



News from the Parks and Recreation Board

Bingo News

Upcoming Bingo Dates (7:30 to 10:30 p.m.):

- May 19
- June 16

Thank you everyone for your continued support of this activity!



FEEDBACK

We'd love to hear what you think of The WAVE. If you have any comments or questions, please contact us at info@candlelake.ca

Promoting Healthy Lifestyles and Active Transportation



The RVCL Parks and Recreation Board has acquired bike racks with funding provided in part by the Government of Canada and Communities in Bloom. Starting in May, bike racks will be distributed throughout the community to specific locations. We hope to see you out biking and making use of the new bike racks this summer!

2023 Illuminate Candle Lake Photography Contest

The Resort Village of Candle Lake is excited to announce the winning submissions for the 2023 Illuminate Candle Lake Photo Contest. The competition, launched in February, received over 220 entries by the April 15 deadline.

Notable criteria of the contest this year was that photographs be recognizably 'Candle Lake'. Twelve winners were selected, one for each month of the calendar year. The winning entries, selected by an external panel of judges, capture Candle Lake's natural beauty and dynamic spirit. The images feature extraordinary landscapes, seasonal scenery, diverse experiences, magnificent wildlife, and the unique character of Candle Lake.

Thank you to all who participated!





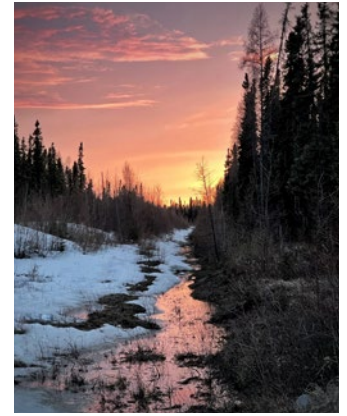
Photographer: **Joanne Angelstad**
Month: **January**
Prize Donor: **Frangipanis**



Photographer: **Shelley Empey**
Month: **February**
Prize Donor: **Candle Lake Market**



Photographer: **Patty Matkowski**
Month: **March**
Prize Donor: **Candle Lake Home Building Center**



Photographer: **Laura Jenkins**
Month: **April**
Prize Donor: **Wally's Electric Inc.**



Photographer: **Chantelle Matkowski**
Month: **May**
Prize Donor: **Pharmasave Candle Lake**



Photographer: **Helen Croissant**
Month: **June**
Prize Donor: **Candle Lake Golf Resort**



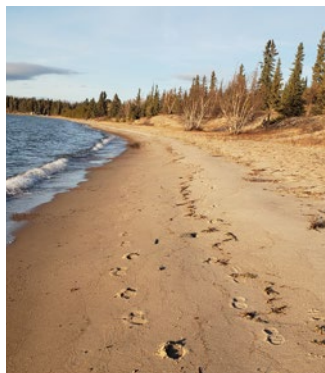
Photographer: **Robyn Lourens**
Month: **July**
Prize Donor: **Frangipanis**



Photographer: **Mary MacFarlane**
Month: **August**
Prize Donor: **Candle Lake Market**



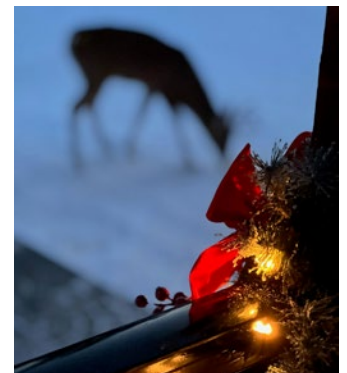
Photographer: **Sherri Hueser**
Month: **September**
Prize Donor: **Candle Lake Home Building Center**



Photographer: **Mary MacFarlane**
Month: **October**
Prize Donor: **Wally's Electric Inc.**



Photographer: **Cody Lukowich**
Month: **November**
Prize Donor: **Pharmasave Candle Lake**



Photographer: **Ron Bodnarchuk**
Month: **December**
Prize Donor: **Candle Lake Golf Resort**

Winners can pick up their prize at the Resort Village of Candle Lake office.

May 2023 Recreation Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
RECREATION GYM CLOSED						
	9:30am Trails Advisory Board meeting		9:00-11:30am Library board meeting 7:00pm Community Kaiser	10:00am Seniors Directors meeting	5:00pm Drama Club Dinner Theater - Savannah Sipping Society	5:00pm Drama Club Dinner Theater - Savannah Sipping Society
7	8	9	10	11	12	13
RECREATION GYM CLOSED		9:00am Walkers 10:00am Forever in Motion 1:00pm Quilting 4:30pm Family Fun Night 5:30pm Seniors Potluck	9:00am Walkers 12:30pm Art Club 1:00pm Pickleball 7:30pm Pickleball	9:00am Walkers 10:30am -11:30pm Library Mothers' Day Storytime and Craft 1:00pm Pickleball 1:00pm Quilting	9:00am Committee of the Whole meeting 9:00am Walkers 10:00am Forever in Motion	1:30pm Mothers Day Tea
1:00pm Drama Club Dessert Theater - Savannah Sipping Society						
14	15	16	17	18	19	20
Mother's Day 1:00pm Kathy's Yoga 7:30pm Pickleball	9:00am Walkers 1:00pm Pickleball 1:00pm Cardmaking	9:00am Walkers 10:00am Forever in Motion 1:00pm Quilting 4:30pm Family Fun Night	9:00am Walkers 9:15am Parks & Recreation Board meeting 12:30pm Art Club 1:00pm Pickleball 7:30pm Pickleball	9:00am Walkers 1:00pm Pickleball 1:00pm Quilting 6:00pm Council meeting	9:00am Walkers 10:00am Forever in Motion 7:30- 10:30pm BINGO	Welcome to the Lake!
21	22	23	24	25	26	27
1:00 Kathy's Yoga 7:30pm Pickleball	VICTORIA DAY 9:00am Walkers 1:00pm Pickleball 1:00pm Cardmaking 7:30pm Pickleball	9:00am Walkers 10:00am Forever in Motion 1:00pm Quilting 4:30pm Family Fun Night	9:00am Walkers 9:30am Communities in Bloom meeting 12:30pm Art Club 1:00pm Pickleball 7:30pm Pickleball	9:00am Walkers 10:00-11:30pm Library KidsFirst Program 1:00pm Pickleball 1:00pm Quilting	9:00am Walkers 10:00am Forever in Motion	Ladies Night Curling Club
28	29	30	31			
1:00pm Kathy's Yoga 7:30pm Pickleball	9:00am Walkers 1:00pm Pickleball 1:00pm Cardmaking 7:30pm Pickleball	9:00am Walkers 10:00am Forever in Motion 1:00pm Quilting 4:30pm Family Fun Night	9:00am Walkers 12:30pm Art Club 1:00pm Pickleball 7:30pm Pickleball			

Senior Centre ■ Hall Second Floor meeting Room ■ Library ■



Candle Lake Primary Health Care Centre - May 2023

Note: Due to COVID-19 all appointments are by phone and/or screened by phone prior to visits.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	2 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	3 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 2:30 pm	4	5	6
7	8 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	9 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	10	11	12	13
14	15 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	16 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	17 CLOSED	18	19	20
21	22 VICTORIA DAY	23 CLOSED	24	25	26	27
28	29 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	30 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 3:30 pm	31 Clinic 8:00-4:30pm NP –Holly Young 9:30 – 2:30 pm			

Need an Appointment? Call 306-929-2414 Leave a message to book appointment. It will be returned that day or on the next clinic date.

Nurse Practitioner – Holly Young
Medical Office Assistant/Reception – Rhonda Fairburn
Casual MOA/Reception – Jocelyn Seibert

Check Candle Lake Website for Updates www.candlelakeresort.ca

**Clinic is Closed
for Lunch
12:00 - 1:00 pm**

Please direct questions and inquiries regarding Health Care Service at Candle Lake

To: Tyness Meadows – Manager Primary Health Care Services

Work: 306-747-5945 Email: Tyness.Meadows@saskhealthauthority.ca

Laboratory inquiries to: Betty Drewes, Temporary Manager Laboratory Medicine – North Central
email: betty.drewes@saskhealthauthority.ca



Candle Lake **Curling Club News**

Although the curling season is over the Candle Lake Curling Club continues to be busy in the community. The following events are being held in May so mark your calendars and plan to attend!



Jim McKillop

Jim McKillop Concert: Wednesday, May 17, 7:30 p.m.

A long-time member of the Club, Jim will perform at the Curling Club. Jim and his wife Carleen moved from Candle Lake to Regina in October 2022. We are looking forward to their return visit and to the concert. Tickets are available for \$15 at the Pharmacy or by calling Fraser at (306) 260-2494.

Cash bar; CD's will be available for purchase.

BBQ: Saturday, May 20, 11:00 a.m. to noon

The Curling Club will serve burgers, hotdogs and drinks at the Welcome to the Lake event. Cash only.

Ladies Night Out: Saturday, May 27

Tickets are almost sold out for this event. This years' theme is MERMAID. Live music by Constant Reminder. Rides home will be available.

Thank you all for supporting curling club events in the community!

Welcome to the Lake
check out
May 20, 2023
11:00 - 2:00 pm

IF YOU WOULD LIKE TO REGISTER FOR A TABLE OR OUTSIDE DISPLAY PLEASE CONTACT MICHELLE LOZEJ AT 1-306-981-3777

LOOKING FOR FOOD TRUCKS TO SELL THEIR DELICIOUS MENU ITEMS	LOCAL BUSINESSES	VOLUNTEER GROUPS - CURLING CLUB SNOWMOBILE CLUB
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Local artists,
crafters or bakers are
all welcome

COMMUNITY
GROUPS TO
DISPLAY THEIR
YEARLY ACTIVITIES

News From Communities In Bloom

In 2022 we saw a return to regular events and projects for Communities in Bloom. Using our Mission Statement and project guidelines, we added new projects and supported community requests for financial help.

2022 Highlights:

- Thanks to the generous donations from residents and visitors to Candle Lake, we had an abundance of cans, bottles and other recyclables to sort, bag and take to Sarcan in Prince Albert. Transportation of the recyclables to Sarcan, Prince Albert was undertaken by an excellent crew of volunteers. This is an excellent fund raiser for our committee and the funds raised support a variety of projects in and around Candle Lake.
- The regular collection of bottles and cans at the beaches, trailer parks, village grounds and businesses, plus the sorting and bagging saw over 300 hours of volunteer service just for sorting and bagging.
- The flowers ordered from the Star City Colony and hung by the Village crew in early June were soon thriving and looking beautiful. An improved watering and fertilizing schedule followed by the Village workers produced much better results. Several garden beds are planted and maintained by volunteers.
- "Welcome to the Lake" during the May long weekend - We had a table of information and a full summary of our projects with pictures on a nearby board. We raffled a beautiful basket of flowers.
- Spring projects concluded with a special event adjacent to the Candle Lake Community Garden. On June 18th there was a celebration of the National Year of the Garden. In partnership with Community Gardens, Communities in Bloom and the Library Board, a Garden Fair was held and featured: a perennial plant exchange, Garden Tour, gardening information in pamphlets from University of Saskatchewan, vendors, food trucks, plant sales, vegetables from the Star City Colony for sale and rocks and birdhouses ready for painting in the nearby gazebo, courtesy of library volunteers. It was a beautiful summer-like day, well received and attended by the community.
- Along with submissions to The Wave we added regular contributions about Communities in Bloom to Candle Lake Facebook pages.
- Funds were donated to Communities in Bloom in memory of Jacky Murray, resident of Candle Lake. We assisted the family in choosing a bench for Waskateena beach (Depeel) and a Memorial Tree planted on the Village Grounds.
- During the summer we sold 50/50 tickets at the Women's, Men's and Mixed Golf evenings courtesy of the owners of the Candle Lake Golf Resort. These funds support our many projects and we sincerely thank the owners and the golfers.
- We added a display to the Mystical Forest.
- In late August we hosted a supper and evening for the many volunteers who assist CiB with its projects and work.
- We were very happy to be a major sponsor of the Candle Lake Fun Run held in September.
- We purchased two exercise stations that were installed in late fall along the Waskateena Walking Trail.
- We donated funds for the park being built by the residents of Harbour Golf Estates.
- Volunteer work continued during the summer and into fall at the Aschim Homestead Heritage Forest with the maintenance and upgrading of trails and boardwalks and extending boardwalks to Birchbark Creek.
- Late in the year a second blue bin was built for bottles and cans and it was put in place by the recycling Building at the landfill.

The yearly Pitch in and Clean event will take place after the May long weekend. Thanks to the groups and clubs who do a great job of cleaning the areas in and around our Resort Village. Bags are available at the Village Office for groups to use.

People, Plants & Pride Growing Together

Aschim Homestead Faces a Late Spring in 2023

After a winter of heavily used trails by both snowshoers and hikers, Aschim Homestead and trails await the many walkers and tourists this spring and summer although the late spring will push back the “usability” of some of the more remote parts. The main trail into the house and yard will be accessible.

CiB and their volunteers finished the last major boardwalk construction last fall. This section allows one to walk right to the banks of Birchbark Creek at Canoe Landing just as in the “old days”. With an expanded budget we will be offering better bear proof garbage containers, improved signage purchased last year, repairs of loose and missing boards on previously built sections, more items in the “mini museum” and carefully mowed and trimmed trails. The attention to detail of the historical and natural beauty site allowed CiB to win the Provincial Heritage Recognition Award for The Aschim Homestead and Heritage Forest in 2020. CiB is proud to be the acting arm of the Resort Village of Candle Lake in the management of the Aschim properties.

Small work bees will be convened this spring to complete some of the repairs needed. If you have a cordless drill and would like some time out in nature, give Ed Horn a call at (306) 960-1666 and arrangements can be made to be part of a work bee. Best time to work is before the mosquitoes come out. See you on the trails.

Submitted by the Aschim Wanderer

Citizen's on Patrol Program

We are now into spring and summer patrolling. Spring and fall seems to be the worst time for infractions at Candle Lake. Please check carefully when you return to the cabin this spring after being locked up for the winter. Please be diligent to secure your property from potential thieves.

It is important to report all theft or break-ins to the R.C.M.P. at 310-RCMP (7267) so they will have a record if the incident.

Theft and burglary is a crime of opportunity that usually happens to those of us who are least prepared. This summer don't provide a thief with opportunity - protect your property and equipment! Be sure to lock all of your vehicles.

Citizens on Patrol Program is a group of volunteers who continue to be dedicated to helping the Smeaton RCMP and the Candle Lake Community Safety Officers keep the Candle Lake area a safe community. Our volunteers patrol the area constantly, looking for signs of criminal activity and reporting to the RCMP. We patrol during the day and night and because we are an anonymous group, you never know when we are out there. We are looking for new patrollers. If you are interested in being involved in the Citizens on Patrol program, please contact me at 1-306-519-2569.

If you are interested in donating financially to the COPPs program, tax deductible receipts are available.

Next Meeting at the call of the chairman.

Robert Schultz
Chairman, COPPS Program

Candle Lake Public Library: May Events

MOTHER'S DAY STORYTIME AND CRAFTS THURSDAY, MAY 11 FROM 10:30 TO 11:30 A.M.

Bring mom as we'll need a "hand" with this project!
Ideal for ages 3 to 6 years.

KIDSFIRST EVENT THURSDAY, MAY 25 FROM 10:00 TO 11:30 A.M.

Chantelle with Prince Albert Regional KidsFirst will visit for an early learning program. This event is ideal for ages 0 to 6 years.

INTERESTED IN BEING A MEMBER OF OUR BOARD?

The Candle Lake Library is looking for Board Members. Please contact Valerie Manton at (306) 960-0693 if you are interested or would like to know more.

LIKE US ON FACEBOOK!

Please check out our new Candle Lake Library Facebook page to keep up with events happening at the library! We are planning some very exciting programs during the month of June!

LIBRARY HOURS

- Tuesday: 11:00 a.m. to 5:00 p.m.
- Wednesday: 2:00 p.m. to 8:00 p.m.
- Thursday: 9:00 a.m. to 2:00 p.m.
- Friday: 10:00 a.m. to 2:00 p.m.
- Saturday: 9:00 a.m. to 1:00 p.m.

DID YOU KNOW?

Library cards are FREE for all residents of Saskatchewan. With this card, you can take out books at any library within Saskatchewan. If your local library does not have the book you are looking for, they can order it for you to pick up at your neighborhood branch. Your library card also gives you FREE access to newspapers and magazines from all over the world, as well as e-books and audiobooks, through our digital content service. A computer is also available for public use at the library.

LOOKING TO DONATE?

Donations of puzzles and board games for kids are always welcome and we will be pleased to give them a second life here in some of programs for kids. Items can be dropped off anytime during library hours. Thank you in advance!



Thank you to the RM of Paddockwood for a very generous grant (with funding from Sask Lotteries) which allowed us to purchase several adult fiction and children's non-fiction books for our library. These are just a few of the books that we were able to add to our collection!

BABYSITTING COURSE

The Candle Lake Library will be holding a Babysitting Course for ages 12 and up, on a Saturday, sometime during the month of June. To pre-register your kids to hold a spot, please phone the library at (306) 960-9775, or leave a text message with your contact information. Cost is \$25 per child. We will start accepting payment once a date is confirmed.

A very special thank you to the Resort Village of Candle Lake Parks & Recreation Board, who provided a very generous grant to subsidize the cost of this course, with funding coming from Sask Lotteries.

Upcoming Seniors Club Events

Seniors Club events for the month of May include:

May 3: Kaiser Tournament

7:00 p.m. (See the following poster for more information).

May 9: Seniors' Potluck Supper

Happy Hour – 5:30 pm, Supper – 6 pm, followed by games, cards and pool
Members of our Seniors Club and guests are welcome

May 13: Mother's Day Tea – All mothers are welcome!

Sittings at 1:30 and 3:00 pm
\$10 Advance tickets only
Call Terri (306-527-1655) or Valerie (306-960-0693) for tickets

May 10, 17, 24, and 31: An evening of playing Spades
7:00 p.m.

Toss a toonie in your pocket.
Everyone is welcome

May 25: Ditch Picking

9:00 a.m.
Noon lunch will be provided

May 26 – Texas Hold'em Tournament

7:00 p.m.
Buy In - \$10.00
All adults are welcome



Kaiser Fun Night Wed, May 3rd Senior Hall

- ⇒ Register as a pair or a single
(we will randomly pair you up with another single)
- ⇒ 16 TEAM MAX (10 mini games guaranteed)
- ⇒ 6:30—7:00 Registration at Door
(text Neil 306-314-1631 to pre-register)
- ⇒ 7:00 - 9:30 KAISER PLAY
- ⇒ \$5/PERSON. 1ST, 2ND AND 3RD PAYOUT.
- ⇒ CASH BAR



CANDLE LAKE VOLUNTEER MEDICAL FIRST RESPONDERS RECRUITING NOW



Please join us !

Are you interested ?

Training course
starts soon !

Call for information !

You won't regret it !
Let's Talk !
306-960-1254

CANDLE LAKE

Volunteer
Medical First Responders
1-306-960-1254
hkmack@sasktel.net



Meath Park Before & After School Program

Meath Park Before & After School Program is becoming a vital part of helping our school and community thrive. By providing childcare before and after school we are giving parents a great option for their children to attend their local school and become rooted in this wonderful community.

Will you need childcare in the 2023-2024 school year? If so, be sure to visit our website <http://sites.google.com/view/mpbasp/home> and register early to get the best rates and ensure our program thrives next year.

We're always looking for sponsorship and donations. If you are interested in helping this wonderful community program please visit our website <http://sites.google.com/view/mpbasp/home> or contact Kristen Taylor-Wall at mpbefore_after@gmail.com or 1-306-981-2705. You can also reach us by visiting the Meath Park School website <https://mp.srsd119.ca/>

Kathy's YOGA Starting in May

A five (5) week block of classes (1 hour class, once a week) to judge interest in yoga!

- Time: 1:00pm at the Recreation Center
- Dates: May 14, May 21, May 28, June 4, June 11
- Cost: \$10/class; fees will be collected at each class.
- The class will be standing yoga poses moving with breath, ending with floor poses.
- Kathy's Yoga is good for people with moderate fitness ability.
- Beach yoga may be offered this summer depending on demand/interest.



HOME CARE NURSE

Prince Albert Home Care Office

Unit D 4050 2nd Avenue
West, Prince Albert

Phone: 306-765-2450

Providing services to:
Communities of Prince
Albert, Birch Hills,
Kinistino, Weldon,
St. Louis, Christopher Lake,
Paddockwood, Meath Park,
Candle Lake,
Albertville and
Henribourg



Candle Lake Home Care Services
From the SHA website –
<https://paphr.ca/services/home-care-care-homes-end-of-life-palliative-care>

Church **Services**



Candle Lake Community Church

Worship Services – Sundays at 10 am

Everyone is Welcome!

Worship Leaders for May

May 7– Archdeacon Andrew Hoskin

May 14 – Pastor Brian Unruh

May 21– Cheryl Sorell

May 28 – Pastor Dan Haugen

Kids Club - Thursdays 3:45 – 4:45

Tisdale Day Camp: This years' camp will be held July 3-4 and July 5-6. Watch for posters!

Church Contact – Valerie Manton 306-960-0693

Please note: Valerie is the contact for the Community Church only.

Roman Catholic Service

- Held at the Community Church
- Mass is held Saturdays at 5:00 p.m.
- Father Manh Nguyen serves the Candle Lake congregation.
- Confessions are heard before Mass.
- The Rosary is said before all Masses at 4:40 p.m.

Chapel (#4 Main Street)

- The Chapel remains closed indefinitely.

Weekday Masses:

- Wednesdays at St. James – Albertville at 7:00 p.m.
- Thursdays at St. Mary's – Christopher Lake at 3:00 p.m.



News from the **Resort Village**

2023 Swimming Lessons

As a reminder, online registration opens May 25th, 2023. Please refer to the Resort Village of Candle Lake website (<https://candlelake.ca/p/swimming>) for more information. Registration for each level opens at the time the first session class starts (ie. Swimmer 4 - 9:00am first session, registration opens at 9:00am May 25th, while Preschool 2 - 12:15pm first session, registration opens at 12:15pm May 25th). Both sessions must be attended each day of lessons to meet Lifesaving Society requirements. Visit www.swimsafe306.com to register.

Summer Landfill Hours

Summer 2023 hours at the landfill take effect May 8, 2023 until October 13, 2023.

Open 8:30 a.m. – 4:00 p.m. Monday, Tuesday, Friday, Saturday, and Sunday

Closed for lunch 12:00 – 12:30 p.m.

Open May and September Long Weekends



Summer Streetside Waste Collection

Commencing May 8, 2023 – October 13, 2023

Visit www.candlelake.ca for weekly schedule.

Garbage must be bagged and placed in garbage can along the street prior to 7:00 a.m.

Spring Community Cleanup Week May 22-26, 2023

Streetside yard refuse will be picked up along with your household garbage.

Yard refuse including leaves, grass clippings, garden waste must be bagged in clear bags under 10kg (22lbs).

Tree limbs under 4' in length must be bundled and tied under 10kg (22lbs).

FREE LANDFILL WEEKEND MAY 20 – 21, 2023

Residential property owners receive one FREE landfill access for household or yard waste up to ½ ton or single axle trailer under 3 m in length.

Province Directs SGI to Create Golf Cart Use Pilot Project

You may have seen in the news that this week, that at the annual Saskatchewan Urban Municipalities Association (SUMA) convention, Mayor Terry Kostyna presented a SUMA resolution that would permit communities in Saskatchewan to enact bylaws allowing people to drive golf carts on municipal roads under specific circumstances.

Permitting Golf Carts on municipal roadways at Candle Lake could become a part of our overall neighborhood connectivity plan. Golf Carts could help people with limited mobility, access beaches, parks and playgrounds, where nearby parking and unhindered access can sometime be difficult to find. A Golf Cart Bylaw would outline the operating regulations and a licensing system similar to the current ATV permitting process could be implemented for golf cart use as well.

While no details about the project were provided at the SUMA convention, this is a topic that has been discussed for some time in Candle Lake. In fact, a bylaw had been passed in August 2020 to allow golf cart use on certain Resort Village roads, but then rescinded as Council felt that local bylaws on this topic should be in line with any future provincial legislation.

The SUMA resolution passed with support from the majority of communities in the province. Afterword, the Minister responsible for SGI announced we will see a pilot program created within the province. The Resort Village will keep you up to date on whether the Resort Village is chosen as a potential site for the pilot. Any decisions made on the pilot project and/or a future bylaw would be discussed at a future public council meeting.



1. Mental Health
2. Health Care
3. Learning / Education
4. Community Programs
5. Seasonal
6. Homelessness
7. Employment / Training
8. Housing
9. Basic Needs
10. Legal / Courts
11. Income Support
12. Older Adults
13. Youth
14. Children / Family
15. Disability
16. Veterans
17. 2SLGBTQIA+
18. Crisis hotline
19. Violence / Abuse
20. Indigenous People
21. Parent Center

SASK HEALTH 211

For questions about any of the below issues please feel free to
Call 211
Text HELLO to 211
Online at www.211.ca

211 Saskatchewan offers a database of over 6,000 community, social, non-clinical health, and government services across our province.

To be connected with Service Navigators ready to help 24/7/365, or search below independently.
Help over the phone is available in over 175 languages, including 17 Indigenous languages.



CALL 811 today to GET HELP

When you call 811, a licensed healthcare professional will give you options and information to help you with health or mental health and addictions-related questions or concerns. You will be able to discuss your concerns in a safe, caring, and confidential manner.

A registered nurse will assess your symptoms and help you decide whether to treat your own symptoms, go to a clinic, see your primary health care provider, or access emergency medical care, if necessary.

HealthLine 811 also provides mental health and addictions support. HealthLine's registered Psychiatric Nurses and Registered Social workers can offer crisis support, advice to help you manage your situation, and connections to resources in your community.

HELP TO DEAL WITH MENTAL HEALTH ISSUES:

- Behavioral and emotional disorders in children.
- Dissociation and dissociative disorders.
- Obsessive compulsive disorder.
- Bipolar affective disorder.
- Anxiety disorders.
- Eating disorders.
- Depression.
- Paranoia.

HEALTHLINE 811