

## SASKATCHEWAN

### COVID Social Resource Connector

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This listing of resources complements the "COVID-19 Social Care Guidance" (available at [upstreamlab.org/covid19](http://upstreamlab.org/covid19)) developed in partnership with the Centre for Effective Practice and the Department of Family and Community Medicine at the University of Toronto. These resources have been compiled and maintained by a team of volunteers and we are grateful for their time and effort. This list of resources is intended to support Canadians during the COVID-19 pandemic. Listing here does not mean the Upstream Lab, or other entities endorse the resources listed or their services. Use at your own risk. Please contact us immediately ([upstreamlab@smh.ca](mailto:upstreamlab@smh.ca)) if you are aware of new resources or have concerns about any specific resource.

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### Resources

#### Food Resources

##### Grocery and Delivery

##### COVID-19 Response Program

Description: Grocery and Pharmacy Assistance for seniors in Saskatoon who have been impacted by COVID-19

Contact: 306-477-2363; [covid19response@salvationarmysaskatoon.org](mailto:covid19response@salvationarmysaskatoon.org)  
<http://salvationarmy.ca/>

## Food Banks

Use this tool to find the closest foodbank to you:

<https://skfoodbanks.ca/find-a-food-bank/>

### Saskatoon Foodbank

Description: Emergency food hampers

Hours: Mon-Thurs 8:30am-11:45am and 12:30pm-3:00pm, Friday 8:30am-11:45am.

Location: #202 Ave. C South, Saskatoon, SK

Contact: 306-664-6565

<https://saskatoonfoodbank.org/emergency-food>

### Regina Foodbank

Description: Emergency supplementary food assistance

Location: 425-445 Winnipeg Street, Regina, SK

Contact: 306-791-6533

<https://reginafoodbank.ca/get-help/>

### Swift Current Swift Salvation Army

Description: Emergency food hampers

Hours: Mon-Thurs 10am-5pm

Location: 780 1st Ave. NW, Swift Current, SK

Contact: 306-778-0515

[http://www.swiftcurrentarmy.com/food\\_bank.html](http://www.swiftcurrentarmy.com/food_bank.html)

### Moose Jaw and District Food Bank

Description: Food hamper pickup services

Hours: Mon-Fri (excluding Wed) 10am-1 pm

Location: 305 Fairford Street West, Moose Jaw, SK.

Contact: 306-692-2911

<http://mjfoodbank.org/get-help/>

### Prince Albert Food Bank

Description: Food hamper pickup services

Hours: Mon-Fri 1pm-2:30pm

Location: 64 11<sup>th</sup> Street East, Prince Albert, SK

Contact: 306-763-5040

<http://pafoodbank.ca/index.html>

## **Homelessness Resources**

### **Drop-In Centres**

#### **Salvation Army Saskatoon**

Description: The Salvation Army is a shelter, drop-in center, and a place where adult men in Saskatoon's core neighborhoods can receive support.

Location: 101 - 219 Avenue K South, Saskatoon, SK

Contact: 306-242-6833; [info@salvationarmysaskatoon.org](mailto:info@salvationarmysaskatoon.org)

### **Emergency Shelters**

#### **YWCA Saskatoon**

Description: The YWCA Saskatoon offers short-term emergency shelter for all women and children who are in need of a safe place to stay for up to 30 days. 24/7.

Location: 510-25th Street East, Saskatoon SK

Contact: 1-306-244-2844; For emergency shelter: 306-244-2844

#### **Saskatoon Crisis Nursery**

Description: When families are in crisis and parents/caregivers have nowhere to turn, the Crisis Nursery offers a 24/7, 365 day a year safe haven where children aged 0-12 years can take a break from stressful situations, and are given nurturing care while their parents receive the help they need.

Location: 1020 Victoria Ave, Saskatoon, SK

Contact: 306-242-2433

<https://crisisnursery.ca/>

#### **Lighthouse Supported Living Emergency Shelter**

Description: Emergency shelter for single men and women who are homeless 24/7

Location: 304 2nd Avenue South Saskatoon, Saskatchewan S7K 1L1

Contact: 306-653-0538; [hello@lighthousesaskatoon.org](mailto:hello@lighthousesaskatoon.org)

<https://www.lighthousesaskatoon.org/>

## **Legal Resources**

#### **Legal Aid Saskatchewan**

<https://www.legalaid.sk.ca/>

#### **Law Foundation Saskatchewan**

<https://www.lawfoundation.sk.ca/links/legal-help>

## **Well-being Resources**

### **Social Isolation**

#### **Friendly Phone Program (Canadian Red Cross)**

Description: Phone support for social isolation

Contact: 306-216-6602

#### **YXE Community Response to COVID**

Description: Hotline for phone support

Contact: 306- 361-4357

### **Interpersonal Violence**

Please see a list of Saskatchewan 24/7 Crisis Hotlines:

[http://sk.211.ca/saskatchewan\\_247\\_hour\\_crisis\\_hotlines#](http://sk.211.ca/saskatchewan_247_hour_crisis_hotlines#)

#### **Kids Help Phone**

Description: Offers professional counselling, information and referrals and volunteer-led support to young people in both English and French. Available by phone, text or live-chat.

Contact: 1-800-668 6868

<https://kidshelpphone.ca/>

#### **211 Saskatchewan Services for People Experience Violence and Abuse**

Description: The website 211 Saskatchewan Services for People Experiencing Violence & Abuse is a directory of services in your area that can assist you if you are experiencing violence and abuse.

Contact: <http://abuse.sk.211.ca/>

#### **ShelterSafe**

Description: Website that can help women and children fleeing violence find shelter in their area. Call a shelter for support, information, referrals or just to talk. Most shelters on this site have staff available 24 hours, 7 days per week to answer your call.

<https://www.sheltersafe.ca/>

#### **First Nations and Inuit Hope for Wellness Help Line**

Description: Offers immediate, culturally competent telephone-based crisis intervention counselling and support for Indigenous people. Available 24 hours per day, 7 days per week in English and French. Cree, Ojibway and Inuktitut may also be available. Call or online chat.

Contact: 1-855-242-3310

[hopeforwellness.ca](http://hopeforwellness.ca)