

2014 Web Edition
-with some edits in prep for 2015-
(this web edition has artwork removed
and pages condensed compared to the print edition)

Healthy Beginnings

A Resource Guide

for Yukon families with young
children

We would like to acknowledge the following people and agencies
for their contribution in this 3rd edition:

Child Development Centre
Canadian Prenatal Nutrition Program @Victoria Faulkner Women's
Centre
Partners for Children @ Yukon College
and to all the individuals who emailed & called to provide insight!

SPECIAL THANK-YOU

**Yukon Government's
Health and Social Services Health Promotion Unit
home to www.yukonwellness.ca
generously helped to print this 2014 edition!**

This Resource Guide can also be found in an on-line format at
www.partnersforchildren.info

Artwork by Susan McCallum
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@ Yukon College.

Purpose

This resource guide is intended to highlight Yukon specific family resources to help parents and young children have Healthy Beginnings!

Healthy Beginnings Resource Guide is not a complete list of all the resources and services available to Yukon residents, but is a starting place. This 3rd edition is still a work-in-progress.

If you know of other agencies that are not yet included, found errors or updates, would like your agency or service listed, or have suggestions for the *Healthy Beginnings Resource Guide*, please contact

Partners for Children

668.8794 or email pfc@yukoncollege.yk.ca

Contact notes for family and friends

Pathways to Wellness

This made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn. It covers topics such as brain development, healthy eating, activity and screen time, safety, and happiness as well as information and encouragement for parents to take care of themselves.

www.yukonwellness.ca

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Partners for Children (ideally) publishes this resource each year.

As well we publish a newsletter two to three times per year.

To be added to their snail or e-mail list contact:

pfc@yukoncollege.yk.ca or 867-668-8794

Pregnancy and Birth Supports

Canadian Prenatal Nutrition Program (CPNP)

Healthy Moms, Healthy Babies in Whitehorse

... Yukon Rural Communities, please look on page **xx**...

at Victoria Faulkner Women's Centre

Location: 503 Hanson St., Whitehorse (Use the side door to the left of the building)

Phone: 667-4134

Email: cpnpwhitehorse@northwestel.net

Website:

<https://sites.google.com/site/victoriafaulknerwomenscentre/a/staff-position-description/cnp-program-coordinator>

a Mamans, papas et bébés en santé at Les EssentiElles

Location: 302 rue Strickland, Whitehorse

Phone: 668-2663 ext. 810

Email: pcnp@essentielles.ca

Website: www.lesessentielles.org

at Skookum Jim Friendship Centre

Location: 3159-3rd Ave., Whitehorse

Phone: 633-7682

Email: sjfcprenatal@northwestel.net

Website: www.skookumjim.com/

at Teen Parent Centre

Location: 1001 Lewes Blvd (Beside FH Collins), Whitehorse

Phone: 667-8336 (TEEN)

Email: kathy.heinbigner@gov.yk.ca

Website: <http://www.teenparentcentreyukon.ca/>

Birthing With Awareness -- Child Birth Preparation Classes

✿: Jo Lukawitski, childbirth educator, birth and postpartum doula, offers private and group Birthing From Within© childbirth classes, Spinning Babies Belly Mapping sessions, Birth Art sessions, and Birthin' Again© classes.

Phone: 667-7804

Email: birth.with.awareness@gmail.com

Web: birthingyukon.com

Birth and Postpartum Doulas

(Note: published here are only Doulas who gave consent to include their information)

Juliette Anglehart Zedda (Doula, postnatal yoga instructor)

Phone: 335-6216

Email: juliette.anglehart@gmail.com

Kat Bunker (Birth and postpartum doula)

Phone: 393-4760

Email: katbunker@hotmail.com

Trine Dennis (Birth Doula and Breastfeeding Counselor)

Phone: 335-4712

Email: trinedennis8@gmail.com

Erin Maguire (Birth doula)

Email: erinofthenorth@googlemail.com

Lindsay Raftis (Birth Doula, RN)

Email: Lindsay.raftis@gmail.com

Andrea Schlupp (Birth Preparation Doula, RN)

Phone: 393-3851

Email: andreaschlupp@yahoo.ca

Mufida Walker (Birth doula)

Phone: 336-3778

Email Jmwalkers@hotmail.com

Leanne Watson (Antenatal, birth and postpartum doula)

Phone: 335-7442

Yukonjane_79@yahoo.ca

Midwives

Heather Ashthorn, CPM

Almost Home Maternity Centre

Phone: 867 633-6770

Email: heather.ashthorn@gmail.com

Kathleen Cranfield, Registered Midwife, Equinox Midwifery

Phone: 335-4229

Email: kcranfield@yahoo.com

Christina Kaiser, [Born@Home](#) Midwifery Practice

Tel: 867 456-2062

Email: Kaiser@northwestel.net

Motherisk

Alcohol & Substance Use Helpline	1-877-327-4636
Morning Sickness Helpline	1-800-436-8477
HIV & HIV Treatment Helpline	1-888-246-5840
Motherisk Helpline	1-877-439-2744

Prenatal Classes

☼: offers prenatal classes to expecting parents and covers stages of labour, comfort measures for labour and medical measures in labour

Location: 9010 Quartz Rd. (Whitehorse Health Centre)

Phone: 667-8864

Prenatal Yoga

☼: prenatal yoga classes every Wednesday 7pm to 8pm. Call to preregister.

Location: The Studio in the Granger Mall

Phone: 335-5062 (Instructor Leticia) or the Studio 456-2748

Email: thestudio@northwestel.net

Rural Pregnant Moms Program at Victoria Faulkner Women's Centre

☼: provides free on site suites for short-term stay for women traveling to Whitehorse for pregnancy related medical appointments or to have their babies

Location: 503 Hanson St., Whitehorse

Phone: 667-2693

Email: yfwc@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

Sage Maternity at Whitehorse Medical Clinic

☼: a team of family doctors provide care to pregnant women during prenatal visits, delivery and up to six weeks postpartum

Location: 406 Lambert St., Whitehorse

Phone: 393-6646

The Yukon Women's Clinic

☼: family doctors with expanded skills in the area of women's health work together during pregnancy prenatally, delivery and six-week post-partum care; phone for appointments

Location: Thomson Centre – Whitehorse General Hospital

Phone: 393-8671

Yukon Communicable Disease Control (YCDC)

☼ offers Sexually Transmitted Infection testing and treatment as well as emergency birth control. If you live outside Whitehorse, the same services are provided at your Community Health Centre, or you could see us next time you are in Whitehorse.

Monday to Friday Appointments - 8:30am to noon

Drop-in - 12:30pm to 4:00pm

Location: # 4 Hospital Rd., Whitehorse

Phone: 667-8323 or 1-800-661-0408 extension 8323

Website: www.getatest.ca

Better to Know

☼: a Yukon Government Health and Social Services sexual health website.

Website: www.bettertoknow.yk.ca

YK STYLE

☼: a Free, confidential sexual health information line; open Monday to Friday 9:00 am to 9:00 pm.

Phone: 1-877-YK-STYLE (1-877-957-8953)

Parenting/Parent-Child Activities

Pathways to Wellness

This made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn. It covers topics such as brain development, healthy eating, activity and screen time, safety, and happiness as well as information and encouragement for parents to take care of themselves.

www.yukonwellness.ca

Baby's Day Out – Whitehorse Health Centre

☼: Wednesday afternoons drop-in from 1-3pm to have your baby measured, get your questions, answered, and enjoy a variety of guest speakers

Location: 9010 Quartz Rd. (Whitehorse Health Centre)

Phone: 667-8864

Breastfeeding Support – Whitehorse Health Centre

☼: a team of lactation consultants are available to provide you with breastfeeding support

Location: 9010 Quartz Rd. (Whitehorse Health Centre)

Phone: 667-8864

Child Car Seat Safety

☼: provides support and services to public for their child car seat safety needs

Location: Gold Creek Building (Old Rogers Video Building)

Unit A, 2251-2nd Ave., Whitehorse

Phone: 667-5832 or 1 800 661 0408 ext. 5832

Email: carseat@gov.yk.ca

Website: www.hpw.gov.yk.ca

Child Development Centre (CDC)

☼: provides early supports and therapeutic services to children from birth to school entry. Therapists work in partnership with families to provide information and activities that fit each family.

Location: 1000 Lewes Blvd., Whitehorse

Phone: 456-8182, or toll free at 1-866-835-8386

Email: info@cdcyukon.ca

Website: www.cdcyukon.com

Sub-office at Kwanlin Dun c/o Dusk'a Head Start Learning Centre 633-7820

Child Health Checkups – Whitehorse Health Centre

☼: encourages all new parents to bring their children to our Child Health Clinics offered throughout the month. Your visit will include assessing your child's physical health, development and growth and may also include routine immunizations; call for an appointment.

Location: Whitehorse Health Centre (9010 Quartz Road)

Phone: 667-8864

Drop in Family Gymnastics

☼: come by the gymnastics gym Sunday afternoons from 2:00 to 3:30 pm, \$5/adults, \$2/children

Location: 16 Duke Rd., Whitehorse (Polarettes Gymnastic Club)

Phone: 668-4794

Web: www.polarettes.org

Dusk'a Head Start Learning Centre

☼: Aboriginal Head Start (AHS) Program for children and families to help enhance child development and school readiness for First Nation, Inuit and Métis children.

Location: 47 McIntyre Drive (Kwanlin Dun), Whitehorse

Phone: 393-3775

Fireweed Family Place – Many Rivers Counselling and Support Services

☼: is a resource centre for Yukon families. Family Educators are available to talk with parents and there's a place to breastfeed.

Location: 4071 4th Ave., Whitehorse

Phone: 667-2970

Email: info@manyriver.yk.ca

Website: www.manyrivers.yk.ca

Healthy Families

☼: is a voluntary program that provides support to families prenatally or at birth and continues until the child is school age

Location: 9010 Quartz Road, Whitehorse Health Centre

Phone: 667-3745 or 1-800-661-0408 ext. 3745

or the Whitehorse Health Centre at 667-8864

Website: <http://www.hss.gov.yk.ca/healthyfamilies.php>

Home Visiting Program for New Parents – Whitehorse Health Centre

☼: a home visiting program answers questions, provides child health assessments, and breastfeeding support to new moms

Location: 9010 Quartz Rd. (Whitehorse Health Centre)

Phone: 667-8864

La Leche League

☼: on-line breastfeeding support

National Website: www.lllc.ca

We provide breastfeeding support and host monthly meetings on the first Sunday of every month.

karibryan@me.com meeting info and to be added to mailing list

laingheidi@gmail.com for breastfeeding support via email.

Learning Together

☼: is a FREE early learning drop-in program for three- to five-year-olds accompanied by their parents or caregivers. Adults can discover new ways to support children's learning at home and may make valuable connections with others in their community and learn about local services and resource providers in their area.

Location: [Selkirk School, Whitehorse](#); [Eliza Van Bibber School, Pelly Crossing](#); [Johnson Elementary School, Ross River](#)

Phone: Yukon Government, Education - 667-8238

Moms and Kids Program - Victoria Faulkner Women's Centre

☼: a summer recreational program for isolated and low income moms and kids up to age 8

Location: 503 Hanson Street, Whitehorse

Phone: 667-2693

Email: vfwc@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

Mothering your Baby...the First Year

☼: this FREE program is offered three times a year for six weeks. Provides an opportunity to meet with other mothers, enjoy a nutritious snack and discuss the ups and downs of mothering and living and learning with your new baby.

Location: 9010 Quartz Rd., (Whitehorse Health Centre)

Phone: 667-8864

Nobody's Perfect Parenting Course

☼: a parent education and support program for parents of children birth to five years old. Groups run weekly for six weeks. Child care, snacks or a meal and transportation are provided. This program is free.

Location:

Phone:

Email:

Parent and Tot Swim

☼: time to play with your baby in the warm pool at the Canada Games Centre. Call to confirm times.

Location: Canada Games Centre, 200 Hamilton Blvd, Whitehorse

Phone: 668-8360

Email: miscal.avano-nesgaard@whitehorse.ca

Parent-Child Mother Goose

☼: with your baby, toddler and/or preschooler. This program is free.

Phone:

Website:

Pre-School Story Time

☼: for children of 6 months to 6 years of age offered at different times at the Whitehorse Public Library. For Story Time programs in Yukon Community Libraries please contact your local library.

Location: 2017 – 2nd Ave. in Whitehorse

Phone: 667-5239

Website: www.ypl.gov.yk.ca

Romp and Run

☼: parent child play group at the Whitehorse United Church Basement Tuesdays from 9:30 to 11:30 am with a cost of \$2/family used to purchase toys for the group

Location: 601 Main St., Whitehorse (United Church basement)

Phone: 456-4931

Selkirk Elementary School Family Night Program

☼: encourages student and family involvement within the SES school community by offering culturally relevant recreational and social activities and services that support the family unit. SES Family Night program sessions are normally 4-6 weeks in length, on Tuesdays from 5:30-7:00 pm, and include a family swim night at the CGC on the last Tuesday of each month.

Location: 5 Selkirk St.

(at the northern junction of Alsek Rd. & Lewes Blvd.)

Phone: 667-3688

Tumbletime Playgroups/MOPS

☼: a drop-in playgroup for parents and tots ages 0-5 years Thursdays from 9:30 to 11:30 am

Location: 15 Duke Rd., Whitehorse (Riverdale Baptist Church)

Phone: 667-6620

Traditional Parenting Program

☼: works towards improving the health and quality of life of Aboriginal peoples by teaching parenting skills through the traditional knowledge of Elders. The program also provides people with outreach programming in Yukon communities.

Location: 3159-3rd Ave., Whitehorse

(Skookum Jim Friendship Centre)

Phone: 633-7692

Email: sjfctpp@northwestel.net

Website: www.skookumjim.com

Whole Child Program – Elijah Smith

Information unclear at time this booklet went to print

Whole Child Program - Whitehorse Elementary

✿: works with youth, families, other agencies, and community members; provides free weekly recreational nights (open gym, open computer lab, Cooking with Kids, Crafts for Kids, free Family Swim, free Glow Bowling, etc), as well as provide individually tailored supports to any families regardless of age of children, or where family resides. All programs are free and open to all Whitehorse families.

Location: 4181 Fourth Ave., Whitehorse

Phone: 456-3871

Email: wcpyukon@gmail.com or barbara.curtis@yesnet.yk.ca

Website: www.yesnet.yk.ca/schools/wes/whole_child/index.html

Yukon Academy of Martial Arts

✿: DojoTeaches non-violent, peaceful approach to training and fun for toddlers (Little Ninjas), children and family classes while promoting a happy and healthy lifestyle.

Location: Riverdale Rendezvous Plaza, 38B Lewes Blvd.
(entrance from Klondike Road)

Phone: 333-0997

Email: yeshuado@gmail.com

Web: www.yama-dojoca

The Yukon Family Literacy Centre

✿: houses a broad range of programs, activities and resources to meet the literacy and essential skills needs of Yukon children, families, youth and adults

Location: 200 Hamilton Blvd, Whitehorse
(Second floor of the Canada Games Centre)

Phone: 668-8698

Email: yukon.literacy.coalition@northwestel.net

Yukon Literacy Coalition

✿: supports and encourages literacy in the languages of the Yukon

Location: Suite 207 – 100 Main St, Whitehorse (Horwoods Mall)

Phone: 668-6535

Email: communications.officer@northwestel.net

Website: www.yukonliteracy.ca

Health Care

Association Franco-Yukonnaise

✿: Porte-parole officiel et leader du développement de la communauté franco-yukonnaise depuis 1982, l'AFY vise à améliorer la qualité de la vie en français des francophones du Yukon.

Location: 302 Strickland Street

Phone: 668-2663

Email: francosante@yknet.ca

Website: www.afy.yk.ca

Blood Ties Four Directions Centre

✿: support and education for those dealing with HIV/AIDS and Hepatitis C

Location: 307 Strickland Street

Phone: 633-2437, toll free in Yukon 1-877-333-2437

Email: bloodties@klondiker.com

Website: www.bloodties.ca

Child Health Checkups – Whitehorse Health Centre

☼: all new parents are encouraged to bring their child to our Child Health Clinics offered throughout the month. Visits include assessing your child's physical health, development and growth and may also include routine immunizations; call for an appointment.

Location: Whitehorse Health Centre (9010 Quartz Road)

Phone: 667-8864

First Nations Health Programs

☼: First Nations Health Programs (FNHP) promote the provision of quality, culturally-sensitive holistic health care to Aboriginal People

Location: #5 Hospital Rd., Whitehorse General Hospital

Phone: 393-8780

Website: www.whitehorsehospital.ca

First Nations and Inuit Non-Insured Health Benefits

☼: Health Canada provides eligible First Nations people and Inuit with a specified range of medically necessary health-related goods and services when they are not covered through private insurance plans or provincial or territorial health and social programs.

Phone: Toll free in Canada 1-866-225-0709

Website: www.healthcanada.gc.ca/nihb

Hearing Services

☼: provides hearing screenings, hearing aid evaluation and dispensing, hearing aid repairs, and assistive listening devices to the general public (children and adults). A referral from a doctor or other service provider is needed.

Location: 204 – 4114 - 4th Avenue, Whitehorse
(2nd floor, Royal Bank Building)

Phone: 667-5913, or toll free at 1 800 661 0408 ext. 5913

Website: http://www.hss.gov.yk.ca/hearing_services.php

Infant/Child CPR

Yukon College Continuing Education

Location: 500 College Dr., Whitehorse

Phone: 668-5200 or 1-800-661-0504

Website: <http://www.yukoncollege.yk.ca/ce>

The Canadian Red Cross

Website: <http://www.redcross.ca>

St. Johns Ambulance

Location: 128 Copper Rd., Whitehorse

Phone: 668-5001

Website: www.sja.ca

Kwanlin Dun Health Centre

✿: the only First Nation operated Health Centre north of the 60th parallel, is unique in its integration of programming that forms a continuous stream from pre-birth to death

Location: 35 McIntyre Drive

Phone: 633-7800

Website: <http://www.kwanlindun.com/health/section/services/>

Outreach Van

✿: an outreach program that is a mobile community program aimed at meeting a variety of health, safety, and social needs to a specific sector of the Whitehorse community

Phone: 667-2970 ext. 240 (Many Rivers) or 334-1647 for services

Website: <http://www.manyrivers.yk.ca/outreachvan.html>

Whitehorse General Hospital

☼: providing quality acute care for the life and health of Yukon people

Location: #5 Hospital Rd., Whitehorse

Phone: 393-8700

Website: www.whitehorsehospital.ca

Whitehorse Health Centre

☼: provides public health services, including health education, health counseling, and immunizations to people of all ages in the City of Whitehorse

Location: 9010 Quartz Rd.

Phone: 667-8864

Yukon Children's Dental Program

☼: Yukon's Pre-School Dental Program is for children, newborn to five years of age. It is recommended that your child visit a dental therapist or dentist before their first birthday.

☼: The Yukon Children's Dental Program is a school-based public dental health program that provides diagnostic, preventative and restorative dental services to Yukon children. Dental therapists provide dental services to both urban and rural communities.

Location: 9010 Quartz Rd., Whitehorse

Phone: 667-8360 or 1-800-661-0408 ext. 8360

Website: <http://www.hss.gov.yk.ca/dental.php>

Yukon Health Care Card

☼: for Health Care Insurance registration. In rural communities, application forms are available at all Territorial Agents

Location: 204 Lambert St., Whitehorse (4th floor)

Phone: 667-5209, or toll free 1-800-661-0408, local 5209

Website: http://www.hss.gov.yk.ca/health_card.php

Yukon Health Guide

✿: this online guide provides information on health topics and tools.

Website: www.ykhealthguide.org

Yukon Health Line

✿: the Yukon Health Line is a free, confidential 24-hour service available to anyone in the Yukon.

Phone: 811

Medical Clinics

Family Practice Unit

Location: 102-402 Hanson Street, Whitehorse

Phone: 667-6421

Horwoods Mall Medical Clinic

Location: 104-100 Main Street, Whitehorse

Phone: 633-2847

Klondyke Medical Clinic

Location: 3089-3rd Avenue, Whitehorse

Phone: 668-4046

Pine Medial Clinic

Location: 5110-5th Avenue, Whitehorse

Phone: 668-4353

River Valley Medical Clinic

Location: 106 Lambert Street, Whitehorse

Phone: 667-6491

SAGE Maternity

Location: Whitehorse Medical Clinic
406 Lambert Street, Whitehorse
Phone: 393-6600

Whitehorse Medical Services Ltd.

Location: 406 Lambert Street, Whitehorse
Phone: 393-6646

The Yukon Women's Clinic

✿: family doctors with expanded skills in the area of women's health work together during pregnancy prenatally, delivery and six-week post-partum care; phone for appointments

Location: Thomson Centre – Whitehorse General Hospital
Phone: 393-8670

Child Care

Child Care Services Unit (CCSU)

✿: Child Care Services licenses and monitors child care centre and family day home programs in the Yukon. CCSU also administers the child care subsidy program which assists families who qualify with the costs of licensed child care, and maintains a list of Yukon licensed Child Care Centres and Family Day Home programs.

Location: 9010 Quartz Road, Whitehorse
Phone: 667-3492 or 1-800-661-0408 ext. 3492
Website: <http://www.hss.gov.yk.ca/childcareunit.php>

For licensed child care programs go to
www.hss.gov.yk.ca/pdf/licensedchildcarecentres.pdf

Yukon Child Care Association

✿: works with licensed child care programs in a quest to provide quality environments for children, families and early childhood educators in all Yukon communities.

Location: Box 31103, Whitehorse, YT Y1A 5P7

Email: ycca1974@gmail.com

Website: www.yukonchildcareassociation.org

Phone: 668-5130

Youth Activities

Boys & Girls Club of Yukon

✿: provides a safe and supportive drop in centre for youth ages 11-18 and also provide after school programming for youth ages 6-12 in school across Whitehorse

Location: 6209 – 6th Ave., Whitehorse

Phone: 393-2824

Email: oc@bgcyukon.com

Website: <http://www.bgcyukon.ca>

Bringing Youth Towards Equality Society (BYTE)

✿: BYTE is a ‘by youth, for youth’ organization that focuses on empowering and promoting youth throughout the Yukon and Canada’s north.

Location: 2 - 407 Ogilvie St., Whitehorse

Phone: 667-7975

Email: info@yukonyouth.com

Website: www.yukonyouth.com

Polarettes Gymnastic Club – Youth drop-in

✿: a non-structured hour where you can come in and try the equipment on Thursday evenings from 7:30 to 8:00 pm at a cost of \$5/person for youth between

10-14 years old

Location: 16 Duke Rd., Whitehorse (Polarettes Gymnastic Club)

Phone: 668-4794

Youth Achievement Centre (YAC)

☼: offers a variety of programs to 12-17 year-old young people and youth-at-risk who many not be participating in school or are working full-time

Location: 501 Taylor St., Whitehorse

Phone: 667-3759 or toll free in Yukon 1 800 661 0408 ext. 3759

Email: yac@gov.yk.ca

Youth of Today Society (Blue Feather Youth Centre)

☼: provides a safe nurturing environment for youth at risk, assisting in their physical, emotional, mental and spiritual growth through a variety of programs

Location: 2157 Second Avenue, Whitehorse

Phone: 633 9686 (youth phone) or 633-9687 (office phone)

Website: www.youthoftodaysociety.com **OR** www.road2angels.com

Housing

Grey Mountain Housing Society

☼: housing for Families with First Nations Ancestry

Location: 4078 Fourth Ave., Suite 5, Whitehorse

Phone: 633-4880

Email: greymtn@navigonet.com

Kaushee's Place –Women's Transition Home

☼: accept and assist women and children fleeing violence

Phone: 668-5733, call collect from Yukon communities

Email: edkaushees@whtvcable.com

Rural Pregnant Moms Program at Victoria Faulkner Women's Centre

☼: provides free on site suites for short-term stay for women traveling to Whitehorse to have their baby

Location: 503 Hanson St., Whitehorse

Phone: 667-2693

Email: yfwc@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

The Salvation Army Shelter Services

Location: 311 B Black St., Whitehorse

Phone: 668-3227

Youth Emergency Shelter

☼: Skookum Jim Friendship Centre helps to provide a safe bed for youth 17-20 years old when needed, and assists them in reconnecting with family, friends, and/or the community

Location: 3159-3rd Ave., Whitehorse

Phone: 335-1216

Website: www.skookumjim.com/emergency.html

Whitehorse Housing

☼: low cost housing for eligible families

Location: 410 Jarvis St., Whitehorse

Phone: 667-5712 or toll free 1 800 661 0408 ext. 5712

Email: ykhouse@gov.yk.ca

Website: www.housing.yk.ca/shp.html

Yukon Housing Corporation

☼: links families, communities and the housing industry with programs and services that work to support the housing needs of Yukoners

Location: 410 Jarvis St., Whitehorse

Phone: 667-5759 or toll free 1 800 661 0408 ext. 5759

Email: ykhousing@gov.yk.ca

Website: www.housing.yk.ca

Food Banks/Nutrition Resources

Food Bank Society of Whitehorse

Location: 306 Alexander St., Whitehorse

Phone: 393-2265

Email: office@whitehorsefoodbank.ca

Website: www.whitehorsefoodbank.ca

Salvation Army Food Bank

Location: 311 B Black St., Whitehorse

Phone: 668-3227

Sally & Sisters

☼: Free hot lunch meals for women and children on Mondays and Fridays from 12:00 noon to 1:00 pm at the Food Bank Society of Whitehorse

Location: 306 Alexander St., Whitehorse

Phone: 393-2265

Email: office@whitehorsefoodbank.ca

Outreach Van

☼: a mobile outreach program aimed at meeting a variety of health, safety, and social needs, including soup and sandwiches, to a specific sector of the Whitehorse community

Phone:

Website:

Victoria Faulkner Women's Centre – Community Kitchen

☼: come have lunch with other women on Wednesdays from 11:30 to 1:00pm

Location: 503 Hanson St., Whitehorse

Phone: 667-2693

Email: vfwc@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

Weekend Soup Kitchen

☼: this community meal is available at the CYO Hall from 12:30 to 1:00 pm on Saturdays and 2:00 to 2:30 pm on Sundays

Location: 406 Steele St., Whitehorse (Side door of Sacred Heart Church)

Phone: 667-2437

Email: sacredheart@klondiker.com

Yukon Food for Learning Association

☼: provides funding to schools providing nutritional information and operating breakfast, lunch and/or snack programs

Phone: 393-6902

E-mail: ykfoodforlearning@gmail.com

Website: www.yukonfoodforlearning.ca

Education

Child Development Centre (CDC)

✿: provides early supports and therapeutic services to children from birth to school entry. Therapists work in partnership with families to provide information and activities that fit each family.

Location: 1000 Lewes Blvd., Whitehorse

Phone: 456-8182, or toll free at 1-866-835-8386

Email: info@cdcyukon.ca

Website: www.cdcyukon.com

Sub-office at Kwanlin Dun c/o Dusk'a Head Start Learning Centre 633-7816

Department of Education

Location: Education Building on 1000 Lewes Blvd.

Phone: 667-5141, toll free in the Yukon 1-800-661-0408 ext. 5141

Email: contact.education@gov.yk.ca

Website: www.education.gov.yk.ca

Dolly Parton Imagination Library – Yukon Literacy Coalition

✿: register children in the Yukon 1-12 months old to receive free books until age 5 years. Pick up and drop off registration forms at the Yukon Literacy Coalition.

Location: Suite 207 Main St., Whitehorse

Phone: 668-6535

Website: www.yukonliteracy.ca

Early Childhood Development Program

☼: a college, university transferable certificate and/or diploma program

Location: 500 College Drive

Phone: 668-8793

Email: hehs@yukoncollege.yk.ca

Website: www.yukoncollege.yk.ca/programs/info/ecd

Learning Disabilities Association of Yukon (LDAY)

☼: is dedicated to increasing awareness of learning differences, and supporting children, youth and adults with learning difficulties or disabilities. LDAY provides leadership through advocacy, education, programs and services.

Location: 128 Copper Rd. (bottom of Mountain View Drive)

Phone: 668-5167

Email: office@ldayukon.com

Learning Together

☼: is a FREE early learning drop-in program for three- to five-year-olds accompanied by their parents or caregivers (younger siblings welcome). Playtime, games, crafts, storytelling and lots more!

Location: Selkirk School, 9:00-11:30; Hidden Valley School 12:30 – 3:00; Watson Lake - Johnson Elementary School 12:30-3:00.

Phone: Yukon Education, Early Learning Consultant - 667-8504

Website: <http://www.education.gov.yk.ca/kto12/learningtogether.html>

Association Franco-Yukonnaise

✿: Porte-parole officiel et leader du développement de la communauté franco-yukonnaise depuis 1982, l'AFY vise à améliorer la qualité de la vie en français des francophones du Yukon.

Location: 302 Strickland St.

Phone: 668-2663

Email: francosante@yknet.ca

Website: www.afy.yk.ca

Partners for Children (PFC)

✿: a program that works throughout the Yukon to provide training and information to parents, family, guardians, caregivers and teachers of young children. PFC networks in the early child development community to build relationships and bridge gaps in the early childhood community.

Location: Yukon College

Phone: 668-8794

Email: pfc@yukoncollege.yk.ca

Website: www.partnersforchildren.info

Teen Parent Centre

✿: for students who require additional support in the regular school system due to pregnancy or child care needs.

Location: 1001 Lewes Blvd. (Beside FH Collins), Whitehorse

Phone: 667-8336 (TEEN)

Email: kathy.heinbigner@gov.yk.ca

Website: www.teenparentcentreyukon.ca

Yukon Learn Society

✿: is a not-for-profit agency whose mandate is to help Yukon adults improve their literacy, numeracy and computer skills. We have a team of literacy tutors in your area who are ready, able and willing to teach people with low literacy the skills they need to succeed.

Location: Suite B, 2158-2nd Ave., Whitehorse

Phone: 668-6280

Fax: 633-4576

Email: learn@yukonlearn.com

Website: www.yukonlearn.com

Yukon Literacy Coalition

✿: supporting and encouraging literacy in the languages of the Yukon

Location: Suite 207 – 100 Main St., Whitehorse

(Horwoods Mall)

Phone: 668-6535

Email: communications.officer@northwestel.net

Website: www.yukonliteracy.ca

Recreation & Leisure

Canada Games Centre (CGC)

Location: 200 Hamilton Blvd, Whitehorse

Phone: 668-8360

Email: www.whitehorse.ca/cgc

Website: <http://www.whitehorse.ca/>

Kids Recreation Fund

☼: intends is to assist Yukon children and youth who are unable to participate in activities because of financial hardship

Location: 4061 4th Ave., Whitehorse (Sport Yukon Building)

Phone: 668-4236

Website: <http://www.sportyukon.com/kidsrecreationfund/>

Recreation Parks Association of Yukon (RPAY)

☼: works in partnership with Yukon groups, agencies and individuals to promote and support healthy, active lifestyles in the Yukon

Location: 509 Hanson St., Whitehorse

Phone: 668-3010

or toll free from communities 1-800-961-WALK (9255)

Email: rpay@klondiker.com

Website: www.rpay.org

Active Living Guide

– **City of Whitehorse Recreation and Facility Services**

☼: features programs, events and services for the entire family

Phone: 668-8360

Website: www.whitehorse.ca/alg

Sport Yukon

☼: an organization that enhances opportunities for all Yukoners in their pursuit of excellence and in their enjoyment of participation; they have an extensive list of Yukon sport and recreation associations including contact information.

Location: 4061 4th Ave., Whitehorse

Phone: 668-4236

Email: news@sportyukon.com

Website: www.sportyukon.com

Special Needs

- Support Services

Autism Yukon

⊗: supports families and individuals living with Autism Spectrum Disorder through family support, public awareness, training, advocacy, and community resources

Location: 108 Copper Rd., Whitehorse

Phone: 667-6406

Email: executive@autismyukon.org

Website: www.autismyukon.org

Child and Adolescent Therapeutic Services (CATS)

⊗: provides confidential counselling services to children, youth, and their families who have experienced child maltreatment

Location: 415 Baxter St., Whitehorse

Phone: 667-8227, toll free in Yukon 1-800-661-0408 ext. 8227

Email: catsintake@gov.yk.ca

Website: <http://www.hss.gov.yk.ca/cats.php>

Child Development Centre (CDC)

✿: provides early supports and therapeutic services to children from birth to school entry. Therapists work in partnership with families to provide assessment and follow-up, home-based programs, therapeutic groups, education and support, resources and Child and Youth Diagnostic and Support team (FASD, Autism, Complex Behaviour). They also provide a Follow Along program for children birth – 3 years where families can learn about their child’s development and what to expect next. Services are free of charge.

Location: 1000 Lewes Blvd., Whitehorse

Phone: 456-8182, or toll free at 1-866-835-8386

Email: info@cdcyukon.ca

Website: www.cdcyukon.com

Sub-office at Kwanlin Dun c/o Dusk’a Learning Centre 633-7820

Fetal Alcohol Syndrome Society of Yukon (FASSY)

✿: provides outreach services to individuals with an FASD diagnoses in addition to prevention and education workshops, and coordination of adult diagnostic services

Location: 4141B 4th Ave.

Phone: 393-4948

Email: executive.director@fassy.org

Family Supports for Children with Disabilities (FSCD)

✿: provides support to Yukon families to care for their child with a disability

Location: 49B Waterfront Place, Whitehorse

Phone: 393-7464 or 1-800-661-0408 ext. 7464

Website: http://www.hss.gov.yk.ca/disabilities_children.php

**PFLAG (Parents and Friends of Lesbians and Gays) Canada –
Whitehorse Chapter**

Phone: 336-3283

Email: whitehorseYT@pflagcanada.ca

Website: www.pflagcanada.ca

Residential Youth Treatment Services (RYTS)

☼: provides both short-term care for children at the Children's Receiving Home and long-term, group home care

Location: 202-211 Hawkins St., Whitehorse

Phone: 667-5184 or toll free in Yukon 1-800-661-0408 ext. 5184

Addictions

Alcohol and Drug Services

☼: offers prevention, detox and treatment services to individuals, families and groups on issues related to substance abuse

Detoxification Services, Treatment Services, Program Management

Phone: 667-5777, toll free in Yukon 1-855-667-5777

Prevention Services

Phone: 667-5405, toll free in Yukon 1-855-667-5777

Alcoholics Anonymous, Alanon, Alateen (AA)

☼: is a camaraderie of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism

Phone: 668-5878 (Yukon Hotline)

Website: <http://www.bcyukon-al-anon.org/>

Narcotics Anonymous (NA)

☼: offers community support and self-help meetings based on shared experiences in recovery from substance abuse

Phone: 1-888-543-2499

Website: www.canaacna.org

QuitPath Program

☼: offers a number of face to face services, such as the nicotine patch, a getting started session, coaching and more. QuitPath.ca offers evidence- based tools and resources to help smokers quit and stay smoke free. Receive inspirational messages via text or email.

Location: 2nd floor, 305 Jarvis St., Whitehorse (Health Promotion Unit)

Phone: 667-8393, Toll Free 1-866-221-8393

Email: info@quitpath.ca

Website: www.quitpath.ca

Pathways to Wellness

This made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn. It covers topics such as brain development, healthy eating, activity and screen time, safety, and happiness as well as information and encouragement for parents to take care of themselves.

www.yukonwellness.ca

Employment

Employment Central

☼: your job search headquarters

Location: 202-204 Black St., Whitehorse

Phone: 393-8720

Email: ec@northwestel.net

Website: www.employmentyukon.ca

Association Franco-Yukonnaise

☼: Porte-parole officiel et leader du développement de la communauté franco-yukonnaise depuis 1982, l'AFY vise à améliorer la qualité de la vie en français des francophones du Yukon.

Location: 302 Strickland St.

Phone: 668-2663

Email: francosante@yknet.ca

Website: www.afy.yk.ca

Yukon Work Information Network (YuWin)

☼: is an online employment resource for employers and job seekers. It provides Yukon information about current jobs, the labour market, career planning, education and training. The Job Board is the most comprehensive, up-to-date source of job opportunities in Yukon. You can also find information about living and working in Yukon and find partner organizations that will help you refine your job search and find employment.

Phone: 393-3874

Fax: 633-2605

Website: www.yuwin.ca

Mental Health

Health Canada – Indian Residential School Resolution Mental Health Support Program

Location: Suite 100, 300 Main St., Whitehorse
(Elijah Smith Building)

Phone: Toll free in Canada 1-800-464-8106

24-hour crisis line 1-866-925-4419

Email: Northern_Region_Nord@hc-sc.gc.ca

Website: www.healthcanada.gc.ca/irs

Many Rivers Counselling and Support Services - Main Office

☼: serves children, youth, adults, and families. It is our goal to promote healthy relationships within the family, in the workplace and the community. To do this, we aid in the personal growth of individuals and families. We support people through difficult challenges and transitions, such as illness, separation, life changes, and role changes.

Location: 4071 4th Ave., Whitehorse

Phone: 667-2970

Email: info@manyriver.yk.ca

Website: www.manyrivers.yk.ca

Mental Health Services

☼: is a community mental health clinic offering assessment, individual and group therapy, supportive counselling and referral services for a wide range of emotional and behavioural problems and mental illnesses

Location: # 4 Hospital Rd., Whitehorse

Phone: 667-8346

Website: www.hss.gov.yk.ca/programs/health/mental_health/

Life After Birth

☼: is an opportunity for postpartum support, information and counselling for parents experiencing difficult feelings after the birth or adoption of a baby. Services are free.

Location: 4071 4th Ave., Whitehorse

Phone: 667-2970

Email: info@manyriver.yk.ca

Website: www.manyrivers.yk.ca

Pathways to Wellness

This made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn. It covers topics such as brain development, healthy eating, activity and screen time, safety, and happiness as well as information and encouragement for parents to take care of themselves.

www.yukonwellness.ca

Support Services

Child Protection – Family Support Program

☼: becomes involved with families where there are child protection concerns

Located: 4114 - 4th Ave., Whitehorse

(Royal Bank Building 4th floor)

Phone: 667-3002, toll free in Yukon 1-800-661-0408 ext. 3002

Website: www.hss.gov.yk.ca/family_support.php

Hospice Yukon Society

☼: grief counselling and support

Location: 409 Jarvis Street, Whitehorse

Phone: 667-7429

Email: info@hospiceyukon.net

Website: www.hospiceyukon.net

Family Supports for Children with Disabilities (FSCD)

☼: for Yukon families to help care for their child who has a disability

Location: 49B Waterfront Place, Whitehorse

Phone: 393-7464 or 1-800-661-0408 ext. 7464

Website: http://www.hss.gov.yk.ca/disabilities_children.php

Supported Child Care Program

☼: provides funding to licensed child care centre and family day home programs that assist with additional costs associated with caring for children who need extra supports; allows all children to participate fully in child care programs

Location: 9010 Quartz Rd., Whitehorse

Phone: 667-3492 or 1-800-661-0408 ext. 3492

Website: www.hss.gov.yk.ca/childcareunit.php

Victims Services and Family Violence Prevention Unit

☼: support for victims of violence and abuse to help navigate the government and legal systems

Location: 301 Jarvis St., Whitehorse

Phone: 667-8500 or toll free in Yukon 1-800-661-0408 ext. 8500

Website: <http://www.justice.gov.yk.ca/prog/cor/vs/>

Women's Advocate – Victoria Faulkner Women's Centre

☼: provides assistance to women who interact with government organizations, access information needed to make informed choices, and to receive the benefits to which they are entitled

Location: 503 Hanson St., Whitehorse

Phone: 667-2693

Email: womensadvocate@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

Money

Childcare Supplement Programs

See in this section: Supported Child Care Program

Family Supports for Children with Disabilities (FSCD)

☼: for Yukon families to help care for their child who has a disability

Location: 49B Waterfront Place, Whitehorse

Phone: 393-7464 or 1-800-661-0408 ext. 7464

Website: http://www.hss.gov.yk.ca/disabilities_children.php

Human Resources and Skills Development Canada

☼: provides general information and referral for several federal government programs including child tax benefits, GST credit cheques, income tax information, Employment Insurance Benefits, Maternity and Parental leave, disability supports, Social Insurance numbers, passport applications and Canada Savings Bonds.

Location: Suite 125 – 300 Main Street (Elijah Smith Building)

Phone: 667-5083 or toll free at 1-800-622-6232

Website: www.hrsdc.gc.ca

Income Tax Returns for Women

✿: the Victoria Faulkner Women's Centre offers women help with their income taxes

Location: 503 Hanson St., Whitehorse

Phone: 667-2693

Email: vfwc@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

Social Assistance

✿: Yukon Social Assistance is a program that provides financial assistance to people who do not have enough money to live on

Location: 3168 – 3rd Ave., Whitehorse

Phone: 667-5674

Website: <http://www.hss.gov.yk.ca/sa.php>

Supported Child Care Program

✿: Child Care Services Unit (YG) provides funding to licensed child care centre and family day home programs that assist with additional costs associated with caring for children who need extra supports. This allows all children to participate fully in child care programs

Location: 9010 Quartz Rd., Whitehorse

Phone: 667-3492 or 1-800-661-0408 ext. 3492

Website: www.hss.gov.yk.ca/childcareunit.php

Yukon Maintenance Enforcement Program (MEP)

✿: for people who pay or receive child or spousal support

Location: 2130 Second Ave., Whitehorse (Ground floor of the Law Centre)

Phone: 667-5437 or toll free in Yukon 1-877-617-5347

Email: justmep@gov.yk.ca

Website: <http://www.yukonmep.ca/219.html>

The Law

Council of Yukon First Nations

– Justice Programs, Aboriginal Court Workers

✿: assists aboriginal individuals who are charged with a criminal offence to ensure they receive fair and equitable treatment before the law. The program enhances awareness and appreciation of the values, customs, languages and the social-economic conditions of Aboriginal people to the existing justice system. The program assists in breaking down communication barriers between First Nation citizens and the criminal justice system. CYFN Courtworker services are available to all aboriginals in the communities of Whitehorse, Kwanlin Dun, Carcross, Teslin, Haines Junction, Burwash and Beaver Creek.

Phone: 667-3781

For the Sake of the Children – Family Law Information Centre

✿: free information Workshops for Separating or Divorced Parents

Location: 2134 Second Ave., Whitehorse

Phone: 456-6721 or 1-800-661-0408 ext. 6721

Email: FLIC@gov.yk.ca

Website: www.yukonflic.ca

Family Law Information Centre (FLIC)

✿: provides information on family law issues and court procedures

Location: 2134 Second Ave., Whitehorse

Phone: 456-6721 or 1-800-661-0408 ext. 6721

Email: FLIC@gov.yk.ca

Website: www.yukonflic.ca

Yukon Public Legal Education Association (YPLEA)

☼: provides information about the law to the public

Location: 2134 Second Ave., Whitehorse

Phone: 668-5297 (Law Line), or toll free in Yukon 1-866-667-4305

Website: www.yplea.com

Victim Services and Family Violence Unit

Location: 301 Jarvis St., Whitehorse

Phone: 667-8500 or 1-800-661-0408 ext. 8500

Website: www.justice.gov.yk.ca

VictimLink-BC

☼: provides information and referral services to all victims of crime and immediate crisis support to victims of family and sexual violence

Phone: 1-800-563-0808

Website: www.victimlinkbc.ca

Yukon Legal Aid Services Society (Legal Aid)

☼: if you need a lawyer but cannot afford to pay, we may be able to help by providing a lawyer at no cost or at a very low cost to you

Location: 203 – 2131 2nd Ave., Whitehorse

Phone: 667-5210 or 1-800-661-0408

Email: administration@legalaid.yk.ca

Website: www.legalaid.yk.ca

Rural Yukon Community Specific Resources

Rural Community Information

can also be found at

http://www.ykhealthguide.org/community/first_nations/

Pathways to Wellness

This made-in-Yukon website provides up-to-date information on healthy child development and practical tips for parents and other caregivers on how to raise healthy, happy children who are curious and keen to learn. It covers topics such as brain development, healthy eating, activity and screen time, safety, and happiness as well as information and encouragement for parents to take care of themselves.

www.yukonwellness.ca

Rural Pregnant Moms Program

at Victoria Faulkner Women's Centre

☼: provides free on site suites for short-term stay for women traveling to Whitehorse to have their baby

Location: 503 Hanson St., Whitehorse

Phone: 667-2693

Email: yfwc@northwestel.net

Website: <http://victoriafaulknerwomenscentre.blogspot.com/>

Beaver Creek

Health Centre

862-4444

Yukon College

862-8000

Carcross

Healthy Moms, Healthy Babies Canadian Prenatal Nutrition Program	821-4251
Carcross Tagish First Nation Health & Social Programs	821-8211 (director)
Health Centre	821-4444
Yukon College	821-8000

Carmacks

Health Centre	863-4444
Yukon College	863-8000

Dawson City

Healthy Moms, Healthy Babies Canadian Prenatal Nutrition Program	993-5149
Child Development Centre sub-office	993-3028
Community Chapel	
dawsoncommunitychapel@hotmail.com	
Dawson Daycare	993-5167
dawsonchildcare@northwestel.net	
Dawson City Medical Services	993-6543
Dawson City Women's Shelter (24 hours)	993-5086
Kid's Time	993-5086
Dawson Food Bank	993-5507
Employment – Klondike Outreach	http://klondikeoutreach.com/
Health Centre	993-4444
Learning Disabilities Association of the Yukon	993-3618

Many Rivers Counselling and Support Services	993-6455
Nena-the Tr'inke-in Head Start Program	993-5927
Tr'inke Zho Daycare Centre	993-5907
Victim Services	993-5831
Yukon College	993-8000
Yukon Council on Disability (YCOD)	993-2372

Destruction Bay

Health Centre	841-4444
Yukon College	841-8000

Faro

Health Centre	994-4444
Yukon College	994-8000

Haines Junction

Champagne and Aishihik First Nations – Social Development Department Haines Junction:	634-4221
Whitehorse office:	667-4010
Health Centre	634-4444
Many Rivers Counselling and Support Services	634-2111
Yukon College	634-8000

Mayo

Health Centre	996-4444
First nation of Na-Cho Nyak Dun – Social Programs	996-2265
Yukon College	996-8000
Yukon Government Health & Social	996-2283

Old Crow

Health Centre	966-4444
Yukon College	966-8000

Pelly Crossing

Health Centre	537-4444
Learning Together – Eliza Van Bibber School	667-8238
Yukon College	537-8000

Ross River

Health Centre	969-4444
Learning Together – Johnson Elementary School	667-8238
Yukon College	969-8000

Teslin

Aboriginal Head Start	390-2532 ext. 436
Healthy Moms, Healthy Babies Canadian Prenatal Nutrition Program	390-2532 ext. 371
Health Centre	390-4444

Yukon College 996-8000

Watson Lake

Healthy Moms, Healthy Babies	
Canadian Prenatal Nutrition Program	536-7105
Child Development Centre sub-office	536-5254
Employment- Watson Lake Outreach	http://www.wlemployment.com/
Guts'édāne Kegeđhi Kóą AHS	536-2165
Health and Human Resource Regional Office	536-2762
Healthy Moms, Healthy Babies	536-7105
– Liard Basin Task Force	
Many Rivers Counselling and Support Services	536-2330
Parhelion Medical Services	536-2565
Victim Services	536-2541
Watson Lake Health Centre	536-7483
Watson Lake Hospital	536-4444
Women's Transition Home	536 7233
Yukon College	536-8000

Emergencies

Child Protection Unit

☼: supports Yukon families and delivers programs intended to reduce family violence, child abuse and neglect. The unit works towards its goals through the efforts of three teams: Intake and Assessment, Family Services and the Family Support Program. All programs emphasize prevention and strive to keep children in their home environment.

Phone: 667-3633, toll free in Yukon 1-800-661-0408 ext. 3633

General Emergencies

Phone: 911

Kaushee's Place 24 hour Crisis Line

☼: support for women and their children fleeing abuse; we are staffed 24 hours a day and provide transportation to the Transition Home within City Limits.

Phone: 668-5733, collect-calls accepted for this Crisis Line

Kids Help Phone

☼: Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth. The service is completely anonymous and confidential - we don't trace calls, we don't use call display. You don't even have to tell us your name if you don't want to.

Phone: 1-800-668-6868

Yukon Poison Control Centre – Whitehorse General Hospital

Phone: 867-393-8700

Poison and Drug Information Services (PADIS) Toll-free 1-800-332-1414

RCMP

Phone: 667-5555 (Whitehorse) Rural Communities:

Dial the prefix for your community followed by 5555