

Holiday Emergency Contacts

RCMP.....911.....306.696.5200

Healthline (Professional Health Advice)811

Cowessess Peacekeepers.....306.696.7383

Health Services

Home Care/ Health Needs (Schedule/Contacts on second page)

Brenda Barter (Mental Health Therapist).....306.727.0009

Glen Pelletier(Addictions).... 306.696.7905

Broadview

Broadview Pharmasave.....306.696.2274

Broadview Hospital.....306.696.5500

Broadview Clinic.....306.696.2266

Broadview Lab.....306.696.5504

Grenfell

(Doctor's office).....306.697.4050

(Lab & X-Ray).....306.697.4035

Melville

Melville Hospital.....306.728.5407

Melville Clinic.....306.728.4466

Dr. E Clinic.....306.728.2820

Royal Drug.....306.728.5625

Yorkton

Yorkton Hospital.....306.782.2401

Poison Control.....1.866.454.1212

Non-Insured Health Benefits (NIHB).....1.866.885.3933

Mental Health Counselling.....1.866.885.3933

Med Sask.....306.966.6378
.....or 1.800.665.3784

Hope for Wellness Help Line.....1.855.242.3310

Kids Help Phone.....1.800.668.6868 or text CONNECT to 686868

Utility

SaskPower.....1.306.566.2121

SaskEnergy.....1.888.700.0427

Cowessess Public Works.....693.205.7042

Cowessess Fire Department...306.589.9040

Cowessess Housing.....306.696.6595

December 2022

Offices will be closed Thursday, December 22nd 2022 and will reopen Tuesday January 3rd 2023

Holiday Home Care Schedule

Our offices will be closed through the Christmas Holidays; however, our Home Care Staff will be on call during regular business hours to help with all of your treatments and other medical needs. For any health-related questions call 811, or reach out to the scheduled Home Care Staff.

Melissa Thomson, RN, HCN (306) 216-8027

Angela Fremont, HHA, (306) 696-6796

Catherine Fremont, LPN, HCN 1(639) 205-7855



| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------|----------------------------------|-----------------------|-----------------------|---------------------------------------|----------------------------------|---------------------|
| | | | | 1 | 2 | 3 |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| | | | | Office Closed!! Melissa RN, HCN | Melissa RN, HCN | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| Merry Christmas!! | Melissa RN, HCN | Angela Fremont HHA | Angela Fremont HHA | Angela Fremont HHA | Catherine Fremont LPN, HCN | Happy New Year!! |
| 1 | 2 | 3 | | | | |
| January 2023 | Catherine Fremont LPN, HCN | Office Opened!! | | | | |