

## **RESOURCES**

**Home Care Services:** Maintain independence and well-being at home. You can call to learn about available services or have your physician arrange home care to provide assistance after surgery, chemotherapy, or between medical visits or treatments. Services for residents requiring assistance with daily living include assessment, home nursing, physiotherapy, equipment for daily living, meals on wheels, and personal care. Contact 1-306-765-2450 in Prince Albert

**Our Pharmacist Can Help.** They can assess, diagnose, and prescribe medication for a variety of minor ailments.

Pharmasave 1-306-929-3312

[www.pharmasave.com/candle-lake](http://www.pharmasave.com/candle-lake)

Monday to Saturday

### **Therapy Services**

Jellicoe Therapy – Registered Massage Therapists

Thursday to Tuesday () 1-306-491-8355

Website: [candlelakermt@janeapp.com](mailto:candlelakermt@janeapp.com)

Contact to book appointments

### **Friendly Calls Program with the Canadian Red Cross**

This program matches people over the age of 18 with trained Red Cross personnel who connect with them regularly to provide emotional support, encourage healthy coping strategies, and suggest well-being resources and community connections to other existing services. The Friendly Calls program is safe, accessible, and free. To learn more, visit <https://www.redcross.ca/in-your-community/saskatchewan/friendly-calls>.

**Personal Disaster Assistance (Red Cross)** will assist to meet the immediate basic needs of people displaced by emergencies such as house fires or floods. Call 1-888-800-6493

**For the Healthline call 8-1-1:** HealthLine 811 is a free, confidential, 24-hour service available to Saskatchewan residents. It is staffed by experienced and specially trained registered nurses, registered psychiatric nurses, and registered social workers. The HealthLine provides professional health advice, mental health and addiction advice, education, and support.

**For local health service information, call 2-1-1:** Staff at this number can provide information on service programs in our community.

### **Prince Albert Mental Health Center – Outpatient Services – Walk-In Service which provides same-day**

**access to a counselor** - Mental Health offers confidential community-based mental health assessment, treatment/counseling, and consultative services. Services can be accessed by family or self-referral, physician referral, agency, or school referral. Physicians only accept psychiatric referrals. Located at 2345 10th Ave West in Prince Albert - Lower Level Victoria Square  
Phone: 306-765-6055 Toll Free: 1-888-765-6055  
Monday to Friday: 9 AM to 11 AM. 1 PM to 3:30 PM

### **Addiction Services - Rapid Access to Addiction**

**Medicine (RAAM)** provides timely care for individuals seeking to make changes in their substance use. At the RAAM clinic, an inter-professional team will work with you to create a care plan that fits your needs and goals. RAAM services are short-term, and we will connect you to the appropriate community care providers for ongoing care and support while you are with us. Walk-ins are welcome! Located at 101-15th Street East Prince Albert (2nd Floor next to the Bus Depot)  
Phone: 306-765-6550

Last Revision: June 2024



**CANDLE LAKE**  
**Alive and Well**  
**Working to Foster a Thriving**  
**and Healthy Community**

## **Candle Lake Health Center**

**Clinic: 306-929-2414**

**Fax: 306-929-4704**

**Email: [RVCLHEALTH@CANDLELAKE.CA](mailto:RVCLHEALTH@CANDLELAKE.CA)**

**EMERGENCY SERVICES CALL 911**

**for Ambulance, First Responder, Fire Service,  
Search and Rescue or RCMP**

## CANDLE LAKE HEALTH CENTER

**Located:** on the west side of the Candle Lake Community Hall.

**Phone:** (306) 929-2414

Book an appointment with the physician, the nurse practitioner, or for lab collection or ECG. If the center is closed when you call, please leave a message, and your call will be returned on the next open day.

### Health Center Hours:

Monday to Wednesday 8:00 AM to 4:30 PM.

Please check the monthly Health Center Calendar in the Wave for hours of operation and service available.

Same-day **appointments may be accommodated for illness or minor injury.**

### Staffing:

**Physician:** Dr. Jordan Wingate

is available most Tuesdays from 9 AM to 4 PM.

**Nurse Practitioner:** as available.

Check the monthly calendar.

**Medical Laboratory Technician:**

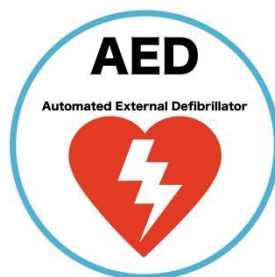
Every Wednesday for blood collection and non-urgent ECGs.

This service is available for all – no charge.

**Medical Office Assistant:** administration and support services.

**For emergencies, call 9-1-1:**

This includes ambulance services, medical first responders, fire service, Search and Rescue and RCMP.



AEDs Located at:

CL Recreation Hall

Village Office

CSO Unit #1 and #2

Fire Chief Truck

Health Clinic

Park Administration Office

Sandy Bay Campground

Minowukaw Campground

Parks Maintenance Shop

Seniors Center

Curling Rink

1<sup>st</sup> Responder Truck - Fire Hall

Golf Course

Sask Polytechnic - Hanson Creek

**If you would like to volunteer your services, please contact a Health Committee Member to be added to the list. If you would like to become a member on the Candle Lake Health Board please email [RVCLHEALTH@CANDLELAKE.CA](mailto:RVCLHEALTH@CANDLELAKE.CA)**



## CLUBS / GROUPS

Candle Lake Seniors North of 50

Candle Lake Curling Club

Candle Lake Sno'Drifters

Candle Lake Quilters

Candle Lake Trails Advisory Board (CLTAB)

Candle Lake Hiking Club

Art Club

Communities in Bloom

Community Garden

Sportsman League

TOPS

Citizens on Patrol Program (COPP)

Sport, Culture and Recreation Board (walking badminton, Children's programs, exercises, pickleball, Forever in Motion)

## CHURCH SERVICES

Community Church - Sundays at 10:00 am,

Roman Catholic Church - Saturdays at 5:00 pm.

## WAPATI LIBRARY

Contact the Library at **(306) 960-9775** or visit [wapitilibrary.ca](http://wapitilibrary.ca) to create an account, search a book title, and download. Enjoy reading!

### **Library Hours**

Tuesday 11am to 5pm

Wednesday 2pm to 7pm

Thursday 9am to 2pm

Friday 10am to 2pm

Saturday is closed.

**Little Libraries - Take a Book -Leave a Book** are located at Memorial Park, Candle Castle, Golf Course Club House, Lorne Kolisnek Memorial Park, Nobles Point, Minowaka, Credit Union and Island View