

## Staff

### Who Are We?

**Receptionist** – keeps records and makes appointments. If you do not know who to talk with, ask the receptionist.

**Nurse** – will do tests and get you ready to see the doctor. Can help answer your questions.

**Doctor/Nurse Practitioner** – a drop-in clinic is offered each morning. Appointments each afternoon.

**Counsellor** – will try to help you with family, school, or other personal problems. Our counsellor is Aboriginal.

**Community Outreach Nurse** - will discuss you and your family's health at your home or at the clinic.

**Diabetes Outreach Worker** - Will give you information about our diabetes programs offered at Westside Clinic

## Membership

### A Co-operative

The people at the Community Clinic believe that you should have a say in your health care.

The Clinic is set up as a **co-operative** so you and the workers at the Clinic can work together.

You can choose to become a **member** of the Clinic. There is a small fee to join. Membership is free if your income is low and you can't afford to pay.

As a **member** of the Clinic you have a say in the kinds of programs the Clinic has or what the Clinic does in the community.

Anyone can use the Clinic – you don't have to be a member.

The **Membership Director** will answer any questions you have about the Clinic or about being a member.

The Director will help with your complaints or listen to your ideas.

Feel free to call the Membership Director at the Main Clinic at 664-4243 or ask the receptionist.

# Community

## Clinic



## Westside

631 – 20<sup>th</sup> Street West  
Saskatoon, SK  
S7M 0X8

Telephone (306) 664-4310  
Fax (306) 934-2506

Hours: Monday – Friday  
9 – 12 a.m. 1 – 5 p.m.

Community Health Services  
(Saskatoon) Association Limited

November 2006

[www.saskatooncommunityclinic.ca](http://www.saskatooncommunityclinic.ca)

## Action

- Poverty, or being poor, affects your health. We believe that people have to take community/political action about issues that affect their health.
- We speak out about the effects of poverty on health. We work with community groups to take action to overcome poverty.

## Services

### We do many different things:

- **group programs** to help you live a healthier and less stressful life.
- **doctor, nurse practitioner, nurse 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.
- **home visits** for people who cannot come to the Clinic.
- special services like **x-ray, pharmacy, and others**. These are provided by the Saskatoon Community Clinic. The address is 455 – 2<sup>nd</sup> Avenue North.

## Westside Clinic

- Is a health clinic in the core area of Saskatoon
- Serves a large group of natives, the elderly and people of low income.
- Offers programs and services to meet the needs of our clients Monday through Friday. Most services are free and drop-in.
- Is a community centre as well as a health centre. Feel free to stop in for coffee, water, or to talk, use the phone or read the newspaper.
- Is a branch of the **Saskatoon Community Clinic**. Both are operated by the **Community Health Services (Saskatoon) Association Limited**.

## Group Programs

### Kids' Drop-in Clinic and Parent Resource Centre

- Tuesday from 1:00 to 4:30 p.m.
- Baby immunizations and check-ups.
- Information on things to do with your kids and about kids.

## Drop-in Prenatal & Postnatal Classes

- Most Thursdays 1:00 – 3:30 p.m.
- Free childcare, bus tickets provided.
- Cooking Classes – Learn about budgeting, nutrition, and take some food home.
- Offered with the Food for Thought program.
- Learn how to take care of yourself and your baby during pregnancy and after baby is born.

## Diabetes Programming

### *All About Diabetes: Taking care of your Diabetes*

- A drop-in education program for people with diabetes.
- Most Thursday mornings from 9:30 a.m. – 11:30 a.m.

### *Fitness, Food and Fun:*