

SWITCH

Student Wellness Initiative Towards 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:

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 Membership Director at the Downtown Clinic at 664-4243 if you have any questions about becoming a member. You may also call the director with any comments or concerns 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
Community
Clinic*

Westside Clinic

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

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

**Monday to Friday
9:30 a.m. to 12:00 noon
1:00 to 5:00 p.m.**

**Except on Wednesday
9:30 a.m. to 12:00 noon
2:00 to 4:00 p.m.**

www.saskatooncommunityclinic.ca

June 2010



Westside Clinic

Westside Clinic is a health clinic located in a core neighbourhood in Saskatoon.

- 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.
- Operating as a community centre as well as a health clinic, 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.

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 the effects of poverty on health. We work with community groups to **take action to overcome poverty.**

Services

We offer:

- **Services by our 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, 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
- Free childcare, bus tickets 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 provided