

Youth Resources and Contacts for Continued Support

Indigenous Services:

Talking Stick App

[Talking Stick - Indigenous - Apps on Google Play](#)

Talking Stick is a made-in-Saskatchewan anonymous chat app developed by First Nations, for First Nations. Whether you are feeling excited, angry, proud, confused, or need someone to talk to, Talking Stick is a judgement-free, text-based place to chat anonymously (one on one) with a First Nations Peer Advocate. Peer Advocates are not crisis counsellors or mental health professionals. They are adults, students, Elders, and people (just like you) who are trained to listen, provide comfort, offer support, and create a safe place to have difficult conversations. Talking Stick is always anonymous and confidential, you will never need to share your name or any personal information. Chat history is automatically and permanently deleted as soon as you close the chat.

Download the app using the link above.

Jordan's Principle

306-622-8275

JordansPrinciple@fhqtc.com

[Submit a request under Jordan's Principle \(sac-isc.gc.ca\)](#)

Jordan's Principle ensures that First Nations youth and children can access any products, supports, and services they need, when they need them, without facing inequities. Jordan's Principle may provide assistance with access to supports and resources pertaining to education, mental health, medical equipment, speech therapy, and more. For more information or assistance with an application please call the number or visit the link listed above.

Qu'Appelle Valley Friendship Centre (QVFC)

185 Victoria Street North, Fort Qu'Appelle, SK

306-332-5616

Admin@qvfc.ca

QVFC is a community hub committed to fostering unity, empowerment, community support, and growth among residents in Fort Qu'Appelle and surrounding areas. Providing a welcoming space and an

array of comprehensive programs designed to cater to diverse needs. Activities such as workshops, support groups and cultural events promote social cohesion, personal development, cultural appreciation and education.

Youth Crime Prevention Program (CPP) - QVFC'S CPP is designed to focus on gang prevention, anti-bullying, crime prevention and mitigate high risk behaviors among vulnerable youth aged 9-17. CPP promotes prevention through education about gang awareness, drugs/alcohol awareness, and employment readiness. CPP also offers cultural support, family support and access to sports/recreational activities. By providing a well-rounded foundation for at-risk youth, we can enable them to thrive.

Treaty 4 Education Centre

4001 3rd Ave North, Regina SK

306-522-5277

Offers various workshops and programming that can be beneficial to students both professionally and personally. CPR/First Aid, WHMIS, Safe Food Handling, and other various life skills and training courses.

Adult 12 Program – Open to students who are 18 years of age and older, who have been out of the regular school system for one full year or more. Adult 12 consists of a minimum of seven credits (courses). Each credit will take a minimum of 100 in-class hours. Required courses include Native Studies 30, Science 20 or 30 (Biology, Chemistry or Physics), English Language Arts A30 and B30, Math 20 or 30 (Foundations, Works, Pre-Calculus), two electives (Psych 30, Law 30, additional science or math). Open to students wanting to complete high school in an individualized setting. Classroom discussions, workshops, discussions, worksheets, software and videos complement the various units. Self-motivation, perseverance, and maturity are essential for successful completion of programming. Programming includes cultural activities such as Elder talks, sweat/ceremonies, feasts, and other cultural/community events throughout the school year. It is expected that students will participate in these activities.

FHQ Tribal Council

Offers a variety of services ranging from Youth supports, 2LGBTQIA+ supports, Domestic Violence and Anger Management supports, Probationary supports, and much more. Please see below for a breakdown of some of the services they offer and the appropriate person to contact for each specific department.

FHQTC JUSTICE – Services include Extrajudicial Sanctions (youth and adult), Community Justice Forums Consensus, Circle Facilitation Court Referrals, Meditation and healing circles, FASD and suicide interventions, Youth reintegration, Youth Gang Prevention and Intervention, Commissioner of Oath Services, Probation Services, Court Worker Services and more. Training Workshops include Team Building Workshops, Youth Peacemakers Training, Youth Meditation, Traditional Mediation – Levels 1, 2, and 3 (Resolving Conflict Constructively, Meditation Skills, Leading by Example), First Nation Meditation

Based on Tipi Teachings, Ceremonies, Justice Facilitation Training, and more. Contacts for this department are as follows:

Justice Director – Bev Poitras (306) 331-6682

Community Justice/Adult Reintegration – Ryley Bigsky (306) 331-7540

Youth Reintegration – Nahtanha Herbster - (306) 331-7673

2LGQTQIA+ Resources – Cindy Desnomie (639) 571-2874

FHQTC THE WAY (Domestic Violence/Anger Management) – The Way is a 52-week program for abusers who are emotionally, physically and/or sexually abusive towards their intimate partner. The sessions are generally 2 hours in length. During sessions, participants are expected to focus on their misuse of violence and how to make positive changes. It is a guide, a “way” to understand past behavior and focus on the future. It is a program offered by trained facilitators and is utilized in a group setting. Topics to be discussed in the program include; symbols and triggers of violence, emotional abuse, dominance using male and female privilege, self-esteem, anger management, money management, addictions, suicide, self-care, grief and more. The goals of this program are to stop violence and abusive behavior, build self-awareness, encourage effective decision making, rebuild healthy relationships, and practice healthy communication. The program is open to male and female participants, couples are welcomed. For more information or to register for this program please call:

Domestic Violence Coordinator – Frances Delorme (306) 331-5157

Regina Treaty/Status Indian Services Inc. (RTSIS)

The Gathering Place (4001 3rd Ave North, Regina, SK)

(306) 552-7494

First Nations Employment Center – provides First Nations clients with direction in career planning, employment and training services. Providing access to computers, photocopiers, phone, fax and employment messaging, job boards, and employment search assistance, direct links to current employer partners job opportunities, assistance with barrier removal and employment, access to current labour market research, referrals to partnering organizations and programs, workshops to assist with resume building, interview techniques, and more career advisor assistance. Everyone is welcome to utilize this facility for their employment needs, eligibility hinges on being a Regina/Moose Jaw area resident, Native Status and completion of file (to be done with career advisor).

Family Wellness Unit – The purpose of the Family Wellness Unit is to provide confidential assistance to families who are at risk and require additional social, economic, spiritual, and emotional support. We also provide support for Indian Residential School and Day School Resolution Health Support Programs. There are several types of counselling available including Personal Counselling, Couples Counselling, Family Counseling, Support Groups, Men’s Wellness Groups, Grief and Loss, Advocacy Services, and Suicide Prevention. Additionally, there are Addiction and Recovery Supports/Talking Services available, including; Alcoholics Anonymous, Crystal Meth Anonymous, Gambling Anonymous, and Narcotics Anonymous. RTSIS takes a holistic approach to mental health/addiction/recovery based on the

medicine wheel principles. Other services available include; access to cultural supports and ceremonies, access to knowledge keepers, Access to sustainable housing, homelessness program, family reunification and advocacy, Koskonaw Program – Leaving Gang Life, Men’s Wellness and Young Fathers Supports, Reintegration Program, and much more.

CRISIS HELPLINES:

1-855-242-3310 - First Nation and Inuit Hope for Wellness Helpline. (Services available in Cree, Ojibway, Inuktitut, English and French)

1-866-885-3933 – Non-Insured Health Benefits Mental Health Counselling (Call for info about how to access free phone or in person counselling support with your treaty number)

1-306-332-7416 – White Raven Community Crisis Phone

1-877-767-7572 – 24 Hour Metis Nation Sask Mental Health and Addictions Crisis Line

1-800-721-0066 – 24 Hour Indian Residential Schools Crisis Line

Mental Health Services:

Susan Ulmer Addiction Services (SUAS)

2152 Rose Street, Regina, SK

306-522-5544

Contact@susanulmer.ca

Office Hours - 8AM-4PM daily, Mon-Sat

Youth Wellness Program – SUAS offers a program that meets youth where they are at and educates them on the impacts of addiction, mental health, life skills, positive coping, relationships, bullying, conflict resolution, grief and loss, and recreational programming.

Edmund Jordan – Trauma Health and Family Counselor (LRR, BAHC)

639-560-4526

Belinda-Lee Kreinke – Trauma Health and Family Therapist (RSW, MSW, BSW, BA)

306-331-9299

As a team, Brenda and Edmund have been in the Mental Health field for over 32 years. They specialize in youth/child development, attachment difficulties, residential school trauma, intergenerational trauma, PTSD, and support for survivors of sexual/physical/mental abuse. They offer parenting support,

reunification support, parent-child interaction support and evidence-based techniques that target maladaptive thought patterns and behaviours, mental health concerns, caused by trauma, grief/loss, separation or abuse. Youth and child counselling-therapeutic programs for children who have anxiety, social anxiety, depressions, addictions, bully aggression, trauma, or behavioral issues.

HOPE Learning Centre

<https://www.ca.skhopelearningcentre/>

Hope Learning Centre is a program of the Candian Mental Health Association (Saskatchewan Division). HLC offers **free** educational classes and workshops (both in person and online) about a wide variety of mental health related topics such as, Improving Self-Esteem, The Art of Friendship, Understanding Fear, PTSD and Anxiety, ADHD, Body Image, Boundaries and so much more. HLC also has a weekly podcast which covers similar topics. Please click the link above for a full list of available courses and more info about HLC. Please note that course facilitators and peer supporters are not therapists and courses are not a substitute for therapy. Courses are intended to be educational and to encourage a supportive and safe place for students. If you feel you are in crisis, please use a crisis line to speak to a mental health professional one-on-one.

CRISIS HELPLINES:

Crisis Service Canada and Suicide Prevention Phone Line - 1-833-456-4566

Crisis Service Canada and Suicide Prevention Text Line – 45645

Crisis/Suicide Line – 1-306-525-5333

Kid's Help Phone Line – 1-800-668-6868

Kid's Help Text Line – 68-68-68

24 Hour Abuse Line – 1-800-214-7083

24 Hour Child Abuse Line – 1-306-569-2724

24 Hour Sexual Assault Crisis Line – 1-844-952-0434

Sexual Assault Centre – 1-306-352-0434

National Domestic Violence Hotline – 1-800-799-7233

SK Problem Gambling Helpline – 1-800-306-6789

SK Problem Gambling Text Line (7pm-Midnight) - 1-306-400-2785

Out S (Gay & Lesbian Health Services) - 1-855-358-1833

LGBT Youth Line – 1-800-268-9688

Trans Lifeline – 877-330-6366

Farm Stress – 1-800-757-0127

Regina Crisis Line – 1-800-306-6789

Regina General Crisis Services – 1-306-525-5333

North East Sask Crisis Line – 1-800-611-6349

Saskatoon Crisis Line – 1-306-933-6200

Estevan Crisis Line – 1-800-216-7689

Swift Current Crisis Line - 1-800-567-3334 (only responds to local area #)

Meadow Lake Crisis Line – 1-306-236-5570

Mobile Crisis Regina – 306-757-0127

Other Mental Health Resources:

LGBT Youth Line Live Chat – www.youthline.ca

Talk Suicide Canada – www.talksuicide.ca

Mental Health Clinic Community Outreach/Support Team – 306-766-7800

Canadian Mental Health Association Regina Branch – www.cmharegina.com - 306-525-9543

Open Counselling (Free and affordable Online Therapy) - www.opencounseling.com

Counselling Connect SK - (Access to brief mental health services) - www.counsellingconnectsask.ca

Embracing Life App – www.embracinglifesk.com

Online Therapy Unit - www.onlinetherapyuser.ca - 1-306-337-3331

Addiction Services:

Susan Ulmer Addiction Services (SUAS)

2152 Rose Street, Regina, SK

306-522-5544

Contact@susanulmer.ca

SUAS aims to facilitate programming that is directly aligned with the Medicine Wheel (a sacred tool that represents balance in the emotional, mental, physical and spiritual parts of life. All programming will be broken down into sections that are beneficial to each youth's Medicine Wheel. SUAS provides access to elders and supports that are geared to creating visibility and connection. Available services include 22

Day Outpatient Program, Relapse Prevention, Individual Counselling, Rapid Drug Testing, Youth Wellness Programming. SUAS can help to provide access to sober living facilities, employment opportunities, financial consultation, transportation and other support networks.

Leading Thunderbird Lodge – Youth Treatment Center

(306) 332-5659

Leadingthunderbirdlodge@sasktel.net

Leading Thunderbird Lodge offers a 12-week inpatient voluntary treatment program for male Indigenous youth between the ages of 12-17. The foundation of LTL is to provide hope, purpose, belonging and meaning to youth who struggle with substance misuse and mental health concerns, by offering culturally based holistic treatment program that is focused on implementing harm reduction strategies. The treatment model is based on the medicine wheel and focusses on the four areas of one's holistic well-being; mental, emotional, spiritual and physical. Traditional knowledge keepers, Elders, traditional practices (smudging, medicine picking) and ceremonies (feasts, pipe ceremonies, sweat lodge ceremonies), teachings, singing and drumming, traditional arts, and traditional languages are rooted in the 12-week inpatient program.

Additional services include individual and group counselling, Pre/Post assessments, Community Involvement and Support, Therapeutic Recreation, Psycho Educational Groups (grief/loss, bullying, anger management, drug education/awareness, coping tools, etc.), culturally based teachings, Equine Assisted Therapy, Land Based Education and a 12-week virtual program for male and female Indigenous youth between the ages of 12-17. The program includes culturally and clinically based content, as well as virtually based counselling.

The Pekiwewin Transition House opened its doors in 2018. The transition house is available for past graduates between the ages of 16-25 to further pursue their education and healing journey.
