

SWITCH

Student Wellness Initiative Toward Community Health

Westside Clinic is home of SWITCH, a student-run health clinic offering clinical services and health promotion programming with health professionals and community partners.

SWITCH hours:

Mondays (Women's Night)
5:30 to 8:00 p.m.

Wednesdays 5:30 to 8:00 p.m.

Saturdays 11:00 a.m. to 1:30 p.m.



Fresh fruits and vegetables for sale during Wednesday clinic.

For more information visit SWITCH's website at www.switch.usask.ca

MEMBERSHIP

The Saskatoon Community Clinic is a **co-operative** run by a volunteer board of directors elected from our **membership**.

- Members help decide what services and programs the clinic will offer and help advocate for change in the community.
- You don't have to be a member to use Clinic services.
- You can become a member at the clinic. There is a small membership fee to join, but the fee will be waived if your income is low and you can't afford to pay.
- Please call the Member and Public Relations Director at the Downtown Clinic at 664-4243 if you have any questions about becoming a member or any comments or suggestions about clinic services.



*Saskatoon
Community
Clinic*

DOWNTOWN CLINIC
455 2nd Avenue North
Saskatoon SK S7K 2C2
Tel: (306) 652-0300
Fax: (306) 664-4120

WESTSIDE CLINIC
1528 20th Street West
Saskatoon SK S7M 0Z6
Tel: (306) 664-4310
Fax: (306) 934-2506



*Saskatoon
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Westside Clinic

**1528—20th Street West
Saskatoon SK S7M 0Z6**

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

Monday to Friday

Mornings:

9:30 a.m. to 12:00 noon

Afternoons:

Mon. 1:00 to 4:30 p.m.

Tues. Thurs. Fri. 1:00 to 5:00 p.m.

Wed. 2:00 to 4:30 p.m.

www.saskatooncommunityclinic.ca

September 2010



Westside Clinic

Westside Clinic operates as a community centre as well as a health centre.

- We offer programs and services to meet the needs of a mostly Aboriginal and low-income population.
- Our goal is to diagnose and treat illness, prevent illness, and educate patients so they can better manage their health care.
- Clients are encouraged to stop in for a cup of coffee or to talk. Many services are offered on a drop-in basis.
- Westside Clinic is a branch of the Saskatoon Community Clinic.
- Some programs and services are offered in partnership with the University of Saskatchewan, SWITCH and the Saskatoon Health Region.

Advocacy

Poverty can affect your health. We believe that people have to take community/political action about issues that affect their health.

We speak out about and work with community groups to **take action to overcome poverty.**

Services

We offer:

- **Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Nutritionist, Aboriginal Outreach Worker, Aboriginal Diabetes Outreach Worker, Community Health Nurse and Aboriginal Counsellor.**
- **Group programs** to help you live a healthier and less stressful life.
- **Lab tests**, like pregnancy tests and testing for HIV and STIs, in the office.
- **Help** with contacting other services and agencies.
- **Referrals** to specialists and other health care providers.
- Visiting **specialists** from infectious diseases, internal medicine, obstetrics practices, and now midwifery—right here at Westside.
- **Home visits** for people who cannot come to the Clinic and **special services** like X-ray, Pharmacy and others provided by the **Saskatoon Community Clinic, Downtown Clinic** at 455 2nd Avenue North.

Group Programs

Kids' Drop-in Clinic and Parent Resource Centre

- Tuesdays from 1:00 to 4:30 p.m.
- Baby immunizations and check-ups
- Aboriginal Kokum and Elder present for parenting advice

Food for Thought

- Mondays 1:00 to 3:30 p.m.
- Nutrition and cooking classes for pregnant women and new moms
- Learn how to eat healthy and cook for yourself and your baby during pregnancy and after the baby is born
- Childcare and transportation support provided

Fitness, Food and Fun

Drop-in physical activity program offered three times a week for people with diabetes. Healthy snacks provided at each session.

- Tuesdays 10:00 a.m. to 12: noon
- Wednesdays 5:30 to 7:30 p.m.
- Childcare and transportation support provided