



**Prince Albert Programs and Services:  
A Local Resource List for Youth  
Transitioning into Adulthood**

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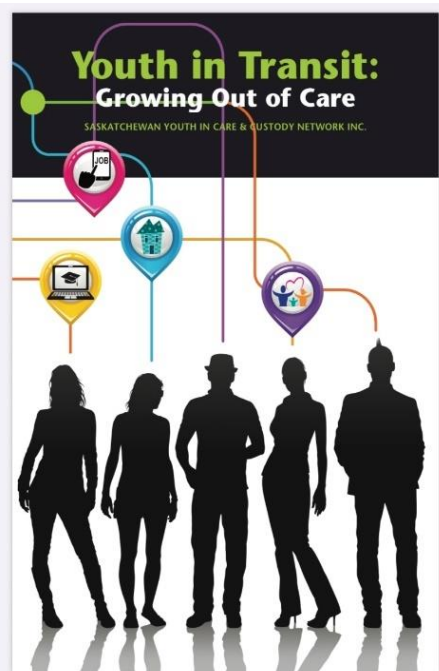
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## Using This Directory

Resources available in Prince Albert are listed throughout the following pages. Use the Table of Contents to help you find the resource you are looking for. The headings for the Table of Contents line up with the “Youth in Transit” manual – a helpful resource that guides you through planning the steps you need to take to transition to adulthood. You can download the manual for free, find the link on our website [www.cbyfpa.ca](http://www.cbyfpa.ca) or at [www.syiccn.ca](http://www.syiccn.ca).

Local Resources - Some may be seen more than once in sections; it is because they offer more than one service.

## Acknowledgements



Saskatchewan Youth in Care Custody Network INC., thank you for creating The Youth in Transit: Growing Out of Care Manual. We used this manual to guide the development of this local resource.

Community Building Youth Futures Prince Albert, thank you for developing this list of resources and for thinking of the youth who face challenges and barriers to employment and education. A special thanks to First Nations University of Canada Indigenous Social Work practicum student, Toni Budd, for developing the foundations for this manual and spearheading the work.

Prince Albert Urban Indigenous Coalition and the Community Networking Coalition, thank you for creating the Programs and Services Directory for Prince Albert, providing a valuable directory of various resources that have been included in this directory.

To the Youth and to the Community Partners, thank you for helping us identify this need and direction for this local resource list.

This is an ongoing living document. This local Resource list being Updated and maintained by CBYF Prince Albert.

*Last Updated: June 28<sup>th</sup>, 2021.*

## Identification (See Page 5 in SYICCN, Youth in Transit Manual)

Official Birth Certificate, Social Insurance Number, Saskatchewan Government Insurance ID (SGI) High School Driver Education Information, Other Driver Education Resources (out of high school), Non-Driver Photo ID, Indian Status Card, Saskatchewan Health Services Card, Passport, Citizen/ Immigration Documents, Register to Vote.

### Resources You May Need:

- Service Canada Centre - (For Social Insurance Number, Official Birth Certificate application, Passport, Citizen/Immigration Documents.)  
2995 2 Ave W. In South Hill Mall  
1-800- 622-6232
- Metis Central Western Region II Council Inc. – (For Saskatchewan Metis Registry)  
1308-B 1 Ave E  
(306) 922- 2206
- Saskatchewan Government Insurance – (For SGI Identification, Non-Driver Photo ID)  
501 15<sup>th</sup> St E  
(306) 953-8000
- Indigenous Services Canada -Indian and Northern Affairs Canada (For Indian Status Cards)  
3601 5 Ave E  
(306) 953- 8522
- eHealth Saskatchewan – (For Saskatchewan Health Cards)  
2130 11th Avenue, 3rd Floor, Regina, SK  
Toll Free: 1-800-667-7551 (Canada and US)  
Phone: 306-787-3251  
Fax: 306-787-8951
- YWCA Prince Albert Community Connection Centre (They can help you connect with the places you need to go for ID)  
1895 Central Ave  
(306) 765- 2530
- Indian Metis Friendship Centre – (They can help you connect with the places you need to go for ID)  
1409 1 Ave E  
(306) 764- 3431

## Health and Wellbeing (See p15 in SYICCN, Youth in Transit Manual)

(Important Identification and Documents Needed): Saskatchewan Health Services Card • Additional health benefits (drug plan and extended benefits, low-income support, supplementary health program) • Indian Status Card • Other insurance coverage • Immunization records.

### Resources you may need:

#### Prince Albert Walk in Clinics

- Cornerstone Medical Clinic  
100 Cornerstone (Inside Walmart)  
(306)-922-2002
- South Hill Minor Emergency Clinic  
2685 2nd Ave. West  
(306)922-2266
- Co-operative Health Centre – (Community Clinic, Family Physicians. Mental health. Nutrition, diagnostic testing.)  
110 8 St E  
(306)763-6464

#### Public Health

- Bernice Sayese Centre – (West Flat Community Centre: Day Care, Bread Depot, Public Health Services, STR8-up, Elder, River Bank Development Corp., Community Services, CBYF)  
1350 15<sup>th</sup> Ave W  
(306)- 763-9378
- Co-operative Health Centre – (Community Clinic, Family Physicians. Mental health. Nutrition, diagnostic testing.)  
110 8 St E  
(306)763-6464
- Public Health Nursing – (Health Consultant, Public Health Services, Autism Services, Addiction & Mental Health Services, Therapy Services)  
800 Central Ave  
(306)765- 6500
- Public Health – Located in the West Flat Community Centre (Bernice Sayese Centre) – (Health Services, addiction services, mental health and sexual health, immunizations)  
1350 15 Ave W  
(306)763- 9378

### Eye Doctors

- FYidoctors- Prince Albert (Local Vision Centre)  
210 15<sup>th</sup> St East #3  
(306)-764-6311
- Smiles Dental Centre (Local Dental Centre)  
Cornerstone 720 800 15<sup>th</sup> St E  
(306) 764-4144

### Mental Health/Addictions

- Addiction Services Youth  
101 15 St E  
(306)765-6544
- Access Place (sexual health)  
101 15<sup>th</sup> St E  
(306)765-6544
- Metis Addictions Council of Sask Inc. (MACSI) – (Healing through Home- offers online counselling, telephone counselling., Inpatient Addiction Treatment- holistic programming, therapeutic group workshops, one to one counselling.)  
334 19 St E  
(306) 953- 8250
- Prince Albert Grand Council Holistic Wellness Centre  
Main Office  
(306) 765-5305
- PA Mental Health (can make an appointment to see a counsellor-FREE or they have walk-in Mon to Fri 9-12, 1-4)  
Victoria Square (beside hospital)  
2345 10th Ave West  
(306)765-6055
- PA Outreach Program Inc.- Wonska Cultural School – (Elders, addiction support staff, social workers)  
2005 4 Ave E  
(306) 763- 3552
- Covid-19 Youth Mental Health Resource Hub  
1-800- 688- 6868
- Hope for Wellness Help Line  
1-855- 242-3310

## Housing and Healthy Living (see p26 in SYICCN Youth in Transit Manual)

Helpful tips:

Use the Youth in Transit manual from [www.syiccn.ca](http://www.syiccn.ca) to help you plan!

- If you are in the care of the Ministry of Social Services, talk to your worker about getting housing set up. If you are a long-term ward and between 16-18, ask whether you are eligible for **Section 56** and what your allowance is for rent. Find out if you are eligible for transitional housing or independent living. Your worker can help you with these things.
- Calculate the cost for rent in the community (explore local ads, rental agencies, do not forget to find out about the damage deposit, other moving expenses)
- Identify Your Resources and References.
- Do you qualify for subsidized housing or other financial aid? Ask your worker.
- If you are not in the care of the ministry and are 18 years old or older, you can call Social Services and find out if you qualify for financial help 1-866-221-5200.

### Resources you may need:

- Northern Spruce Housing Corporation- (Low Income Housing, Affordable Housing)  
31 13 St E  
(306) 922- 4122
- PA Community Housing Society- (Housing: Affordable/low-income Housing, Subsidized Units, Families, Singles)  
401 13 St E  
(306) 922-5440
- Prince Albert Grand Council - (Housing for Students, families, individuals)  
2300 – 9<sup>th</sup> Ave West  
(306) 953- 7200
- Prince Albert Housing Authority - (Low-income housing, Saskatchewan Polytechnic Student Family Housing, Family Housing)  
230 8<sup>th</sup> St E  
(306) 953- 7420
- Prince Albert Literacy Network  
Offers program to help you learn about renting. Helps prepare you to be a good tenant. Good for people who do not have any rental references. Complete their course and receive a certificate!  
Gateway Mall 1403 Central Ave  
(306)922-6852

- Prince Albert Metis Women's Association INC (Reaching Home – Housing Works Program, Transitional Housing for Youth)  
This office will help you every step along the way, from looking for a place, figuring out your finances, to moving in.  
(306) 763- 5356
- Prince Albert Safe Shelter – (Safety, Shelter, Support, Referrals, In-House Programming)  
923 7<sup>th</sup> St E
- Rentalsman – help you understand your rights as a tenant and resolves disputes between tenants and landlords  
1-888-215-2222
- River Bank Development Corporation- (Affordable Housing)  
1350- 15<sup>th</sup> Ave West  
(306) 763-4221
- YWCA, Prince Albert – (Community Connection Centre, Stepping Stones Shelter, Central Avenue Residential and Youth Services, Our House, Homeward Bound & Kindred Spirit, Terrance Place & Harmony Home, Rendalyn Home, Settlement Services)  
1895 Central Ave  
(306) 763- 8571 or (306) 764- 7233



## Money Management and Financial Education (see p38 in SYICCN, Youth in Transit Manual)

Open a bank account, budgeting your monthly expenses, learning about managing money.

### Resources you may need:

#### Banks

- BMO Bank of Montreal  
500 -801 15<sup>th</sup> St East  
(306) 953-5200
- CIBC  
1132 Central Ave  
(306)764-6692
- RBC Royal Bank  
801 15<sup>th</sup> St E  
(306)953-5700
- Scotia bank  
800 15<sup>th</sup> St East  
(306)-764-3401
- TD Canada Trust Branch  
801 15<sup>th</sup> St E  
(306) 953-8230

#### Supports

- Income Assistance Prince Albert- (S.I.S, S.A.I.D.)  
3<sup>rd</sup> Floor, 1288 Central Ave  
(306)- 953-2345
- Ministry of Social Services (for support, guidance, and direction)  
(306) 953- 2345 or 800-487- 8603
- PA Literacy Network (For Adult Literacy Programs- learning about your rights and responsibilities as a renter and how to make a budget and learn to save money.)  
Gateway Mall - 1403 Central Ave Unit #525  
(306) 922- 6736
- Prince Albert Grand Council (Personnel and Finance)  
Main Office  
(306) 953- 7217

## Education - (See page 49 in SYICCN Youth in Transit Manual)

High School, Adult Learning Options, Extension of Supports (Section 56 for long-term wards of the Ministry of Social Services), Post-Secondary Schooling, Financial Aid (Canada Student Loans, educational bank loans, scholarships, bursaries.) High School Transcripts, Available Programs/Training: Driver Training, First Aid and CPR, Food Safety, Babysitting Course, Young Workers Readiness Certificate Course.

### Resources you may need:

#### High schools

- Carlton Comprehensive High School  
665 28<sup>th</sup> St E  
(306)922-3115
- Prince Albert Collegiate Institute (P.A.C.I.)  
45 – 20<sup>th</sup> St. W  
(306) 763 – 6485
- St Mary High School  
380 14<sup>th</sup> St. W  
(306) 953 – 7544
- Sask Rivers Public School Division Distance Learning Centre  
(306) 953 – 5840
- Wesmore Community High School  
1819 14 Ave W  
(306) 764- 5233
- Wonska Cultural School  
2005 4 Ave E  
(306)763 -3552

#### Adult Literacy Education (Adult 10, Adult 12)

- Gabriel Dumont Institute of Native Studies & Applied Research  
48 12 St E  
(306) 922- 1656
- Learning Disabilities Association of Saskatchewan (LDAS)  
1106 Central Ave  
(306) 922-1071
- Saskatchewan Polytechnic, Prince Albert Campus.  
1500 10 Ave E  
1-866-467-4278 / (306) 765- 1611

- Saskatchewan Indian Institute of Technologies -SIIT  
710 15 Ave E  
(306) 953- 7225

#### Post-Secondary

- First Nations University of Canada  
1301 Central Ave  
(306)765-3333
- Gabriel Dumont Institute of Native Studies & Applied Research  
48 – 12<sup>th</sup> St E  
(306) 922 – 1656
- Prince Albert Grand Council (For Education Services. Post-secondary student support.)  
2300 – 10<sup>th</sup> Ave W  
Cottage #11  
(306) 953 -7234
- Saskatchewan Indian Institute of Technologies -SIIT  
710 15 Ave E  
(306) 953- 7225
- Saskatchewan Polytechnic, Prince Albert Campus.  
1500 10 Ave E  
1-866-467-4278 / (306) 765- 1611
- Saskatchewan Urban Native Teacher Education Program -SUNTEP  
48 12 St E  
(306) 764-1797
- University of Saskatchewan  
1061 Central Ave.  
(306) 953 – 5318

#### Trades/Tickets

- A2Z Safety Training  
1008 1 Ave W  
(306)960-2881
- Saskatchewan Polytechnic, Prince Albert Campus.  
1500 10 Ave E  
1-866-467-4278 / (306) 765- 1611
- SIIT Construction Careers Prince Albert  
1008 1 Ave W  
(306) 953- 7228

English Second Language (ESL)

- Prince Albert Multicultural Council  
1410C Central Ave  
(306) 922- 0400

## Employment – (See page 60 in SYICCN, Youth in Transit Manual)

Identify your skills and abilities to transfer into employment. Identify your employment goals (Career counselling or support available at most schools), Identify and Develop Education and Training to Meet your Goals, do you have a Resume? Job Search, Resources (places with computer and internet access, career centre, library, community centre). Volunteer Opportunities.

### Resources You may Need:

- Community Service Centre – helps with every step of finding a job (ex: overcoming barriers, interview skills, resume-making, job searches, employment readiness programs, etc)  
101 15 St W  
(306) 953- 4460
- Indian & Metis Friendship Centre  
1409 1 Ave E  
(306) 764- 3431
- PAGC Urban Services  
1401- B Central Ave  
(306) 765-5300
- Prince Albert Metis Women’s Association INC.  
Employment Support for Youth  
(306)-763-0024 or (306)-763-5356
- SIIT Construction Careers  
1008 1 Ave W  
(306) 953- 7228
- Service Canada Centre – get your SIN  
2995 2 Ave W. In South Hill Mall  
1-800-622-6232
- YWCA Community Connection Centre  
1895 Central Ave  
(306) 765- 2530

## Supports and Healthy Relationships – (See page 71 in SYICCN, Youth in Transit Manual)

Family, Friends, & Permanence (People that will continue to help you after you exit the system), Siblings (social worker can help you to reconnect before you leave care), Community Connections, Cultural Connections (organizations in your community), Create Healthy Relationships (counsellor, therapist), Identify Other Supports.

### Resources you may need:

- Big Brothers Big Sisters of Prince Albert  
129 11 St E  
(306) 922- 1299
- Community Building Youth Futures Prince Albert (CBYF PA)  
1350 15<sup>th</sup> Ave W  
(306) 922- 4251 or [www.cbyfpa.ca](http://www.cbyfpa.ca) or find us on social media!
- Indian Metis Friendship Centre  
1409 1 Ave E  
(306)764- 3431
- PAGC Urban Services  
1401 – B Central Ave  
(306) 765- 5300
- PA Outreach Program Inc.- Elders and cultural workers  
2005 4 Ave E  
(306)763- 3552
- West Flat Community Centre (Bernice Sayese Centre)  
1350 15 Ave W  
(306) 763- 9378
- Wonska Cultural School  
2005 4 Ave E  
(306) 763- 3552
- Youth Outreach Worker  
(Rendalyn Home, YWCA, Program)  
(306) 765- 2526

## Parenting – (See page 82 in SYICCN, Youth in Transit Manual)

Identify your Support Network and Resources (Sexual Health Clinics, Healthcare professional, Doctor), New/ Expectant Parents (Prenatal Classes- YWCA, local community centres, local health or women's shelters, hospital), Parenting Classes (YWCA, health centres, community centres), Postpartum Check-ups, Unplanned Pregnancy/ Pregnancy Options, Maternity Leave or Parental Benefits, Social Assistance program, Government Benefits, Online Health, Pregnancy, and Parenting Resources (see manual).

### Resources you may need:

- Children's Haven (Parenting support and Classes)  
3 Elmwood Ave  
(306) 922-4451
- Family Futures Prince Albert (Programs and Parenting support)  
196 9<sup>th</sup> St E  
(306) 763- 0760
- Kids First Prince Albert (parenting support, transportation, etc)  
Gateway Mall - 1403 Central Ave.  
(306)765-6656
- KidSport Prince Albert (funding for kids in sports)  
3700 – 2<sup>nd</sup> Ave W  
(306) 961- 9601
- Planned Parenthood  
[www.plannedparenthoodregina.com](http://www.plannedparenthoodregina.com)
- Prince Albert Aboriginal Headstart (pre-school/day-care)  
202 10 St E  
(306) 763- 7676
- Prince Albert Early Years Family Resource Centre (resource hub for families with children 6 and under. Get connected to the resources you need in PA!)  
Gateway Mall – 1403 Central Ave  
306-763-0771
- Prince Albert Catholic Family Services (Family Counsellor, Strengthening Families Program will offer 14-week courses consisting of one, 3-hour session per week.)  
1008 1 Ave W #300  
(306) 922-3202
- Prince Albert Grand Council (P.A.G.C.) (Urban Referral and Parenting Support Services)  
1410 B Central Ave  
(306) 765- 5300

### Government benefits/help lines

- Canada Child Tax Benefit and Universal Child Care Benefit. (To verify your identity, you'll need Social Insurance Number, Personal details about the children in your care, Information from previous benefit payments)  
1-800-387-1193
- Child Care Subsidy Office  
P.O. Box 2405, Station Main, Regina SK, S4P 3V6  
1-800-667-7155 or (306) 787- 4114
- Kids Help Phone  
1-800-668-6868
- Maternity and Paternity Benefits information  
[www.servicecanada.gc.ca/eng/ei/types/maternity\\_parental.shtml](http://www.servicecanada.gc.ca/eng/ei/types/maternity_parental.shtml)  
or call 1-800-206-7218.
- Saskatchewan Assistance Program  
1-866-221-5200, TTY 1-866-995-0099,  
or contact the Social Services office nearest you. A list is available at this link:  
[www.socialservices.gov.sk.ca/service-delivery](http://www.socialservices.gov.sk.ca/service-delivery)



## Youth Justice (See page 97 in SYICCN, Youth in Transit Manual)

### Resources You may Need:

- Canada Justice Laws Website  
<https://www.laws-lois.justice.gc.ca/eng/acts/y-1.5/index.html>
- The John Howard Society of Saskatchewan (Reintegration Support)  
94-15<sup>th</sup> St E (YMCA- Our House)  
(306) 981- 2264
- Prince Albert Grand Council (Justice)  
Main Office  
(306) 953- 7254
- Prince Albert Metis Women's Association INC.  
(Just Workers Youth Restitution Program)  
(306) 763-5356
- STR8-UP (Mentors, Outreach Workers, Elder)  
# 9- 10 11<sup>th</sup> St W  
(306) 763- 3001

## Life Skills — (See page 110 in SYICCN, Youth in Transit Manual)

Consider workshops or classes in specific life skills such as cooking and food safety, laundry, budgeting skills.

### Resources you may need:

- Community Service Centre – (Youth Futures)
    - Work Preparation –provide services in vocational planning, work assessments, correlating aptitude testing, skills testing, vocational and psychological assessments, plus providing job search skills and negotiating wage subsidies)
- 101 – 15<sup>th</sup> St W  
(306) 953- 4476  
(306) 953- 4471
- Prince Albert Catholic Family Services (Life Improvement Programs)  
#300- 1008 1<sup>st</sup> Ave W  
(306) 922- 3202

## Places for Leisure & Recreation in Prince Albert

### Resources You may need:

- Alfred Jenkins Field House (contact CBYF PA for passes!)  
2787 10 Ave W  
(306) 953- 4989
- Frank J Dunn Indoor Swimming Pool  
665 28 St E  
(306) 953-4829
- Minto Bowl & Rec Centre  
201 13 St E  
(306) 763- 3177
- Community Building Youth Futures (CBYF PA Programs for Youth)  
1350 15<sup>th</sup> Ave W  
(306) 922- 4251
- Prince Albert Grand Council (Sports, Culture & Recreation, Youth Engagement Strategy Y.E.S. Program)  
Main Office  
(306) 765- 5300

**There are also people that will be there with you through the good times and the bad times and can offer their advice when you need direction. Some people that you may want to consider may also be:**

- A teacher, coach, or school counsellor
- A foster parent, guardian, or relative
- An Elder in your community
- A social worker
- Group home staff
- The parent of a friend
- A member of your religious or spiritual community
- An employer