

Financial Wellness & Addictions

City of Saskatoon Employee & Family Assistance Program (EFAP)

1. My Money Coach

Website: <https://www.mymoneycoach.ca/>

Overview: Provides financial education and practical information to help people manage money and make informed financial decisions.

Topics: Budgeting, saving, debt management and financial planning.

Contact: Use the official website for current contact details and service information.

2. Consolidated Credit Counselling Services of Canada

EFAP-listed link: Saskatchewan 211 service listing for credit counselling

<https://www.sk.211.ca/>

Overview: The EFAP page lists a financial resource relating to budgeting and debt options. The linked directory should be used to confirm the current provider and available services.

Topics: Budgeting, credit counselling and debt-management options.

Contact: Use the current Saskatchewan 211 listing to identify verified provider contact details.

3. Alcoholics Anonymous (AA)

Websites:

- <https://aa.org/>
- <https://aa-intergroup.org/>

Overview: Alcoholics Anonymous offers peer-support meetings for people seeking to address their drinking. Online meeting directories can help users locate virtual meetings.

Topics: Alcohol use, peer support and recovery.

Contact: Use the official websites to locate meetings and current contact options.

Eligibility: AA membership is open to people who want to address their drinking. Meeting formats and participation details vary.

Cost: AA describes itself as self-supporting; there are no dues or fees for membership.

4. Narcotics Anonymous (NA)

Website listed by EFAP: <https://www.canaacna.org/>

Overview: Peer-support fellowship offering meetings and recovery support for people seeking to stop using drugs.

Topics: Substance use, recovery and peer support.

Contact: Use the official Canadian NA website or its current meeting directory.

5. Problem Gambling Support — Saskatchewan

Official provincial information:

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/mental-health-and-addictions-support-services/rapid-access-crisis-and-emergency-resources>

Overview: The Government of Saskatchewan provides information about problem gambling support, including telephone and text options.

Topics: Gambling-related harm, support for affected individuals and families, and referral options.

Contact: The provincial resource page currently lists the Saskatchewan Problem Gambling Help Line at 1-800-306-6789.