

# Family, Parenting & Relationships

City of Saskatoon Employee & Family Assistance Program (EFAP)

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## 1. Kids Help Phone

**Website:** <https://kidshelpphone.ca/>

**Overview:** Provides professional counselling, information and support options for young people dealing with emotional, family, relationships, school and other life concerns.

**Topics:** Emotional wellness, family relationships, bullying, school concerns and youth support.

**Contact:** 1-800-668-6868; text CONNECT to 686868.

**Cost:** Core support options are free.

**Availability:** Phone support is available 24/7. Confirm online chat hours separately.

## 2. Psychology Foundation of Canada

**Website:** <https://psychologyfoundation.org/>

**Overview:** Canadian charitable organization focused on strengthening families and supporting parents through educational resources and initiatives informed by psychological knowledge.

**Topics:** Parenting, family relationships, child development and family well-being.

**Contact:** Use the official website for current contact details.

### 3. Domestic Violence Resources — Canadian Association of Social Workers

**Website:** <https://www.casw-acts.ca/en/resources/domestic-violence-resources>

**Overview:** Provides information and links related to domestic violence and finding support for people experiencing or affected by abuse.

**Topics:** Personal safety, domestic violence and support options.

**Contact:** Use the linked official service providers for direct support.

**Important:** This is a resource directory, not a crisis-response service. For immediate danger, call 911.

### 4. Saskatoon Council on Aging

**Website:** <https://scoa.ca/>

**Overview:** Community organization supporting older adults through information, education, services and initiatives related to dignity, health and independence.

**Topics:** Aging, social connection, older-adult well-being and community support.

**Contact:** Use the official website for current telephone numbers and service details.

### 5. Child Mind Institute — Supporting Children Through Trauma

**Website:** <https://childmind.org/>

**Overview:** Offers educational guidance for parents and caregivers supporting children experiencing emotional, behavioural or mental health difficulties, including after traumatic events.

**Topics:** Child mental health, trauma, emotional regulation and parenting strategies.

**Contact:** Use the official website.