

SOCIAL SUPPORTS

Providing support for the community

- Porcupine Opportunities Program
306-278-3017
- Métis Nation Eastern Region II
1-877-264-9428
- Porcupine & District Sunset Club
306-278-2272
- Social Services 1-800-487-8640
- Parent Mentoring Program
306-862-3820
- AA meet Wednesdays at 8pm
(Lutheran Church basement) 306-278-2409
- KIDSPORT 306-278-2177
306-278-2926

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 Porcupine Plain Primary Health Care 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 Porcupine Plain Primary Health Care 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



Porcupine Plain Community Services Directory



Bringing Our Community Together

*“Healthy People in Healthy
Communities”*

CHILDCARE

Supporting the health and well-being of children.

Quilly Willy Early Learning Centre
306-278-3003

COMMUNITY SERVICES

Providing the community with affordable public services and access.

Fire/Ambulance 911
RCMP (Office) 306- 278-8100
NewSask Community Futures
1-888-586-9855
Economic Develop Committee
306-278-2262
Tourist Information 306-278-2262
Porcupine Plain Library
306-278-2488

EDUCATION & LEARNING

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

Porcupine Plain Comprehensive School
306-278-2288
Play School 306-278-2020
NEECIP 306-873-3411
(North East Early Childhood Intervention
Program)
North East School Division
1-888-752-5741

HEALTH & WELLBEING

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

Porcupine Medical Clinic
306-278-2151
Porcupine Carragana Hospital
306-278-6262
Lab and X-ray 306-278-2442
Red Deer Nursing Home
306-278-6278
Slobodian Pharmacy 306-278-2177

Community Services/Primary

Healthcare

(can access without referral)

Dietitian/Diabetes Educator
306- 873-3760
Mental Health & Addiction Services
306- 873-3760
Speech Language Therapy
306- 752-6318
Early Childhood Psychologist
306- 752-6311
Community Wellness Coordinator
306-276-7913
Home Care 306-278-6270
KTHR Quality of Care Coordinator
1-877-573-6601

Physical/Occupational Therapy
(Referral required) 306- 873-8282

Public Health Services

Public Health Nurses 306-873-8282
Public Health Inspector
306-752-6310
Public Health Nutritionist
306-752-6310
Dental Health Educator
306- 752-6310
Well Baby Clinic 306-278-2233
Travel Immunization 306-873-3615
Telehealth Coordinator
306-862-7256

Help Lines

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 Crisis Centre - 24 hr.
1-800-611-6349
Mental Health 1-306-765-6216
24-hour consultation services

Help Lines (continued)

Problem Gambling Helpline
1-800-306-6789
Parents Helpline - 24 hr.
1-888-603-9100
Smokers' Helpline 1-877-513-5333

SPIRITUAL WELLBEING

Weekly workshop services and spiritual education programs for all ages.

Porcupine Plain Ministerial
306-278-2006
306-278-2733

SPORTS, CULTURE & RECREATION

Town of Porcupine Plain 306-278-2262
RM of Porcupine Plain No. 395
306-278-2368

Recreational Opportunities

Larwood-Shaw Memorial Pool
306-278-2282
Chase Place Arena 306- 278-2361
Curling Rink 306-278-2144
Greenwater Fisherman's Cove
(Porcupine Plain) 306-278-2992
Marean Lake Golf Course &
Campground 306-278-2712