

Community Resources

- ◆ All Nations Hope Aids Network
2735 5th Avenue
Regina, SK
924-8424
- ◆ Carmichael Outreach
1925 Osler Street
Ph: 757-2235
- ◆ Métis Addictions Council of Sask
329 College Ave East
Regina, SK
Ph: 522-3681
- ◆ Alcohol & Drug Services
Detox & Day Treatment Centre
1640 Victoria Avenue
Regina, SK
Ph: 766-6600
- ◆ Planned Parenthood
1431 Victoria Avenue
Regina, SK
Ph: 522-0902
- ◆ Indian Métis Christian Fellowship
3131 Dewdney Avenue
Regina, SK
Ph: 359-1096



Community members working together for the enrichment of our communities.

*“Where there is Hope,
There can be Faith,
Where there is Faith,
Miracles can Occur !”*

Author Unknown



apss

*aids programs
south saskatchewan*

APSS

2911 5TH Avenue

Regina SK S4T 0L4

Tel: 306.924.8420

Toll Free: 1.877.210.7623

Fax: 306. 525.0904

www.aidsprogramssouthsask.com

“THE SACRED GIFT”

**Protecting
You And Your
Baby**



**Empowering Mothers and Families
Through Our Community**

The Facts on Pregnancy and Substance Use

- ◆ Premature delivery
- ◆ Low Birth weight
- ◆ Developmental Delays



Every mother wants what is best for their child

- ◆ Mental health & substance abuse problems as they age
- ◆ Withdrawal symptoms for the baby
- ◆ Physical deformities

Harm Reduction Tips

- ◆ Seek Pre-natal care for you and baby, try to still see a doctor, it is important for the health of your baby and your self.
- ◆ Take your pre-natal vitamins as the baby still receives the vitamins when you are using.



- ◆ The methadone program (Regina Qu'Appelle Health Region- 1048 Albert Street)
- ◆ Always use clean needles and practice safe sex to minimize the transmission of HIV/ AIDS, STI's Hep B and C, and other blood-borne viruses and infections. Needle exchange programs are free and non-judgmental.
- ◆ Try using just one specific drug, multiple drugs increases the risk-taking behavior, overdose, and increases dangerous interactions with using multiple drugs.
- ◆ Try to eat at least once a day and drink plenty

Community Resources

- ◆ Healthiest Babies Possible Program
Four Directions Health Centre
3510- 5th Avenue
Regina, SK
Ph: 766-7540
- ◆ Rainbow Youth Centre
Kids First Program
977 McTavish Street
Regina, SK
Ph: 757-9759
- ◆ Catholic Family Services
974 Albert Street
Regina, SK
525-0521
- ◆ Aboriginal Family Service Centre
1102 Angus Street
Regina, SK
Ph; 525-4161
- ◆ Family Services Regina
2020 Halifax Street
Regina, SK
Ph: 757-6675
- ◆ Child & Youth Services
1680 Albert Street
Regina, SK
Ph: 766-6700
- ◆ AIDS Programs South Sask.
2911 5th Avenue
Regina, SK
Ph: 924-8420
- ◆ Circle Project
1115 Pasqua Street
Regina, SK
Ph: 569-3988