

Our Story

We've been around a while. Decades, in fact. But we're not some huge, distant company.

Helping Hands Care Group is Saskatchewan-based and owned by Heather Monaghan, a qualified nurse with advanced training and a degree in education. And she started at the bottom, not the top, working in our original home for her parents when they ran things.

Today we operate a well-appointed 10-person care home in Regina, along with well-designed homes in Melville, Grenfell & Broadview. All our care homes meet or exceed OH&S, food safety, fire suppression, building codes & standards of care in Saskatchewan.

We also operate in the wider community, bringing all services to you or your loved ones. Our bridging coordinator will meet with you to match your needs with caring, consistent staff for qualified one-to-one help.



Please visit
helping.ca
for more
information
or call
306.545.7733

Your Story

**Someone you care about needs help.
(It may even be you.)**

Is someone you care about ill, injured or can't do what they used to when younger or more able? That's okay. What matters is you need help & you want good help.

Qualified, trusted and reliable help. Caring help.

At Helping Hands Care Group, our job for decades has been to help, with the best helping hands in the business. **What do you need?**

Rest

Maybe you simply need a rest after a hard week, to go out, recharge and not just be a caregiver all the time. Whether for just a few hours or a few days, we can help.

Cooking

Need a snack? Want vegetables cleaned and cut? Or want a hot, healthy meal start to finish, plus clean up? Maybe grocery shopping is all that is needed. We do it.

Cleaning

Has regular housework become more than a chore? Dusting, Tidying, Sweeping, Vacuuming, Washing, Wiping. Cleanliness is important. It feels better.

Personal Care

Fully trained to safely lift, transfer & reposition people. We gently bathe, shower, wash, groom & help dress. Need help going to the bathroom? We do that, too.

Compassionate Care

Sometimes, people just need people. When you cannot be there, at hospital, in a facility or at home, if a loved one feels scared or lonely, we can be there for you. Holding a hand. Quietly letting them know "We care."

Truly Specialized Caring

Sometimes what you need is more specialized care, like ostomy care, wound dressing, medication administration or memory care for those with brain injuries or dementia.



**Helping Hands
When you need us.
Wherever you need us.**



helping.ca



**Qualified. Trusted. Reliable. Caring.
Helping Hands**

Our services are provided in a manner by which all residents can live their lives with dignity, surrounded by loving and caring people, in beautifully designed home environments.

Physical needs are certainly met, along with cognitive, social, and spiritual needs. We are licensed by Saskatchewan Health and carefully follow all regulations.

For information about our care homes in Regina and rural Saskatchewan, or to request a call back, please call us or email helpinghands@sasktel.net



306.545.7733

It's Okay to Ask for Help

Someone you care about needs help.

Is a loved one ill or injured?
Perhaps they just can't do as much these days?
Or maybe you need a rest.
That's okay.

What matters is you need help.
And not just any help. You want good help.

At Helping Hands Care Group, our job has always been to help with what you need.
We have the best helping hands in the business.

What do you need?

Rest

Cooking

Cleaning

Personal Care

Compassionate Care

Truly Specialized Caring

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Bridging Program with Helping Hands

A personalized service that enables seniors and people with disabilities to remain as independent as they choose.

We do this by bringing assistance right to wherever our clients are: in their home, in the hospital or in the community.

For information about Helping Hands bridging services or to request a call, please visit helping.ca, call us or email bridging.helpinghands@sasktel.net



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