



What's Happening at Westside

March 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 & 2—4:30
Thursday 9:00—12 & 1—5
Friday 9:00—12 & 1—5



Happy St. Patrick's Day



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

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



OASIS

Tuesdays & Thursdays
10—11:30
12:40—1:30

Free Child Care & Lunch

Opportunity
Acceptance
Support
Invitation
Safe



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

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.




Fitness, Food and Fun
See Calendar for dates

St. Patrick's
Friday, March 17th



SWITCH
Monday, Wednesday evenings
from 5:30—8 pm
Saturdays from 12:30—3 pm

May the wings of the butterfly kiss the sun, and find your shoulder to light on.
To bring you luck, happiness and riches.
Today, tomorrow and beyond.

March 2017						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1 SWITCH 5:30 - 8 PM Community Kitchen with Fashia Homework Help Centre	2 Fitness, Food & Fun 10 am -12 noon OASIS 10-11:30 Adult Addiction Services OASIS 12:40 -1:30 Cultural Teachings with Gilbert	3	4 SWITCH 12:30 - 3pm Schizophrenia Society of Saskatchewan Presentation
5	6 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM BALANCE: Addictions with Jackie Employability Skills: Affirmations with Radius	7 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10-11:30 STR8 UP with Stan OASIS 12:40 -1:30 Effective Family	8 SWITCH 5:30 - 8 PM Sleep hygiene & Learn to Knit with Kelly Homework Help Centre	9 Fitness, Food & Fun 10 am -12 noon OASIS 10-11:30 Ministry of Social Services – Info Session OASIS 12:40 -1:30 Spring Craft	10	11 SWITCH 12:30 - 3pm Fetal Alcohol Spectrum Disorder (FASD) Network Presentation
12	13 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM CentsABLE Financial Literacy Workshop Employability Skills: Cover Letters with Radius	14 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10-11:30 Journaling with Kristine OASIS 12:40 -1:30 FASD Network Info Session	15 SWITCH 5:30 - 8 PM Mental Health With Nursing Students Homework Help Centre	16 Fitness, Food & Fun 10 am -12 noon OASIS 10-11:30 Canadian Mental Health Assoc. Info Session OASIS 12:40 -1:30 Pastor Steve	17 St Patrick's Day 	18 SWITCH 12:30 - 3pm Consent & Sexual Violence/Assault with Heather
19	20 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM What is Your Pelvic Floor & Why is it Important? With Juliet Employability Skills: Effective Communication with Radius	21 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10-11:30 Come and Go 6 th Anniversary OASIS 12:40 -1:30 Come and Go 6 th Anniversary	22 SWITCH 5:30 - 8 PM Homework Help Centre Cultural Activism with Randy Conversation About the National Poverty Reduction Strategy	23 Fitness, Food & Fun 10 am -12 noon OASIS 10-11:30 Healing Arts OASIS 12:40 -1:30 Healing Arts	24	25 SWITCH 12:30 - 3pm Nutrition on a Budget with Amanda, Laci & Lauren
26	27 Fitness, Food & Fun 10 am -12 noon SWITCH 5:30 - 8 PM How Can I Control Genital Herpes? With Flo	28 Fitness, Food & Fun 10 am -12 noon Baby Immunization Clinic 1- 4 PM OASIS 10-11:30 Getting Organized with Command Centres OASIS 12:40 -1:30	29 SWITCH 5:30 - 8 PM Homework Help Centre Safe Medication Use Homework Help Centre	30 Fitness, Food & Fun 10 am -12 noon OASIS 10-11:30 Cooking with Calysta OASIS 12:40 -1:30 AA Info Session	31	Notes: