



What's Happening at Westside

April 2017

1528 20th Street West
Saskatoon, SK
S7M 0Z6
Phone 306-664-4310
FAX 306-934-2506

Monday 9:00 -12 & 1—4:30
Tuesday 9:00—12 & 1—5
Wednesday 9:00—12 &
1:30—4:30
Thursday 9:00—12 & 1—5
Friday 9:00—12 & 1—5

**West Dental
Downstairs
306-384-6363**



SWITCH Hours

Monday 5:30—8
Wednesday 5:30—8
Saturday 12:30— 3



**Easter Weekend April 14—17
Westside Clinic, West Dental & SWITCH
Will be closed for Easter
From Friday April 14 to Monday April 17
Regular Hours Resume on
Tuesday April 18th**

Services offered here at Westside

Services by Doctors, Nurse Practitioner, Nurse, Physical Therapist, Aboriginal Outreach Worker, Aboriginal Counsellors. Group Programs to help you live a healthier and less stressful life. Lab tests, like pregnancy tests and testing for HIV, and STIs. Help with contacting other agencies. Referrals to specialists and other health care providers. Visiting specialists from Infectious Diseases, Internal Medicine and Psychiatry. We have Pharmacy and X-ray services at our downtown clinic, Saskatoon Community Clinic 455 2nd Avenue North.

**April Recipe
Lettuce Wraps**



OASIS

Tuesdays & Thursdays
10:00 am —11:30 am
12:40 pm —1:30 pm

Free Child Care & Lunch

Opportunity
Acceptance
Support
Invitation
Safe



Please
Call
Numbers
Below
for
OASIS
Program
Access
From
12 -1 pm

OASIS Participants

Please call one of the numbers below when the clinic is closed from 12:00 pm —1:00 pm. Westside Staff are not able to let people in during this time.

**Char (306) 370-1293,
Or (306) 664-4336**



Board Membership Opportunity The Saskatoon Community Clinic is seeking nominations for its Board of Directors.

Elected board members are volunteers who represent the people who use our services and are responsible for effective governance. You must be a member of the Saskatoon Community Clinic to run for the Board. Please inquire.

Phone **(306) 664-4243** or
member.relations@communityclinic.ca
for more information



April is a promise that May is bound to keep.

April 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1 SWITCH 12:30—3 pm Yoga & Mindfulness with Brendan
2	3 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Healing Using Humour, Play & Song with Jackie Employability Skills: Assertiveness with Radius	4 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Letter Writing Workshop OASIS 12:10 – 1:45 Letter Writing Workshop	5 SWITCH 5:30—8 PM Community Kitchen with Fashia Homework Help	6 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 STC Housing First Program OASIS 12:10 – 1:45 Friendship Inn Info Session	7	8 SWITCH 12:30—3 pm TBA
9	10 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Home Remedies with Flo Employability Skills: Time Management with Radius	11 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Shared Life Story with Lubna OASIS 12:10 – 1:45 Healing Arts	12 SWITCH 5:30—8 PM FASD Prevention Conversation with SK Prevention Homework Help	13 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Addiction Services—Sturdy Stone OASIS 12:10 – 1:45 Sharing Circle with Judy	14 15 	
16		18 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Naloxone Info Session OASIS 12:10 – 1:45 Spring Craft	19 SWITCH 5:30—8 PM TBD Kelly Simo Sleep 101 & My Night Owl Life: Lessons Learned with Carolyn Homework Help	20 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Movie Morning with Cheryl OASIS 12:10 – 1:45 Coffee Talk	21	22 SWITCH 12:30—3 pm Scrapbooking with Beth
23	24 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM Personal Budgeting & Understanding Credit Cards/Interest with Enactus Effective Job Search Techniques with Radius	25 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10:20 -11:30 Vision Boards OASIS 12:10 – 1:45 Vision Boards	26 SWITCH 5:30—8 PM Building Self-Esteem & Self Confidence with Randy Homework Help	27 Fitness, Food & Fun 10 am -12 noon OASIS 10:20 -11:30 Cooking with Calysta OASIS 12:10 – 1:45	28	29 SWITCH 12:30—3 pm What is a “Living Will” & How to Start One with Emily & Cassie
30	Notes:					

Lettuce Wraps

Ingredients

Lettuce leaves
Slices of roast meat like
chicken or turkey
Hummus
Cucumber slices



Directions

1. Wash lettuce and pat dry with clean towel.
 2. Top lettuce with meat, cucumber, and hummus.
 3. Roll lettuce into a wrap. Use a toothpick to hold together.
- For a balanced meal, serve wraps with whole grain crackers, a piece of fruit and glass

Recipe adapted from: <http://www.justapinch.com/recipes/main-course/turkey/healthy-turkey-cucumber-lettuce-wrap.html>