

Next Steps is...

- Supportive Staff
- In-home support
- Help with medications
- Independent living skills
- Healthy living
- Recovery
- Cooking skills
- Budgeting
- Building support
- Recreation
- Cultural connections



Our Vision

Building people up holistically with dignity, respect and love.

Our Mission

To be a dynamic, innovative housing and service provider in the communities we serve assisting individuals to reach higher levels of personal growth, independence and resilience by providing supports and meeting needs through a client-centred approach.

Next Steps is a Saskatchewan Health Authority funded program of The Lighthouse Supported Living Inc. in partnership with Mental Health and Addiction Services

Administrative Offices
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Next Steps Housing Program



Housing for people transitioning from a hospital stay to a home in Saskatoon.



Take your *Next Steps* to Supported Independent Living



Next Steps Housing Program

Are you transitioning from a hospital stay to a home in Saskatoon?

We can help you:

- find an affordable place to rent
- figure out funding and budgets
- learn meal planning and cooking
- manage your health and recovery
- access training or work opportunities
- build community support
- access recreational, leisure and cultural activities

Next Steps may be for you if:

- ✓ You are recovering from a mental illness or are struggling to manage your mental health.
- ✓ You need help getting back on your feet.
- ✓ You are working to become more self-sufficient and want to live more independently.

Interested? Have questions?

Talk to:

- Your Dubé Centre nurse
- Your Community Mental Health Nurse
- The SHA Community Liaison Nurse (306)514-8096
- The Lighthouse Intake Coordinator (306)653-6664