



SASKATOON
**SEXUAL
HEALTH**

**The Planner
Fall 2025**



Saskatoon Sexual Health is a non-profit organization located on Treaty Six Territory and the homeland of the Métis. We are proud to offer sexual and reproductive health education, advocacy, clinical, and abortion services to Saskatoon and the surrounding area. The Family Planning Association opened its doors in Saskatoon in 1971 to provide birth control and promote responsible decisions around sexual health. In 1977, the Family Planning Federation of Canada and all of its affiliates became known as Planned Parenthood, creating Planned Parenthood Saskatoon. In 2007, Planned Parenthood Saskatoon changed its name and re-branded as Sexual Health Centre Saskatoon in order to make its services more inclusive to the broader community. Almost ten years later, in the fall of 2016, we went through another re-branding and became Saskatoon Sexual Health. Saskatoon Sexual Health moved into the Midtown Professional Centre in January 2025.

SASKATOON SEXUAL HEALTH

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Mission and Vision

Saskatoon Sexual Health's vision is a society where sexual and reproductive health and rights are celebrated and accessible to all. We provide sexual and reproductive health services in Saskatoon and area with an emphasis on safe, inclusive, empowering clinical care and education. We work with diverse communities to promote healthy and informed sexualities. SSH is a registered non-profit, charitable organization.

Our Operational Funders



SSH Team

Administration, Education, & Outreach Team

Dr. Candice Klein, PhD - Executive Director
Amanda Losonsky-Prentice - Executive Admin Assistant and Patient Navigator Support
Delilah Kamuhanda - Education and Outreach Coordinator
Olenka Kawchuk - Patient Navigator
Madeleine Enns - Indigenous Cultural Coordinator

Clinical Team

Lauren Tastad - Nurse Practitioner and Clinical Director
Melanie Nicol - Registered Nurse
Nayera Elnaggar - Phlebotomist
Megan McCallum - Phlebotomist
Jaylin Passerine - Phlebotomist

Casual Team

Richelle Foraie - Nurse Practitioner
Lindsey Vold - Registered Nurse
Ryan Broom - Registered Nurse
Joanna Graves - Phlebotomist

Letter from the Executive Director



Greeting folks! Welcome to the Fall 2025 edition of The Planner!

I've now been in the role of Executive Director at Saskatoon Sexual Health for just over a year, and I'm proud to say we're stepping into this new season with strength and momentum. The past few years have brought significant challenges, including shifting funding landscapes and cuts, to threatening access to sexual health education and the increasing of anti-choice rhetoric. But through it all, our commitment to inclusive, accessible, and patient-focused care has never wavered. Thank you for supporting us in our mission!

One of the first major tasks I undertook was relocating our clinic. In July, we learned that our existing space would be subject to an unsustainable rent increase, and we made the tough but necessary decision to find a new home. Within weeks, we secured a bright and welcoming new location on the 3rd floor of 39 23rd Street East. We're fortunate to now share space with community-minded partners like the Elizabeth Fry Society and the FASD Network. A locally owned pharmacy is conveniently located on the main floor, and LifeLabs operates in the basement, which has created an amazing medical and social hub of care. If you haven't visited us yet, we'd love for you to stop by.

As many of you know, last year we were facing a massive funding cut with the conclusion of our HIV Initiative Funding, which previously supported half of our operations. While the program was not renewed, we are pleased to share that we secured one-time bridge funding from the Ministry of Health to help stabilize our services. We are currently working closely with the Ministry on a long-term funding proposal, and we're optimistic about building a sustainable partnership that ensures continued access to the high-quality, judgment-free care our community deserves.

Looking ahead, we're excited to be launching several new initiatives this fall, including an HIV testing campaign, expanded STBBI testing options that include a Friday drop-in, and a renewed focus on youth engagement and education. Additionally, we are developing a plan to add gender-affirming care to our roster of services. We continue to be inspired by the resilience and support of our clients, partners, and advocates! Your voices are the reason we do this work. Thank you for standing with us as we keep pushing for equitable and inclusive healthcare for all.

In solidarity,

A handwritten signature in blue ink, appearing to read 'Candice Klein'.

Candice Klein, PhD, Executive Director

2025 Chairperson's Report



It's been an exciting year at Saskatoon Sexual Health, brimming with growth and change for the organization. I want to begin by thanking Renee Roy and Colleen Steele for the roles they held this year as Chair on the Board of Directors. Your leadership and support was felt by all as we navigated the various changes and challenges the year brought. I would also like to bid farewell to and thank Andy Sargent, Lesley Porter, Kayleigh Kazakoff, Avni Garg, and Tasnim Jaisee for their time and energy spent on the Board - you will be missed! We are excited to welcome four new Board members this fall who bring a diversity of experience to the table: Courtney Neufeld, Virginia Dakiniewich, Ayitegan Folly-Gbegnon, and Chelsie McKay.

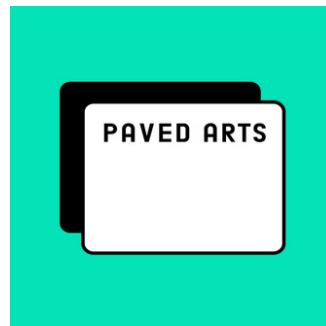
In December of 2024, the SSH office made the move to 23rd street, marking a new era for the organization led by our Executive Director, Dr. Candice Klein. We are grateful for Candice's leadership and vision for the organization. In her first year, she successfully worked with the Government of Saskatchewan to secure bridge funding and financially stabilize SSH for the upcoming year. As a Board, we look forward to supporting Candice as she works towards long-term financial stability and new and exciting opportunities for the organization. I would also like to thank the amazing staff at SSH, whose dedication to the organization and passion for sexual and reproductive health allow us to continue to provide much needed clinical and educational programs in our city.

The organization celebrated its 50th anniversary this past year - but threats to sexual and reproductive health services and education remain in a provincial, national, and global context. While these challenges are real, they also underscore the importance of our continued services. We thank you for your support in our work as we navigate this current climate. We know in moments like this, keeping our foot on the gas is critical - and we look forward to moving forward together.

Mika Rathwell, incoming Chairperson of the Board

Thank you to our generous corporate partners. We are grateful for your commitment to inclusive health care.

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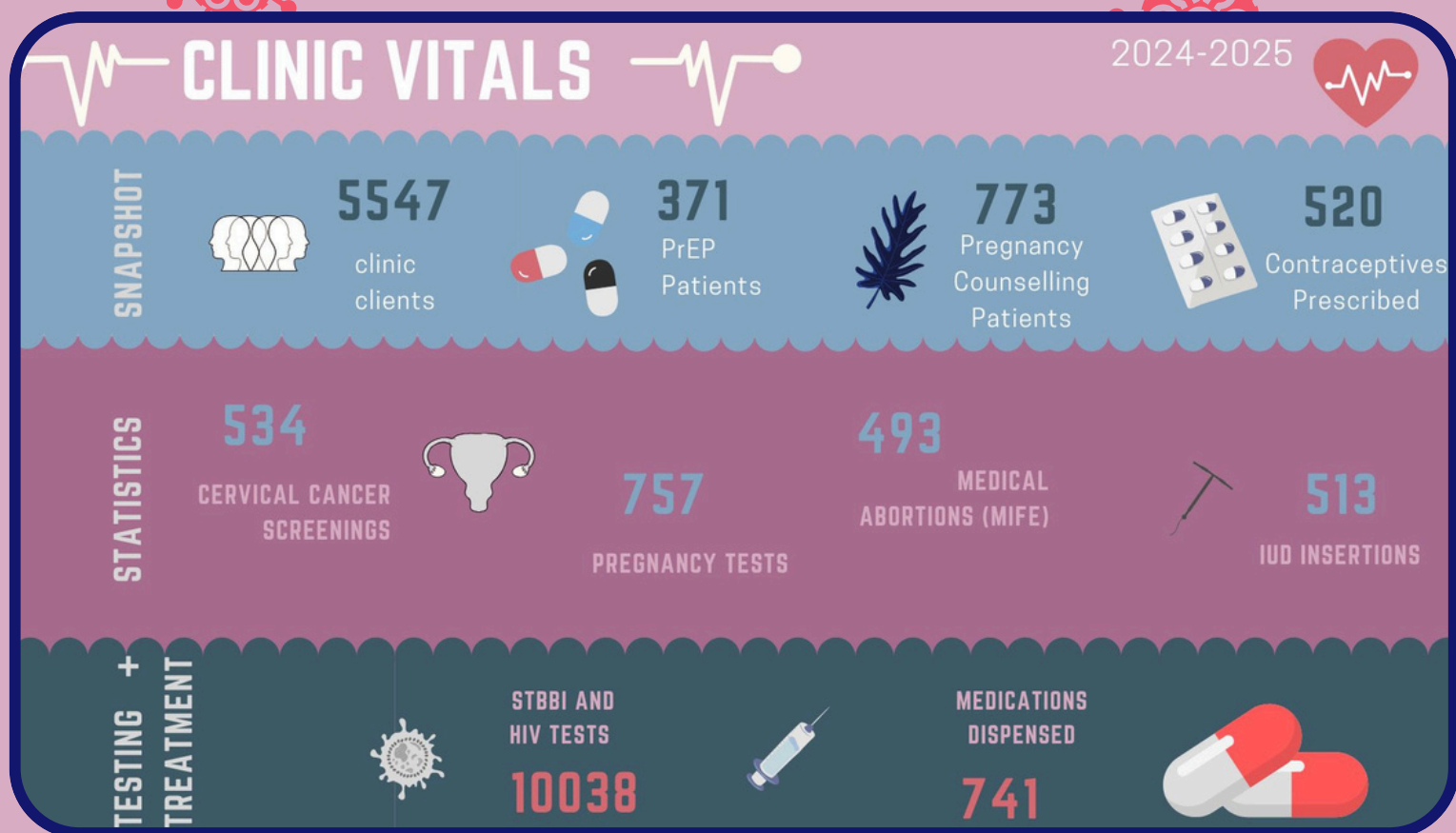
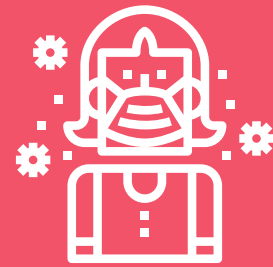


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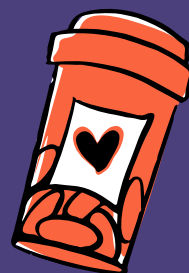
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Clinic Stats at a Glance: 2024-2025





Last year, we partnered with the Public Health Agency of Canada to launch a congenital syphilis awareness campaign. With Saskatchewan reporting some of the highest syphilis rates in the country, it's more important than ever to take action. Protect yourself and others! Get tested and get treated.



Special thank you to Jade Roberts for this incredible artwork!

Welcome to our new space!



What's Going On at SSH



Updates to Abortion Care and Access at SSH

By Olenka Kawchuck, Patient Health Navigator

This summer, the clinic has been busy with a surge of clients seeking pregnancy support and/or termination. Since the beginning of June, the team at SSH has provided health system navigation, counselling, referrals, and medical abortion care to over 100 people experiencing pregnancy. While our wait times for appointments have increased, we have remained committed to providing non-judgemental, pro-choice, and trauma-informed care. Thanks to some recent developments, we have been able to provide more accessible care and support to a higher volume of clients seeking abortion.

As of August 2024, the Early Pregnancy Program at Saskatoon City Hospital has expanded to offer medical and surgical abortions up to 14 weeks of gestation by self-referral. This expansion mirrors the centralized intake system of the Women's Health Centre in Regina, allowing clients to access abortion care without a referral. This is a great step toward increasing abortion access in the province and has helped our team provide a clear pathway for clients seeking surgical termination specifically. Anyone looking to book with the Early Pregnancy Program can contact Women's Health Centre directly at 306-655-7637.

Another recent development in abortion access is the Compassionate Care Program, which allows clients without health coverage to access Mifegymiso—a medication prescribed for termination of pregnancy. The program is offered in partnership with WholeHealth Pharmacy in Toronto and Nordic Pharma – the company that manufactures Mifegymiso, which regularly costs around \$320 out-of-pocket. While the cost of Mifegymiso is covered by Saskatchewan Health, many of our patients seeking medical abortion do not have health coverage. Thanks to this program, SSH has been able to provide these patients with access to Mifegymiso at low-or no-cost.

While these developments are a great step toward making abortion care more accessible, barriers to accessing abortion in Saskatchewan remain. Given that the rural population of our province exceeds 30%, many clients must travel from their home communities to access abortion and associated health services, such as ultrasound and blood work. In alignment with our commitment to providing accessible abortion care, we are proud to be one of only two clinics in the province offering telemedicine appointments for medical abortion. Furthermore, as part of my role as Patient Health Navigator, I am dedicated to helping rural and northern patients access health care services that are safe and geographically convenient for them. We are also grateful to our friends at Saskatoon Abortion Support Network, who provide logistical and emotional support to abortion seekers.

Looking back on this summer, I am so proud of the SSH team for the ways in which we have continued to support our pregnant clients throughout this surge. I feel excited to see what fall brings as we continue to strive to provide high-quality and timely abortion care to those who need it.

What's Going on at SSH



An Update on Saskatoon Sexual Health's Education Team

By Delilah Kamuhanda, Education & Outreach Coordinator

Saskatoon Sexual Health is preparing for another year of sex ed. Our education has changed a lot over the last few years. In 2023, the Saskatchewan government introduced Bill 137. A directive issued by the provincial government also banned third-party sexual health educators. This includes SSH, sexual assault centres, consent educators and more. Formerly, SSH was invited to hundreds of presentations all over the province, but under this new policy, our classroom sex education has ended. We hope that the province revisits this decision and forms a path to third-party presentation accreditation.

In the meantime, we continue to engage in community education. SSH is the proud recipient of a grant from the Public Health Agency of Canada aimed at education to strengthen sexual health and harm reduction knowledge among youth, the queer community, healthcare professionals and community organizations. Our team is still accepting presentation requests on our website.

Our Education Team is also happy to add a new member, Madelaine Enns. Madelaine is an educator and artist who is active in harm reduction and activism in our community. They are joining us as a former participant in our youth programming and a part of our syphilis project from last year. I am proud and excited to have Madelaine join the SSH team and help us shape our practices with their perspective and experiences.

Madelaine Enns - Indigenous Cultural Coordinator

Madelaine (they/she) is a Michif Queer member of Gabriel Dumont Local #11, with ancestral ties to Gordon's Reserve in Punnichy, SK. They are from Treaty 5 but grew up mainly in Saskatoon. They graduated with distinction from SUNTEP last year at the University of Saskatchewan, obtaining a Bachelor of Education focusing on Indigenous Studies and ELA. Passionate about youth work, Madelaine has experience working in youth services at Prairie Harm Reduction and as a teacher in the Saskatoon Public School Division. Madelaine has also contributed to The Lighthouse, CHEP Good Food, and Gabriel Dumont Institute, connecting with the community and showcasing their written work online. In their leisure time, Madelaine enjoys socializing, being in nature, reading, beading, and cherishing time at home with their two cats.



What's Going on at SSH



The Importance of Cervical Cancer Screenings

by Mel Nicol, Registered Nurse

This September Saskatoon Sexual Health hosted our first pap palooza! We dedicated a full clinic day towards screening for cervical cancer, meeting the high demand we have had for pap tests. Pap tests are a screening tool used for early detection of cervical cancer. It is an internal exam that takes approximately one minute. Your health care provider collects a sample of cells from your cervix to be sent to the laboratory. Pap test results come back in about two to three weeks. You will get a letter in the mail from the cervical cancer screening program of Saskatchewan with a copy of your results. If you have a MySaskHealthRecord account, your results also get posted online for you to view! If your pap test results are within normal limits you are due for a pap test every three years.

In Saskatchewan you are due for your first pap test when you turn 25 OR three years after your sexual debut, whichever occurs later in your life. For example, if someone has their sexual debut when they are 30, they are due for their first pap test when they turn 33. Pap tests are important screening for everyone with a cervix, including trans men, non-binary people, and otherwise gender diverse individuals with a cervix!

You can stop getting routine pap tests when you turn 70 as long as you have had three normal pap tests within the past ten years. If you have had a total hysterectomy with removal of the cervix for reasons other than a cervical abnormality or dysplasia you do not need to continue getting pap tests.

Saskatoon Sexual Health is proud to offer trauma informed, and affirming cervical cancer screening. Reach out to book an appointment if you are due for a pap test or have any questions!



A Note on PrEP and HIV Prevention

by Lauren Tastad, Nurse Practitioner

Pre-exposure prophylaxis (PrEP) for HIV refers to medication taken by people at higher risk HIV of exposure, to prevent HIV transmission if they are in contact with the virus. It works by preventing the HIV virus from replicating itself in immune cells, so that a person who is exposed to HIV but is taking PrEP consistently does not become infected with HIV. Until recently, taking PrEP meant taking oral medication, usually daily. In 2024, a new injectable medication was approved by Health Canada for use as PrEP after performing very well in large clinical trials; as of this summer, injectable PrEP is covered by the Saskatchewan Drug Plan for those with a prescription. We're very excited to have another highly-effective HIV prevention option available for our patients, and hope that it will help to decrease HIV rates in our province.

Every day, community members rely on SSH for compassionate, confidential and life-saving sexual health care and education.

We need your help.

In 2025, donor support helped us provide 534 cervical cancer screenings, 10,038 STBBI and HIV tests, and inclusive sexual health care to 5,547 people who had nowhere else to turn.

With more than 200,000 Saskatchewanians now without a family doctor, the need for our services is growing faster than ever. Please consider making a holiday gift today.

Your donation ensures that no one in our community is turned away when they need care and helps us build a healthier, more inclusive Saskatoon.

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