

WHAT MAKES AND KEEPS US HEALTHY?

Health is much more than feeling ill or well. Health is a resource for everyday living.

The daily choices you make all impact your health.

Your health is influenced by many factors called determinants of health.

Determinants of Health



Diagram courtesy Five Hills Health Region

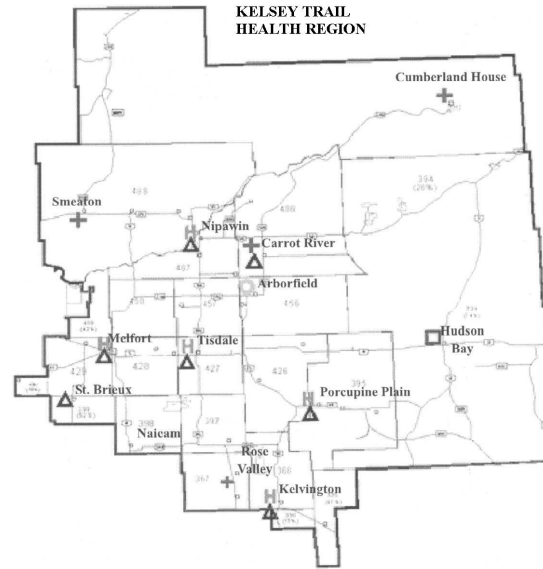
Primary Health Care includes:

- ◆ Providing services to individuals, families and communities through a team approach;
- ◆ a proactive approach to preventing health problems before they occur;
- ◆ Agencies working together to improve community wellbeing;
- ◆ the right provider at the right time; and
- ◆ improved follow-up once a condition has been identified.

The Hudson Bay Provider Team is a group of health care providers and community members working together to address identified wellness needs within the community.



Brought to you by the Hudson Bay Provider Team, in partnership with Kelsey Trail Health Region.



Primary Health Care is a service of the KELSEY TRAIL HEALTH REGION

For more information about this or other services of the Kelsey Trail Health Region contact the Regional Office at (306) 873-6600 or visit our website www.kelseytrailhealth.ca

Provincial Health Line—24 hour health advice www.healthlineonline.ca



Hudson Bay Community Service Directory



Bringing our Community Together

“Healthy People in Healthy Communities”

COMMUNITY SERVICES

Providing the community with affordable public services and access.

| | |
|-------------------------------------|----------------|
| Community Futures Newsask | 1-888-586-9855 |
| Canadian Prenatal Nutrition Program | 306-865-3909 |
| Cumberland College | 306-865-2175 |
| Family and Support Center | 306-865-3064 |
| Fire/Ambulance | 911 |
| Family and Support Center | 306-865-3064 |
| Handi-Van | 306-865-7770 |
| RCMP (Office) | 306-865-5550 |
| RCMP non-emergency | 310-RCMP |



EDUCATION & LEARNING

Programs committed to establishing a foundation of life-long learning.

Schools

| | |
|----------------------------------|----------------|
| North East School Division | 1-888-752-5741 |
| Stewart Hawke Elementary School | 306-865-2515 |
| Hudson Bay Composite High School | 306-865- 2267 |
| Pre-Kindergarten Program | 306-865-2515 |
| Stepping Stones PlaySchool | 306-865- 2611 |
| Crawlers and Toddlers Play Group | 306-865-5630 |
| Story Hour | 306-865-3110 |
| Early Learning Child Care Center | 306-865-2655 |

HEALTH & WELL-BEING

Emphasizing early intervention, health promotion, treatment and follow-up care.

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|---------------------------------|--------------|
| Hudson Bay Medical Clinic | 306-865-5636 |
| Hudson Bay Health Care Facility | 306-865-5600 |

Community Services/Primary Health Care (can access without referral)

| | |
|-------------------|------------------------------|
| Dietitian | 306-873-3760 or 306-873-6523 |
| Diabetes Educator | 306-873-6522 |

Mental Health & Addiction Services

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|-----------------------|---------------|
| Local | 306- 865-5646 |
| Regional Intake | 306-752-8767 |
| Medical Social Worker | 306-873-3760 |

Therapies

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|-----------------------------------|--------------|
| Physical/Occupational Therapy | 306-873-8282 |
| Speech Language Therapy | 306-752-6318 |
| Early Childhood Psychologist | 306-752-6311 |
| Autism Spectrum Disorders Program | 306-862-7270 |

Community Wellness Coordinator
306-865-5644 or 306-865-5643

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|----------------------------------|----------------|
| Home Care | 306-865-5602 |
| KTHR Quality of Care Coordinator | 1-877-573-6601 |
| Telehealth Coordinator | 306-862-7256 |

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|--|----------------|
| Social Services | 306-752-6100 |
| Social Services Call Centre | 1-866-221-5200 |
| Hudson Family Support & Support Center | 306-865-3064 |

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|--------------------------|--------------|
| Parent Mentoring Program | 306-862-7240 |
| Dental Health Educator | 306-752-6312 |

Public Health Services

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|-------------------------|--------------|
| Public Health Nurses | 306-865-5630 |
| Public Health Inspector | 306-752-6310 |

Help Lines

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|--|-------------------------|
| Cancer Information Service | 1-888-939-3333 |
| Drug Information Service for Consumers | 1-800-665-3784 |
| Farm Stress Line | 1-800-667-4442 |
| Kids Help Phone | 1-800-668-6868 |
| Northeast Outreach & Support Services | 24 hours 1-800-611-6349 |
| Problem Gambling Helpline | 1-800-306-6789 |
| Parents Helpline - 24 hr. | 1-888-603-9100 |
| Smokers' Helpline | 1-877-513-5333 |

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|--|----------------|
| North East Early Childhood Intervention Program (NEECIP) | 306-873-3411 |
| Métis Nation Eastern Region II | 1-877-264-9428 |



Fitness

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|--------------------|-------------------|
| In Motion Programs | 306-865-5644/5643 |
| In-To-It Program | 306-865-5635/9040 |

Administration

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|-------------------------|--------------|
| Town of Hudson Bay | 306-865-2261 |
| RM of Hudson Bay No 394 | 306-865-2691 |



SPORTS, CULTURE & RECREATION

Various recreational opportunities for all.

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|------------------------------|--------------|
| Hudson Bay Golf Club | 306-865-2100 |
| Aquatic Center | 306-865-2728 |
| Arena | 306-865-3158 |
| Hudson Bay Curling Rink | 306-865-3123 |
| Hudson Bay Bowling Alley | 306-865-3700 |
| Hudson Bay Museum | 306-865-2170 |
| Hudson Bay Senior Center | 306-865-3303 |
| Hudson Bay Regional Park | 306-865-4144 |
| Hudson Bay Housing Authority | 306-865-3334 |

