Disaster Assistance Program Assists families (food, shelter, clothing, essential needs, referrals) that have been affected by a personal disaster (fire, flood) for 72hours 1-888-800-6493 (24/7)
Saskatchewan Poison Centre 1-866-454-1212	Domestic Violence Hotline 1-800-214-7083	First Nations and Inuit Hope For Wellness Help Line 24 hour crisis intervention counselling and support 1-855-242-3310
Other Helpful Numbers		
Provincial data base of services and information call 211 or visit www.sk.211.ca	Methadone Program Intake through Five Hills Health Region Call intake and leave message 306-691-6464 To be referred to program	Public Health 306-691-1500 or 1-877-557-4687 Public health nurses, dental health educators, teen wellness clinic, speech language pathologists, nutritionists, and audiologists W.G. Davies Building 107-110 Ominica St W
Needle Exchange Program 306-691-1500 Press option 1 ask for program	Victim Services 306-694-7621 Information, support and referrals for victims of crime and tragic events	Social Services 306-694-3800 Community Living Office/ Child Protection/ Income Assistance 1 st Floor 36 Athabasca Street West
	Wakamow Manor Detox Center 200 Iroquois Street E. 306-694-4030 People over the age of 16 wanting assistance with withdrawal from alcohol or other drugs	Children's Advocate Office (a voice for youth) 1-800-322-7221 Saskatoon (306) 933-6700 Email: contact@saskadvocate.ca ; http://www.saskadvocate.ca/
Moose Jaw South Central Regional HUB http://www.southcentralric.ca/hub.html Community and government agencies working together to assist clients in a variety of situations at elevated risk. Call any of the following representatives and ask to speak with a HUB representative Moose Jaw City Police 306-694-7645; Mental Health and Addiction Services 306-694-0379 Ministry of Justice and Corrections Adult Probations 306-694-3649; Ministry of Justice and Corrections Youth Probations 306-694-3850; Ministry of Social Services 306-694-3647; Prairie South School Division 306- 691-1362 EXT:4162		



Counselling Services

Counselling Services		
Adult		
Five Hills Mental Health and Addictions Services	Centralized intake 306-691-6464 Crisis after hours 1-877-564-0543 or 911; Wigmore Regional Hospital www.fhhr.ca/MentalHealth.htm	*leave message someone will get back to you within 24 hours; do not minimize situation *individual, family, or group services *depression, anxiety, addictions, family difficulties, abuse, grief *no cost
Crescent View Clinic	306-691-2040; Crescent View Clinic 131 1 st Ave NE	*free counselling with therapist Wednesday 4:30-7:30 pm; drop-in; no cost *relapse and prevention program (RAP): drop in group sessions for individual's struggling with co-dependency, substance abuse, and gambling issues; no cost. Tuesday and Friday from 3-4:30pm.
Internet Based Cognitive Therapy	306-337-3331 www.onlinetherapyuser.ca email: Online.Therapy.User@uregina.ca	*free on-line Wellbeing Program; no cost *helps people with the thoughts, behaviours and physical symptoms of depression and anxiety
Children and Family		
Kids Help Phone	1-800-668-6868; http://www.kidshelpphone.ca/Kids/Home.aspx	*free, anonymous and confidential phone and on-line professional counselling service for children and youth available 24/7.
Your Life Your Voice (from Boys Town)	http://www.yourlifeyourvoice.org/Pages/ways-to-get-help.aspx 1-800-448-3000 Boys Town National Hotline - Your Life Your Voice (for kids, teens and young adults) http://www.yourlifeyourvoice.org 1-800-448-3000. Email: https://secure.yourlifeyourvoice.org/Pages/contact.aspx Text VOICE to 20121 (4PM to 1AM CST). Chat: http://www.yourlifeyourvoice.org/pages/ways-to-get-help.aspx	*Please contact us if you're depressed, contemplating suicide, being physically or sexually abused, on the run, addicted, threatened by gang violence, fighting with a friend or parent, or if you are faced with an overwhelming challenge. We encourage people to contact us by phone if they are in any danger, or if it's a really serious issue. Talking on the phone can provide more immediate help, but we do know that sometimes you might be more comfortable contacting us via chat, text, or email. Whichever way you'd like to contact us, we'd like to help! We are here 24/7.
Moose Jaw Women's Transition House	Children's Program 306-693-6848 Email: childpr@sasktel.net	*services for children exposed to violence; *individual crisis counselling and support groups for ages 5-12; no cost
	Outreach Program 306-693-6847 www.mj-transitionhouse.com	*individual and group support for any individual experiencing violence.
Five Hills Health Region-Child and Youth Mental Health and Addictions Services	Centralized intake 306-691-6464 Crisis after hours 1-877-564-0543 or 911; Wigmore Regional Hospital www.fhhr.ca/MentalHealth.htm	*call and leave a message about nature of situation someone will call back within 24 hours; do not minimize situation *family-center services for children, youth and families experiencing mental health or addictions problems: no cost *assessments for behaviorally disordered children and youth. *works with family and school for psychological assessment, diagnosis and support; no cost
The Jobransa Foundation for Children	306-693-0500; 75 Ross Street West https://www.facebook.com/TheJobransaFoundation/	*services and supports provided to those with special needs (birth to age 22) and their families; funding available based on financial need.
Canadian Forces		
Member Assistance Program (MAP)	1-800-268-7708 www.forces.gc.ca	*voluntary, confidential service for Canadian Forces to help members and their families *parenting/family concerns, stress, anxiety, sexual assault and addiction concerns

Last update November 7, 2016



MJ Military Family Resource Centre	306-694-2273 Web: http://www.familyforce.ca/sites/	*short-term counselling, crisis support, assessment and referral, education and prevention programming; no cost and self-referral
Moose Jaw MFRC	Family Support Coordinator 306-694-2222; Ext. 5316	*support families in difficult situations or in times of crisis
Private Counselling Services		
Moose Jaw Family Services	306-694-8133 200 Main Street South - http://www.mjfamilyservices.ca/home/	*counselling services for individuals and families, cost is pro-rated based on income – no cost for clients on social services
Beacon Counselling Group	306-692-9737; 211- 310 Main Street North http://www.beaconcounselling.com/	*individual, couples, family, and children counselling; fee for service – may be covered by Employee Assistance Programs or individual insurance
Moose Jaw Christian Counselling Service	306-692-5500; 4- 54 Stadacona Street West http://www.mjccc.ca/ email: mjccc@shaw.ca	*biblically-based counselling *personal, family, and pre-marriage *fee for service
Theravive	http://www.theravive.com/therapy/depression-moose-jaw	*individual counselling through phone and email; e-counselling
Professional Family Consultant	306-692-9202; 79 Hochelaga Street West Email: f.stewart@shaw.ca	*specialize in marriage, family, parenting, adolescent children, anger management groups *fee for service – may be covered by extended health benefits
Cognitive and Physical Disability Supports		
Saskatchewan Association for Community Living	http://www.sacl.org/ 306-790-5685	Inclusion Consultant: supports individuals (from birth to death) with cognitive and/or physical disabilities, mental illnesses, and addictions. Also provides support and advocacy for group homes and community based organizations.
Community Living Service Delivery	306-694-3800 36 Athabasca Street West http://creativeoptionsregina.ca/wp-content/uploads/2015/03/CLSD-Fact-Sheet.pdf	Creating inclusive communities for individuals with intellectual disabilities. Offers group homes, group living homes, supportive living programs, approved private – service homes; offers community case management, outreach and prevention services and specialized programs.
The Jobransa Foundation for Children	306-693-0500 75 Ross Street West	Provides variety of programming and support groups for children (birth to 22) with physical or cognitive delays, and their families: mom and tot groups, art, music, sibling groups, basketball, kickball. Financial assistance available based on need.
Special Olympics	306-780-9401 or 1-888-307-6226 Email: klott@specialolympics.sk.ca jkghoch@sasktel.net website: http://www.specialolympics.sk.ca/	*current sport programs floor hockey, aquatics, bowling, bocce ball, soccer, and curling.
Aboriginal Supports and Services		
First Nations and Inuit Hope For Wellness Help Line	24/7 crisis intervention counselling and support for First Nations and Inuit young people and adults. Culturally competent telephone based intervention. Services available in Cree, Ojibwa, and Inuktitut. 1-855-242-3310 http://www.hc-sc.gc.ca/fniah-spnia/promotion/mental/index-eng.php	
Wakamow Aboriginal Community Association (WACA)	306-630-2163 Bernice Perkins 650 Coteau Steet West Offers Men and Women sharing circles, craft nights, youth nights Activities will be updated on Facebook page. https://www.facebook.com/WACAInc/	
<i>We Matter</i>	Online support for indigenous people who feel alone and are looking for support; struggling with suicidal thoughts or behaviours. https://wemattercampaign.org/	
Canada World Youth: Programs for Aboriginal Youth	CWY coordinates programs specifically created for Aboriginal Youth volunteers to help increase their leadership and employability skills. http://canadaworldyouth.org/apply/programs-for-aboriginal-youth/	



Education, Training and Programs

Canadian Mental Health Association (CMHA)	306-692-4240 1250 11 th Ave North West http://www.cmhamj.com/ http://sk.cmha.ca/	<i>Mental Health First Aid</i> : provides knowledge on different mental disorders, how you can offer assistance and support, and connections to professional services
		<i>Mental Health Promotion</i> : teaches mental health promotion to businesses, schools, non-profits and families (anxiety, depression, happiness, conflict resolution).
		<i>Communications and Problem Solving Skills: CAPSS</i> Grade 5 students (8 one hour sessions) topics: feelings, anger, triggers, communication, problem solving
		Suicide Intervention Programs: Three different levels of identifying thoughts of suicide (Tattered Teddies, Straight-talk, SafeTALK and Assist); facilitates discussions on myths of suicide, how to identify signs and intervention.
		<i>I'm Thumbody</i> : through school or group (2 one hour sessions) grade ¾ level; focuses on self-esteem.
Mental Health and Addiction Services	306-690-5970 250 Manitoba Street East	Family Support Program: support, education, and workshops for families and significant others of individuals struggling with mental health issues.
	Centralized intake 306-691-6464 55 Diefenbaker Drive	Group Programs: variety of programs offered depending on service demand; variety of parenting support groups (Incredible Years and Parenting Anxious Children)
Strong Start Family Center	Health Educator 306-630-8411 679 Hall Street West	Early Social Skills Program: offered to daycares, playschools, pre-kindergarten and preschools in MJ; for children 3 to 5 and their families
	306-691-1616 or 306-691-1598 679 Hall Street West	Kids First: in home support to help families with young children (0-5); self-referred or agency referred
	306-691-1598 or 306-630-3690 679 Hall Street West	Family Outreach Program: partnership between Health, Schools and families to help support families who experience barriers to community services
	Early Childhood Coalition Moose Jaw Central ecbcprogram@gmail.com or fax 1-306-648-3658 679 Hall Street West	Early Childhood Behaviour Consultant: voluntary and cost free program to meet the behavioural needs of children 18 months to 5 years old; consultants work with parents to help them better understand and respond to challenging behaviours; any person can make a referral through email or fax and an ECBC will contact them within two weeks by phone.
Moose Jaw Women's Transition House	306-693-6848 Email: childpr@sasktel.net	Children's program: school and community presentations (bullying, abuse, violence, feelings, self-esteem, respect)
		Community Outreach Program: offers programming to males and females over the age of 13 who reside in the service area; includes individual short term educational sessions and group work within the community, schools, and workplaces.
Moose Jaw Family Services	306-694-8133 200 Main Street South	Young Parent Program: educational, skills based, and friendship for parents ages 13-23; childcare provided; can self-refer or be referred by outside agency; no cost.
		Gardening Program/Community Kitchens: child and parent work together in community gardens to learn about good nutrition and healthy eating. For parents ages 13-23; can be self-referred or agency referred.
		Living Independent Skills: help youth (15-19) to transition to living on their own. Learn life skills like budgeting, banking, tenancy rights, and sexual health. Can be self-referred or referred by outside agency. Offered in spring and fall.
		Diversion Program: In home support and education for families and parents. Can be self-referred, no cost.
		Care for the Caregiver: meets twice a month (except July and August); it is a support group for individuals who are the primary caregiver of a loved one. No cost.
Early Childhood Intervention Program (ECIP)	306-692-2616 461 C Athabasca Street East; Southcentral.ecip@sasktel.net	A network of community-based supports for the families of children aged 0-6 years that experience developmental delays or are at risk of delay. No cost, can be self-referred or agency referred.



Red Cross	http://www.redcross.ca/	Babysitting and First Aid Courses through authorized providers.
Mental Health Supports		
Canadian Mental Health Association	306-692-4240 1250 11 th Ave North West http://www.cmhamj.com/ ; http://sk.cmha.ca/	Peer Support Program: one on one supports for individuals with mental illness and social, recreational, educational groups. Self-referred or agency referred.
		Art of Friendship: teaches foundational skills of communication, boundary setting, how much to disclose in a relationship, while also building confidence and self-esteem.
		Come Together: self-help group for people with lived experience with Mental Health issues.
		Friends and Family Peer Support: for family and friends of individuals struggling with mental health issues.
		Living Life to the Full: education workshop to help manage anxiety and depression.
Thundercreek Rehabilitation Association	306-693-2814 250 Manitoba Street East	Outreach Program: Offers clients activities outside residential setting. Must be referred to program.
		Mental Health Resource Centre: social and recreational program, drop in component for adults who are in the rehabilitation and maintenance phase of recovery; for adults who experience severe mental illness.
Five Hills Health Region	Centralized intake 306-691-6464 Wigmore Regional Hospital 55 Diefenbaker Drive www.fhhr.ca/MentalHealth.htm	Group Services: anxiety, panic, depression, grief/unconventional loss, and making choices
		In Patient Services: 12 bed acute psychiatric unit
		Community Mental Health Nurse: works with clients to maximize client's level of functioning (assessment, counselling, planning, linkage, advocacy, and monitoring).
		Acute Community Mental Health Home Care: supports early hospital discharge by providing in home supports. Referral from inpatient unit.
	306-690-5970 250 Manitoba Street North East	Day Program: care for patients as they transition from hospital to the community; must be referred.
Moose Jaw Transition House and Custody, Supervision and Rehabilitation Services	306-694-3652 Fax 306-694-3045 216-110 Ominica Street West Moose Jaw, S6H6V2	Alternatives to Violence: for men who are physically, emotionally, or psychologically abusive to their intimate partners. Twelve week sessions run twice a year (September and February), and be agency or self-referred.
Employment Supports		
Diversified Services	306-692-4954 11 Woodlily Drive	Provides career and employment development options for adults with cognitive and physical disabilities and provides support in employment settings. Also has day program. Referred through Community Living Division Worker 306-694-3800.
Can-Sask Career & Employment Centre	306-691-3303; 61 Ross Street West www.sasknetwork.ca/html/Home/cansask/locations.htm	Community hosted job search resource centre
Labour Market Services	306-694-3699; 61A Ross Street West www.economy.gov.sk.ca/ces-offices	Community hosted job search resource centre
Partners in Employment	306-693-3025; 8 Wood Lily Drive http://www.abilitiescouncil.sk.ca/html/work/partners_employment/index.cfm	Assist individuals with hidden or visible disabilities or barriers to find and maintain employment. Can be self-referred or referred by outside agency. Offers individual support as well as client center workshops.
South Saskatchewan Independent Living Center	306-692-7452; 637B Main Street North http://www.ccrw.org/ready-to-work-inclusion-program	Specialized Employment Services for Persons with Barriers/Disabilities in Moose Jaw; ages 16 and over; individual and group/class activities.
Canadian Council on Rehabilitation and Work	306-692-7452 ext. 3; 637B Main Street North http://www.ccrw.org	Help individuals (18 years old, self-disclosed learning, cognitive, and/or physical disability) who are job ready to find employment.

Neil Squire Society	306-781-6023; 201-2206 Dewdney Avenue Regina, Sk https://www.neilsquire.ca/contact-us/prairie-regional-office/	Use technology, knowledge, and passion to empower individuals with disabilities. Located in Regina but will help individuals in Moose Jaw.
Supportive Program for Employment in the Community (SPEC)	306-691-6468 455 Fairford Street East	Transitional employment program provides pre-employment training and continuous supervision when on work location; referrals through Community Health Nurse.
Saskatchewan Association for Community Living (SACL) [Employment, Education and Transition (EET)]	306-790-5685; http://www.sacl.org/ Based out of Regina but serves Moose Jaw Area	Helps teenagers/high school students (with a disability, mental illness, or addiction) with transitions in education and employment.
Housing Supports		
Citizens All	306-693-6066; 410 Hochelaga Street East http://www.citizensall.ca/	Provides 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.
Community Living Service Delivery	306-694-3800 36 Athabasca Street West http://creativeoptionsregina.ca/wp-content/uploads/2015/03/CLSD-Fact-Sheet.pdf	Offers group homes, group living homes, supportive living programs, approved private – service homes for individuals with intellectual disabilities.
Families for Change	306-693-2271; 1319 Duffield Street www.mjffc.com	Alternative holistic homes for intellectually challenged adults; 24 hour staffed; must be referred through social services.
Turning Leaf Community Support Services	1-855-221-5594 or Jordan Soggie case manager 306-6910-9013 455 Trinity Lane http://turningleafservices.com/	Offers youth and adults living with intellectual challenge (e.g., Fetal Alcohol Syndrome) and mental illness (e.g., Schizophrenia, Depression) with community and residential support for the purpose of assisting with safe, healthy and independent living.
Thundercreek Rehabilitation Association	306-693-2814 250 Manitoba Street East Access through community health nurse http://www.fhhr.ca/AddictionsResidential.htm	Supportive Apartment Living Program: provides a supervised facility staffed on a 24-hour basis for persons who require intensive training in independent living skills. Independent Living Program: provides on-site life skills training to clients who choose to live in the community and require support to develop greater self-reliance.
Five Hills Health Region	306-691-6487; 55 Diefenbaker Drive http://www.fhhr.ca/AddictionsResidential.htm	Approved Homes: provide family living in a safe home that offers adequate space and meets health and fire requirements For clients with prolonged mental illnesses, referred through Residential Coordinator, case manager, and client’s psychiatrist.
Habitat for Humanity	306-690-7168; http://habitatmoosejaw.ca/	Provides low income families with the opportunity for home ownership.
The Moose Jaw Housing Authority	306-694-4055; 25 Caribou Street West mjha@sasktel.net http://www.moosejawhousingauthority.com/contact_us.htm	Rent based on income rental homes for families, adults over 55, and individuals with disabilities.
Moose Jaw Riverside Mission	306-624-0137; 40 Manitoba Street East http://riversidemission.ca/	Emergency men’s shelter, assisted living support and low income housing.
Saskatchewan Rental Housing Supplement (SRHS)	1-888-488-6385 https://www.saskatchewan.ca/residents/family-and-social-support/people-with-disabilities/rental-support-for-families-and-people-with-disabilities	Family Rental Housing Supplement. Disability Rental Housing Supplement.



School Supports

John Chisholm Alternative School	306-692-6226; 1250 11 th Ave NW https://schools.prairiesouth.ca/johnchisholm	Provides students with skills and resources they need to reintegrate into regular school settings.
Phoenix Academy	306-694-1289; Athabasca Street East http://phoenix.htcsd.ca/about/	An interagency learning program for students ages 16-21; designed to accommodate students whose needs cannot be met in the traditional school system and to facilitate academic success for at risk youth.
Prairie South School Division #210	306-693-4631; 1075 9 th Avenue NW www.prairiesouth.ca	Information, prevention, intervention, post intervention, therapy/counselling, referral with children/families.
	Early Childhood Consultant 306-693-4631	Shaunna Taylor Taylor.shawwna@prairiessouth.ca Provides serves to families and childcare providers with children 0-5 years old who struggle with challenging behaviour. Services include: consultation, psycho education, program development, training, groups, monitoring, and advocating
Holy Trinity Roman Catholic Separate School Division #22	306-694-5333; 502-6 th Avenue NE www.htcsd.ca	Information, intervention, group services, assessments, counselling, service for children, adolescents, and adults.

Support Groups and Resources

Addictions	Wakamow Manor: Detox Center 200 Iroquois Street East; 306-694-4030 This service offers 20 detoxification beds for people over the age of 16 who seek assistance with withdrawal from alcohol and/or drugs.
	Alcoholics Anonymous: District no. 2 information - 306-693-6888
	Al-Anon: Information – 306-691-5811; Alateen: Information- 306-691-5811
	Narcotics Anonymous: 24hour South Saskatchewan Helpline – 306-757-6600
	Gamblers Anonymous: meetings Wednesday at John Howard Society; Saskatchewan hotline - 1 800-306-6789. http://www.problemgamblinghelp.ca/self-help
Domestic Violence	Moose Jaw transition House: 24 hour crisis line – 306-693-6511 or email thousedir@sasktel.net Safe and secure place for women and their dependent children to stay (meals, linens, laundry facilities, emergency clothing and toiletries are provided). http://www.mj-transitionhouse.com/
Suicide	Survivors of Suicide: 306-691-4715; grief support for those who have experienced the death of a loved one to suicide.
	Canadian Association for Suicide Prevention http://suicideprevention.ca/
Grief and Loss	Common Ground: 306-691-4715; grief support group for women who have experienced the death of their husband
	Pregnancy & Infant Loss: 306-691-4715; grief support for those who have experienced pregnancy or infant loss
	Hope: 306-691-4715; grief support for all bereaved
	Bereaved Parents: 306-691-4715; grief support for parents who have experienced the death of a child
Autism	Asperger's Support Group: 306-692-2886 or email aspergerssupport@sasktel.net
	ColorKids: 306-630-4356 - #222-310 Main Street North Offers individual sessions and teen group session – fee for service
	Jobransa Foundation: 306-972-2227; 75 Ross Street West – offers camps, therapies, and resources (birth to 22) for individuals and families with wide range of cognitive and physical disabilities.
	Saskatchewan Association for Community Living: 306-630-2013; http://sacl.org/ Moxie club and Creating Opportunities for Work and Life (COWL)



Post-Partum Depression	Postpartum Depression Support Group: Contact the Strong Start Family Center – 306-693-0584 The Smiling Mask-Truths about postpartum depression and parenthood; help guides for mothers, partners, and families www.thesmilingmask.com
Operational Stress Injury and Post Traumatic Stress Disorder	OSI-CAN was created in January, 2016 to help Veterans and Community First Responders in Saskatchewan who suffer from Operational Stress Injury and Post Traumatic Stress Disorder. 1-888-495-6068 http://osican.ca/
Self-harm	Self-Abuse Finally Ends (S.A.F.E) Alternative: A U.S. based treatment approach, professional network, and educational resource base which is committed to helping to achieve an end to self-injurious behaviours. SELFINJURY.COM Self-Injury Outreach and Support (SIOS) SIOS is a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help. SIOUTREACH.ORG
LGBTQ	Gay and Lesbian Health Services 1-800-358-1833 TransSask Support Services: Mikayla Schultz 306-351-6066 call or text Information and Referral: National Support 1-888-530-6777 ext.224; www.pflagcanada.ca Email: vp@pflagcanada.ca
Eating Disorders Bridgepoint	306-935-2240; Mildred, Sk. http://www.bridgepointcenter.ca/ Intensive rehabilitation, recovery and healing for people who are experiencing eating disorders. Can be self-referred or agency referred.
Hunger In Moose Jaw	306-692-1916; 269 Stadacona Street West - http://hungerinmoosejaw.org/ Yara Community Gardens, School Lunch Program, Community Kitchen Program, and Junior Chef's Program.
Multiple Births	1-866-228-8824; multiplebirthscanada.org/ Email: office@multiplebirthscanada.org
Schizophrenia Society of Saskatchewan	1-877-584-2620 or 306-584-2620 http://www.schizophrenia.sk.ca/
Acquired Brain Injury	306-691-1591; 100-2nd Avenue NE http://www.sbia.ca/programs.aspx#sthash.EkZbl5wL.dpuf Promotes community integration and improved quality of life for individuals with ABI. Holds semi-monthly support groups for survivors and their families.
Fetal Alcohol Spectrum Disorder (FASD)	1-866-673-3276 http://www.saskfasdnetwork.ca
John Howard Society	1-866-485-0777 or 306-693-0777 15 Hochelega Street West Helps offenders, victims and families: advocacy, program development, public education, networking and branch support services.
Newcomers Services	Moose Jaw Multicultural Council: needs assessments and referrals information and orientation, resettlement assistance program, language classes, settlement workers in schools, community connections. 60 Athabasca Street East, Moose Jaw, SK, Canada S6H 0L2 (306) 693-4677. Email: reception@mjmjmcinc.ca http://mjmjmcinc.ca/ Moose Newcomer Welcome Centre: Regional Newcomers Gateway: supports newcomers in making informed decisions and taking independent action with regard to their settlement and integration. 432 Main St. N. Moose Jaw, SK S6H 3K2 (306) 692-6892. http://www.mjnwcc.ca/