



Phoenix Residential Society

Our Mission

To provide recovery oriented services that foster empowerment, promote hope, and build connectedness in the community.



ABN

We unfortunately say goodbye to a couple of the students, Guri and Eh Khu. On the other hand, we say welcome to a new casual staff, Phoebe.

For residents, we had a few changes. We had two of the community residents move with one being a discharge and a new resident move into our Eaton building. We have one more vacancy but many new referrals coming in. We also have a couple more of the residents planning to move out in the fall. Outside of this, the residents are getting along and doing extremely well.

On the programming side of things, we have continued with a lot of the same programming but have been slowly adding more and more new things. We have started to have residents more involved in participating in Bridging the Gap, nutrition/cooking groups with the student, the duck derby, Lumosity, and started to do a journaling group. We also are looking into participating in the Brain Boogie amongst other activities. We are always looking for partnerships too and are currently sending out invites to hopefully land some.



HOMES

Summer at HOMES has been busy and we've been lucky to welcome new members to our team! Our new manager Rukky started with us in July and has been a great asset to the team! Yemi is a new casual staff and we are thankful she came on board! We will be welcoming a new ICM next week as well and we are looking forward to meeting her! Earlier this summer, we were able to attend the pow-wow in Standing Buffalo and both staff and members had a great time! We also had a movie day at our office which went great. We are already looking to plan our fall activities and are working hard on getting programming scheduled for our members as well as welcoming back peer support in the mornings. Although we've had some challenges this summer, all the staff have been doing a great job to support all our members and working together as a team!

FA/ CPR

We had a busy summer with several courses offered.
I have another class booked for October 7 & 8, 2025.

Every once in awhile we do a one day recert course. You must have a valid certificate and provide a copy to me prior to registration.

The only courses ST John will recognize for a recert are:

- St. John Ambulance: all Canadian Councils
- Canadian Red Cross
- Lifesaving Society
- Canadian Heart & Stroke
- Canadian Ski Patrol

Some other agency certificates maybe recognized under Occupational Health and Safety Regulations but they are not recognized for use in St. John Ambulance. Only the agencies mentioned above qualify

Training

DONNING AND DOFFING and NALOXONE TRAINING

There is a class August 20, 2025

More dates to follow.

NALOXONE TRAINING

Mallory and I were trained and have access to the supplies needed to give staff and clients the full Naloxone training. Please let us know if you would like to set up a class for your programs.

I always add this onto Donning and Doffing Training for those who need it.

NVCI Trauma

There is a class on August 26, 2025. It is full.

More dates to follow.

TRAUMA INFORMED CARE

Below is a link to a free course

<https://traumainformedoregon.org/resources/training/tic-intro-training-modules/>

MEDICATION TRAINING

Classes are held on a regular basis as needed.

MHFA

There is a class September 9 & 10, 2025. It is full. More dates to follow.

ASIST

TBA

REALITY THERAPY PRACTICUMS

Practicums continue in preparation for an Advanced week in October, 2025. These are open to staff who are certified and want to refresh their skills as well. If you would like a schedule of dates please let Ann Marie know. A Basic Week is in the works for October 2025 as well. I have been learning how CTRT is integrating knowledge of Trauma and the neuroscience of the brain. It is so cool to see how ahead of his time Dr. Glasser was.

Brain Based Course for Building Resilience and Psychological CPR

30 of The Fulltime staff will be participating in this Two Day on line training offered by Libby Murdoch September 23 and 24th

Atlas Hub Citation Canada

Please ensure that you are completing your assignments. We are mandated by law to provide these trainings and you are mandated by law to complete them. If you need me to send you a new link or you have any questions please let Ann Marie know.

OTHER Training

All new fulltime staff with a Phoenix email have been sent links for: Respect in the Workplace and Conflict Resolution training. The courses are approximately 1 hour and are mandatory. Staff are asked to print off their certificate immediately after completing the quiz and give it to their manager as proof of attendance.

Free Yoga and Stretching class every Friday 11:30AM at TVWF Healing Centre for Phoenix Staff and Residents. Please email Ann Marie if you are interested.

Renewals

FA/CPR is due every 3 years. Required training for all staff.

NVCI Trauma. Our goal is every 3 years as well. Required training for all staff.

Donning and Doffing is every 2 years. Required training for all staff.

MHFA does not have a required renewal but we would like you to renew every 3 years. Required training for all staff.

Trauma Tool Kit 8 week In-service. No Renewal. Recommended for all full time staff. Part time staff may attend on their own time.

Naloxone does not have a required renewal. Required for all staff.

ASIST- All fulltime must renew every 3 years. Required for all full time staff. Part time staff may attend on their own time.

I have everyone's dates recorded therefore if you are not sure send me an email and I can check for you.

PEER SUPPORT TRAINING

Nothing is scheduled or planned. Peers have 3 hours of professional development every 3 months available to them. Peer Support Workers interested in signing up for free on line enrichment meetings with Tracey from Saskatoon please contact Ann Marie

There is a Peer Support Conference in Saskatoon in September 2025 which several of our peer support workers are attending.

Eaton Intensive Program

Summer has been busy for the residents and staff at Eaton! We've enjoyed some beach days, movie outings, pool days, and BBQs outside! We also participated in a Halifax Building BBQ and games outside at the Science Centre with all of the other residents of our building! We still continue to enjoy our Relaxation Group, Art Group, Wellness Group, Recovery Group, and Journaling Group during the week, and are continuing to build more programming into our schedule - stay tuned for weekly Fieldhouse outings as well as a Games Group which will both start up in the coming weeks! These programs are open to any clients who may be interested. We had 2 nursing students at Eaton over the summer and enjoyed working with them during their time here, and we are looking forward to having another student join us in the coming weeks!



COMMITTEE MEETINGS

Thank you to all who have signed up to be on the Committees. We strive to make our workplace welcoming and safe for all of our staff.

Improving Mental Health in the Workplace.

Thank you to all who attended the Improving Sleep In service on July 24, 2025 for National Self Care Day.

We have two events planned for August 27, 2025.

At 1:15 PM there will be a 2 hour in-service on Improving Your Relationships at Work

Later that afternoon at 3:30PM Ann Marie will be doing Naloxone Training for residents in the Eaton Common room for Overdose Awareness Week. Jana will be assisting.

Thank you to Eryn for making all of the Awareness Days Facebook posts.

Our next Meeting is Thursday September 11, 2025 at 1:15PM in the boardroom.

Trauma Informed Workplace Committee.

Please check out our latest minutes for some great resources. We hope the programs are benefitting from the reflection questions we have been sending out to the terms to expand their knowledge to help us get from Trauma Aware to Trauma Informed.

Thank you to all who came out to our poster making session on August 12, 2025

Our next meeting is scheduled for Tuesday October 14, 2025 at 3:00PM in the boardroom.

Occupational Health and Safety.

Our next agency meeting is Tuesday October 16, 2025 at 1:30PM in the boardroom. Your program committees will need to be meeting prior to this date. Your program employee rep will update the committee at this larger agency meeting. It is the OHC rep's duty to ensure any relevant information gained at the meeting is passed onto their manager and team. OHC program representatives please ensure you have completed your CSA risk assessment and posted it on the server in the OHS folder. Every month please ensure you are checking your first aid kits according to the CSA national standards in alignment with your risk assessment. Please also ensure you are completing the site inspections and giving Tyler a copy of that along with your signed minutes. Everything should also be stored on the server.

Threat Assessment Team.

Meetings are scheduled on an as needed basis. We also have a standing monthly TAT meeting scheduled for the 3rd Wednesday of every month. The next few are September 17, and October 15, 2025 1:30PM in the boardroom at main office.

Resident and Family Advisory Committee Meeting:

The committee is having an event for families on August 27, 2025 at the Southland Mall. We have two guest speakers coming in to talk about all things financial affecting residents and their families including estate planning.

Please contact Ann Marie for more details.

Phoenix Pride Committee:

The Phoenix Pride Committee did an amazing job of planning the PRIDE day event, which went amazing. We have had multiple tie dye days in order to make t-shirts for the parade. Following the parade, our focus will be on providing education and in-services to staff.

Our next committee meeting is on September 22 at 10AM. Please contact Eryn if you have any questions.

TRC Committee Report:

Welcome to Montana! Our new Cultural Coordinator. Montana is working on incorporating ongoing programming with programs, and chairing the TRC Committee. There is an upcoming meeting for the TRC Committee on August 28, 2025, so stay tuned for more updates to come!

Regina Homeless Memorial Committee

This year, the event took place on February 25, 2025 from 5:30 to 6:30 at the City Square Plaza. Thank you to all who donated and attended. We will be looking for members and beginning to plan the 2026 Memorial in September 2025, stay tuned for information regarding meetings, which typically take place every other Thursday at 3PM in the Phoenix Main Office.

For more information on the Pride or Homeless Memorial Committee contact Eryn.

For information on the TRC Committee, please contact Jordan V, or Montana.

For all other committees please connect with Ann-Marie.

Wahkohtowin Program

It has been a busy summer at the Wahkohtowin Program and there have been some changes! We have said goodbye to some FT staff (Amy, Ava, and Alex) and welcomed aboard Tanzim (Nurse), Montana (Indigenous Cultural Coordinator) and Blessing (temp FT support worker). Zainab has now moved into a permanent role as a FT support worker at Wahkohtowin Program! We will also be welcoming a new ICM very soon! Our folks have had the opportunity to attend some fun events in the community such as Mosaic, a Red Sox game, Standing Buffalo Pow Wow, Wascana Pool and the Queen City Exhibition! We look forward to planning some new programming in the upcoming months to switch things up a bit and try some new activities!



PIPS

It has been an eventful summer for staff and clients at PIPS! We have enjoyed some beach days with our friends at Eaton as well as a fishing day with our friends at McEwen Manor! We have also gone bowling and continued with our Fun Friday programming and had many games of Jenga and Bingo! We've enjoyed the warm weather on our coffee outings and hope to continue this for as long as the weather stays nice. We are still continuing with swimming on Wednesday afternoons, and hope to do more cooking in the future as well with residents and staff! We had one practicum student join us this month, and have enjoyed working with them during their time so far! We are looking forward to adding another practicum student to our team in the new few weeks!



McEwen Manor & CLSD

McEwen Manor & CLSD have had all the summer fun, with trips to the lake, Canada Day events, the Moose Jaw Spa, the Rider Game, and multiple festivals and celebrations around the city! We attended the Queen City Ex and were lucky enough to run into PALS & OAK, so we got to spend some time as a Phoenix community. We have gained a new resident in the building, as well as welcomed two new staff- Welcome Kaitlyn and Ahmed! We have been staying active on Saturdays with going for outings around the city since the weather has warmed up.

To keep the fun going, we continue to go to the Landmark Theatre once a month, as well as Moonlight Movies every other Saturday for the classics. Wednesday's & Thursdays we have cooking with keyworkers. We also continue monthly birthday party, and pizza nights, and continue to enjoy peer support 4 times a week for healthy walks around Wascana.

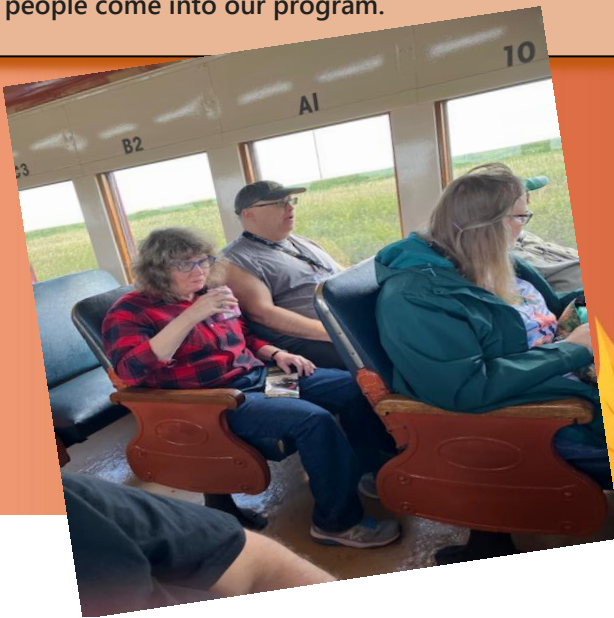


AGENCY TOUR

Our next agency tour day is TBA .On these days we go over a PowerPoint on some of the history and programs Phoenix offers and then tour the program sites. You can attend the whole day or part. Just let me know what works for you. If you are interested please email me. Part time staff are welcome but are not paid for this opportunity to find out a little more about our agency.

PALS

So PALS has been very busy this summer. We have been having monthly picnics, been to the beach, berry picking, Regina exhibition, Rider game and many, many more. We just went to Ogema and on a train ride where the train is stopped by banditos and robbed. The money collected goes to STARS and cancer. Only one causality-the RCMP officer was shot and killed. It was a great time and a great way to see Saskatchewan's beautiful country side. We do have plans to go to Moose Jaw and a few others things while the weather lasts. It's been a fun summer! We will be having lots of changes as people move on and new people come into our program.



OAK

OAK has been having a quiet but fun summer. Lots of Trips to Wascana, farmers market and even made it out for some first and chips at Regina Beach. We are sad to see Grace leave us for her 4 month education leave, but we wish her well!



STUDENTS

Diploma in Addiction and Community Services Worker-
Welcome to Haley who recently began a placement at PIPS

Our Fall 2025 practicum students will be starting soon.

- Social Work - Colton at PIPS
- Social Work- Jonathon at Lovering
- Social Work - Naomi at Lovering
- Human Justice - Daniella at HOMES

NURSING

On August 28, we will be welcoming a group of 7 Saskatchewan Poly Tech SCBScN Students scheduled from August 28 to October 10, 2025

Instructor: Kara

They are on site Wednesday Thursdays mainly and a couple of Fridays.

There is another group scheduled from October 16, 2025 to December 5, 2025

Sask Poly Tech Psychiatric Nursing Advanced Diploma

We will have a few groups of students in fall
One individual placement from August 29 – December 5, 2025. The student will be placed at the Eaton Program
Group of 8 September 22- October 1, 2025
Group of 8 November 17 to December 5, 2025
**** There will be no overlap with the SCBScN

Please refer all student requests to Ann Marie.

We will not be taking anymore students for the fall semester.

We wish them a great learning experience!



Message from the Executive Director

Hello everyone,

I am grateful for the opportunity to share my first message with you as Executive Director of Phoenix Residential Society. Over the past several weeks, I have had the privilege of touring all of our programs—some more than once—and I continue to be deeply impressed by the passion, skill, and commitment of our staff team.

On August 31, 2025, I was honored to be officially “passed the torch” from Sheila Wignes-Paton. Sheila leaves behind big shoes to fill, along with a legacy of dedicated professionals who truly care for the people we serve. In my short time here, I have already experienced the warmth and excellence that define Phoenix. I was welcomed (and thoroughly defeated!) at bowling with PALs, and I have had the chance to meet with government officials, community leaders, and partners who have all spoken highly of the outstanding work Phoenix is doing. With confidence, I can say that Phoenix is recognized as a leader not only in Regina and Saskatchewan, but beyond.

I have also had the privilege of completing ASIST and NVCI training alongside staff. These experiences only reinforced what I have seen and heard—our team shares a strong commitment to trauma-informed care and meeting people where they are. It is clear that we are in a strong position as an agency, and I look forward to building a bright future together with all of you.

This past month, we also completed a staff survey, with 85 staff members participating. Thank you to everyone who took the time to provide thoughtful feedback. We are carefully reviewing the results, and your input will guide our decisions moving forward. To show our appreciation, we will be holding a draw for two \$50 gift cards. A reminder that everyone’s name will be entered in the draw, regardless of whether you participated, to ensure full anonymity.

Thank you again for the warm welcome I have received. I am excited about the road ahead and grateful to be working alongside such an incredible team.

Warm regards,
Jordan Varey, ED.

