

What is Happening at Westside ?

February 2009

Community Clinic
Westside
631—20th Street West
Saskatoon, SK S7M 0X8



Clinic Hours
Monday—Friday
9:30 am—12:00 Noon
1:00—5:00 pm



We do Many different things at Westside Clinic:

- **Group programs** to help you live a healthier and less stressful life
- **Doctor, Nurse Practitioner, Nurse, Physical Therapy, Nutrition, and Counselling Services**
- **Lab tests**, like pregnancy tests, in the office
- Help with contacting other services and agencies
- Referrals to **specialists** and other health care providers
- Visiting specialists from **infectious diseases** and **obstetrics** practices — right here at Westside
- **Home visits** for people who cannot come to the Clinic
- Special services like **X-ray, Pharmacy** and others provided by the **Saskatoon Community Clinic at 455 Second Avenue North.**



Kids Drop-in Clinic and Parent Resource Centre

- **Tuesdays from 1:00—4:30 PM**
- Baby immunizations and check ups
- Information about babies and kids
- Things to do with your kids
Aboriginal Kohkum and Elder, Lousie McKinney,
present for parenting advice, 1:00—4:00 PM



Student Wellness Initiative Toward
Community Health (SWITCH)
Wednesdays 5:30—8:00 PM
Saturdays 11:00 AM—1:30 PM



Fitness, Food and Fun

- Drop-in physical activity program offered three times a week
 - ◇ Tuesdays 10:00 am to 12:00 noon
 - ◇ Wednesdays 5:30—7:30 PM
 - ◇ Saturdays 11:00 AM—1:00 PM
- **Free childcare for this and all diabetes programs**



Available through SWITCH!
Wednesdays and Saturdays

- **Free Counselling and Crisis Intervention Services**
- ⇒ **Food Store** Wednesdays, 5:30—8:00 pm
- **Fluoride Varnish Clinic Saturdays**

