

# SALI

**SASKATCHEWAN ACCESS  
TO LEGAL INFORMATION**

## QUICK REFERENCE GUIDE TO LEGAL INFORMATION & ASSISTANCE SOURCES



Legal information can help those who are experiencing a legal issue and promote greater awareness of the law. [Saskatchewan's Legal Information Guidelines](#) support connecting members of the public with legal information.

The [Saskatchewan Access to Legal Information](#) (SALI) Project, a group dedicated to making it easier to connect with credible legal information, has created this Quick Reference Guide listing key legal information resources and assistance sources. Community based organizations who work with the public can use this Guide to quickly connect their public clients with legal information and assistance.

Please consult the companion *Detecting Legal Problems Guide*. It will help detect legal issues and then connect those issues to targeted sources of legal information, options for legal assistance, and self-help tools.

For more information about legal information resources and referral sources, or to suggest a resource for this guide, please contact us at [reference@lawsociety.sk.ca](mailto:reference@lawsociety.sk.ca), 306-569-8020, or online at <https://www.lawsociety.sk.ca/legal-resources-library/>.

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## GENERAL RESOURCES

General legal information resources include:

- **Public Legal Education Association of Saskatchewan (PLEA)**  
[PLEA](#) is Saskatchewan's official source of legal education information, offering free information to the public. Their content can be found online through their six websites ([PLEA](#), [FamLi](#), [NewLi](#), [Listen](#), [Shift](#), [Teachers & Schools](#)) or as print booklets in libraries, community centres, and schools.

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- **Government of Canada**  
Canada's [Department of Justice website](#) provides plain language legal information for members of the public on [family law](#), [criminal justice](#), and [Canada's legal system](#).

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- **Government of Saskatchewan**  
The Government of Saskatchewan website provides legal information for Saskatchewan residents at its [Justice, Crime, and the Law page](#), including an [Answering Legal Questions](#) page and information on [alternative dispute resolution](#).

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- **Saskatchewan Law Courts**  
The [Courts of Saskatchewan website](#) provides information for those who would like to learn more about the court system in the province. Their [Learn About the Courts](#) page includes [videos](#). They also provide some guidance for those representing themselves in Saskatchewan Courts.
  - [Small Claims Court](#)
  - [Provincial Court](#)
  - [Court of King's Bench](#)
  - [Court of Appeal](#)

## FOR SPECIFIC AREAS OF LAW OR POPULATIONS

Legal information resources for specific areas of law or populations include:

### FAMILY LAW

- **Family Law Information Centre**  
The Government of Saskatchewan's [Family Law Information Centre](#) provides family law information and assistance in completing court forms. They also create [self-help kits](#), which include the forms and instructions people need to represent themselves in family court. They have a [plain language video series](#) that provides an overview of different family law issues. Topics covered include

parenting arrangements, child support and options for resolving disputes. Their lawyers are available to provide free information and coaching over the phone, via email, and in-person at [walk-in help sessions](#) at multiple locations across the province:

**Phone: 1-888-218-2822 or 306-787-5837**

**Email: [familylaw@gov.sk.ca](mailto:familylaw@gov.sk.ca)**

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- **Family Law Saskatchewan (FamLi)**

PLEA's [FamLi](#) website is a resource for people who are going through a separation or divorce, and who are representing themselves without a lawyer. The site offers comprehensive family law legal information, a form wizard utilizing interview-style questions to direct users to their applicable court forms which are automatically filled out, a Step-by-Step guide, and an Agreement Maker feature.

## FRENCH SPEAKERS

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- **Association des juristes d'expression française de la Saskatchewan (AJEFS)**

The [AJEFS](#) is Saskatchewan's French language legal information centre. They provide plain language information, publications, and referral sources in French for members of the public, students, and lawyers through their [website](#).

## INDIGENOUS PEOPLES

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- **Gladue Rights Research Database**

The [Gladue Rights Research Database](#) assists Indigenous people, lawyers, and judges with information that helps foster Gladue rights.

- **Government of Saskatchewan**

The Government of Saskatchewan website provides legal information for Indigenous Peoples at its [First Nations, Métis and Northern Citizens](#) page and [Indigenous Law and Information Connection](#) page.

- **Indigenous Law Centre**

The [Indigenous Law Centre](#) at the University of Saskatchewan creates legal information about Indigenous peoples and the law in Saskatchewan.

- **Office of the Treaty Commissioner**

The [Office of the Treaty Commissioner](#) works to make sure the people of Saskatchewan have a good understanding of treaties and the treaty relationship and reconciliation through legal information available on their website.

## NEWCOMERS

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- **Newcomers' Guide to the Law (NewLi)**

PLEA's [NewLi](#) website is aimed at newcomers to Canada and Saskatchewan.

The site offers legal information and referrals in areas of law that may more often affect daily living, such as family law, work-related law, renting a home, driving laws, and criminal law. Information on how the government and justice system work is also included.

## TWO SPIRIT, TRANS, NON-BINARY, AND GENDER NON-CONFORMING (2STNBGN)

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- **Justice Trans**

[Justice Trans](#) is a national organization working to educate two spirit, trans, non-binary, and gender non-conforming (2STNBGN) people about their legal rights in Canada. Their [website](#) provides plain language information for each province in Canada, including [Saskatchewan](#), such as name change guides and referral resources.

## TEACHERS

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- **Teachers & Schools**

PLEA's [Teachers & Schools](#) website contains law related learning resources that Saskatchewan teachers can use to educate their students about the law and our Canadian legal system.

## VICTIMS & SURVIVORS OF SEXUAL VIOLENCE OR HARASSMENT

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- **Listen Project**

The [Listen Project](#) is a resource for people who are survivors of sexual violence; that is, those who have experienced unwanted sexual contact, harassment, or exploitation.

- **Shift Project**

The [Shift Project](#) is a resource for people who have experienced sexual harassment or violence in their workplace.

## RESOURCES ON LAWS AND CASE LAW

Those searching for the laws passed by the Federal or Provincial Government (legislation) or court cases (decisions made in Canada's court rooms) can consult the following resources:

- **The Canadian Legal Information Institute (CanLII)**

The [CanLII](#) provides free online access to Canadian court cases, legislation, and law through an easily searchable website.

- **Justice Laws (Federal)**

Canada's [Ministry of Justice](#) provides the [Justice Laws](#) website. Justice Laws is Canada's official online source of Federal legislation, providing free access in English and French.

- **LegisInfo (Federal)**

The [Legisinfo](#) website, created by the Senate, House of Commons, and Library of Parliament, provides extensive information about proposed Federal laws (bills).

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- **Legislative Assembly of Saskatchewan (Provincial)**

The [Legislative Assembly of Saskatchewan](#), the body that oversees the creation of legislation in Saskatchewan, hosts a wealth of useful resources on the [Legislative Business](#) area of its website, including proposed laws (bills) and legislative debates.

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- **Office of the King's Printer (Provincial)**

[Publications Centre](#), Saskatchewan's authoritative legislation provider, provides free online access to Saskatchewan legislation, court forms, and court rules through its [Freelaw website](#).

**Phone: 1-800-226-7302 or 306-787-6894**

**Email: [publications@gov.sk.ca](mailto:publications@gov.sk.ca)**

## LEGAL INFORMATION ASSISTANCE

The [Law Society of Saskatchewan](#), the professional body that regulates lawyers and the practice of law in Saskatchewan, provides the province's publicly accessible law library system.

- **Saskatchewan's Law Library**

Trained law librarians at [Saskatchewan's Law Library](#) are on hand and can help guide individuals towards good sources of legal information, make suggestions about who to contact for legal assistance, and navigate legal information in person, over the phone, and by email. They have two locations, located in the Regina King's Bench Courthouse and the Saskatoon King's Bench Courthouse, that are open to the public and which provide access to a collection of legal resources.

**Phone: (Regina) 1-877-989-4999 or 306-569-8020**

**Phone: (Saskatoon) 1-888-989-7499 or 306-933-5141**

**Email: [reference@lawsociety.sk.ca](mailto:reference@lawsociety.sk.ca)**

## MAKING REFERRALS TO LEGAL ASSISTANCE

Members of the public may require more than legal information and assistance from a legal professional. Encourage any member of the public to seek legal assistance from a lawyer or legal services organization. They are best qualified to assist someone experiencing a legal issue as they have specialized knowledge and experience to navigate the legal system.

Options exist for those who can and cannot afford legal assistance. By having a basic understanding of these different assistance sources, more effective referrals can be made, helping members of the public resolve their legal issues.

## EFFECTIVE REFERRAL STRATEGIES

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It is important for any referral to legal assistance to be as effective as possible (i.e., one where a member of the public obtains the legal assistance they need). The more agencies a person contacts for legal assistance, the less likely they will be to obtain assistance in the end. This is sometimes described as referral fatigue or the advice maze. After multiple ineffective referrals, a person may become frustrated and leave their legal problems unresolved, which has negative consequences.

Identified good practices to assist when referring members of the public towards legal assistance include:

- **Develop knowledge of the organizations in your area that provide legal assistance services:**
    - What services and level of legal assistance do they provide?
    - What areas of law do they assist with?
    - What capacity do these organizations have to help?

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  - **Set the stage for a successful referral interaction:**
    - Start with a positive indication of help
    - Follow up by indicating that, while not a lawyer, referrals to sources of legal help and assistance can be made for members of the public

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  - **Convey realistic referral expectations to members of the public:**
    - What is the likely wait time before help can be obtained from this organization?
    - Are there any admission or financial criteria for this organization?

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  - **Provide clear guidance and follow up if necessary:**
    - A follow up may ensure that an individual does not give up on resolving their legal problem
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Making effective referrals can be challenging. Staff at [Pro Bono Law Saskatchewan](#) are specially trained to make appropriate legal assistance referrals and have deep knowledge of the legal resources available within the province. Please contact them if you require assistance referring a member of the public to legal assistance (Phone: 1-855-833-7257 or 306-569-3098, Email: [info@pblsask.ca](mailto:info@pblsask.ca)).

## FINDING LEGAL ASSISTANCE

Lawyers and legal service organizations are best qualified to assist someone experiencing a legal issue as they have specialized knowledge and experience to navigate the legal system. Options exist for those who can and cannot afford legal assistance.

## FIND LEGAL ASSISTANCE TOOL

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The Law Society of Saskatchewan's [Find Legal Assistance](#) tool provides an easily searchable directory of lawyers licensed to practice law in Saskatchewan. The tool includes the ability to

search by lawyer name, firm/organization, gender, location, language spoken, area of law, service model, and pricing/payment model. Information is also provided on finding legal assistance, common questions, and legal fees. Learn more about tips for searching the database [here](#).

- **Limited Scope Legal Services & Legal Coaching**

Some lawyers provide limited scope legal services. This is where a lawyer is hired to handle only part of a person's case or for a specific task. Additionally, some lawyers offer legal coaching, a type of service where a lawyer helps someone with strategies and tools to present their case as effectively as possible. Limited scope legal services can be a more affordable option because the client decides with the lawyer what services they will pay for. Learn more [here](#).

## FOR THOSE UNABLE TO AFFORD LEGAL ASSISTANCE

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Those unable to afford legal assistance may contact Legal Aid Saskatchewan, Pro Bono Law Saskatchewan, or Community Legal Assistance Services for Saskatoon Inner City (CLASSIC) to determine their eligibility for free legal assistance. Limited scope legal services or legal coaching, described above, are also an option.

- **Legal Aid Commission of Saskatchewan**

An individual with a legal issue who cannot afford a lawyer should begin by determining if they are eligible for legal aid. The [Legal Aid Commission of Saskatchewan](#) provides free legal advice and full representation to low-income individuals who cannot afford a lawyer. Eligibility is subject to a financial test. Individuals on social assistance, disability assistance, or band assistance, are usually eligible. Legal Aid provides advice and representation for most family and criminal law matters.

**Phone: 1-800-667-3764 or 306-933-5300**

**Email: [Apply Online](#)**

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- **Pro Bono Law Saskatchewan**

[Pro Bono Law Saskatchewan](#) provides free legal advice and representation for all legal issues for persons of limited means who do not qualify for Legal Aid but are not able to afford a lawyer without financial hardship. Eligibility is subject to a financial test. Volunteer lawyers offer free legal advice through province-wide legal clinics or legal representation through panel programs. Wait times can vary from 4 to 8 weeks.

**Phone: 1-855-833-7257 or 306-569-3098**

**Email: [info@pblsask.ca](mailto:info@pblsask.ca)**

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- **Community Legal Services for Saskatoon Inner City (CLASSIC)**

[CLASSIC](#) is a poverty law clinic, that provides free legal advice and representation to low-income residents of Saskatoon who cannot afford a lawyer. Eligibility is subject to a financial test. Two services are provided: a walk-in clinic where the public can meet with a law student to obtain assistance with any legal issue (except family and criminal law) and a legal advice clinic

where the public can meet with a lawyer for thirty minutes to obtain assistance in any area of law. Wait times for assistance are approximately 2 weeks.

**Phone: 306-657-6100**

**Email: [info@classiclawn.ca](mailto:info@classiclawn.ca)**

## FOR SEXUAL VIOLENCE OR WORKPLACE SEXUAL HARASSMENT

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Those who have experienced sexual violence or workplace sexual harassment may be eligible for free legal assistance:

- **Listen Project**

PLEA's [Listen Project](#) is a resource for people who are survivors of sexual violence; that is, those who have experienced unwanted sexual contact, harassment, or exploitation. The program provides victims with up to four hours of free information and advice from a lawyer trained in trauma-informed service. Individuals can apply online, by phone, or email.

**Phone: 1-855-258-9415 or 306-974-3333**

**Email: [listen@plea.org](mailto:listen@plea.org)**

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- **Shift Project**

PLEA's [Shift Project](#) is a resource for people who have experienced sexual harassment/violence in their workplace. The program provides victims with up to four hours of free legal information and advice from a lawyer trained in trauma-informed service. Individuals can apply online, by phone, or email.

**Phone: 1-855-258-9415 or 306-974-3333**

**Email: [shift@plea.org](mailto:shift@plea.org)**

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## SPECIALIZED ASSISTANCE SOURCES

Many specialized assistance sources exist in the province.

### CHILDREN & YOUTH

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- **Advocate for Children and Youth**

The [Advocate for Children and Youth](#) works on behalf of children and youth in the care of the Government of Saskatchewan and tries to resolve matters concerning a child in the care of the Government.

**Phone: 1-800-322-7221 or 306-933-6700**

**Email: [contact@saskadvocate.ca](mailto:contact@saskadvocate.ca)**

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- **Public Guardian and Trustee**

Those with questions about guardianship regarding children and dependent adults may contact the [Public Guardian and Trustee](#) for legal information.

**Phone: 1-877-787-5424 or 306-787-5424**

**Email: [pgt@gov.sk.ca](mailto:pgt@gov.sk.ca)**

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- **Social Services Child Protection Office**

The Ministry of Social Services provides [child protection services](#) for children in need of protection.

**Phone: 1-844-787-3760 (Regina),  
1 800 274 8297 (Saskatoon),  
and 1-866-719-6164 (Prince Albert)**

## COMPLAINTS

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- **Civilian Review and Complaints Commission for the RCMP**

The [Civilian Review and Complaints Commission for the RCMP](#), an independent agency that is not part of the RCMP, receives complaints about officers' conduct from the public and conducts reviews.

**Phone: 1-866-432-5837**

- **College of Dental Surgeons of Saskatchewan**

The [College of Dental Surgeons of Saskatchewan](#) regulates dentists in Saskatchewan. When members of the public have concerns about their dental treatment or the conduct of a dentist, they may contact the college.

**Phone: 306-244-5072  
Email: [cdss@saskdentists.com](mailto:cdss@saskdentists.com)**

- **College of Physicians and Surgeons of Saskatchewan**

If a member of the public is dissatisfied with their medical care or the actions of a physician, they may contact the [College of Physicians and Surgeons of Saskatchewan](#) for assistance.

**Phone: 1-800-667-1668  
Email: [complaints@cps.sk.ca](mailto:complaints@cps.sk.ca)**

- **Law Society of Saskatchewan**

The [Law Society of Saskatchewan](#) is the professional body that regulates lawyers and the practice of law in Saskatchewan. Among the Law Society's responsibilities are the investigation and determination of complaints regarding the conduct of lawyers practising in the province. Inquiries received about the conduct of lawyers are reviewed by their Professional Responsibility Counsel. Members of the public can consult the [Complaints Process Kit](#).

**Phone: 1-833-733-0133 or 306-569-8242  
Email: [reception@lawsociety.sk.ca](mailto:reception@lawsociety.sk.ca)**

- **Public Complaints Commission**

Saskatchewan's [Public Complaints Commission](#) receives, investigates, and reviews complaints against municipal police.

**Phone: 1-866-256-6194 or 306-787-6519 (Regina)  
or 306-964-1450 (Saskatoon)**

- **Ombudsman Saskatchewan**

[Ombudsman Saskatchewan](#) is an independent agency that can assist those who have been unfairly treated by the Government of Saskatchewan.

**Phone: 1-800-667-9787 or 306-787-6211 (Regina) or 306-933-5500 (Saskatoon)**

**Email: [ombreg@ombudsman.sk.ca](mailto:ombreg@ombudsman.sk.ca) (Regina) or [ombsktn@ombudsman.sk.ca](mailto:ombsktn@ombudsman.sk.ca) (Saskatoon)**

## CRIMINAL

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- **Alternatives to Going to Criminal Court**

The [Alternatives to Going to Criminal Court](#) page on the Government of Saskatchewan website provides contact information for alternative measure programs in Saskatchewan.

- **Elizabeth Fry Society of Saskatchewan**

The [Elizabeth Fry Society of Saskatchewan](#) is a non-profit organization that assists women before, during, and after incarceration.

**Phone: 1-888-934-4606 or (306) 934-4606**

**Email: [reception@elizabethfrysask.org](mailto:reception@elizabethfrysask.org)**

- **John Howard Society of Saskatchewan**

The [John Howard Society of Saskatchewan](#) provides prevention, intervention, support services, and advocacy for individuals involved in the criminal justice process.

**Phone: 306-757-6657**

**E-mail: [provincial@sk.johnhoward.ca](mailto:provincial@sk.johnhoward.ca)**

## DEBT & CREDIT

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- **Credit Counselling Society of Saskatchewan**

The [Credit Counselling Society of Saskatchewan](#) is a non-profit organization that provides accredited and free credit and debt counselling services.

**Phone: 1-888-527-8999**

**Email: [info@nomoredebts.org](mailto:info@nomoredebts.org)**

- **Provincial Mediation Board**

The [Provincial Mediation Board](#) provides free financial advice to members of the public and may be able to help debtors and creditors settle debt outside of court.

**Phone: 306-787-5408**

## EMPLOYMENT & WORK

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- **Employment Standards**

Those who have been wrongfully dismissed without adequate severance, not paid earned wages, or acted unlawfully against by an employer can contact [Employment Standards](#) for assistance.

**Phone: 1-800-667-1783 or 306-525-6999**

**Email: [employmentstandards@gov.sk.ca](mailto:employmentstandards@gov.sk.ca)**

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- **Labour Relations Board**

The [Labour Relations Board](#) helps those who are experiencing union-related issues.

**Phone: 306-787-2406**

**Email: [Contact Us](#)**

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- **Office of the Workers' Advocate**

The [Office of the Workers' Advocate](#) provides free assistance to those navigating Saskatchewan's worker compensation system. Those who have been injured at work can contact them for assistance.

**Phone: 1-877-787-2456**

**Email: [workersadvocate@gov.sk.ca](mailto:workersadvocate@gov.sk.ca)**

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- **Unemployed Workers Help Centre**

The [Unemployed Workers Help Centre](#) provides free legal information, advocacy, and help for Employment Insurance claimants. They also provide employment education workshops and referrals to other agencies that can help unemployed workers.

**Phone (306) 525-5138 (Regina) or (306) 382-8662 (Saskatoon)**

**Email: [uwhc.regina@sasktel.net](mailto:uwhc.regina@sasktel.net) (Regina) or [uwhc.saskatoon@sasktel.net](mailto:uwhc.saskatoon@sasktel.net) (Saskatoon)**

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## FAMILY

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- **Child Support Recalculation Service**

The [Child Support Recalculation Service](#) helps families with child support orders and agreements, providing a free, faster, and less adversarial alternative for parents to use when updating child support amounts.

**Phone: 306-787-5042**

**Email: [recalculation@gov.sk.ca](mailto:recalculation@gov.sk.ca)**

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- **Early Family Dispute Resolution Service**

The [Early Family Dispute Resolution Service](#) provides legal information and mandatory early dispute resolution for those in a family law proceeding.

**Phone: 1-833-787-0439 or 306-787-0439**

**Email: [earlyfamilyresolution@gov.sk.ca](mailto:earlyfamilyresolution@gov.sk.ca)**

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- **Family Law Information Centre**

Lawyers at the [Family Law Information Centre](#) are available to provide free family law information and coaching, over the phone, by email, or at [in-person help sessions](#), to anyone regardless of income. They don't provide legal advice or representation but can support individuals representing themselves in a family law proceeding.

**Phone: 1-888-218-2822 or 306-787-5837**

**Email: [familylaw@gov.sk.ca](mailto:familylaw@gov.sk.ca)**

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- **Family Matters Program**

[Family Matters](#) helps families going through separation or divorce avoid court by providing free access to information, resources, referral services, and out of court mediation.

**Phone: 1-844-863-3408**

**Email: [familymatters@gov.sk.ca](mailto:familymatters@gov.sk.ca)**

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- **Maintenance Enforcement Office**

Child support orders or agreements can be registered with the [Maintenance Enforcement Office](#). Once registered, the office monitors payments and, if necessary, takes action when the required payments are missed or late.

**Phone: 1-866-229-9712 or 306-787-8961**

**Email: [meinquiry@gov.sk.ca](mailto:meinquiry@gov.sk.ca)**

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- **Parenting after Separation and Divorce Program**

The free [Parenting after Separation and Divorce Program](#) is mandatory for all parents in a family law proceeding. The program helps parents who are experiencing a family breakdown.

**Phone: 1-888-218-2822 (Regina) or 1-877-964-5501 (Saskatoon)**

**Email: [parented@gov.sk.ca](mailto:parented@gov.sk.ca)**

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## INDIGENOUS PEOPLES

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- **Aboriginal Courtworker Program**

The [Saskatchewan Aboriginal Courtwork Program](#) enhances access to justice by helping Aboriginal people receive fair, just, equitable and culturally sensitive treatment before the courts. Aboriginal Courtworkers also play a major role in justice system efficiency and reducing the over-representation of Indigenous people. They provide court navigation, information and liaison services and help to reduce court delays and adjournments, make referrals over to restorative justice, provide vital information about the accused and let the judge know about community-based services and supports that could form part of the sentence.

**Phone: 1-800-514-5666**

**Email: [Contact list](#)**

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- **Federation of Sovereign Indigenous Nations (FSIN)**

The [FSIN](#) advances the interests of Saskatchewan's Indigenous persons. Among other helpful services, the FSIN provides legal information, assists with complaints about Government services, and helps with residential school claims.

**Phone: 306.665.1215**

**Email: [info@fsin.com](mailto:info@fsin.com)**

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- **Indigenous Resources Officer Program**

The [Indigenous Resource Officer Program](#) provides information, support and referrals for Indigenous victims of crime.

**Phone:** [Contact list](#)

**E-mail:** [Contact list](#)

## RENTING & HOUSING

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- **Office of Residential Tenancies**

The [Office of Residential Tenancies](#) provides information about the rights and responsibilities of landlords and tenants. When landlords and tenants cannot resolve disputes, the ORT can help settle the dispute. Information is provided over the phone or through virtual clinics. Disputes can be resolved through the [online portal](#).

**Phone:** 1-888-215-2222

**Email:** [ORT@gov.sk.ca](mailto:ORT@gov.sk.ca)

## OTHER

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- **Automobile Injury Appeal Commission:**

Those who have a dispute with Saskatchewan Government Insurance (SGI) regarding no-fault accident benefits can contact the [Automobile Injury Appeal Commission](#). Advocates with the [SGI Appeal Advisor Program](#) can assist those going before the commission with a dispute.

**Phone:** 1-800-322-7221 or 306-798-5545

**Email:** [aiac@gov.sk.ca](mailto:aiac@gov.sk.ca)

- **Financial and Consumer Affairs Authority**

The [Financial and Consumer Affairs Authority](#), a Government of Saskatchewan agency, educates consumers and business owners about their rights and responsibilities with regards to consumer protection. They provide free legal information to concerned consumers and will investigate consumer complaints about products and businesses.

**Phone:** 1-877-880-5550 or 306-787-5550

**Email:** [consumerprotection@gov.sk.ca](mailto:consumerprotection@gov.sk.ca)

- **Highway Traffic Board**

Those with disputes surrounding vehicle impoundments, roadside suspensions, the Safe Driver Recognition, or driver's licence suspensions may contact the [Saskatchewan Highway Traffic Board](#) for assistance.

**Phone:** 1-855-775-8336

**Email:** [contactus.htb@gov.sk.ca](mailto:contactus.htb@gov.sk.ca)

- **Human Rights Commission**

Those who have been discriminated against can contact the [Saskatchewan Human Rights Commission](#) for legal information, mediation, and legal assistance.

**Phone:** 1-800-667-9249 or 306-933-5952

**E-mail:** [shrc@gov.sk.ca](mailto:shrc@gov.sk.ca)

- **Information Services Corporation**

The [Information Services Corporation](#) is a Government of Saskatchewan agency that provides information and services about land titles, property, and corporate registration.

**Phone: 1-866-275-4721**

**E-mail: [ask@isc.ca](mailto:ask@isc.ca)**

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- **Office of the Information and Privacy Commissioner**

The [Office of the Information and Privacy Commissioner](#) is an independent agency that investigates information and privacy concerns of Saskatchewan residents.

**Phone: 1-877-748-2298 or 306-787-8350**

**Email: [intake@oipc.sk.ca](mailto:intake@oipc.sk.ca)**

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- **Public Guardian and Trustee**

Those with questions about guardianship regarding power of attorney or concerns about the ability of someone to manage their affairs may contact the [Public Guardian and Trustee](#) for legal information.

**Phone: 1-877-787-5424 or 306-787-5424**

**Email: [pgt@gov.sk.ca](mailto:pgt@gov.sk.ca)**

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## VIOLENCE & ABUSE

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- **Interpersonal Violence and Abuse Programs**

The [Interpersonal Violence and Abuse Programs](#) webpage on the Government of Saskatchewan website highlights free help available for victims of violence and abuse including [Transition Houses](#), [Sexual Assault Services](#), and [Family Violence Outreach and Victim Services Programs](#).

## FOR SELF-REPRESENTED OR UNREPRESENTED INDIVIDUALS

Some individuals, often because of financial necessity, choose to represent themselves in legal proceedings. These individuals, called self-represented or unrepresented litigants, can benefit from seeking help from one of the legal assistance sources described above. Studies show that individuals with legal assistance obtain better outcomes during legal proceedings than those who do not.

## RESOURCES

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Self-represented individuals may find the following resources helpful:

- **Canadian Judicial Council**

The [Canadian Judicial Council](#), a national group of Canadian judges, has created three resources to assist Canadians who represent themselves in the legal system:

- [Civil Law Handbook](#)
  - [Criminal Law Handbook](#)
  - [Family Law Handbook](#)
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- **National Self-Represented Litigants Project**

The [National Self-Represented Litigants Project](#) creates resources for those trying to navigate the legal system on their own. Their [collection of resources](#) includes:

- [So, You're Representing Yourself](#)
  - [Starter Checklist](#)
  - [Coping With the Courtroom](#)
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- **Saskatchewan Law Courts**

The Saskatchewan Court's [website](#), including the Saskatchewan Court's [FAQ](#) page, provides guidance for those representing themselves in Saskatchewan Courts:

- [Provincial Court: Going to Court; Small Claims Court](#)
  - [Court of King's Bench: Self-Help Divorce Kit](#)
  - [Court of Appeal: Self-Rep Help Videos; What If I Don't Have a Lawyer?](#)
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- **Saskatchewan's Law Library**

The [Law Society of Saskatchewan](#), the professional body that regulates lawyers and the practice of law in Saskatchewan, provides the province's publicly accessible law library system. Trained law librarians at [Saskatchewan's Law Library](#) are on hand and can help guide individuals towards good sources of legal information, make suggestions about who to contact for legal assistance, and navigate legal information, in person, over the phone, and by email. They have two locations, located in the Regina King's Bench Courthouse and the Saskatoon King's Bench Courthouse, that are open to the public and which provide access to a collection of legal resources.

**Phone: (Regina) 1-877-989-4999 or 306-569-8020**

**Phone: (Saskatoon) 1-888-989-7499 or 306-933-5141**

**Email: [reference@lawsociety.sk.ca](mailto:reference@lawsociety.sk.ca)**