



# Programs & Services Guide

## Saskatchewan Division

### South Office

150 Albert Street  
Regina, SK S4R 2N2  
Phone: (306) 522-5600  
Toll-free: 1-800-268-7582

### North Office

#2, 706 Duchess Street  
Saskatoon, SK S7K 0R3  
Phone: (306) 244-2114  
Toll-free: 1-800-268-7582

## Membership Keeps You Connected

Growing and sustaining a strong membership is essential to the success of our programs and services, advocacy, fundraising events and government relations, plus the vital research we fund.

As part of the MS Society of Canada community, you have access to informative resources, educational and wellness programming, advocacy, navigational assistance, peer support and community referral—all core services available to individuals and families affected by multiple sclerosis, or those interested in the work we do.



To activate, or  
renew, an MS  
Society of Canada  
membership call  
1-800-268-7582,  
extension 5003

# North Saskatchewan MS Peer Support & Social Groups

## Saskatoon

Occurs: last Thursday of the month (September to May)  
Time: 7:00-8:00pm  
Location: Edwards Family Centre (333-4th Avenue N.)  
Leader: Nicole Kubas (*changed from Kroutil Aug 2018*)  
Email: nicole.kroutil@gmail.com (*still valid*)

## Saskatoon: Under 40

Occurs: meet irregularly, contact leader for details (September to May)  
Time: 6:30-8:30pm  
Location: MS Office @ #2, 706 Duchess Street  
Leader: Lacey Warnock  
Email: lacey.warnock@hotmail.com  
Phone: (306) 229-5024

## Prince Albert

Occurs: second Wednesday of month (September to May)  
Time: 6:30-8:00pm  
Location: Mont St. Joseph's (777-28th Street E., 2nd floor)  
Leader: Rhea Krakowetz  
Email: rmansonrmt@gmail.com  
Phone: (306) 960-1026

## Melfort

Occurs: second Thursday of month (September to June)  
Time: 11:30am-1:00pm  
Location: Nickle's Corner (719 Main Street, Melfort)  
Leader: Phyllis Sinclair  
Phone: (306) 752-3110



## MS Peer Support Groups

It may be difficult at times to talk about MS-related symptoms with family and friends who may not grasp what it is like—but it can be very helpful talking to other people who share, or have shared, similar experiences.

Peer support groups bring together people with MS, their caregivers, family members and friends.

These groups are an informal way to link people who share common concerns or experiences. The goal of these groups is to give and receive emotional support; plus give and receive practical ideas in dealing with issues common to members of the groups.

Some groups, based on participant input, may on occasion invite speakers to present on a variety of topics.

... continued on next page

## Mission Statement

To be a leader in finding a cure for multiple sclerosis and enabling people affected by MS to enhance their quality of life.

## North Saskatchewan MS Peer Support & Social Groups

### Tisdale

Occurs: meet irregularly, contact leader for details  
Time: TBA  
Location: TBA  
Leader: Debbie Cummins  
Email: len.c@sasktel.net  
Phone: (306) 873-5849

### Big River

Occurs: meet irregularly, contact leader for details  
Time: TBA  
Location: TBA  
Co-Leader: Wendy Breker  
Email: dwsme@hotmail.com  
Phone: (306) 469-0013  
*or*  
Co-Leader: Noreen Aarrestad  
Email: e.noreen@sasktel.net  
Phone: (306) 469-4963

### Kerrobert

Occurs: third Saturday of month  
Time: 2:00-4:00pm  
Location: Kerrobert Integrated Health Center (115 Manitoba Avenue)  
Leader: Gail Wiebe  
Email: randgwiebe@sasktel.net  
Phone: (306) 834-7068

### Nokomis

Occurs: meet irregularly, contact leader  
Time: TBA  
Location: TBA  
Leader: Shirley Birtles  
Email: jsbirtles@sasktel.net  
Phone: (306) 363-4889

## South Saskatchewan MS Peer Support & Social Groups

### Regina

Occurs: one Thursday/month (Sept-Nov, Feb-May)  
Time: 7:00-8:30pm \* *contact leader for dates*  
Location: Huston Heights (702 Sangster Boulevard)  
Leader: Trista Lafrance  
Email: trislafrance@gmail.com  
Phone: (306) 591-5919

### Regina: Under 35

Occurs: one Wednesday/month (September to May)  
Time: 6:00-8:00pm \* *contact leader for date & location*  
Location: TBA  
Leader: Amanda Matechuk  
Email: amatechuk@sasktel.net

## Dr. Karen Lee

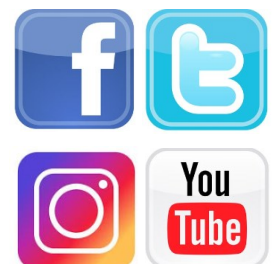
An Inside Look at MS Research

Vice-President of Research at the MS Society of Canada. *Dr. Lee will help you understand what is occurring around the world, in MS research.*



<https://drkarenlee.ca>

... continued on next page



## South Saskatchewan MS Peer Support & Social Groups

### Yorkton

Occurs: first Tuesday of month (Sept-Nov, Feb-June)  
Time: 7:00-8:30pm  
Location: A&W (365 Broadway Street W.)  
Leader: Kellee Kerr  
Email: kellee\_kerr@hotmail.com  
Phone: (306) 620-8683

### Swift Current

Occurs: meets irregularly (often every other month)  
Time: 7:00-8:30pm \* *contact leader for details*  
Location: The Meadows (2215 Woodrow Lloyd Place)  
Leader: Arnold Wiebe  
Email: awiebe.family@sasktel.net  
Phone: (306) 741-7797

### Estevan

Occurs: meets one evening/month (September to May)  
Time: \* *contact leader for details*  
Location: Estevan Public Library (701 Souris Avenue)  
Leader: Nicole Smigiel  
Email: nvsmigiel@sasktel.net  
Phone: (306) 634-3936

*Take part in something that will make a difference . . . get involved in MS Society fundraising events. Proceeds raised fund both world-class research, plus supportive programs and services across Canada. Local fundraisers are moving us toward our goal of ending MS and helping those who are living with multiple sclerosis.*



**MS WALK**



**MS BIKE**

GEAR UP TO END MS



## Regina Fitness Programs

### Aquafit

\* offered in partnership with Regina YMCA

- September-June
- YMCA (2400-13th Avenue)
- Tuesdays: 8:00-9:00am
- Thursdays: 8:00-9:00am



**To obtain FREE punch pass, call Maureen at (306) 351-2270**

### Yoga

\* offered in partnership with Bodhi Tree

- Fall 2018: Sept 1—Dec 15
- Saturdays: 10:30-11:30am
- equipment provided



**Registration is required, call Bodhi Tree at (306) 552-9642. Location is disclosed to registered**

# Saskatoon Fitness Programs



## Aquafit

- year round classes (July & August 1-1:45pm)
- provided by YWCA @ 510-25th Street E.
- Mondays: 1:30-2:15pm
- bring attendant for clothing changes, entrance & exit of pool, etc.

**For more information and to register, call the YWCA at (306) 244-7034**

## Yoga

- \* seasonal sessions (typically Winter, Spring, Fall)
- Fridays: 10:45-11:45am
- equipment provided
- wear comfortable clothing

**Registration is required, call (306) 244-2114 x5050, or message [rachelle.phenix@mssociety.ca](mailto:rachelle.phenix@mssociety.ca)**

## Strength Training

- \* offered in partnerships with Saskatoon YWCA
- year round program
- YWCA (510-25th Street E.)
- Tuesdays: 1:30-2:30pm
- Wednesdays: 6:30-7:30pm (no class July/August)
- Thursdays: 1:30-2:30pm

**Registration is required, call (306) 244-2114**

## Tai Chi

- \* offered in partnership with Saskatoon YWCA
- Fall 2018 session (~ 10 classes: September 19—November 21)
- Wednesdays: 2:00-3:00pm
- YWCA (510-25th Street E.)

**Registration is required, call (306) 244-2114**

## Pilates

- offered in partnerships with LEAD Pilates, Saskatoon
- sessions: April 30-August 25 / August 27-December 22
- LEAD Pilates & Wellness Campus @ #10, 214 Joseph Okemasis Drive, Saskatoon
- Saturdays from 12:30-1:20pm
- participant pays \$5.70, plus tax/class (MS Society and Lead cover remaining 2/3 of cost)



**For more information, or to register, contact LEAD Pilates at (306) 382-7447**



You are not alone in living with multiple sclerosis.

The MS Society is pleased to offer a telephone /internet peer support program for individuals living with MS. You may be newly diagnosed, you may have specific questions, or maybe you are dealing with an issue related to your MS. Sometimes the best person to talk to is someone who also has MS. Volunteers from across Canada are provided with extensive training to ensure they have the skills to best support you.

## How does the MS 1:1 Peer Support Program work?

- Contact the 1:1 Peer Support Program at [peersupportprogram@mssociety.ca](mailto:peersupportprogram@mssociety.ca) or call **1-800-268-7582, extension 3149**, to request more information or an application.
- You will fill out an application and have a conversation with the program coordinator to ensure we can properly match you with a trained volunteer who is also someone living with MS.
- Once a volunteer is secured, you will be notified by the program coordinator and the volunteer will contact you. Together you will decide on the frequency of communication—some people want to chat just a few times and others maintain an ongoing connection. The MS Society will monitor matches up to 6 months. *Caregivers and family are also welcome to access the program.*

## MS Knowledge Network

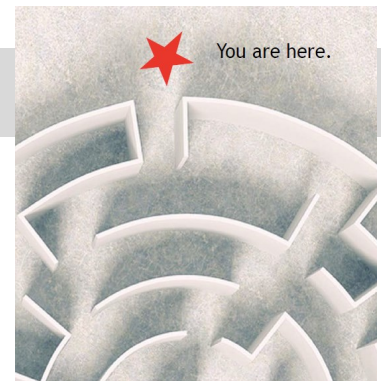
This hub of knowledge and navigators, provides consistent, quality MS information and support for anyone in Canada. MS Navigators are available 9am to 5pm to help you with information and support tailored to what you need. They listen carefully, identify needs and resources, and discuss information in terms that are clear and relevant to you.

Navigators are knowledgeable about research and treatment options for people with MS and are able to discuss these and other important topics. The questions they help with range from general MS information and allied conditions to support with complex situations and navigating the maze of health and community services needed by people affected by multiple sclerosis.

Outside of the Navigator service hours, or if you prefer finding information on your own, you can use our website to find reliable information and support 24/7.

### There are many options for connecting with the MS Knowledge Network:

- By phone: **1-844-859-6789**
- By email: [msnavigators@mssociety.ca](mailto:msnavigators@mssociety.ca)
- By visiting the *Information and Support* sections of our website at [www.mssociety.ca](http://www.mssociety.ca)



now available . . .  
**Live Chat**