

This document is a WORK-IN-PROGRESS

with contributions from a number of stakeholders from within the Ministry of Social Services and the SHA.
If printing or downloading, please update often [directly from the website](#).

Thank you to all who have contributed, and who will continue to contribute.
For resources that are out-of-date or missing, please e-mail your suggested changes/additions to:
MatChildKMU@saskhealthauthority.ca

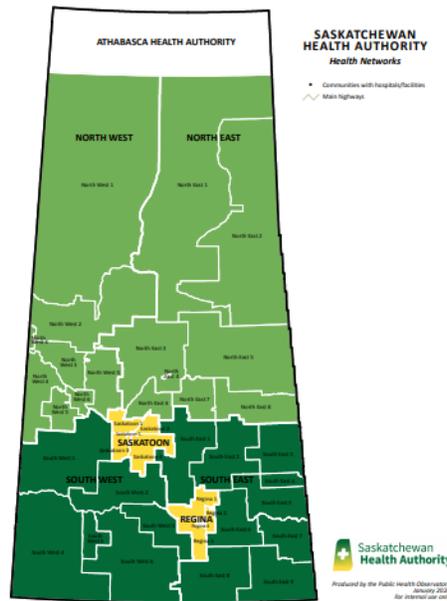


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Provincial Resources

| | |
|---|--|
|  | |
| sk.211.ca | |
| <p>211 Saskatchewan is a free, confidential, 24/7 service that connects individuals to human services in the province by telephone, text, or web chat, plus a searchable website with over 5,000 listings of social, community, non-clinical health, and government services across the province.</p> | |
|  | <p>HealthLine 8-1-1 Professional health or mental health and addictions advice, education and support. Open 24/7, confidential, with translation in over 100 languages Also available online</p> |
| | <p>First Nations & Metis Health Services <i>for Regina & Southern Saskatchewan</i> (306) 766-4155 <i>for Saskatoon & Northern Saskatchewan</i> (306) 655-0166/(306) 655-1591 First Nations & Metis Health Relations (provincial): Ian.Thomas@saskhealthauthority.ca</p> |
| <p>Maternal Mental Health – Provincial Resource Listing (includes list of former health region programs & First Nations community contacts) https://sites.google.com/site/maternalmentalhealthsk/where-to-get-help <i>*List not validated</i></p> | |
| <p>Other provincial/federal supports</p> <ul style="list-style-type: none"> • Adoption Support: https://adoptionsask.org/ • Community Living Service Delivery (CLSD): website • FASD Network: https://www.saskfasdnetwork.ca/support • Hope for Wellness 24/7 counselling: 1-855-242-3310 https://www.hopeforwellness.ca/ • Jordan’s Principle: website • Legal supports: https://www.legalaid.sk.ca/ | |

Community Resources – Northwest

Please ensure patient consent is obtained before sharing any personal information with other organizations.

Some of these resources are operated by or in partnership with the Saskatchewan Health Authority, some are government programs and some are in community. We encourage patients or providers reaching out to these resources to research the services provided to ensure it is a fit with your needs.

| Organization | Services/Focus | Location & Contact info |
|---|---|---|
| Battlefords District Food and Resource Centre | Food distribution Milk for kids | Battlefords (306)-937-5505 |
| Battlefords Early Childhood Intervention Program | Child development | Battlefords (306) 446-4545 |
| Battlefords Early Years Family Resource Centre | Child development Family support | Battlefords (306) 446-3416 Website |
| Battlefords Family Resource Network | Directory of programs/services Early childhood information | Battlefords (306) 446-6443 Check the Facebook Page |
| Battle River Treaty 6 Health Centre | Breastfeeding Classes Prenatal Services Diabetes in Pregnancy Adult wellness counselling Car seat safety Early childhood home visiting | Battlefords (306) 937-6700 Moosomin (306) 386-2223 Sweetgrass (306) 937-2115 Little Pine (306) 398-2525 Poundmaker |

| Organization | Services/Focus | Location & Contact info |
|---|---|---|
| | | (306) 398-2266 Mosquito (306) 937-3149 Red Pheasant (306) 937-2531 |
| Catholic Social Services | Counselling services | Lloydminster (780) 875-9084 |
| Crystal's Home | Supervised independent living for teen girls/women | Battlefords (306) 445-4216 |
| Community Clinic | Prenatal education Social connections Immunization | Salteaux (306) 386-1037 |
| Kids First | Child development Early learning Home visiting support Parent support | Battlefords (306) 937-6855 Meadow Lake (306) 236-6441 Website |
| Kids First North | Early learning Family support Home visiting services Mental health & addictions Parenting knowledge Pre- and post-natal support Screening & assessment Social support networks | LaLoche, Buffalo Narrows, Ile-a-la-Crosse, Beauval Green Lake 1-877-670-5437 https://www.kidsfirstnorth.com/ |
| Lloydminster Interval Home | Women's shelter | Lloydminster (780) 875-0966 https://intervalhome.org/ |
| Lloydminster Sexual Assault & Information Centre | | Lloydminster (306) 825-8255 |
| Maternal mental health | Post-partum anxiety Post-partum depression | Lloydminster (306) 820-6225 |

| Organization | Services/Focus | Location & Contact info |
|--|---|---|
| healthline support program | | |
| Meadow Lake & Area Early Childhood Services | Early childhood intervention for Meadow Lake, Ile a la Cross, Buffalo Narrows, etc. | Meadow Lake (306) 236-4247 https://meadow-lake.ecip.ca/ |
| Meadow Lake Early Years Family Resource Centre | Early learning Family support | Meadow Lake (306) 236-8316 Website |
| Mental health & addiction services | Child and youth mental health Adult mental health | Battlefords (306) 446-6500 Lloydminster (306) 820-6250 (306) 820-6259 Meadow Lake (306) 236-1580 |
| Midwest Family Connections | Early childhood intervention Car seat safety Family support Parent education | Lloydminster (306) 825-5911 Website |
| Midwest Food Resources | Collective kitchens Community garden Fresh food box Homemade baby food workshops | Battlefords (306) 446-2684 |
| Native Friendship Centre | | Lloydminster (306) 825-6558 www.lnfc.org |
| Population Health | Immunization Parent mentoring Prenatal classes Teen & young parent services Breastfeeding classes | Battlefords (306) 446-6400 (306) 446-6412 (306) 446-8632 Lloydminster (306) 820-6236 (306) 821-0307 |

| Organization | Services/Focus | Location & Contact info |
|--|--|---|
| Positively Parenting | Education, support & counselling for families and individuals Post-partum support group | Meadow Lake (306) 236-4804 Website |
| Prairie North Health Centre Clinic | Prenatal and postnatal care Counselling services Mental health & addictions referrals | Lloydminster (306) 820-5997 |
| Primary Care Network Clinic | Primary care for Lloydminster and surrounding, including Blackfoot, Kitscoty, Onion Lake, Marshall, Lashburn, Maidstone & Turtleford | Lloydminster (780) 874-0490 |
| Primary Health Centre | Parenting classes Diabetes in Pregnancy | Battlefords (306) 446-6443 |
| Public Health | Postnatal visits Breastfeeding supports Immunizations | Lloydminster (306) 820-6225 |
| Twin City Medical Walk In Clinic | Walk in prenatal care | Battlefords (306) 446-8440 |
| Walk-in Clinic: Discovery Coop Mall | Walk in prenatal care | Battlefords (306) 445-6040 |
| WDM Ambulance Service | Car seat safety | Battlefords (306) 446-7309 |

Community Resources – Northeast

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| Organization | Services/Focus | Location & Contact info |
|---|---|--|
| Children North Early Intervention Program Inc. | Early Childhood Intervention Program Services Child Development Paediatric Therapies Family support/Father Engagement services Cognitive Disability Strategy In-home In-community | Laronge (306) 425-6600 https://children-north.ecip.ca/ |
| Family Treatment Centre | *Intensive Service Addictions treatment Childcare Parenting support Pregnancy Trauma informed care | Prince Albert (306) 765-6375 |
| Kids First | Child development | Nipawin (306) 862-6222 Prince Albert (306) 765-6656 Website |
| Kids First North | Early learning Family support Home visiting services Mental health & addictions Parenting knowledge Pre- and post-natal support Screening & assessment Social support networks | Stony Rapids, Sandy Bay, Pinehouse Lake, Laronge, Cumberlandhouse, Creighton 1-877-670-5437 https://www.kidsfirstnorth.com/ |
| Kindred | In-home support | Prince Albert |

| Organization | Services/Focus | Location & Contact info |
|---|--|---|
| Spirits - YWCA | Keeping families together | (306) 703-0124 Website |
| Lac La Ronge Indian Band | Child protection Family services Prevention & recovery Social development | Lac La Ronge 1-800-567-5536 http://llrib.com/ <i>Health Services</i> 1-877-425-3443 https://llribhs.org/ |
| Metis Addiction Council Serices Incorporated (MACSI) | Addictions treatment Drop-in Inpatient | Prince Albert (306) 953-8250 http://www.macsi.ca/ |
| Mental Health & Addiction Services | Addiction services Mental health Walk-in | Prince Albert <i>With services available in other communities</i> Addiction Services (306) 765-6550 Mental Health (306) 765-6055 Website |
| Nipawin Oasis | Child development Culture, Literacy & Inclusion Family support program Homelessness Nutrition | Nipawin (306) 862-5551 |
| North East Outreach and Support Services | 24-hour crisis line 2 nd stage housing Domestic violence shelter Prevention support Short-term housing Walk-in counselling | Melfort (306) 752-9464 <i>Crisis line:</i> 1-800-611-6349 https://www.neoss.ca/ |
| Pinehouse Wellness Centre Corporation | New parent support Pregnancy support Youth support | Pinehouse Lake (306) 884-4884 Email |

| Organization | Services/Focus | Location & Contact info |
|---|---|---|
| Piwapan Women's Centre | 24-hour crisis line Family violence Sexual assault Women's shelter | LaRonge Outreach (306) 425-3916 (on-reserve) (306) 425-3930 (off-reserve) 24-hr crisis line (306) 425-4090 Website |
| Prince Albert Mobile Crisis Unit | 24/7 service Child abuse Crisis care Domestic violence Drug & alcohol abuse Homelessness Mental health Sexual assault Violence and trauma | Prince Albert (306) 569-2724 https://www.pacrisis.ca/crisis-intervention |

Community Resources – Saskatoon

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| Organization | Services/Focus | Contact info |
|--|---|---|
| Catholic Family Services of Saskatoon | Pregnant youth New parents & children | (306) 244-7773 https://www.cfssaskatoon.sk.ca/ |
| Central Urban Metis Federation Inc. (CUMFI) | Families keeping children Supportive living | (306) 975-9999 Website |
| EGADZ | Bonding with children in care Community supports In-house supports Parenting skills | (306) 931-6644 Website |
| Family Services Saskatoon | Pregnant youth New parents & children | (306) 244-0127 https://familyservice.sk.ca/ |
| Food for Thought | Low-cost nutritious food Peer leadership Prenatal nutrition | (306) 655-4810 Website |
| Haven Family Connections | Child development Crisis care Maintaining family unit Parenting Respite care Reuniting families (formerly Saskatoon Crisis Nursery & Parent Aide Program) | (306) 242-2433 Family Connections Kids' House Family Support |
| Healthy Mother Healthy Baby | Abuse Food insecurity Inadequate housing Isolation | (306) 655-4810 Website |

| Organization | Services/Focus | Contact info |
|--|--|---|
| | Low income Mental health issues Teen pregnancy Pregnancy Substance use | |
| Kids First | Child development | (306) 655-3301 Website |
| Metis Addiction Council Services Incorporated | Addictions support Inpatient & drop-in treatment | (306) 652-8951 http://www.macsi.ca/ |
| MHAS Community Adult Mental Health Services | Addiction services Mental health services | (306) 655-7777 Website |
| Mobie Crisis Service | 24/7 service Child abuse Crisis care Domestic violence Drug & alcohol abuse Mental health Suicide prevention | (306) 933-6200 |
| Prairie Harm Reduction Family Support | Emotional support Family support Harm reduction Safety Planning Transportation | (306) 220-9742 (306) 221-2671 https://prairiehr.ca/ |
| Sanctum1.5 | <i>*Intensive program</i> Addictions Child welfare HIV Housing Pre- and postnatal care | (306) 244-1200 Website |
| Saskatoon Pregnancy Options Centre | Drop-in Parenting education Pregnancy education | (306) 655-7550 http://saskatoonpregnancy.com |
| Saskatoon Tribal Council | Crisis stabilization Family unit maintenance | (306) 659-2500 |

| Organization | Services/Focus | Contact info |
|-----------------------------|--|-------------------------|
| Urban Family Program | Family reunification Family supports Visitation supports | Website |

Other Saskatoon supports:

- Literacy supports: <https://www.readsaskatoon.com/>
- Early Years Family Resource Center: <https://www.saskatoonfamilycentre.ca/about-us>
- Parent & tot programs:
<https://www.gscs.ca/studentsandfamilies/elementaryschools/Pages/ParentCentresLiteracyPrograms.aspx>
- Strengthening Families Saskatoon: <http://strengtheningfamiliesaskatoon.ca/>
- Food Security Supports:
 - <https://saskatoonfoodbank.org/>
 - <https://friendshipinn.ca/>
- Legal supports: <http://www.classiclawn.ca/> ;
- LGBTQ2S Supports: <https://www.outsaskatoon.ca/>
- Newcomer Resources:
 - <https://www.sods.sk.ca/>
 - <https://globalgatheringplace.com/>
 - <https://iwssaskatoon.org/>
- Intimate Partner Violence supports & shelters:
 - <https://www.ywcasaskatoon.com/crisis-shelter-residence/>
 - <https://saskatoonintervalhouse.org/>

Community Resources – Southwest

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| Organization | Services/Focus | Location & Contact info |
|--|--|---|
| Babies Best Start | Prenatal education Prenatal support | Moose Jaw (306) 691-1552 |
| Baby Time | Baby weighing New mom groups Public health nurses | Moose Jaw (306) 691-1500 |
| Kids First | Child development | Moose Jaw (306) 691-1580 Website |
| Public Health Services / Moose Jaw Family Wellness Centre | <p>Moose Jaw, with some services in Assiniboia, Gravelbourg and Central Butte Public Health Website Children & Youth</p> <p>Child Health Clinics (306) 691-2300 in Moose Jaw; (306) 648-1400 in Gravelbourg; (306) 642-2200 in Assiniboia</p> <p>Maternity Visiting Program (306) 691-2300 Breastfeeding Clinic (306) 691-2300 Breastfeeding Classes, (306) 691-2300 Speech Language Pathology, (306) 691-2300 Oral Health prevention services, (306) 691-2300 Early Childhood Program/Social Skills Program (306) 691-2346 Autism Spectrum Disorder Program, (306) 691-2340 Child and Youth Mental Health Services (306) 691-2340 Family Outreach Program (306) 691-2340</p> | |
| Prenatal classes | Breastfeeding Bringing baby home Early pregnancy Prenatal parents | Moose Jaw (306) 691-1500 |

Other Moose Jaw supports:

- Moose Jaw Family Services, 306-694-8133
- Early Childhood Intervention Program, 306-692-2616
- Moose Jaw Literacy Network, also on Facebook, 306-693-0609 ext 2359
- Informed Choices Pregnancy Center Moose Jaw, internal contact lists 306-630-8584 ext 2358 but their website lists 306-690-8462
- Moose Jaw Early Years Family Resource Centre, and on Facebook, 306-691-0202
- Moose Jaw Military Family Resource Centre, and on Facebook, 306-694-2273
- Assiniboia Family Resource Centre on Facebook
- Tot Spot – Gravelbourg and District on Facebook
- Moose Jaw Transition House, 306-693-6511, and their Children Exposed to Violence program, 306-631-8405
- Moose Jaw Food Bank and on Facebook, 306-692-2911
- Hunger in Moose Jaw and on Facebook, 306-692-1916
- Moose Jaw Salvation Army (upon assessment, they may provide food, clothing and household good vouchers), 306-692-5899
- Assiniboia Salvation Army and Food Bank, 306-642-3833
- Moose Jaw Doulas on Facebook
- Safe Homes for Single Mothers MJ Inc on Facebook, 306-631-6700

Community Resources – Southeast

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| Organization | Services/Focus | Location & Contact info |
|--|---|--|
| Child & Youth Mental Health | Mental health Teen mothers & families | Yorkton (306) 786-0558 |
| Kids First | Child development | Yorkton (306) 783-0383 Website |
| Red Wolf | Harm reduction HIV and HCV Person-directed care Prevention Traditional Knowledge Keeper guidance | Fort Qu'appelle (306) 332-5500 Website |
| Rural Health Centers | Prenatal classes Postpartum classes | Fort Qu'appelle (306) 332-3300 Grenfell (306) 697-4040 Indian Head (306) 695-4014 Moosomin (306) 435-6479 |
| Women's Health Center | Cultural services Midwifery Traditional healing Women's health services | Fort Qu'appelle (306) 332-2673 |
| Yorkton Mental Health Centre | Maternal mental health | Yorkton (306) 786-0589 (306) 786-0558 |

| Organization | Services/Focus | Location & Contact info |
|---|------------------------|-------------------------|
| Yorkton: Women's Wellness Centre | Maternal mental health | (306) |

Community Resources – Regina

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| Organization | Services/Focus | Contact info |
|---|--|---|
| Addiction Treatment Centre | Adult addiction services Community outreach Drop-in services Traditional cultural care | (306) 766-6600 Website |
| All Nations Hope | HIV/AIDS and Hepatitis C | (306) 924-8424 Website |
| Al Ritchie Community Association | Dad's group Prenatal classes Parenting classes | (306) 522-3930 Website |
| Catholic Family Service Society | Family reunification In-home support Keeping kids with families Parent education | (306) 525-0521 https://cfsregina.ca/ |
| Eagle Heart Centre Inc. | Child development Health & cultural appropriate services Keeping families together Parent education Youth services | (306) 525-4161 https://www.afscregina.ca/ |
| Family First Maternal Wellness Program | Doula services Prenatal planning Post-partum support | (306) 700-0756 Website |
| Family Service Regina | Child services Emergency interventions Parenting skills Pregnant teens Parenting teens Stay-in-school | (306) 757-6675 https://familyserviceregina.com/ |
| Four Directions | Breast friends Cultural programming | (305) 766-0200 |

| Organization | Services/Focus | Contact info |
|--|---|---|
| Community Health | Healthiest babies possible Parenting classes Prenatal classes | |
| Fox Valley Counselling Services | 24/7 on-site support Addiction Child safety Family crisis response Family unit maintenance High-risk lifestyles In-home services | (306) 757-5100 https://foxvalleysk.com/ |
| Healthiest Babies Possible | Counselling Prenatal nutrition Prenatal education | (306) 766-7677 Website |
| Kids First | Child development | (306) 766-6790 Website |
| Metis Addiction Council Services Incorporated (MACSI) | Addictions treatment Drop-in Inpatient | (306) 522-3681 http://www.macsi.ca/ |
| Prairie Spirit Connections Inc. | Aboriginal services Cultural awareness Families with children in care Life skills training Personal counselling Strength-based approach Traditional cultural heritage | (306) 525-9682 Website |
| Raising Hope | 24-hour on-site services Case planning Emergency housing Long-term housing Positive parenting training | (306) 525-1722 |
| Regina Early Learning Centre | Child development Drop-in Music therapy Prenatal and parenting services | (306) 757-3744 https://www.earlylearning.ca/ |
| Regina perinatal | Perinatal mood & anxiety disorder | (306) 521-8431 |

| Organization | Services/Focus | Contact info |
|--|---|---|
| health network | Prenatal support services Post-partum wellness Support groups | https://rphn.ca |
| Wichihik Iskwewak Safe House (WISH) | 24-hour safe house Children's programming Domestic violence Individual & group support Traditional counselling Western counselling | (306) 543-0493 |

First Nation Health Centres

| BAND | LOCATION | HC/BO | HC/BO PHONE | FAX |
|--------------------------------|-------------------------------------|--------------|--------------------|------------|
| Atahkakoop | PO Box 220 Shell Lake, SK | Health | 468-2967 | 468-2344 |
| Beardy's & Okemasis | PO Box 340 Ducklake, SK | Band Office | 467-4523 | 467-4404 |
| Big River | PO Box 519 Debden, SK | Health | 724-4664 | 724-2161 |
| Big Island Lake | Box 399 Pierceland, SK | Band Office | 839-2277 | 839-2323 |
| Birch Narrow | Gen. Del Turnor Lake, SK | Band Office | 894-2030 | 894-2060 |
| Black Lake | Box 27 Black Lake, SK | Health | 284-2020 | 284-2101 |
| Buffalo River | Gen. Del Dillion, SK | Band Office | 282-2033 | 282-2101 |
| Big Bear | PO Box 399 Cando, SK | Band Office | 446-1563 | 446-1564 |
| Canoe Lake | PO Box 231 Canoe Narrows, SK | Band Office | 829-2150 | 829-2101 |
| Carry the Kettle | PO Box 57 Sintauluta SK | Health | 727-2101 | 727-2052 |
| Chacachas | PO Box 546 Whitewood, SK | Band Office | 502-3289 | 949-8728 |
| Chakastaypasin | PO Box 1059 Melfort, SK | Band Office | 864-3636 | 864-3336 |
| Clearwater River | PO Box 5050 Clearwater River, SK | Band Office | 822-2021 | 822-2101 |

| BAND | LOCATION | HC/BO | HC/BO PHONE | FAX |
|------------------------------------|--|-----------------------------|------------------------|------------|
| Cote | PO Box 1659 Kamsack, SK | Health | 542-4074 | 542-3532 |
| Cumberland House | PO Box 220 Cumberland House, SK | Band Office | 888-2226 | 888-2084 |
| Cree Nations | | | | |
| Cowessess | PO BOX 100 Cowessess, SK | Health & SD | 696-2263 | 696-2374 |
| Day Star | PO Box 277 Punnichy, SK | Health | 835-2883 | 835-2842 |
| English River | Gen Del Patuanak, SK | Health | 396-2055 | 396-2155 |
| Fishing Lake | PO Box 508 Wadena, SK | Health Chamkun Health | 338-2680 338-3988 | 338-3635 |
| Flying Dust | 8001 Flying Dust Reserve Meadow Lake, SK | Band Office | 236-4437 | 236-3373 |
| Fond Du Lac | Box 211 Fond Du Lac, SK | Band Office | 686-2102 | 686-2040 |
| George Gordon | PO Box 248 Punnichy, SK | Health | 835-2020 | 835-2142 |
| Hatchet Lake | Gen Del Wollaston Lake, SK | Band Office | 633-2003 | 633-2040 |
| Island Lake | PO Box 240 Isalnd Lake, SK | Band Office | 837-2188 | 837-2266 |
| James Smith Cree Nation | PO Box 159 Melfort, SK | Band Office | 864-3636 | 864-3336 |

| BAND | LOCATION | HC/BO | HC/BO PHONE | FAX |
|--------------------------------|---------------------------------------|--------------|------------------------|-------------------|
| Kahkewistahaw | PO Box 609 Broadview SK | Health & SD | 696-2660 | 696-3154 |
| Keeseekoose | PO Box 1120 Kamsack, SK | Health | 542-3430 | 542-2586 |
| Kawacatoose | PO Box 384 Raymore, SK | Health | 835-2466 | 835- 2630/2279 |
| Key | PO Box 70 Norquay, SK | Health | 594-2291 | 594-2545 |
| Kinistin | PO Box 2590 Tisdale, SK | Band Office | 878-8188 | 873-5235 |
| Lac La Ronge | PO Box 480 Lac La Ronge, SK | Band Office | 425-2183 | 425-2590 |
| Little Black Bear | PO Box 40 Goodeve SK | Band Office | 334-2269 | 334-2721 |
| Little Pine | PO Box 70 Payton, SK | Band Office | 398-4942 | 398-2377 |
| Lucky Man | 103-103B Packman Ave Saskatoon, SK | Band Office | 374-2828 | 934-2853 |
| Makwa Sahgaiehcan | PO Box 340 Loon Lake SK | Band Office | 837-2102 | 837-4448 |
| Mistawasis First Nation | PO Box 250 | Health | 466-4801 | 466-2299 |
| Montreal Lake | PO Box 106 Montreal Lake, SK | Band Office | 663-5349 | 663-5320 |
| Moosomin | PO Box 98 Cochin SK | Band Office | 386-2206 | 386-2098 |
| Muskoday | PO Box 99 | Band Office | 764-1282 | 764-7272 |

| BAND | LOCATION | HC/BO | HC/BO PHONE | FAX |
|----------------------------------|---------------------|--------------|------------------------|------------|
| | Muskoday, SK | | | |
| | | | | |
| Muskowekwan | PO Box 249 | Health | 274-4640 | 274-4644 |
| | Lestock, SK | | | |
| | | | | |
| Muscowpetung | Box 1310 | Health | 723-4506 | 723-4509 |
| | Fort Qu'Appelle, SK | | | |
| | | | | |
| Nekaneet | PO Box 548 | Health | 662-5022 | 662-5088 |
| | Maple Creek, SK | | | |
| | | | | |
| Ocean Man | PO Box 157 | Health | 457-4160 | 457-2933 |
| | Stoughton SK | | | |
| | | | | |
| Ochapowace | PO Box 550 | Health | 696-3557 | 696-3446 |
| | Whitewood, SK | | | |
| | | | | |
| Okanese | PO Box 759 | Health | 334-3500 | 334-2545 |
| | Balcarres, SK | | | |
| | | | | |
| One Arrow | PO Box 147 | Health | 423-5493 | 423-5441 |
| | Bellevue SK | | | |
| | | | | |
| Onion Lake | PO Box 100 | Band Office | 344-4200 | 344-4244 |
| | Onion Lake, SK | | | |
| | | | | |
| Pasqua | PO Box 79 | Health | 332-3763 | 332-3766 |
| | Pasqua, SK | | | |
| | | | | |
| Peepeekisis First Nations | PO Box 518 | Health | 334-2780 | 334-2891 |
| | Balcarres, SK | | | |
| | | | | |
| Pelican Lake | PO Box 399 | Band Office | 984-2313 | 984-2029 |
| | Leoville SK | | | |
| | | | | |
| Peter Ballantyne | General Del | Health | 632-2046 | 632-2275 |
| | Pelican Narrows, SK | | | |
| | | | | |

| BAND | LOCATION | HC/BO | HC/BO PHONE | FAX |
|-------------------------------|---------------------|--------------|------------------------|------------|
| Pheasant Rump | PO Box 238 | Band Office | 462-2002 | 462-2003 |
| | Kisbey, SK | | | |
| Piapot | Gen Del | Health | 781-4833 | 781-7063 |
| | Zehner SK | | | |
| Poundmaker | PO Box 610 | Band Office | 398-4971 | 398-2522 |
| | Cutknife, SK | | | |
| Red Earth Cree FN | PO Box 109 | Band Office | 768-3640 | 768-3440 |
| | Red Earth, SK | | | |
| Red Pheasant | PO Box 70 | Band Office | 937-7717 | 937-7768 |
| | Cando, SK | | | |
| Sakimay | Box 339 | Health | 697-2970 | 697-3565 |
| | Grenfell, SK | | | |
| Saulteaux | PO Box 159 | Band Office | 386-2067 | 386-2444 |
| | Cochin, SK | | | |
| Shoal Lake Cree Nation | PO Box 51 | Band Office | 768-3551 | 768-3486 |
| | Pakwaw, SK | | | |
| Standing Buffalo | PO Box 128 | Health | 332-3993 | 332-5953 |
| | Fort Qu'Appelle, SK | | | |
| Starblanket | PO Box 456 | Band Office | 334-2206 | 334-2606 |
| | Balcarres, SK | | | |
| Sturgeon Lake | 726 Education Rd. | Band Office | 764-1872 | 764-1877 |
| | Sturgeon Lake | | | |
| Sweet Grass | PO Box 147 | Health | 937-3555 | 937-7010 |
| | Gallivan, SK | | | |
| Thunderchild | PO Box 600 | Band Office | 845-4300 | 845-3230 |
| | Turtleford, SK | | | |

| BAND | LOCATION | HC/BO | HC/BO PHONE | FAX |
|--------------------------|--|--------------|------------------------|------------|
| Wahpeton Dakota | PO Box 128 Prince Albert, SK | Band Office | 764-6649 | 764-6637 |
| Waterhen | PO Box 9 Waterhen SK | Band Office | 236-6717 | 236-4866 |
| White Bear | PO Box 700 Carlyle, SK | Health | 577-2190 | 577-2496 |
| Whitecap | 182 Chief Whitecap Trail Whitecap SK | Band Office | 477-0908 | 374-5899 |
| Witchekan Lake | PO Box 879 Spiritwood, SK | Band Office | 883-2787 | 883-2008 |
| Wood Mountain | PO Box 1792 Assiniboia, SK | Band Office | 266-2039 | 266-2024 |
| Yellowquill | PO Box 40 Yellow Quill, SK | Health | 322-2041 | 322-2304 |
| Young Chippewayan | PO Box 6 Gallivan SK | Band Office | 937-7475 | 937-1010 |