



Saskatchewan Stroke Resource Guide

Last Updated
September 2026

Aphasia

Aphasia is a language disorder caused by damage to the brain (often from a stroke) that impairs a person's ability to speak, understand, read, or write – but it can be restored.

Aphasia Institute (Canada-wide)

Through direct service, research, education, and training, the Aphasia Institute has pioneered programs and practices that help people with aphasia learn how to communicate in new ways and begin to navigate their own lives again.

- Visit aphasia.ca or email aphasia@aphasia.ca or call 416-226-3636 to learn more.

March of Dimes – Aphasia Peer Connect (Canada-wide)

An online, weekly, one-hour peer social group for people with aphasia and other communication disabilities. Fill out this [online form](#) to register.

- For more information, visit marchofdimes.ca or email afterstroke@marchofdimes.ca or phone 1-800-480-5903.

SHA Speech Language Pathology - Saskatchewan Service Locations (Saskatchewan)

Speech and Language Pathologists assist individuals in overcoming speech, language, and swallowing challenges. Most therapy services are available by self-referral. If your home community is not listed, call the program in another community near you.

- Visit www.saskhealthauthority.ca/your-health/conditions-diseases-services/speech-language-pathology for a comprehensive contact list of service locations province-wide.

Assistive Devices

Assistive devices for people with stroke are tools or equipment - such as mobility aids, communication devices, or adaptive utensils - that help individuals regain independence and improve daily functioning after stroke.

SaskAbilities – Adaptive Technology Services (Saskatchewan)

From voice-activated software to eye gaze controlled technology, Adaptive Technology Services applies electronics and computers to aid in communication, improving quality of life, and increasing independence. Any Saskatchewan resident can access Adaptive Technology Services on a fee-for-service basis.

- Visit SaskAbilities.ca or email adaptivetechology@saskabilities.ca or call 306-374-4448 to learn more.

Saskatchewan Aids to Independent Living (SAIL) (Saskatchewan)

This Saskatchewan Government program aids people with physical disabilities by offering coverage for disability related equipment, devices, products, and supplies.

- Visit Saskatchewan.ca or email ehb@health.gov.sk.ca or call 306-787-7121 to learn more.

SaskAbilities - Special Needs Equipment (Saskatchewan)

Aids with equipment loans, repair and maintenance services, and has a variety of assistive devices available for sale.

- Visit saskabilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

Tetra Society North America (Canada-wide)

Tetra builds innovative solutions for people with physical disabilities to overcome environmental barriers, providing greater independence, quality of life, and inclusion.

- Visit tetrasociety.org to learn more or reach out to the Saskatoon office at SaskatoonSK@Tetrasociety.org | 1-877-688-8762 or the Regina office at ReginaSK@Tetrasociety.org | 1-877-688-8762.

Caregiver Support

A stroke can change daily life, making caregivers essential to recovery but also placing significant emotional, physical, and financial demands on them - making support crucial.

Canada Caregiver Credit (Canada-wide)

Those supporting a spouse, common-law partner, or dependent with a physical or mental impairment may be eligible for this non-refundable federal tax credit.

- Visit Canada.ca or call 1-800-959-8281 for more information.

Heart & Stroke - Caregiver Support Facebook Group (Canada-wide)

Join Heart & Stroke's members-only Facebook group, "Care Supporters Community", to share, support and lean on others who are caregiving.

- Visit heartandstroke.ca for more information.

March of Dimes Canada – Caregivers of Stroke Survivors (Canada-wide)

This group offers a place for caregivers of people who have had a stroke to connect with others. This group meets online from 5 p.m. to 6 p.m. (CT) on the second Tuesday of every month.

- Visit marchofdimes.ca or email afterstroke@MarchofDimes.ca or call 1-888-540-6666 for more information.

March of Dimes Canada – Life Partners of Stroke Survivors (Canada-wide)

This group offers a supportive space for life partners of people who have experienced a stroke. This group meets online from 7 p.m. to 8 p.m. CT on the first and third Wednesday of each month.

- Visit marchofdimes.ca or email afterstroke@MarchofDimes.ca or call 1-888-540-6666 to learn more.

Saskatchewan Association for the Rehabilitation of the Brain Injured - Family Support (Saskatchewan)

This program supports the family members of people who have experienced an acute brain injury in Saskatoon and Regina. If anyone needs information or advice, they can call or come by SARBI.

- Visit sarbi.ca to learn more. Saskatoon contact information: 306-373-3050 | saskatoon@sarbi.ca. Regina contact information: 306-347-9088 | regina@sarbi.ca

Saskatchewan Brain Injury Association - ABI Supporters Group (Saskatchewan)

This group is an opportunity to meet with other supporters facing similar challenges and meets September to June via Zoom on the 4th Monday of each month at 7 p.m.

- Visit sbia.ca to learn more or email Sheri Sheri.Cole@saskhealthauthority.ca.

Caregiver Support (continued)

A stroke can change daily life, making caregivers essential to recovery but also placing significant emotional, physical, and financial demands on them - making support crucial.

Saskatoon Council on Aging - Caregiver Resources (Saskatoon)

This council offers support, resources, and services to support caregivers in Saskatoon.

- Visit scoa.ca/caregiver-resources or email admin@scoa.ca or call 306-652-2255 to learn more.

Drug Coverage

Saskatchewan offers a range of programs to help ensure access to necessary medications.

Extended Drug & Benefit Program - Government of Saskatchewan (Saskatchewan)

Listing of various provincial extended benefits and prescription drug programs.

- **Drug Cost Assistance:** Income-tested program that helps eligible Saskatchewan residents with their drug costs, in relation to their income.
- **Emergency Assistance for Prescription Drugs:** Residents who require immediate treatment with covered prescription drugs and are unable to cover their share of the cost may access a one-time Emergency Assistance
- **Exception Drug Status:** An individual must meet certain medical criteria for an EDS drug to be approved as a Drug Plan benefit.
- **Family Health Benefits:** A range of health benefits are available for low-income working families who meet the standards of an income test.
- **Palliative Drug Care Coverage:** Individuals who are in the late stages of terminal illness will pay no charge for select over-the-counter products and prescription drugs
- **Senior Drug Plan:** Eligible seniors 65 years and older pay \$25 for prescription drugs listed on the [Saskatchewan Formulary](#) or approved under [Exception Drug Status](#).

Employment

People in Saskatchewan who have experienced a stroke can pursue employment through programs designed to support their return to meaningful work.

Ability Hub - Entrepreneurs with Disabilities Program (Saskatoon)

Access to the tools, services, and one-one support needed to overcome the unique barriers people with disabilities might experience on a journey to self-employment in Saskatoon.

- Visit abilityhubbyxe.ca/edp or email info@abilityhubbyxe.ca or call 306-665-5508 to learn more.

Employability Assistance for People with Disabilities (EAPD) (Saskatchewan)

The Government of Saskatchewan provides funding for a broad range of supports that help people with a disability prepare for and make successful transitions into the workforce.

- Email careerservices@gov.sk.ca or call 1-833-613-0485 to learn more.

Multiworks Vocational Training Corporation - Employment Supports (Meadow Lake)

A community organization supporting adults with disabilities in Meadow Lake, SK. Vocational training, employment support, and a woodshop operation that employs participants are offered.

- For more information, call 306-236-3200.

Radius – Career Directions (Saskatoon)

Offers supports for adults with disabilities in Saskatoon to develop a career action plan that includes participation in pre-employability skills for success activities.

- Visit radiuscentre.com/employment-programs/ or email radiuscareerdirections@gmail.com for more details.

Sask Abilities - Acquired Brain Injury Employment Support (Regina, Saskatoon, Yorkton)

Programming designed to assist individuals with an acquired brain injury to increase workplace knowledge, experience, and essential skills to maintain or obtain employment, increase their overall economic participation, and independence.

- Visit SaskAbilities.ca or email provincialservices@saskabilities.ca to learn more.

SaskAbilities - Partners in Employment (Moose Jaw, Regina, Swift Current, Yorkton, Regina, Saskatoon)

Works directly with employers and individuals experiencing disability or with barriers to employment to create successful job opportunities.

- Visit SaskAbilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

Financial Support

A list of federal and provincial programs to help ensure access to financial supports.

Canada Caregiver Credit (Canada-wide)

Those supporting a spouse, common-law partner, or dependent with a physical or mental impairment may be eligible for this non-refundable tax credit by the Government of Canada.

- Visit Canada.ca or call 1-800-959-8281 for more information.

Cognitive Disability Strategy (CDS) Support (Saskatchewan)

The Government of Saskatchewan has Cognitive Disability Consultants available to support families to develop behavioural support plans and access the income-tested Cognitive Disability Benefit to help individuals or families address an identified unmet need.

- Visit Saskatchewan.ca or call 1-833-304-1774 to learn more.

Community Living Service Delivery (CLSD) (Saskatchewan)

The Government of Saskatchewan works with people with intellectual disabilities and helps them access a variety of community-based services including an array of housing and day program options. They also offer [Self Directed Funding](#) where funding is provided directly to adults with intellectual disabilities so they can have increased choice and control.

- Visit Saskatchewan.ca or email clsd.info@gov.sk.ca or call 306-787-7803 to learn more.

Saskatchewan Assured Income for Disability (SAID) (Saskatchewan)

This assured income program by the Government of Saskatchewan is for people with significant and enduring disabilities. SAID supports the daily living and disability-related needs of individuals, with additional benefits provided based on an individual's needs.

- Visit Saskatchewan.ca or call 1-888-567-SAID (7243) to learn more.

Saskatchewan Aids to Independent Living (SAIL) (Saskatchewan)

The Government of Saskatchewan's SAIL program helps people with physical disabilities to live a more active and independent lifestyle and manage certain chronic health conditions.

- Visit Saskatchewan.ca or call 306-787-7121 to learn more.

Seniors Income Plan (SIP) (Saskatchewan)

The Seniors Income Plan (SIP) by the Government of Saskatchewan provides seniors (65+) with income assistance to meet their basic needs.

- Visit Saskatchewan.ca or call 306-787-2681 to learn more.

Saskatchewan Income Support (SIS) (Saskatchewan)

The SIS program offered by the Government of Saskatchewan helps people meet their basic needs while they become more self-sufficient by providing a monthly financial benefit to individuals and families for shelter and basic needs.

- Visit Saskatchewan.ca or call 1-866-221-5200 to learn more.

Finding a Doctor

Ongoing medical care, personalized follow-up, and coordinated access to rehabilitation and specialty services are essential for recovery and long-term health.

Saskatchewan's Online Specialist Directory (Saskatchewan)

A specialist directory hosted by the Government of Saskatchewan to find out about surgical specialists, the procedures they perform, and wait times. All appointments with a specialist require a referral from a doctor or a nurse practitioner.

- Visit specialists.health.gov.sk.ca to find a specialist.

The College of Physicians and Surgeons of Saskatchewan (Saskatchewan)

The college ensures physicians meet expected standards of practice and conduct. Find a physician in Saskatchewan through their directory.

- Visit cps.sk.ca/imis to find a physician.

Home Care

Home care programs provide essential support with daily living, rehabilitation, and medical needs, helping individuals recover safely and maintain independence at home.

Home Care Programs Across Saskatchewan (Saskatchewan)

The Saskatchewan Health Authority provides home care services directly to clients based on assessed need. The health authority is responsible for billing home care clients for some services. Individual client fees or charges are based on the client's income and the number of services delivered to the client. Professional services such as nursing assessment/care coordination, therapy, or volunteer services are provided without charge to home care clients.

- Visit saskhealthauthority.ca/your-health/conditions-diseases-services/home-care to find a home care program in your community.

Individualized Funding for Home Care (Saskatchewan)

The Saskatchewan Government provides funding based on assessed need to arrange and manage supportive services for home care.

- Email info@health.gov.sk.ca or call 306-787-7239 to learn more.

Personal Care Homes (Saskatchewan)

Information regarding personal care homes in Saskatchewan and a searchable [map](#) of facilities. A [Personal Care Home Benefit](#) is available to eligible lower-income seniors living in personal care homes.

- Call 306-787-1715 to learn more about personal care homes.

Medical and Social Services by Phone

These services provide convenient access to healthcare, ongoing support, and timely medical advice, especially for those with mobility challenges or living in remote areas.

211 Saskatchewan (Saskatchewan)

211 Saskatchewan is a free, confidential service that connects individuals to human services based on your current need via telephone, text, online chat, or a searchable website.

- Call or text 2-1-1 or start a chat session at sk.211.ca for more information.

988 Suicide Prevention and Mental Health Crisis Hotline (Canada-wide)

Open 24/7, voice or text. 9-8-8 is here to provide moments of connection that create hope, support recovery and save lives. Their vision is a Canada where suicide is prevented because everyone can access help when they need it the most.

- Call/text 9-8-8 to access this service or visit 988.ca to learn more.

HealthLine - 811 (Saskatchewan)

The Government of Saskatchewan's confidential, 24-hour health information and support line staffed by experienced registered nurses, registered psychiatric nurses, and social workers.

- Call Healthline by dialing 8-1-1.

Hope For Wellness Helpline (Canada-wide)

The Hope for Wellness Helpline offers immediate help to all Indigenous people across Canada. It is available 24 hours a day, 7 days a week to offer immediate support and crisis intervention.

- Call the toll-free Helpline at 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.

March of Dimes Canada – After Stroke Program (Canada-wide)

After Stroke is a personalized stroke recovery program that helps people who have experienced a stroke and their families navigate the path forward after a stroke. If you're impacted by stroke, they're here to help.

- Visit afterstroke.ca or email afterstroke@MarchofDimes.ca or call 1-888-540-6666 for more information.

Mental Health Resources and Supports

Essential support for coping with emotional challenges, reducing isolation, and improving overall quality of life following stroke.

211 Saskatchewan (Saskatchewan)

211 Saskatchewan is a free, confidential service that connects individuals to human services via telephone, text, online chat, or a searchable website.

- Call or text 2-1-1 or start a chat session at sk.211.ca for more information.

988 Suicide Prevention and Mental Health Crisis Hotline (Canada-wide)

Open 24/7, voice or text. 9-8-8 is here to create hope, support recovery and save lives.

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Canadian Mental Health Association (Saskatchewan)

CMHA Saskatchewan locations in Saskatoon, Rosetown, Battlefords, Prince Albert, Moose Jaw, Regina, Swift Current and Weyburn provide various mental health supports and programming.

- Visit sk.cmha.ca to find your CMHA or email contactus@cmhask.com or call 306-525-5601.

Counselling Connect Sask (Saskatchewan)

Provides quick access to mental health services for individuals who do not have workplace benefits, live on a low income, and experience long waits for funded services.

- Visit counsellingconnectsask.ca to learn more.

Farm Stress Line (Saskatchewan)

The Farm Stress Line provided by the Saskatchewan Government can help if you are managing farm difficulties by providing support for farmers and ranchers.

- Call 1-800-667-4442 to access the 24/7 helpline.

Hope For Wellness Helpline (Canada-wide)

Offers immediate help to all Indigenous people across Canada. It is available 24 hours a day, 7 days a week to offer immediate support and crisis intervention.

- Call the toll-free Helpline at 1-855-242-3310 or connect to the online chat at hopeforwellness.ca.

Mental Health Facility Locator in Saskatchewan (Saskatchewan)

This webpage shares links to Mental Health Care Facilities across Saskatchewan.

- Visit saskatchewan.ca to find supports near you.

Online Therapy Unit (Saskatchewan)

Provides effective online clinical treatment programs for individuals experiencing mental health difficulties, with a primary focus on depression and anxiety.

- Visit onlinetherapyunit.ca to access programming.

Palliative Care

Access to palliative care services provides compassionate support, symptom management, and guidance for improving quality of life during serious illnesses or recovery.

Advance Care Planning (Saskatchewan)

Advance Care Planning is an ongoing process where you share your wishes and instructions for future health-care treatments.

- For more information on advanced care planning visit saskhealthauthority.ca/your-health/conditions-diseases-services/advance-care-planning or email advancecareplanningprogram@saskhealthauthority.ca or call 1-306-766-5922.

Available Palliative Care Services in Saskatchewan (Saskatchewan)

If your home community is not listed, call the program in another community near you.

- Visit saskhealthauthority.ca/your-health/conditions-illnesses-services-wellness/all-z/palliative-care/available-palliative-care-services for a comprehensive list.

Prairie Hospice Community Companionship Program (Saskatoon)

A community organization working to ensure access to compassionate, community-based, end-of-life support in Saskatoon. Their goal is to enhance quality of life at the end of life, wherever people call home. They provide one-on-one companionship and non-medical support for clients and their families, raise awareness and educate the community about end-of-life care, and advocate for quality end-of-life care.

- For more information, visit prairiehospice.org or call 306-249-5554 or email Office@prairiehospice.org.

Personal Care and Daily Living

Access to personal care and daily living services in Saskatchewan to help with everyday tasks, promote independence, and improve quality of life.

Light of the Prairies – Supported Independent Living Program (Saskatoon)

This supported independent living program in Saskatoon helps individuals live safely and successfully in their own homes. The program tailor's assistance to each person's strengths and needs, fostering personal growth and community involvement.

- Visit lightoftheprairies.ca/services-programs/#silp or email admin@lightoftheprairies.ca or call 306-665-2745 to learn more.

Ranch Ehrlo – Integrated Supported Living Program (Prince Albert, Pilot Butte, Martensville)

This program supports adults experiencing disability who wish to live in their own home as independently as possible. Temporarily, individuals stay in a group home while they learn the skills to live independently. The ISL homes are fully accessible if needed. Fill out this [form](#) to make a referral and email it to intake@ranchehrlo.ca.

- Visit ehrlo.com/community-living-supports/contact-us or email CLSreferrals@ranchehrlo.ca or call 306-781-1260 to learn more.

Ranch Erhlo – Supported Living Program (SLP) (Prince Albert, Pilot Butte, Martensville)

This program supports individuals experiencing disability by providing group living, educational, and vocational programs to people with complex needs. Participants work with a team of clinical consultants, and target areas include language, social, and emotional ability as well as daily living skills. Fill out this [form](#) to make a referral and email it to intake@ranchehrlo.ca.

- Visit ehrlo.com/group-living-treatment-services/supported-living-programs or email CLSreferrals@ranchehrlo.ca or call 306-781-1260 to learn more.

SaskAbilities Council – Supported Independent Living Program (Regina, Saskatoon, Yorkton)

Assists individuals to achieve their personal goals by facilitating, guiding, and providing the support necessary for people to reside safely and successfully in the comfort of their own home. Individuals may be living independently already or are ready to take this next step.

- Visit saskabilities.ca or email provincialservices@saskabilities.ca or call (306)374-4448 to learn more.

Saskatchewan Voice of People with Disabilities Inc (Saskatchewan)

A community-based organization that promotes inclusion and addresses concerns affecting the lives of people with disabilities.

- Visit saskvoice.outsystems.app/SaskVoice/ or call 306-695-3111 or email voice@saskvoice.com to learn more.

Personal Care and Daily Living (continued)

Access to personal care and daily living services in Saskatchewan to help with everyday tasks, promote independence, and improve quality of life.

Sherbrooke Community Centre – Moving On Program (Saskatoon)

This program works ABI survivors to develop independent living skills by improving social skills and communication, money management skills, home care skills, education regarding ABI, delivering recreation and leisure activities, and much more. For more information on this Tuesday and Thursday evening program:

- Visit sherbrookecommunitycentre.ca or email Jodee.rempel@saskhealthauthority.ca or call 306-655-3742 to learn more.

Society for the Involvement of Good Neighbours - Life Without Barriers Program (Yorkton)

The mission of this program is to assist people living with an acquired brain injury to live as independently as possible including assistance in home management, finances, accommodations, personal care, medication, nutrition, and system access.

- Visit signyorkton.ca/life-without-barriers or email lwb@signyorkton.ca or call 306-783-9422 to learn more.

Recreation and Travel

Access to recreation and travel supports in Saskatchewan to promote overall well-being by helping individuals participate in community activities.

Light of the Prairies – Day Program (Saskatoon)

This program delivers personalized support and crafts customized plans with input from families for a fuller perspective. These plans come to life through everyday activities, community excursions, and focused life skills development.

- Visit lightoftheprairies.ca/services-programs/#day-programs or email admin@lightoftheprairies.ca or call 306-665-2745 to learn more.

Lloydminster & Area Brain Injury Society - Pathways to Empowerment Program (Lloydminster)

This program is designed to enhance participant's lives through social, leisure, and interactive activities. This program runs three days a week, Mondays, Wednesdays, and Fridays from 10 a.m. to 4 p.m., and is completely free of charge.

- Visit labis.ca to learn more or call 306-825-7212.

Multiworks Vocational – Outreach Programming & Day Program Services (Meadow Lake)

Independent living through outreach programming and day program services offered to adults with intellectual disabilities in Meadow Lake, SK.

- For more information, email mwadmin@sasktel.net or call 306-236-3200.

Radius Community Centre – Acquired Brain Injury Program (Saskatoon)

Families are partnered with a worker for recreation and social activities for their child (aged 18-30). Everyone has fun and families are better able to balance work-life demands. Program activities operate evenings, weekends, and during the summer.

- Visit radiuscentre.com/acquired-brain-injury-program/ or call 306-665-0362 or email info@radiuscentre.com to learn more.

SaskAbilities - Disability Travel Card Program (Saskatchewan)

This program is for people with all types of permanent disabilities who require the assistance of a support person when travelling with VIA Rail Canada and Coach Canada.

- Visit saskabilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

SaskAbilities - Quality of Life Day Programs (Regina, Saskatoon, Swift Current, Yorkton)

Day Programs are referral based, with programming offered across the province. Provides individuals who spend their day with SaskAbilities the ability to design their own program around their unique goals, abilities, and interests.

- Visit saskabilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

Rehabilitation

Access to rehabilitation supports in Saskatchewan helps people who have experienced a stroke restore physical, cognitive, and emotional abilities, promote independence, and improve overall quality of life during recovery.

CNIB - Saskatoon Adjusting To Vision Loss (Saskatoon)

This program is here to help you understand your eye condition, learn new ways to tackle everyday challenges, and connect with CNIB's programs and services. Adjusting to Vision Loss meets every Wednesday (October 22 to November 12) from 1:30 p.m. to 3:30 p.m. at CNIB Saskatoon.

- Visit cnib.ca to learn more.

Coffee and Cases – Episode 1 Stroke Survivors (Virtual)

Hosted by Ruth Whelan (RN) and Dr. Brett Graham (Neurologist), hear the experiences of Saskatchewan Stroke Survivors.

- Check out their Youtube channel [@SaskStroke](https://www.youtube.com/@SaskStroke) to learn more.

Coronary Artery Rehabilitation Group (CARG) (Saskatoon)

An organization that promotes education, fellowship, and exercise for heart patients in Saskatoon and the surrounding area.

- Visit carg.ca to learn more.

Heart & Stroke – Recovery and Support (Saskatchewan)

Heart & Stroke has many resources for recovery for both stroke and heart disease.

- Visit heartandstroke.ca/stroke/recovery-and-support to learn more.

Lloydminster & Area Brain Injury Society – Walking Program (Lloydminster)

This free program strengthens motor skills and comradery with one another every Tuesday from 1 p.m. to 2:30 p.m. and Friday from 10 a.m. to 11:30 a.m.

- For more information, visit labis.ca or call 306-825-7212 or e-mail labis@sasktel.net.

NeuroSask - Active & Connected (Saskatchewan)

A free virtual program for people with neurological conditions with physical activity (Tuesday and Thursdays 2 p.m. to 2:30 p.m.), stretching (Tuesdays 2:30 p.m. to 3 p.m.), and social sessions (Thursdays 2:30 p.m. to 3 p.m.).

- Email neurosask@usask.ca to learn more.

North 49 Therapy – Balance & Dizziness Clinic (Saskatoon and North Battleford)

These clinics have Vestibular Therapy specialists that treat vertigo, dizziness and balance issues.

- Visit north49therapy.com or call 306-343-7776 to learn more.

Provincial Department of Physical Medicine and Rehabilitation (Saskatchewan)

Find information on the various rehabilitation services in Saskatchewan.

- Call 306-655-8175 in Saskatoon or 306-766-5402 in Regina for more information.

Social and Peer Support

Access to social and peer support help reduce isolation, foster community connections, and provide emotional and practical support throughout recovery.

Ability Hub – Peer Support Programming (Saskatoon)

These groups are an exchange about self-confidence, assertiveness, healthy relationships, and more. Tuesday mornings from 10 a.m. to 11 a.m. or every other Thursday evening from 6:30 p.m. to 7:30 p.m. via Zoom.

- For more information, visit abilityhubbyxe.ca/peer-support or contact peer@abilityhubbyxe.ca or 306-665-5508.

Age Friendly Saskatchewan (Saskatchewan)

Assists communities on their journey to becoming more Age-Friendly by providing information and resources, facilitating community consultations, assisting communities in their Action Planning, working together to promote Age-Friendly, introducing Age-Friendly to new communities, hosting provincial events (often by Zoom) to bring local committees together.

- For more information, visit agefriendly.sk.ca or call 306-359-9956 or email agefriendly@skssm.ca

March of Dimes – Stroke Community Conversation (Canada-wide)

This group provides support, understanding, and encouragement for any individual impacted by stroke at any age. It is a safe space to share experiences, discuss challenges, and celebrate milestones with others on a similar path. This group meets online from 12 p.m. to 1:30 p.m. (CT) on the first and third Tuesday of each month.

- Visit marchofdimes.ca or call 1-888-540-6666 or email afterstroke@MarchofDimes.ca for more information.

March of Dimes – Young Adults Living with Stroke (Canada-wide)

The Young Adults Living with Stroke group can offer you the opportunity to meet others who are recovering from stroke early in their adult lives (18-40) and to share stories, discuss challenges, and celebrate successes. This group meets online from 2 p.m. to 3 p.m. on the second Wednesday of every month.

- Visit marchofdimes.ca or call 1-888-540-6666 or email afterstroke@MarchofDimes.ca for more information.

March of Dimes – Young Stroke Survivors Wisdom Circle (Canada-wide)

This peer support group welcomes individuals of all ages, who share the common experience of having had a stroke at a young age. Participants may benefit from emotional support, practical guidance, and valuable resources related to the unique challenges faced by young people who have experienced stroke. This group meets online the first Thursday of every month from 2:30 p.m. to 4 p.m.

- Visit marchofdimes.ca or call 1-888-540-6666 or email afterstroke@MarchofDimes.ca for more information.

Social and Peer Support (continued)

Access to social and peer help reduce isolation, foster community connections, and provide emotional and practical support throughout recovery.

Saskatchewan Association for the Rehabilitation of the Brain Injured (SARBI) (SK)

A non-profit organization dedicated to providing psychosocial rehabilitation and recreation services for people living with an acquired brain injury.

- Visit sarbi.ca/programs to learn more. Contact the Saskatoon office at 306-373-3050 | saskatoon@sarbi.ca or the Regina office at 306-347-9088 | regina@sarbi.ca

SaskAbilities – Acquired Brain Injury Community Support (Regina, Saskatoon, Yorkton)

The Community Support program aims to promote the active participation of individuals with acquired brain injury in the community. A wide variety of services are available to clients including assistance with independent living, community connections such as volunteer opportunities and leisure activities that encourage social interaction.

- Visit saskabilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

SaskAbilities - Quality of Life Day Programs (Regina, Saskatoon, Swift Current, Yorkton)

Day Programs are referral based, with programming offered across the province. Provides individuals who spend their day with SaskAbilities the ability to design their own program around their unique goals, abilities, and interests.

- Visit saskabilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

Saskatchewan Deaf and Hard of Hearing Services (Saskatchewan)

Supports the independence of Deaf and Hard of Hearing people by providing services to enhance their quality of life (discounted hearing aids, assistive devices, and note-taking.)

- Visit sdhhs.com or call 306-665-6575 in Saskatoon or 306-352-3323 in Regina to learn more.

Saskatchewan Association for the Rehabilitation of the Brain Injured (Saskatchewan)

This program supports the family members of people living with an acquired brain injury.

- Visit sarbi.ca/programs to learn more. Saskatoon contact information: 306-373-3050 | saskatoon@sarbi.ca. Regina contact information: 306-347-9088 | regina@sarbi.ca

Social and Peer Support (continued)

Access to social and peer help reduce isolation, foster community connections, and provide emotional and practical support throughout recovery.

Saskatchewan Brain Injury Association - Support Groups

The support groups provides an opportunity to make friends and connect with others and learn new strategies to deal with challenges.

- Regina Chapter Survivor Support Group | Regent Place, Regina Public Library | Thursdays 11:30 a.m. to 12:15 p.m. (weekly)
- Regina Chapter Drumming Group | Argyle North Community Association | Wednesdays 1:00 p.m. (weekly)
- Saskatoon Chapter Support Group | Sherbrooke Community Centre | Every 3rd Thursday 7:00 p.m. - 8:30 p.m. (monthly)
- Saskatoon Chapter Exercise and Walking Group | Saskatoon Field House | Wednesdays at 6:30 p.m. - 8:00 p.m. (weekly) - Starting Sept 17th to Dec 3rd | Email sbia.bphour@sasktel.net
- Visit sbia.ca/programs to learn more.

Senior Centres Without Walls - Free Interactive Telephone Program (Saskatchewan)

A free telephone-based program that offers older adults (aged 55+) in Saskatchewan opportunities to socialize, learn, and stay connected from the comfort of their homes. It features interactive sessions such as health talks, trivia, storytelling, and live entertainment, all accessible by phone.

- Visit scww.ca/scww or call 306-692-2242 to learn more.

Senior Citizen Assistance Program Moose Jaw - Age Well at Home Program (Moose Jaw)

This Moose Jaw based program offers practical, in-home services to help seniors live independently and safely. Tailored to meet individual needs, the program includes assistance with grocery shopping, meal preparation, house cleaning, yard work, and handyman tasks.

- Visit scww.ca/agewellathome or call 306-692-2242 to learn more.

Senior Citizen Assistance Program Moose Jaw - Equine Program (Moose Jaw)

This Moose Jaw based program provides a unique therapeutic experience for seniors, caregivers, and those dealing with grief caused by loss of health by facilitating interaction with horses. These sessions promote mental well-being, physical activity, and intergenerational learning.

- Visit scww.ca/equineprograms or call 306-692-2242 to learn more.

Social and Peer Support (continued)

Access to social and peer help reduce isolation, foster community connections, and provide emotional and practical support throughout recovery.

Saskatchewan In-Person Support Groups

- Prince Albert: The North ABI Outreach Team hosts a free, weekly conversation/support group, Coffee Talk for individuals who have sustained a stroke or brain injury and their supporters. Please contact Nicole at 306-765-6480 for information about this group.
- Saskatoon: The Saskatoon Stroke Recovery Association is for people who have experienced stroke, their families, and their caregivers. This group meets on the 1st Monday of each month for education/fellowship/fun/food, 2 p.m. at St. Martin's United Church, 2617 Clarence Avenue S. For more information, please contact stroke.recoverysaskatoon@gmail.com.
- Lloydminster: [LABIS' Family Support Group](#) is currently not meeting but can be re-started upon request. This group is for families and caregivers of brain-injured persons. For more information, phone 306-825-7212 or e-mail labis@sasktel.net.
- Moose Jaw: The South Country Support group meets 1 p.m. to 3 p.m. the first Monday of each month in the telehealth suite at Assiniboia Union Hospital. It is open to people who have experienced a stroke and their support persons. Snacks are provided. Please call Troy for details at 306-694-8827.
- Yorkton: The Acquired Brain Injury Group meets the third Thursday of each month. The location rotates between Yorkton, Preeceville, Kamsack, Canora, and Melville. The group is open to both individuals and families. Call 306-786-0183 for more information.

Stroke and Cardiac Prevention

Prevention is important for people who have experienced a stroke because it reduces their risk of future stroke or related conditions, supporting better long-term health.

City of Saskatoon – First Steps Program (Saskatoon)

Aims to provide a high-quality prevention/rehabilitation program to people with health concerns within and around Saskatoon. The cost to participate in this four-month program with option to continue afterwards as a “graduate” is \$284.75 (support persons can join for \$89.50).

- Visit saskatoon.ca or email sfh@saskatoon.ca or call 306-975-3121 to learn more.

Chronic Live Well Disease Management Programs Saskatchewan (Saskatchewan)

Live Well provides education and support to help people manage their health and have an independent and healthy life. Programs vary across Saskatchewan and are all supported by skilled professionals. Conditions supported include diabetes, heart disease, stroke, and high blood pressure (hypertension), as well as LiveWell with chronic conditions/LiveWell with Chronic Pain programming. Programming is offered in 74 unique locations across the province.

- Visit saskhealthauthority.ca/your-health/conditions-diseases-services/chronic-disease-management to find a comprehensive list of program locations.

Clinical Stroke Resources for Saskatchewan Patients (Saskatchewan)

A variety of resources for both people who have experienced a stroke and providers living in Saskatchewan.

- Visit saskhealthauthority.ca/intranet/health-provider-resources/clinical-resources/z-list-clinical-resources/neurosciences-resources/stroke-resources-clinical-resources

Consultation for Stroke Education (North Battleford, Lloydminster, Meadow Lake)

- North Battleford: One-on-one consultation for stroke education with the Chronic Disease Nurse is available by calling 306-446-6549.
- Lloydminster: One-on-one consultation for stroke education with the Chronic Disease Nurse is available by calling 306-820-6243.
- Meadow Lake: One-on-one consultation for stroke education with the Chronic Disease Nurse is available by calling 306-236-1579.

Heart & Stroke Risk Screen Tool (Canada-wide)

Knowing your risks is key to preventing heart disease and stroke. Our new Risk Screen tool gives you a personalized risk profile and action plan, so you can make the best choices for your heart and brain health.

- Visit heartandstroke.ca/healthy-living/risk-screen to access the tool.

Stroke and Cardiac Prevention (continued)

Prevention is important for people who have experienced a stroke because it reduces their risk of future stroke or related conditions, supporting better long-term health.

Find a Pharmacist in Saskatchewan Who Can Help You Quit Smoking (Saskatchewan)

A comprehensive list of pharmacists across the province who have specialized training in helping individuals quit smoking.

- Visit skpharmacists.ca/quit-smoking to learn more.

Métis Nation Nicotine Replacement Therapy Reimbursement Program (Saskatchewan)

Program that helps Métis citizens access effective smoking cessation medications and therapies and reimburse a portion of the associated costs.

- Visit metisnationsk.com/youcanquit or email tobaccoNRT@mns.ca or phone 306-371-5489 to learn more.

Rexall Pharmacy - Free Blood Pressure Checks (Saskatchewan)

In addition to visiting a family doctor, eight Rexall Pharmacy locations across the province offer free blood pressure testing in-store.

- Locations include 20th and 8th Street in Saskatoon, Albert Street in Regina, Melfort, Moose Jaw, Albert Street in Regina, Swift Current, Gravelbourg, and Sherbrooke.

Saskatchewan Dietitian Directory (Saskatchewan)

A comprehensive list of individual client services available for Saskatchewan residents including private dietitians, community programs, and diabetes education centers.

- Visit saskdietitians.org or email registrar@saskdietitians.org or call 306-359-3040 to learn more.

Saskatchewan Quits! (Saskatchewan)

The Saskatchewan Quits Facebook group is a supportive place for anyone looking to quit or cut back on smoking throughout the year. They share helpful tips on quitting smoking, lung health, wellness, and inspiring stories.

- Visit saskquits.ca or email sask.quits@lungsask.ca or call 306-343-9511 to learn more.

Stroke Prevention Clinics in Saskatchewan

- Regina General Hospital | 306-766-4444
- Saskatoon Royal University Hospital | 306-655-6802
- Yorkton Regional Health Centre | 306-786-0890

Supportive and Accessible Housing

Proper housing enables safe, independent living and provides the necessary accommodation and services to support recovery and quality of life.

ABI Community Residential Program - Phoenix Residential Society PEARL Program (Regina)

ABI supported living program consisting of both a transitional, supported, apartment program staffed on a 24-hour basis and a supportive living service for individuals who are living in a home of their choice, who do not require 24-hour in-house support services. The goal of the program is to enable individuals with ABI to live more independently in the community by assisting in the restoration of as much functional ability and quality of life as possible.

- Visit phoenixregina.com or email ABI@phoenixregina.com.

ABI Services (Multiple Northern Locations)

Serving former Prince Albert Parkland, Kelsey Trail, Keewatin Yatthé, Mamawetan Churchill River and Athabasca Health Regions, this program provides residential options for people identified as having an acquired brain injury and, based on need, has unsupported housing available.

- Call 1-866-899-9951 to learn more.

Approved Private Service Homes (Saskatchewan)

A supportive family-living environment for individuals aged 18 years or older with intellectual disabilities who receive services from [Community Living Service Delivery](#).

- Visit Saskatchewan.ca or email clsd.info@gov.sk.ca or call 306-787-7803 to learn more.

Home Repair Program – Adaptations for Independence (Saskatchewan)

This program provides financial assistance to low-income homeowners or rental property owners to make a home more accessible for a person with a disability.

- Visit Saskatchewan.ca or email repairstaff@gov.sk.ca or call 1-800-667-7567 to learn more.

Individualized Funding for Home Care (Saskatchewan)

Funding based on assessed need to arrange and manage your own supportive services for home care.

- Visit Saskatchewan.ca or email info@health.gov.sk.ca or call 306-787-7239 to learn more.

Light of the Prairies – Residential Homes (Saskatoon)

These homes are located throughout Saskatoon and are led by an experienced leadership team equipped to provide support for extensive and complex needs.

- Visit lightoftheprairies.ca or email admin@lightoftheprairies.ca or call 306-665-2745 to learn more.

Supportive and Accessible Housing (continued)

Multiworks Vocational Training Corporation - Group Home (Meadow Lake)

A community-based organization supporting adults with disabilities located in Meadow Lake, Saskatchewan.

- For more information on this four-space group home, email mwadmin@sasktel.net or call 306-236-3200.

Prairie Pioneers Independent Housing (Swift Current)

The development consists of two accessible one-bedroom homes in Swift Current for individuals with brain injuries, operated by Prairie Pioneers Independent Housing (PPIH). These units provide access to safe and affordable housing and support the overall quality of life of tenants in their home communities. The one-bedroom homes include small yards that provide a quiet environment for individuals with brain injuries.

- Visit ppih.ca or email ppih@sasktel.net or call 306-778-6491 to learn more.

SaskAbilities Residential Services (Moose Jaw)

SaskAbilities operates two homes in Moose Jaw that provide supported living services to individuals experiencing disability.

- Visit SaskAbilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

Transportation

Access to reliable transportation in Saskatchewan enables individuals to stay connected to their community which supports recovery and independence.

Air Canada Accessible Travel Information (Canada-wide)

Air Canada works to ensure their services are readily available to guests with additional needs.

- Visit AirCanada.com or email accessible@aircanada.ca or call 1-800-667-4732 to learn more.

Discounted Bus Passes for Income Assistance Clients (Multiple Locations)

Discounted bus passes to help individuals on income assistance (including [SAID](#)) access public transportation in Saskatoon, Regina, Moose Jaw, North Battleford, Swift Current, and Yorkton.

- Visit Saskatchewan.ca or email socialservicesinquiry@gov.sk.ca or call 306-787-3800 to learn more.

Métis Nation Saskatchewan – Medical Travel Assistance Program (MTAP) (Saskatchewan)

This program supports low-income Métis citizens in Saskatchewan who need to travel outside their home communities for medical appointments by offering reimbursement.

- Visit metisnationsk.com/medical or call 1-877-638-4775 or email healthprograms@mns.work to learn more.

Multiworks Vocational – Paratransit Service (Meadow Lake)

A paratransit service is available to individuals in the Meadow Lake area.

- Email mwadmin@multiworks.ca or call 306-236-7992 to learn more.

SaskAbilities - Access Transit (Swift Current & Yorkton)

Provides transportation to individuals with mobility challenges within Swift Current or Yorkton.

- Visit SaskAbilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

SaskAbilities - Accessible Parking (Saskatchewan)

Parking permits for designated parking spots to individuals with specific mobility challenges.

- Visit SaskAbilities.ca or email provincialservices@saskabilities.ca or call 306-374-4448 to learn more.

Saskatoon Transit - Access Transit (Saskatoon)

A paratransit service that offers on-demand transportation for individuals in Saskatoon with temporary or permanent disabilities who are unable to use fixed-route transit.

- Visit transit.saskatoon.ca or email AccessTransit@saskatoon.ca to learn more.

Transportation (continued)

Access to reliable transportation in Saskatchewan enables individuals to stay connected to their community which supports recovery and independence.

West Jet Accessible Travel Information (Canada-wide)

West Jet works to ensure their services are readily available to guests with additional needs.

- Visit westjet.com/disability or call 1-866-693-7853 for more information.



This resource was prepared by Heart & Stroke with the help of countless community programs and available resources across Saskatchewan. A heartfelt thank you to all for making this possible.

For questions or suggestions, please contact Effie Kosmas, Provincial Mission Specialist for Heart & Stroke (Saskatchewan), at 306-808-3238 or Effie.Kosmas@HeartandStroke.ca



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