

A practical directory of early childhood and family services in northeast Saskatchewan

EARLY YEARS & FAMILY SERVICES GUIDE



Melfort Edition

Regional edition available
online at:

www.northeastric.ca

Or phone: 306-752-6135

Regional Services

EMERGENCY PHONE: 911



HOSPITALS

Hudson Bay Health Care Facility	306-865-2219
Melfort Hospital	306-752-8700
Nipawin Hospital	306-862-6100
Porcupine Carragana Hospital	306-278-2211
Tisdale Hospital	306-873-6100
Provincial 24 Hour Health Advice Line	
1- 877-800- 0002	

PUBLIC HEALTH OFFICES

Hudson Bay Public Health Office	306-865-2634
Melfort Public Health Office	306-752-6310
Nipawin Public Health Office	306-862-0761
Tisdale Public Health Office	306-873-8282

PRIMARY HEALTH CARE CLINICS

Arborfield	306-769-8757
Carrot River	306-768-3115
Choiceland	306-862-3151
Hudson Bay	306-865-2211
Naicam	306-874-2353
Nipawin	306-862-3151
Porcupine Plain	306-278-2151
Smeaton	306-862-3151
Tisdale	306-873-4561

FIRST NATIONS HEALTH CLINICS

Kinistin Wellness Clinic	306-878-8181
Red Earth Health Centre	306-768-3617
Shoal Lake Health Clinic	306-768-3457

OTHER REGIONAL SERVICES

North East Outreach and Support Services	1-800-611-6349
Eastern Region II Métis Nation (ERII)	1-877-264-9428
Saskatchewan Community Resources	
Income Assistance Plan	1-866-221-5200
Melfort Office	1-800-487-8640
Nipawin Office	1-800-487-8594
Victim Services	306-787-3500
	Or Local RCMP
Nicapanak Centre (Indian Child and Family Services)	
Cumberland House, Red Earth, Shoal Lake	
	1-866-768-3315
Native Council Family Services	306-764-1652
North East Early Childhood Intervention Program (NEECIP)	1-306-873-3411
North East School Division	1-888-752-5741
SASKFEAT	306-862-4768
(SK Families for Effective Autism Treatment)	
North East Recreation & Parks Association	306-752-9887
Emergency Mental Health Line (24 Hour)	306-765-6055

PROVINCIAL ORGANIZATIONS & HELP LINES

Poison Centre	1-866-454-1212
Problem Gambling Helpline	1-800-306-6789
AIDS Information Line	1-800-226-0944
Narcotics Anonymous	1-877-463-3537
Center for Gender Diversity	1-800-358-1833
Farm Stress Line	1-800-667-4442
Child Find Saskatchewan	1-800-513-3463
Saskatchewan Association of Community Living	306-955-3344
	www.sacl.org
Saskatchewan Health	1-877-696-7546
Family Health Benefits	

NATIONAL/ FEDERAL SERVICES

Kids Help Line (24 Hours)	1-800-668-6868
Government of Canada	
Information	1-800 - 622-6232
Child and Family Benefits	1-800-387-1193
Service Canada - EI	1-800-206-7218

Libraries



Arborfield Public Library

General Delivery
Arborfield, Saskatchewan
S0E 0A0, CANADA
E-mail: arbcirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 4:30 p.m. — 8:30 p.m.
Thursday: 10:00 a.m. — 4:00 p.m.
Friday: 1:00 p.m. — 4:00 p.m.

Bjorkdale Public Library

Bjorkdale, Saskatchewan
S0E 0E0, CANADA
306-886-2119

LIBRARY HOURS

Tuesday: 12:00 p.m. — 6:00 p.m.
Thursday: 12:00 p.m. — 6:00 p.m.
Friday: 10:00 a.m. — 3:00 p.m.

Carrot River Public Library

Box 1001
Carrot River, Saskatchewan
S0E 0L0, CANADA
306-768-2501
E-mail: carcirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 11:00 a.m. — 5:00 p.m.
Wednesday: 5:30 p.m. — 8:00 p.m.
Thursday: 10:00 a.m. — 5:00 p.m.

Choiceland Public Library

Box 250
Choiceland, Saskatchewan
S0J 0M0, CANADA
306-428-2216
E-mail: chocirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 11:00 a.m. — 5:00 p.m.
Wednesday: 3:30 p.m. — 7:30 p.m.
Thursday: 11:00 p.m. — 5:00 p.m.

Gronlid Public Library

Box 192
Gronlid, Saskatchewan
S0E 0W0, CANADA
(306) 277-4633 (school)
E-mail: grocirc@panet.pa.sk.ca

LIBRARY HOURS

Wednesday: 12:00 p.m. — 6:00 p.m.
Thursday: 12:00 p.m. — 6:00 p.m.

Hudson Bay Public Library

Box 1109
Hudson Bay, Saskatchewan
S0E 0Y0, CANADA
(306) 865-3110
E-mail: hudcirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 1:00 p.m. — 6:00 p.m.
Tuesday: 1:00 p.m. — 6:00 p.m.
Story time Tuesday: 1:30 p.m. — 2:30 p.m.
Wednesday: 1:00 p.m. — 6:00 p.m.
Thursday: 1:00 p.m. — 5:00 p.m.
6:00 p.m. — 8:00 p.m.
Friday: 1:00 p.m. — 6:00 p.m.
Saturday: 1:00 p.m. — 6:00 p.m.

Melfort Public Library

Box 429
Melfort, Saskatchewan
S0E 1A0, CANADA
306-752-2022
E-mail: melcirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 10:00 a.m. — 6:00 p.m.
Tuesday: 9:30 a.m. — 9:00 p.m.
Wednesday: 9:30 a.m. — 9:00 p.m.
Thursday: 9:30 a.m. — 9:00 p.m.
Friday: 10:00 a.m. — 6:00 p.m.
Saturday: 10:00 a.m. — 5:00 p.m.

Libraries



Naicam Public Library

Box 587
Naicam, Saskatchewan
S0K 2Z0, CANADA
306-874-2156

E-mail: naicirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 12:00 p.m. — 5:00 p.m.
Wednesday: 1:00 p.m. — 5:00 p.m.
Thursday: 1:00 p.m. — 5:00 p.m.
Friday: 12:00 p.m. — 5:00 p.m.
Saturday: 1:00 p.m. — 4:00 p.m.

Nipawin Public Library

Box 1720
Nipawin, Saskatchewan
S0E 1E0, CANADA
306-862-4867

E-mail: nipcirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 9:00 a.m. — 6:00 p.m.
Tuesday: 9:00 a.m. — 8:00 p.m.
Wednesday: 9:00 a.m. — 8:00 p.m.
Thursday: 9:00 a.m. — 8:00 p.m.
Friday: 9:00 a.m. — 6:00 p.m.
Saturday: 1:00 p.m. — 6:00p.m.

Porcupine Plain Public Library

Box 162
Porcupine Plain, Saskatchewan
S0E 1H0, CANADA
306-278-2488

E-mail: porcirc@panet.pa.sk.ca



LIBRARY HOURS

Tuesday: 10:00 a.m. — 5:00 p.m.
Wednesday: 10:00 a.m. — 5:00 p.m.
Thursday: 10:00 a.m. — 4:00 p.m.

Smeaton Public Library

Smeaton, Saskatchewan
S0J 2J0, CANADA
306-426-2049

E-mail: smecirc@panet.pa.sk.ca

LIBRARY HOURS

Tuesday: 1:00 p.m. — 5:00 p.m.
Wednesday: 1:00 p.m. — 5:00 p.m.

St Brieux Public Library

Box 70
St. Brieux , Saskatchewan
S0K3V0
306-275-2133

LIBRARY HOURS

Monday: 9:00 a.m.— 3:30 p.m.
Tuesday: 9:00 a.m.— 6:30 pm
Wednesday: 9:00 a.m. —7:30 p.m.
Thursday: 9:00 a.m.— 6:30p.m.
Friday: 9:00 a.m.— 3:30 p.m.

Star City Public Library

Box 371
Star City, Saskatchewan
S0E 1P0, CANADA
306-863-4364

E-mail: stacirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 5:30 p.m. — 8:30 p.m.
Tuesday: 1:30 p.m. — 5:30 p.m.
Wednesday: 5:30 p.m. — 8:30 p.m.
Thursday: 1:30 p.m. — 5:30 p.m.

Tisdale Community Library

Box 2499
Tisdale, Saskatchewan
S0E 1T0, CANADA
306-873-4767

E-mail: tiscirc@panet.pa.sk.ca

LIBRARY HOURS

Monday: 8:00 a.m. — 8:00 p.m.
Tuesday: 8:00 a.m. — 8:00 p.m.
Wednesday: 8:00 a.m. — 8:00 p.m.
Thursday: 8:00 a.m. — 8:00 p.m.
Friday: 8:00 a.m. — 5:00 p.m.
Saturday: 1:00 p.m. — 5:00 p.m.

SUMMER HOURS MAY VARY

White Fox Public Library

White Fox, Saskatchewan
S0J 3B0, CANADA
306-276-5800

E-mail: whicirc@panet.pa.sk.ca

LIBRARY HOURS

Wednesday: 1:30 p.m. — 6:30 p.m.
Thursday: 9:00 a.m. — 1:00 p.m.

HELPFUL WEBSITES



INTERESTING WEBSITES FOR FAMILIES:

24 hour Saskatchewan Health Information
www.health.gov.sk.ca/healthline-online

Feeding your Baby – The First Years of Life
www.health.gov.sk.ca/rr_feeding_your_baby.html

How to Talk with Your Baby 0-18 Months
http://www.health.gov.sk.ca/rr_how_to_talk_w_your_baby.html

Nurturing Your Baby & Yourself by Breastfeeding
www.health.gov.sk.ca/rr_breastfeeding.html

Kids and Cars
www.kidsandcars.org

Early Childhood Teeth Decay
http://www.health.gov.sk.ca/rr_early_childhood_caries.html

Fetal Alcohol Spectrum Disorder FASD
www.health.gov.sk.ca/ps_fasd_faq.html

Nutrition in Pregnancy: The Best for You & Your Baby
www.health.gov.sk.ca/rr_nutrition_in_pregnancy.html

Nutrition – The Complete Picture for Children 1-5 Years
www.health.gov.sk.ca/rr_nutrition_complete_pic.html

The Early Years Partnership
<http://earlyyears.nesd.ca/>

Breakfast for Learning
<http://breakfastforlearning.ca>

Kids Help Phone
www.kidshelpphone.ca

Parent Education Saskatchewan
www.parenteducationsask.ca

Invest in Kids
www.investinkids.ca

Today's Parent
www.todaysparent.com

Canadian Institute of Child Health
<http://www.cich.ca>

Encyclopedia on Early Child Development
www.child-encyclopedia.com/en-ca/home.html

Human Resources and Skills Development Canada
www.hrsdc.gc.ca

Centre For Excellence in Early Childhood Development
www.excellence-earlychildhood.ca

Canadian Childcare Federation
www.cccf-fcsge.ca

Canadian Council for Learning
www.ccl-cca.ca

Early Childhood intercultural Partnerships
www.ecdip.org

Human Early Learning Partnership (HELP)
www.earlylearning.ubc.ca

Public Health Agency of Canada
www.phac-aspc.gc.ca

KidSKAN
www.kidskan.ca

Saskatchewan Ministry of Education
www.education.gov.sk.ca

Parents Matter
www.parentsmatter.ca



Melfort, Gronlid, Naicam & Star City, St. Brieux

MELFORT HOSPITAL
MELFORT RCMP
EMERGENCY

306-752-8700
306-752-6420
911

SASK HEALTH INFO LINE
NAICAM RCMP

1-877-800-0002
306-874-2142

NORTH EAST OUTREACH SUPPORT & SERVICES 1-800-611-6349

WWW.CITYOFMELFORT.CA

WWW.TOWNOFNAICAM.CA

WWW.TOWNOFSTARCITY.COM

EARLY LEARNING & CHILD CARE

Melfort Daycare Cooperative

115 McLeod Ave. W.

Melfort

Phone: 306-752-5565

melfort.daycare@sasktel.net

Melfort Daycare is a licensed non-profit, parent-controlled daycare with 43 subsidized spaces for children aged 18 mo. - 12 yrs. The program consists of a combination of planned activities, learning centres, free play, field trips and a summer program for school- aged children. Hours of operation are from 6:30 am - 6:30 pm , Mon - Fri.

At Melfort Unit Comprehensive Collegiate

801 Assiniboia St.

Melfort

Phone: 306-752-3220

melfort.daycare@sasktel.net

Melfort Daycare is a licensed non-profit, parent-controlled daycare with 31 subsidized spaces for children aged 6 weeks - school age. The program consists of a combination of planned activities, learning centers, free play, field trips and a summer program for school- aged children. Hours of operation are from 7:30 am - 5:30 pm , Mon - Fri.

Kids World Daycare

129 Kennedy Drive

Melfort

Phone: 306-752-2099

kdzworldc@sasktel.net

A licensed childcare home providing loving care for children 6 weeks of age to 12 years of age, including special needs children. Kids World Daycare is open 24 hours, Monday through Friday, providing day spaces, evening spaces and night spaces. Government subsidies are available for qualifying parents.

Kiddie Korner Playschool

220 Burrows Avenue W.

Melfort

Phone: 306-752-2536

This playschool program is designed for 3 and 4 year olds. Children build friendships, gain confidence in abilities, learn skills and prepare for kindergarten. Morning or afternoon half -day sessions.

Melfort Playgroup

Call for new location

Melfort

Phone: 306-752-5882

Preschoolers and their caregivers gather once a week to socialize. Group play activities for children. Opportunities to share experiences and advice for parents. Weekly sessions are held in the mornings.

Kiddie College

208 1st Ave. N.

Naicam

Phone: 306-874-5724

The Kiddie College preschool program is offered for children aged 3 to 5 years old. Morning or afternoon sessions, 1 or 2 days a week.

Star City Playschool

Held at Star City School, 501 - 3rd Ave.

Phone: 306-863-4367

Group program for 3 & 4 year old children to develop social skills. Activities include: crafts, outdoor play, songs, stories and group interaction.

Books For Babies

Melfort Community Health Phone: 306--752-6310

At child health clinic visits, parents are provided with a book bag, books and information about the importance of reading to children . Sponsored by North East Parenting Education Association, Public Health , Kids First.

North East Early Childhood Intervention Program

Melfort, Naicam, Gronlid, Star City

Phone: 306-873-3411

This program delivers home-based service to families in northeast Saskatchewan to maximize the learning potential of all children. Services to families with preschool aged children experiencing developmental delays include: home visits, educational toy and resource lending, consultations for family services planning, assistance in transitions as child enters school.

St. Brieux Community Childcare Centre

St. Brieux

Phone: 275-3133

601 Barbier Dr.

steppingstones@sasktel.net

67 Licensed childcare spots. Open 5:30 a.m. to 6:30 p.m. Accepts children as young as 6 weeks old up to 12 year olds



EARLY LEARNING & CHILD CARE



Kindergarten Program

Gronlid Central School	277-4633
Melfort - Maude Burke Elementary	752-2391
Reynolds Central School	752-2525
Brunswick Elementary	752-5771
Naicam School	874-2253
Star City School	863-2353

Horizon School Division www.hzsd.ca

St.Brieux School	275-2133
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The Kindergarten Program provides opportunities for children to develop physically, socially, emotionally and intellectually through participation in a variety of activities including play. Children who will be five by December 31st of the current year are eligible to attend classes offered by the North East School Division. Full day classes are scheduled for 100 school days between August and June.

Brunswick Elementary School

501 Bemister Ave E
306-752-2391

Maude Burke Elementary School

202 Melfort St. E.
Phone: 306-752-2391

Reynolds Central School

Phone: 306-752-2525



• Pre-kindergarten Program

The Pre-kindergarten Program provides snacks, family involvement, and age appropriate play for 3 & 4 year old children. All programs provide crafts, stories, structured play and social development. Staff are certified teachers and Educational Assistants. Weekly parent or family activities are planned.

• “Reading is Fun” Family Literacy Nights

Family Literacy Fun Nights are held once a month and are open to all families attending Maude Burke. Parents and children (all ages) participate in reading, snacks, activities and draws for books. This event is free of charge.

• Parent n' Tot

Parent n' Tots provides early learning experiences to children aged 2-5. Parents and children engage in crafts, stories, songs and field trips. Parents also have the opportunity to participate in Community Kitchen, educational workshops and crafts. This program is available to all Melfort residents.

Public Libraries & Library Programs

Gronlid Public Library

Located in the School Phone: 306-277-4633

grocirc@panet.pa.sk.ca

Melfort Public Library

106 Crawford Ave. W. Phone: 306-752-2022

melcirc@panet.pa.sk.ca

Naicam Public Library

Box 587 Phone: 306-874-2156

naicirc@panet.pa.sk.ca

Star City Public Library

Box 371 Phone: 306-863-4364

stacirc@panet.pa.sk.ca

St. Brieux Library

Phone: 306-275-2133

• Read and Play Book Boxes

26 theme-based and age appropriate kits containing books, toys and learning materials for children in three age groups –baby, toddler and preschool. Kits are available to borrow through some Wapiti Branch Libraries.

• Summer Reading Program

This national program is designed to motivate children to read for pleasure, to develop their curiosity and to stimulate their imagination. The program is free and offered to children ages 12 and under.

• Naicam Preschool Story Hour

A once-a-week drop in program for children aged 3 - 5 years featuring stories, games and crafts. Parents must stay in the library while story time is in session. This program runs every Tuesday and Friday afternoon from 2 - 3 p.m.

• Melfort Preschool Story Hour

Story Hour is a once-a-week drop in program for children aged 3 - 4 years featuring stories, games and crafts. Parents must stay in the library while story time is in session. Held Wednesday afternoons at 1:30 p.m.—2:15 p.m. This program runs from mid September - April.

• Melfort Toddler Time

This library drop in program for children 2 & 3 years of age features stories, finger plays and activities to build a love for reading. Held Tuesday or Thursday mornings 10:30 a.m. 11:15 a.m. from mid September - April

• Melfort Pajama Story Hour

Story Hour is a drop in program for children aged 3 - 5 years featuring stories, games and crafts. Parents must stay in the library while story time is in session. It is not a regular program just a special occasion on so dates are to be announced.

FAMILY & COMMUNITY SERVICES

Social Services

107 Crawford Ave. E.
Melfort, SK
Phone: 306-752-6100 or
Toll Free 1-800-487-8640



Serving Melfort, Bjorkdale, Gronlid, Naicam,
Pleasantdale, Porcupine Plain, Star City, Tisdale.
The following programs are provided by the Ministry of
Social Services :



Income Assistance Service

Toll free: 1-866-221-5200

Offers support and services to people with challenges that make it difficult to live independently and to those who need help providing for their children.

- Saskatchewan Assistance Plan (SAP)
- Transitional Employment Allowance (TEA)
- Saskatchewan Assured Income for Disabilities (SAID)

Employment and Housing

Toll Free: 1-888-488-6385

- Saskatchewan Employment Supplement
- Saskatchewan Rental Housing Supplement



Child Day Care Subsidy

Toll Free: 1-800-667-7155

Child Care Subsidy (CCS) is a monthly subsidy that helps Saskatchewan families meet the costs of licensed child care. Subsidies are provided directly to child care facilities to reduce the fees charged to eligible parents. Subsidies vary on a sliding scale with income — the lower the income, the higher the subsidy.

To be eligible for a child care subsidy, individuals must:

- have lawful custody of a child or children under the age of 13 years who receive care in a licensed facility
- be Canadian citizens or permanent residents of Canada
- be residents of Saskatchewan
- have a valid reason for care such as: employment/self-employment, attendance at an educational institution, looking for work, involvement in an approved pre-employment program, or medical or social needs



Child and Family Services

<http://www.socialservices.gov.sk.ca/families>

This department focuses on the health and well being of children including child protection, family support counseling, cultural language issues, foster children, food and nutrition, special needs support, therapeutic programs and homes.



Community Living Division

Staff work with people with intellectual disabilities and help them access a variety of community-based services. Such as: family support services including counseling, respite planning and funding, information and referrals.



Child Protection Services

<http://www.socialservices.gov.sk.ca>

Anyone who has a reason to believe that a child is being abused or neglected has a legal duty to report it. Members of the public are obligated by the law to report suspected abuse or neglect. You can report information to: any Social Services office, a community crisis centre 1-800-611-6349; police officer (911); or First Nations Child and Family Service Agency.



Adoption Services

<http://www.socialservices.gov.sk.ca/adoption>

Offers programs in domestic adoption, assisted adoption, inter country adoption, and post-adoption.



Foster Care

<http://www.socialservices.gov.sk.ca/foster-care>

Foster care is provided by families in the community who offer their homes to children who cannot live with their own families for a period of time

Saskatchewan Housing Authority

Melfort - 201 Park Ave. E. Phone: 306-752-7300

Naicam - Box 393 Phone: 306-874-5722

Star City - Box 53 Phone: 306-863-2274

Saskatchewan Housing Authority facilitates access to safe, affordable housing through a number of programs.



Ministry of Education

Child Nutrition & Development

The Child Nutrition and Development Program involves government and communities working in partnership to support nutrition and nutrition education programs, while working together to develop long-term solutions to poverty.

Community Internet Access Program (CAP)

Gronlid Central School Phone: 306-277-4633

Melfort Public Library Phone: 306-752-2022

Naicam Public Library Phone: 306-874-2156

Star City Public Library Phone: 306-863-4364

St Brieux Public Library Phone: 306-275-2133

Public access to the Internet. Under CAP, public locations like schools, libraries and community centers act as "on-ramps" to the information highway.

Melfort Youth and Family Resource Center

102 Crawford Ave. E. 306-752-1982

Pre-natal nutrition program focusing on nutrition and health-care for young moms that are expecting. Programs offered:

Parent groups, Collective Kitchen program, Court Worker Transition to Employment program and after school and evening youth programming



FAMILY & COMMUNITY SERVICES



North East Outreach & Support Services

103 McKendry Avenue E. Melfort
admin@northeastoutreach.ca
Phone: Office 306-752-9464
Crisis Line 1-800-611-6349

Provides a range of free and confidential support services to enhance individual and community wellness.

- **Supportive Counseling**

Is available to individuals or families experiencing forms of violence or abuse or other crises. E-counseling is available for women to access our counselors online.

- **Outreach Services**

Counseling and other services available in Melfort, Tisdale, Nipawin and area.

- **Information, Resources and Referrals**

Offers assistance regarding other services in the area.

- **Crisis Assistance and Safety Planning**

To help those in crisis.

- **Public Awareness and Prevention**

Provides education, awareness and prevention presentations as needed. Topics such as: interpersonal violence/abuse, dating violence, sexual assault/abuse and healthy relationships.

- **24 Hour Regional Crisis Line**

Our crisis line is available 24 hours a day, 7 days a week and is a free and confidential service. We do not subscribe to caller display and we do not require the caller to give us his/her name.

La Leche League Canada

Covenant Church Nursery
Melfort
Phone: 306-863-2720
www.LLCC.ca

Meetings are held the second Monday of every month at 10 am. For pregnant or new moms who are breastfeeding or considering breastfeeding. Services provided include: breastfeeding information, free monthly meetings, special interest meetings, phone support, a resource library and book and catalogue orders.



Canadian Métis Heritage Corporation Marguerite Riel Centre

104 Burrows Ave. W. Melfort
metisheritage@sasktel.net Phone: 306-752-4950

The Marguerite Riel Centre provides on-going educational support services to improve the health and well being of primarily Métis and First Nation people in northeast and north central Saskatchewan. Programs are culturally appropriate, flexible and holistic. Services include: on site daycare, snack programs, adult and youth educational group, outreach workers and referrals, court and justice support, Residential School Health Support Workers, cultural awareness, and one on one support. Please contact the centre for more information.

- **Community Action Program for Children (CAPC)**

Community Action Program for Children (CAPC) is a Parenting program for parents and children (age 0-6). Focuses on enhancing parenting skills, bonding, child development, personal development, and healing for parents; while at the same time giving our children the opportunity to have a well balanced start in life. The **Parenting Program** addresses the destruction of families stemming from Residential School Syndrome and offers a wide range of services to aid parents in all aspects of life.

- **Nobody's Perfect**

Nobody's Perfect is a parenting education and support program for parents of children birth to age 5. Participation is voluntary and free of charge.

- **Cultivating Creative Children
Cognitive Disability Program**

Onsite program for children affected by: FASD (Fetal Alcohol Spectrum Disorder), ADHD (Attention Deficit Hyperactivity Disorder), Autism or other cognitive/learning disorders. Group activities for children aged 4 years and up. Group and one to one support for parents.

Eastern Region II Métis Nation (ERII)

Melfort & Area Phone: 306-323-4244
Er2.03@sasktel.net Toll Free: 1-877-264-9428

ERII is a full service delivery agency whose mandate focuses on the Métis population; however they operate on a status blind, open door policy to assist any individual in need. Services are provided throughout the northeast as needed or requested. For example Social Initiatives Dept: Parenting Classes, Individual/Group counseling, Collective Kitchens, Mediation; Métis Addiction Council: Addiction Services and referrals to treatment; Justice Dept.: Justice issues; Training Employment and Education assistance.

- **Canadian Prenatal Nutrition Program (CPNP)**

Provides support, education, and supplements to pregnant women to ensure a healthy child birth and a healthy baby.

- **Parent Support Program**

Contract services through Sask. Community Resources. A Family Support Worker makes home visits. The program goal is to improve family functioning by enabling parents to better care for their children.

FAMILY & COMMUNITY SERVICES



Alcoholics Anonymous

Melfort

Held in the Basement of the Legion Hall

Phone: 306-752-5823

Naicam

301 Park St. N. Phone: 306-874-5453

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other so that they may solve their common problem and help others to recover from alcoholism. The only requirement for membership is the desire to stop drinking. There are no dues or fees for AA membership.



Al-Anon Family Group

Melfort

Phone: 306-275-4441

Held in the Basement of the Legion Hall

Naicam - Catholic Church

Phone: 306-872-2001

Al-Anon Family Groups provide understanding, strength and hope to anyone whose life is, or has been, affected by someone else's drinking. The Al-Anon Family groups are a fellowship of relatives and friends of alcoholics who share their experience, strength and hope in order to help families of problem drinkers to cope with difficulties brought about by the situation.

Emotions Anonymous

Call for location

Phone: 306-752-2652

Melfort

www.emotionsanonymous.org

A twelve step program. The purpose is to work together toward recovery of emotional difficulties.

Good Food Box

Melfort

Phone: 306-752-9329

Pleasantdale

Phone: 306-752-3660

St. Brieux

Phone: 306-275-2267

Star City

Phone: 306-863-2272

plusind@sasktel.net

The Good Food Box is an alternative food distribution system that provides a variety of top-quality, fresh, nutritious foods at an affordable price.

Child ID Clinic

Melfort

Phone: 306-752-6420

Naicam

Phone: 306-874-2142

<http://www.missingchildren.ca>

An identification card is completed for each child. Child ID could be helpful in recovering a lost child. Contact your local RCMP for course times and information.

Melfort & Area Food Bank

201 Broadway St. N Phone: 306-752-4448

The Melfort & Area Food Bank collects, stores, and distributes food to people in emergency situations and in times of need.



Block Parent

Phone: 306-752-2324

<http://www.blockparent.ca>

Block Parents is a community program designed to help reduce the incidence of child molestation and other emergencies. The distinctive red and white Block Parent sign in the window of a home tells children, seniors and others that help is at hand if they are lost, frightened, or in distress.

Canada Safety Council Babysitting Course

Gronlid See Website

Melfort See Website

Star City See Website

For more information: 1-613-739-1535

<http://safety-council.org/training/babysitters-training-course/>

The Saskatchewan Safety Council Babysitting Course is designed to prepare students 12 years of age and up for the demands of babysitting. Courses are run by a variety of community organizations.

Buckle Up Baby

Phone: 306-752-2431

<http://www.buckleupbaby.ca>

This program works in conjunction with the Saskatchewan Safety Council's seat belt and child restraint program to educate and emphasize the correct use of child safety seats.

Car Seat Clinic

Melfort

Phone: 306-752-4395

Naicam

Phone: 306-874-2142

http://www.sgi.sk.ca/online_services/locators/carseatclinics/index.html

A trained crew perform inspections and inform the public on the correct installation of car seats. Held at various times and locations once or twice during the year. Sponsored by a community organizations. Participants are eligible for a local draw and a yearly provincial draw for a \$1,000 Registered Education Savings Plan Certificate. Contact your local RCMP or check the website above for local clinic information.



Victim Services

Phone:

Melfort 306-752-6420

Naicam 306-874-2142

Trained volunteers provide services to victims of crime such as: crisis intervention, compensation and

HEALTH & WELL BEING



Melfort Hospital

510 Broadway Ave. N. Phone: 306-752-8700
Emergency, inpatient and outpatient services. Day surgery and some emergency surgery.

Primary Health Care



Naicam, 305 - 1st St. S.

Phone: 306-874-2353

Nurse Practitioners work with doctors, health nurses, dietitians, therapists, social workers, home care workers, pharmacists and the community to plan and deliver services that emphasize early intervention, health promotion, treatment and follow up care.



Chateau Providence

St. Brieux 501 1st. Ave Phone-306-275-2227

Physician clinic once a week on Thursday by appointment only. Please call the physician's Melfort office for an appointment. The facility also provides Long Term Care and Adult Daycare services.



Community Health Services

The following services are available through the Melfort Public Health

Office:

107 Crawford Ave. W. Phone: 306-752-6310
<http://www.kelseytrailhealth.ca/>

- **Child Health Clinics**

Appointments with a Public Health Nurse for babies and children under 5. Immunizations according to the Saskatchewan Immunization Schedule, health check, screening and referrals for: growth and development, nutrition and dental. Nurses will also provide information concerning parenting dilemmas.

- **Naicam Child Health Clinic**

Phone: 306-874-2086

The Naicam Child Health Clinic is held at the Senior Citizens Hall. Please call to book an appointment.

- **Prenatal Programs**

Mothers and their partner/support person are invited to attend teaching sessions. Topics covered include: mom & baby anatomy, baby development, labor, breathing, relaxation, care of the newborn, breastfeeding, infant safety and maternal mental health.

- **Early Childhood Team (ECT) Speech & Language Pathologist Early Childhood Psychologist**

Our Early Childhood Team (ECT) provides primary, secondary and tertiary prevention services for children from birth to school entry. Clinical services include assessment, therapy, counseling, and programming for children with general developmental delays, cognitive delays, language delay/disorders, speech problems, fluency issues and behavioral concerns. Primary prevention efforts include newsletter for the general public and brochures that address common issues specific to early childhood.

- **Post Natal Visits**

This program is designed to ensure a healthy and successful transition from hospital to home for mother, baby and family. Contact will be made soon after discharge. A home visit will then be arranged at the family's convenience. A nurse will provide a useful information package, mom and baby assessments, provide breastfeeding support and address questions and concerns.

- **Hello Parents**

Hello Parents is a group for new moms and dads that runs 1-2 times per year, usually 6-7 consecutive weeks one morning per week. Allows for some health teaching (i.e.) car seat safety, as well as a support group for new parents.

- **Public Health Nutritionist**

Offers a group session for parents on the introduction of solids, how to make your own baby food and other infant feeding issues. As well as the nutritionist promotes the Baby Friendly Initiative and acts as a nutrition consultant for Public Health Nurses and daycares.

- **Enhanced Dental Health Fluoride Program**

This free fluoride service is offered to all children ages 3, 4 & 5. Children younger than 3 can participate through referral at Child Health Clinics. The goal is to keep baby teeth healthy.



Mental Health & Addictions

510 Broadway Ave.
Melfort Hospital
Phone: 306-752-8767

Offer programs/services in regards to: Outpatient rehabilitation services, long term care; Therapy for victims of abuse; Child and Youth services; Behavior Management counseling; Therapy for stress, anxiety, depression, phobia; Psychological assessment; Educational information.

HEALTH & WELLBEING

Parent Mentoring Program

#7 233 Centre Street

Nipawin

Phone: 306-862-3820

www.pmps.ca

The Parent Mentoring Program of Saskatchewan (PMPS) is a volunteer based mentoring program that provides assistance and support to persons who are pregnant or already parenting newborn to five year olds. Parent participants are paired with volunteer mentors who are experienced parents and/or have skills that will enhance a parents ability to effectively care for his/her children and self. Volunteer mentors serve as supportive friends and role models.

Community Therapy



Parkland Place

402 Bemister Ave. E., Melfort

Phone: 306-752-1750

Occupational Therapy and Physical Therapy services for children and adults. Consultations with parents to provide information on home activities and equipment to meet the child's physical needs. Acquired Brain Injury Program services also available.



Autism Spectrum Disorder (ASD) Program

#7 233 Center St. Nipawin, SK

Phone: 306-862-7231

Screening, programming and intervention options for children known or suspected ASD and their families.



Doctors, Dentists & Optometrists

Associate Medical Clinic

805 Main St. Melfort Phone: 306-752-2876

Dr. Lavoie, Physician & Surgeon.

Family Physicians Group

1121 Main St. Melfort

Family Physicians

Dr. Aucamp

Phone: 306-752-4595

Dr. Renouf

Phone: 306-752-4900

Dr. Steffen

Phone: 306-752-5222

Dr. Strydom

Phone: 306-752-3375

Dr. Van Der Ross

Phone: 306-752-5757

Dr. Wingate

Phone: 306-752-9033

Dr. Stoll

Phone: 306-752-4493

Dr. P. Hanekom

300 Burns Ave. E.

Phone: 306-752-3253

Melfort Dental Group

810 Main St.

Phone: 306-752-2266

Dr. Tom Carlson

Dr. Tyler Hill

Dr. Stoll

For all of your family's dental needs.



Melfort Optical Dispensary

513 Main St.

Phone: 306-752-2452

For eye appointment

Phone: 306-752-2464

For family optical needs. It is recommended that children have a complete eye exam by the time they are 3 years old or earlier, should something be noticeably impaired. Saskatchewan Health covers one free eye exam per year for each child until they turn 18 years of age.



Saskatchewan Health

Family Health Benefits

Phone: 1-877-696-7546

www.health.gov.sk.ca/family-health-benefits

Dental, drug, eye care/ eyeglasses, emergency ambulance, medical supplies and chiropractor services for children under the age of 18 covered for eligible families. Based on working parent or parents' income and number of children. For example: Families with 1, 2 or 3 children and an income of \$29,921 or less as reported on line 150 of their income tax form, could receive benefits. Phone for details and applications.

SPIRITUAL EDUCATION

Please call the appropriate office listed below for more information about:

- Weekly Worship Services
- Spiritual Education programs offered for children

All Saints Anglican Church

102 Caskey Dr.
Melfort Phone: 306-752-5155

Church of Jesus Christ of Latter Day Saints

610 Saskatchewan Dr. E
Melfort Phone: 306-752-5409

Emmanuel Baptist Church

112 Burns Ave. East
Melfort Phone: 306-752-9690

Evangelical Covenant Church

Park Avenue and Star City Road
Melfort Phone: 306-752-4545

Free Methodist Church

520 Bemister Ave. E.
Melfort Phone: 306-752-4550

Immanuel Lutheran Church

303-4th. Ave. N.
Naicam Phone: 306-874-2160

Jehovah's Witness

502 Bemister Ave. W.
Melfort Phone: 306-752-5122

Lac Vert Alliance Gospel Church

Lac Vert Phone: 306-874-2801

Melfort Apostolic Church

600 Broadway N. Phone: 306-752-2584

Northeast Christian Fellowship

903 Main Street N.
Melfort Phone: 306-752-3030
ncf@sasktel.net

New Life Community Church

Naicam Phone: 306-874-2180

Park Avenue Bible Church

103 Park Avenue.
Melfort Phone: 306-752-2413

Pentecostal Church

204-5th. St. Star City Phone: 306-863-2265

Our Lady of Consolation Roman Catholic Church

104 Crawford Ave. W.
Melfort Phone: 306-752-5518

Salvation Army Church

202 Saskatchewan Ave E.
Melfort Phone: 306-752-5364

St. George's Roman Catholic Church

Naicam Phone: 306-874-5472

St. James Presbyterian Church

116 McLeod Ave. W.
Melfort Phone: 306-752-5321

St. Paul's Lutheran Church

115 Bemister Avenue E.
Melfort Phone: 306-752-2332

Taylor'side Gospel Hall

Box 1567
Melfort Phone: 306-752-3810
Turn South at Beatty onto Hwy. 368. Turn right at first MAIN road then drive another 4 miles. Call for more information.

Five Oaks United Church

301 Park St. Naicam Phone: 306-872-4442

United Church of Canada

Melfort
220 Burrows Ave. W. Phone: 306-752-2288
Star City
207-4th. St. Phone: 306-863-2511

Roman Catholic Rectory

St. Brieux
204 Barbier Dr. Phone: 306-275-2043



SPORTS, CULTURE & RECREATION

Annual Events

Melfort City Wide Registration Night

Northern Lights Palace Phone: 306-752-5911
Sports, culture and recreation groups promote services and take registrations. Held annually in late August.

Melfort Exhibition

Melfort & District Chamber of Commerce
Phone: 306-752-4636
The Mile Long Parade kicks off the commencement of Melfort's annual exhibition. Held in mid July, the exhibition has petting zoos, animal exhibits, midway, grandstand shows, museum demonstrations for all ages.

National Aboriginal Day

Marguerite Riel Centre Phone: 306-752-4950
Celebrated annually on June 21st with culturally appropriate food and entertainment. Time and location vary.

Melfort and District Museum

Curator@cityofmelfort.ca
Phone: 306-752-5870
Hosts Canada Day celebrations and Family Day activities in mid August

Back to the 50's Annual Show and Shine

Melfort & District Chamber of Commerce
Phone: 306-752-4636
This event is held on the Friday of Father's Day weekend. Auto exhibitors come from all across the province to show off their vehicles Food kiosks and face painting make this event an ideal family outing.

Community Playgrounds & Programs

Melfort Playground Program

www.cityofmelfort.com Phone: 306-752-5911
A free program that includes crafts, activities, and much more. Children under the age of 6 must be accompanied by someone 12 years of age or older. Conducted on a drop in basis for July and August at Broadway, Brunswick and Burke playgrounds.

Broadway Elks Playground

Phone summer only: 752-3555
209 Stovel Ave. W.
Melfort

Playground has a paddling pool.
Monday & Wednesday

Brunswick Kinsmen Playground

Phone summer only: 752-2992
502 Bemister Ave.
Melfort

Playground has a paddling pool.
Tuesday, Wednesday, Thursday & Friday

Burke Kinsmen Playground

Phone summer only: 752-3910
301 Broadway Ave. S.
Melfort

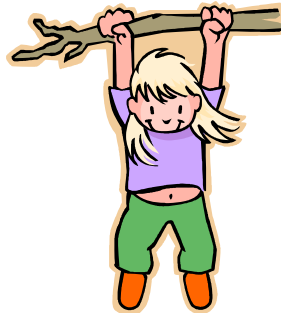
Playground has a spray pad.
Monday, Tuesday, Thursday & Friday

Melfort Creek Playground

Park Ave. E
Melfort
Small play structure adjacent to Melfort Creek and the walking trail.

Spruce Haven Park Playground

Adjacent to Spruce Haven Ball Park
Melfort
Small play structure and green space to play for the children.



Lakeland District for Sport, Culture & Recreation

Prince Albert Office Phone: 306-953-1623
The Mobile Playground Program is a pre-packaged summer play program that is offered to communities that cannot readily afford to put on a quality program of their own. We provide the staff and the supplies and the communities add the children! This program is structured for children aged 5 - 10 and can be booked for one, two or four days per week. Fees are assigned to three population based categories.

Gronlid Central School

Basic playground equipment.

Naicam Playground & Spray Park

Located behind Churchview Lodge
Playground equipment and spray park..

Naicam School Playground

203-3rd. St. N.
Playground with school field and play structure.

St. Brieux School Playground

501 3rd ave

Star City School Playground

501 3rd. Ave.

Star City Playground

211 2nd. Ave.

Both playgrounds feature play structures and grass areas.

Star City Summer Playground Program

229 4th St. at the Star City Arena
Free drop in program running from first week in July to second week in August. Children have the opportunity to play games, have snacks and make crafts.

SPORTS, CULTURE & RECREATION

Recreation Facilities

Skating Arenas

Northern Lights Palace Arena

110 McLeod Ave. S Melfort Phone: 306-752-7200
Indoor ice surface for public skating, figure skating and hockey.

Melfort Main Arena

Corner of Stovel Ave. and Manitoba St. Melfort
Indoor ice surface for public skating, figure skating and hockey.

Kinsmen Outdoor Rink

Located on Brunswick Ave.
Just East of MUCC Melfort
Outdoor ice surface in the winter months includes boards, a warm up shack and lights for evening use. In the summer months this facility becomes the skate park. Skateboard ramps and boxes maintained by the City of Melfort.



Viking Sportplex

206-2nd St. S., Naicam Phone: 306-874-2337
Indoor ice surface for public skating and hockey.

Naicam Outdoor Skating Rink

Located on the corner of Main St. & Town Hall. Winter skating and hockey fun.

Star City Arena

211-2nd. Ave., Phone: 306-863-2535
Public/Family skating from November - March at various times during the season. Please call for more information.

Star City Outdoor Skating Rink

229 4th St.
Open to the public for skating and hockey during the winter months.

Gronlid Skating Rink

Phone: 306-277-4653
Skating rink open to the public for skating at various times during the winter months. Open Thursday - Sunday from 9:00 a.m. 9:00 p.m.

Northern Lights Palace Wave Pool

110 McLeod Ave., Melfort
Phone: 306-752-7200
Information Line: 306-752-2177
This facility is a leisure pool with a wave pool, water-slide, hot tub, spray bar, sauna and a zero depth entrance. The pool is open year round offering lessons, aquasize, lane swimming, family swimming, public swimming and birthday parties.

Melfort & District Museum

401 Melfort St. Phone: 306-752-5870
Located in Melfort, the museum features a Pioneer Village as well as a collection of vintage farm machinery, equipment and tools. Hosts the Canada Day celebrations and have demonstrations during the three days of the Melfort Exhibition every July.

Melfort Mini Golf Course

102 Spruce Haven Rd. Phone: 306-752-4636
Open during the summer months Monday - Friday 9:00 a.m. - 7:00 p.m. Saturday noon - 7:00 pm Sunday noon until 6:00 p.m. Mini golf for family fun. Groups rates available.

Melfort Bowl

105 McLeod Ave. Phone: 306-752-2608
Bowling leagues available for all ages from children - seniors. Open for public bowling every evening from Thursday through Sunday as well as Saturday and Sunday afternoon.

Melfort Walking Trail

620 Saskatchewan Ave. E.
The Kinsmen Centenary Park and Trail features a 2.7 km long paved walking and nature trail. It runs adjacent to the Melfort Chamber and Tourism Centre and the amenities of Spruce Haven Park.

Naicam Nordic Ski Club

Phone: 306-874-5533

Regional & Recreational Parks

Melfort Memorial Trout Pond

Located West of Melfort off Hwy 41A & Melfort St.
This trout pond is for people of all ages to enjoy fishing in the outdoors. Sask. Fishing License required.

Lake Edward

11 km East of Naicam
For a fun family outing, Lake Edward is great fishing lake for perch and pickerel. Sask. Fishing License required.



Lake Charron Regional Park

Located 13 km East of Naicam
Park has picnic and barbeque facilities, a playground, beach, piers and diving board, four ball parks, campsites and a concession stand. Activities include water skiing, swimming lessons, boating and canoeing and in the winter, a cross county ski trail.

St. Brioux Regional Park

40km SW Melfort
Swimming, watersports, fishing, ball diamond, playground, camping, shower.

SPORTS, CULTURE & RECREATION

Sports, Culture & Recreational Programs



Melfort KidSport Phone: 306-752-6165

KidSport program is designed to reduce barriers to children's participation in sporting programs. Families facing financial obstacles in paying for the cost of sport programs may apply year round.

Creative Kids Phone: 306-953-0024

A charitable program for kids who want to participate in cultural activities such as music, dance, language and theater. Creative Kids offers kids up to \$750.00 per year towards programs of their choice.

Jumpstart Phone: 306-752-6106

The program helps financially disadvantaged kids participate in organized sports and recreation by covering registration, equipment and/or transportation costs.

CanSkate Program

Melfort Phone: 306-752-2177

Naicam Phone: 306-874-2032

Star City Phone: 306-863-2262

Program for children aged 3 - 6 years teaches basic skating skills. Runs from October to March. Dates and times vary. Fees required.

Learn to Play Hockey

Star City Phone: 306-863-2262

Recreation program for children 5- 14 years of age (not involved in Minor hockey) to learn to play hockey. It is held on Saturdays during the Rink Season.

Minor Hockey Initiation Program

Melfort Phone: 306-752-9795

Naicam Phone: 306-984-2908

Star City Phone: 306-863-2262

This Hockey Canada program for children 4 - 6 years old is designed to make children's first contact with hockey a safe and positive experience. Program goals are to have fun, enjoy some physical activity, learn basic skills and fair play. Season runs Oct. - March. Fees and equipment required.

Preschool Aquatic Program

Melfort Northern Lights Palace

Phone: 306-752-7200

The pre-school swimming lesson program, developed for children aged 0-6 years, emphasizes parent supervision, water safety and drowning prevention techniques. The program focuses on teaching children to become comfortable in water and to stay safe.

Stoney Lake Bible Camp

Located 40 km SE of Melfort near Kip Regional Park

Summer -May 10-Sept 15 Phone: 306-873-5537

Off Season-Sept 16-May 9

slbc@sasktel.net

Phone: 306- 752-5120

Activities such as swimming, kayaking, wall climbing, games and Christian education. Kids Day for young children. Family Camps and group rentals.

Melfort Jr. Golf Lessons

700 South Ave.

Phone: 306-752-3279

The Melfort Golf & Country Club offers lessons that start at the end of May in two—3 day sessions for children 5 years and up. Fees.

Learn to Play Ball

Melfort Phone: 306-752-7202

Star City Phone: 306- 863-2262

Learn to play T-Ball is for children 4 years and up.

Please call for more information. Fees required.



Melfort Gymnastics Club

Phone: 306-752-9497

tsiwak@sasktel.net

Provides recreational classes designed for children 3 1/2 years and up. Program runs weekly for one hour to develop physical skills in a multi-movement approach; non-contact safe environment to learn basic gymnastic skills. Fees required.

Music for Young Children "Music Sunshine"

117 Hutcheson Street, Melfort

<http://myc.com>

Phone: 306-752-5285

myc.vmmalden@sasktel.net

Music for Young Children offers a 10 week preschool program of singing, rhythm, beat, social skills, group activities, musical games and choral speech to children aged 2 1/2-5 years. Fees required.



The Dance Centre

317 Bemister Ave., Melfort

Community Centre-St.Brieux

Phone: 306-752-6333 www.dancecentre.ca

dancecentre@sasktel.net

Qualified instruction in ballet, jazz and tap dance to children 4 years and up. Classes held Monday - Thursday from September - May. Fees required.



1st Melfort Scouting Group

Phone: 306-752-5833

Camping, hiking, games, new skills, teamwork, leadership, citizenship, knots, community service, fun and learning — is all in scouting

Beavers— ages 5-7, Cubs—ages 8-10, Scouts— ages 11-14

Girl Guides of Canada

Phone: 306-752-4699

Camping, crafts, singing, community service, games, fun and adventure while making new friends. Ages 5-14

Star City Before and After School Program

Star City School

Phone: 306-863-2353

Daily recreation program for children 5—12 years. Snacks, crafts, physical activity before and after school during the school year. Some fees required.



THANK YOU

Thank you.....

- ◆ To the individuals who provided community program information for the *Early Years and Family Services Guide*.
- ◆ To the many volunteers and professionals providing services and delivering programs for young children and their families. Your work strengthens our communities now and for the future.

.....Brenda Ives

Coordinator—
Northeast Regional Intersectoral Committee (June 2012)
Community Coordinator—
North East Understanding the Early Years
(2005-2008)



Early Years and Family Service Guide
Published by North East Understanding the Early Years (2005– 2008)
Published by the 0-3 Years Early Childhood Task Force and Northeast
Regional Intersectoral Committee
June 2012

Copies available at: <http://earlyyears.nesd.ca>



CHILDREN LEARN WHAT THEY LIVE

BY DOROTHY LAW NOLTE



If a child lives with criticism,
he learns to condemn.

If a child lives with fairness,
he learns justice.

If a child lives with hostility,
he learns to fight.

If a child lives with security,
he learns to have faith.

If a child lives with ridicule,
he learns to be shy.

If a child lives with approval,
he learns to like himself.

If a child lives with shame,
he learns to feel guilty.

If a child lives with honesty,
he learns truth.

If a child lives with tolerance,
he learns to be patient.

If a child lives with acceptance
and friendship, he learns to
find love in the world.

If a child lives with encouragement,
he learns confidence.

If a child lives with praise,
he learns to appreciate.

