

SASKATOON/SK RESOURCES

FOOD

Friendship Inn (now preparing bagged meals)

Saskatoon Food Bank

The Bridge

The Lighthouse (community suppers on Monday & Friday will now be bagged meals) 5:30 - 6:30 PM

Salvation Army

MENTAL HEALTH ARTICLES

Be mindful of your mental health

COVID-19 Anxiety

FINANCIAL AND OTHER SUPPORT

Call 1-833-381-2725 for COVID-19 related EI claims

Email yxecovid19help@gmail.com or call 306-261-6131 for assistance w/ groceries, pet food, essentials

RELIABLE HEALTH RESOURCES

Sask Health Authority RE: COVID-19

Government of Canada RE: COVID-19

Government of Saskatchewan RE: COVID-19

HOW YOU CAN HELP

The Friendship Inn is in need of food donations

Saskatoon Food Bank in need of financial donations

Support your local businesses through gift cards & purchases

Check in on others who are self-isolating and quarantined