

HELP IS HERE RESOURCE GUIDE

If you need help, you're not alone.
Please reach out to any of the services listed in this guide.

911 EMERGENCY/HELP

- Call: 911 (Emergency Only)
- Yorkton RCMP: 306-310-RCMP(7267) or 306-786-2400

24/7 HELP LINES

- Suicide Crisis Line: 988
- Healthline: 811
- Community Navigator: 211
- Kids Help Phone: 1-800-668-6868 or Text 686868

LEGEND

FREE FOOD	INDIGENOUS SERVICES	LOW COST CLOTHING
SHELTER	HOUSING SERVICES	COMPUTER & INTERNET
HEALTH SERVICES	FINANCIAL	LAUNDRY
HARM REDUCTION RESOURCES	ID REPLACEMENT	NEEDLE DROP BOX
COUNSELLING		





FREE FOOD

- 1 **Bruno's Place: 139 Dominion Ave** | 306-782-7866
Breakfast: Mon-Fri: 8AM-9:30AM
Lunch: Tues/Thur: 12PM-1PM
Supper: Second Last Tuesday: 5PM-6PM
Closed Holidays
- 2 **Community Fridge: 345 Broadway St W: 24/7 Access**
- 3 **Food Bank: 78 Front Street** | 306-783-4650
Tues/Wed/Thur: 10AM-2PM
- 4 **Yorkton Dream Centre: 244 Myrtle Ave** | 306-621-4669
Soup and Bun: Wed: 5PM. *Sept - June Only*
- 22 **St. Andrew's Stop Gap Food Shelf: 29 Smith St E**
Fri: 1PM-3PM
- **Love Lives Here Bus:** Friday evenings
[facebook.com/loveliveshereyorkton](https://www.facebook.com/loveliveshereyorkton)



SHELTERS

- 1 **Bruno's Place: 139 Dominion Ave 306-782-7866**
Homeless shelter for men and women 18-68yrs
- **Safe Haven: 1-877-444-2836** or **306-782-0676**
Women and children fleeing domestic abuse
- **Shelwin House: 1-888-783-3111** or **306-783-7233**
Women and children fleeing domestic abuse



TRANSPORTATION

- **Yorkton Transit: 306-621-6580** | Mon-Fri: 8AM-7PM
- **Transit Live: www.transitliveyorkton.com**
- **Access Transit: 1-833-444-4126**
- **SIGN Senior Mobility: 306-782-4151** | Mon-Fri
- **Yorkton to Regina Shuttle: 306-316-0221**
Daily - Leaves Yorkton at 8AM. Regina at 4PM



HEALTH SERVICES

- 23 **Broadway Primary Health Care Clinic:**
398 Broadway St W | 306-782-8080
- 5 **Broadway St W Walk-in Clinic: Living Spring Medical Centre: 20 Gladstone Ave. S.** 306-890-0405
- 6 **Yorkton Hospital: 270 Bradbrooke Dr.**
306-782-2401 or 306-786-0701
- 7 **Public Health: 150 Independent St** | 306-786-0600
Mon-Fri: 8AM-5PM



HARM REDUCTION RESOURCES

- **National Overdose Response Service:**
1-888-688-6677 available 24/7
- **Drug Rehab Services: www.drugrehab.ca**
1-877-254-3348
- 2 **Turning Point: 345 Broadway St W**
Door #5 on outside of building | 306-786-0637
Mon-Fri: 9AM-12PM and 1PM-4PM



FREE/LOW COST COUNSELLING

- **National Suicide Prevention: 1-833-456-4566**
- **Rapid Access Counselling:**
www.counsellingconnectsask.ca
- 2 **SIGN Rapid Access: 345 Broadway St W:**
306-782-1440
- **Mental Health and Addictions:** Intake 1-888-989-8444
306-786-0558 | Mon-Fri: 8AM-4:30PM
- **Next Steps: Sexual Abuse Counselling: 306-783-9428**
- **Choose to Change: Family Violence Counselling:**
306-782-0673



INDIGENOUS SERVICES

- **Hope for Wellness (Indigenous): 1-855-242-3310**
available 24/7
- **Metis Crisis Line: 1-877-767-7572**
available 24/7
- **Indian Residential School Crisis Line:**
1-866-925-4419 available 24/7
- **Missing Murdered Indigenous Person:**
1-844-413-6649 available 24/7
- **Metis Mental Health and Addiction Support:**
1-855-671-5638 | Mon-Fri: 8AM-4PM
- 8 **Yorkton Tribal Council: Suite 102-506 Broadway St.W** | Main Office 306-782-3644
- **Metis: 1-877-METISSK / 1-877-638-4775**
- **Yorkton Indigenous Friendship Center Inc.:**
345 Broadway St W
306-786-1806
- **All in One Family: 306-620-5015**
Connecting Indigenous to their culture



LOW INCOME HOUSING SERVICES

- 2 **SIGN Housing Support: 345 Broadway St W**
306-783-0006
Mon-Fri: 8:30AM-4:30PM
- 9 **Good Spirit Housing: 101-133 4th Ave N**
1-833-583-HOME(4663)
Mon-Fri: 8AM-4:30PM
- 10 **Parkland Housing: 30 3rd Ave N**
306-783-6466 Mon-Fri: 9AM-4:30PM
- 11 **Yorkton Housing Corp: 145 Jubilee Cres**
306-783-0350
Mon-Fri: 8AM-4PM
- **Eviction and Tenancy Rights:**
Contact the Office of Residential Tenancies
1-888-215-2222



FINANCIAL

- 12 **Income Support: #200 - 72 Smith Street E**
306-786-1300 or 1-866-221-5200 (Call Center)
Mon-Fri: 8AM-5PM



ID REPLACEMENT

- Drivers License or photo ID: Any SGI issuer**
- 13 **CAA: 159 Broadway St E**
Mon-Sat: 9 AM-5:30PM
- 14 **Western Financial: 2 Broadway St E**
Mon/Tues/Wed/Fri 8:30AM-5PM | Thurs 8:30AM-7PM
Sat 9AM-5PM
- 15 **Westland Insurance: 131 Palliser Way**
Mon-Fri: 7AM-5PM | Sat: 9AM-4PM
- **SKHealth: 1-800-667-7551**
Mon-Fri: 8AM-5PM
health cards, birth certificate, marriage certificate, death certificate
- **SCIS Secure Certificate of Indian Status: 306-621-3067**
- **Metis Card: 1-877-METISSK or 1-877-638-4775**



LOW COST CLOTHING

- 16 **Serendipity: 50B Broadway St**
306-641-5465
Mon-Fri: 10:00-5:00
Sat: 10:00-4:00
- 17 **Value Village: 277 Broadway St E**
306-783-0740
Mon-Sat: 9:30AM-9PM
Sun: 10AM-8PM



COMPUTER AND INTERNET

- 18 **Public Library: 93 Broadway St W**
306-783-3523
Mon/Thurs/Fri: 9AM-6PM | Tues/Wed: 9AM-8PM
Sat: 10AM-6PM



LAUNDRY AT A COST

- 19 **York-Sask Laundromat: 12 1st Ave N**
306-316-1037
Mon-Fri: 8AM-9PM | Sat: 9AM-9PM | Sun 10AM-9PM
- 20 **Parkland Car Wash and Laundromat: 60 7 Ave S**
306-782-1948
Daily: 8AM - 5 PM



NEEDLE DROP BOX LOCATIONS

- 1 **Bruno's Place: 139 Dominion Drive**
- 2 **SIGN on Broadway: 345 Broadway St W**
- 6 **Hospital: 270 Bradbrooke Drive**
- 21 **Fire Hall: 9 Smith St E**

YORKTON AA MEETINGS			
www.aasask.org			
DAY	TIME	MEETING	LOCATION
Mon	8 PM	Acceptance	Presbyterian Church: 66 Park St
Mon	8 PM	Dunlop	Dunlop Block: 23 2 Ave N #6
Tues	6:30 PM	4 Aces	Dunlop Block: 23 2 Ave N #6
Tues	8 PM	Split Aces	SIGN Bldg: 83 Church St
Wed	8 PM	12 & 12	Anglican Church Hall: 164 3 Ave N
Thu	8 PM	Fellowship	Westview Church: 355 Bradbrooke Dr
Fri	6:30 PM	4 Aces	Dunlop Block: 23 2 Ave N #6
Fri	8 PM	Dunlop	6-23 2nd Ave.
Sun	8 PM	12 & 12	Anglican Church Hall: 3 Ave N

YORKTON NA MEETINGS			
www.southsaskna.org			
DAY	TIME	MEETING	LOCATION
Sun	6:30 PM	Bank of Recovery	St. Andrews Church: 29 Smith St E

AL ANON MEETINGS			
sk.alanon.ca			
DAY	TIME	MEETING	LOCATION
Mon	8 PM	Growing With US AFG	St Paul Lutheran Church: 73 Smith St E
Wed	8 PM	Just for Today AFG	Westview United Church: 355 Bradbrooke Dr (use back door on NE corner)
Mon	4 PM	Let It Begin With Me AI ATeen (age 12-18)	Yorkton Public Library 93 Broadway St W