

# PUBLIC NOTICE



*File Hills Qu'Appelle Tribal Council*

APRIL 9, 2020

## RESOURCES

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### DOMESTIC and GENDER-BASED VIOLENCE

*(Treaty 4 Territory)* FHQTC would like to take this time to share useful resource information for families. During this time of uncertainty due to the COVID-19 virus, we have seen its impacts to every aspect of our day to day lives; which can bring different levels of anxiety, fear and stress. Unfortunately, these levels of stress can result in domestic violence situations. We want you to know there are valuable resources available and urge you to reach out when you need. Below are the organizations and their telephone numbers:

- White Raven Healing Centre – (306) 332-2608 or Toll Free 1-866-748-8922
- Regina Treaty/Status Indian Services – (306) 522-7494
- Saskatchewan 2-1-1 – Text or Call 211 or visit [www.sk.211.ca](http://www.sk.211.ca)
- Emergency Services – Dial 911
- Kids Help Phone – 1-800-668-6868 or visit [www.KidsHelpPhone.ca](http://www.KidsHelpPhone.ca)
- Regina Police Service – (306)777-6500
- Fort Qu'Appelle RCMP – (306) 332-2222
- File Hills First Nations Police Service – (306) 334-3222
- Family Service Regina – (306) 757-6675
- Regina Mobile Crisis Services – (306) 757-0127
- National Domestic Violence Hotline – 1-800-799-SAFE (7233) or visit [www.THEHOTLINE.org](http://www.THEHOTLINE.org)

Transition Houses and Safe Shelters:

- Regina Transition House – (306) 569-2292
- Isabel Johnson Shelter, Regina – (306) 525-2141
- Wichihik Iskewak Safe House (WISH), Regina – (306) 543-0493
- Qu'Appelle Haven Safe Shelter – (306) 332-6881 or Toll Free 1-888-332-7233
- My Aunt's Place (MAP) – (306) 545-7786

For more information, please visit: <http://fhqtc.com/fhqtc-covid-19-updates/>

We take the health and safety of our people very seriously and have implemented these extra precautionary measures to prevent the spread of the COVID-19 virus. We apologize for any inconvenience this may have caused, assure you we are working diligently on this matter, and thank you for your continued patience and understanding.

*We are asking our members who feel they may be exhibiting symptoms to please call 811 before going to the hospital. As well, a self-assessment tool is available on the Government of Saskatchewan website. For more information, please visit: <http://fhqtc.com/fhqtc-covid-19-updates/>*