



*The four core program elements of the Kamsack Family Resource Centre, offered directly or through partnerships with other local programs and organizations, are:*

- Parenting education
- Early learning and childhood development
- Family wellness and support
- Information and referral services



**SIGN Kamsack  
Family Resource Centre**  
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October 2025



# Kamsack Family Resource Centre

**306-542-1010**



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The Kamsack Family Resource Centre offers many programs and events for families including:

- Parenting support through SIGN Triple P and Nobody's Perfect;
- Drop in Family Play and Connect;
- Family yoga and baby massage;
- Maternal health and wellness;
- Referrals to Parkland Early Childhood Intervention, SIGN Family Support, Saskatchewan Health Authority, Children's Therapy, and Victoria School PreK;
- Assistance locating housing;
- Special and seasonal events and programs throughout the year.



Society for the Involvement of

**Good  
Neighbours**

**KAMSACK FAMILY RESOURCE CENTRE**

The Kamsack Family Resource Centre programs are focused on supporting healthy childhood development and positive parenting skills for families with young children. We are a gathering place where families with children age 0 to 5 years old can attend programs that address their interests and needs.

SIGN has partnered with the Saskatchewan Health Authority to provide various programs and supports, utilizing the expertise and resources of local service providers.

We welcome parents and caregivers with young children who live in or visit our community. Families have free access to all our programs and services.

