



Meewasinota Aboriginal Healing Centre

**Location:**

Saskatoon, Saskatchewan

Residence Information:

Address: 265 Avenue B South
Saskatoon, Saskatchewan S7M 1M3
Phone: (306) 651-3405
Fax: (306) 651-3491

Residents Accepted:

Men and women over the age of 18 on parole or residency from various federal institutions. Every application is considered individually as to whether they would benefit from the services and philosophy provided by the agency.

Exclusions:

Offenders are excluded if they do not meet the specific requirement for application, such as:

- They have not taken part in any institutional programming to address their needs areas.
- There is a risk of violence to the staff,
- The offender is not willing to continue to address needs areas in the community through CSC programming.

Offenders whose mental or physical health needs are greater than the services offered.

Short Description:

Meewasinota operates a 36 bed CRF in the downtown area of Saskatoon. All rooms are private with shared washrooms. We accept Aboriginal and non-Aboriginal men and women who are focused and motivated to make change. Meewasinota is culturally sensitive to all aspects of an individual's healing journey and we are aware that each individual's journey will be different.

Contact Information:

Executive Director: Sheila Fleischhacker
Phone: (306) 651-3405
E-mail: meewasinota@shaw.ca

Acceptance Procedure:

Offenders must contact their IPO and ask that contact be made with Saskatoon Area Parole. The Saskatoon Parole Office will then contact Meewasinota forwarding this request. Meewasinota will determine whether they will or will not accept the offender. The application process focuses on the criteria outlined in the exclusion of offenders.

Description:

Meewasinota focuses on re-integration of offenders back into the community. We encourage and promote healthy lifestyles where living experiences are used as learning resources. Offenders work towards achieving a healthy balance of values and integrating these principles into their decision-making, thinking, relationships, problem solving, and roles in the family and work. We encourage individuals to make healthy and positive change in their lives.

- We are in the downtown area close to Parole, access to transit and all downtown services
- We provide on site parking and free laundry services on each floor

Meals and bag lunches are provided at no extra cost by our onsite cook

Programs:

Meewasinota does not offer any formal programming but does offer an in-house AA meeting weekly. We offer counseling services for a wide range of needs such as:

- Life skills
- Substance abuse
- Relapse prevention
- Family counseling
- Problem solving, emotional and anger management
- Stress management
- Employment: resumes, job searches etc
- Release planning
- Case Plan management and goal setting

History:

Meewasinota has worked with CSC and Saskatoon Parole since 2001 to help re-integrate offenders back into their communities and their families. We are culturally sensitive and aware of the needs of Aboriginal offenders in the community. Offenders are encouraged to continue to actively participate in their traditional, spiritual and cultural activities. We offer all residents the use of our serenity room on a 24hr basis and help them access community supports and resources.

Institutions the Residence Visits:

Meewasinota staff visit institutions in Saskatchewan regularly and accept offenders from all other Canadian CSC Institutions if they meet the admission criteria. Communication between IPO's and offenders is encouraged.

Related Community Programs:

- There are a number of community programs and resources available to the offender. Meewasinota encourages all offenders to seek out community AA / NA programs and supports as well as cultural ceremonies and programs.

Meewasinota supplies YMCA passes to encourage structure and routine

CSC Parole Liaison:

Meewasinota does not work with a specific Parole Liaison but works closely with all PO's at Saskatoon Parole.