



ALUMNI BUSINESS DIRECTORY



YWCA
SASKATOON

Employment &
Learning Centre



ALUMNI BUSINESS DIRECTORY

Table of Contents

Artisan/Beading/Jewelry/ Junk Journals/Candles.....	1
Cleaning/Decluttering/Relocation.....	2
Consulting/Coaching/Counselling.....	3
Custom Furniture/Renovations.....	4
Fashion/Clothing.....	4
Food Services.....	5
Photobooth.....	5
Teaching/Training.....	6
Technology.....	6
Wellness: Complimentary Alternative Medicine.....	7
Wellness: Fitness/Aging/Pain Management.....	8
Wellness: Massage Therapy/Esthetics.....	9
Wellness: Yoga/Mindfulness.....	10
In Development.....	11
Testimonials.....	12

Artisan/Beading/Jewelry/ Junk Journals/Candles



Leanore Gough
Masear-Gough
306-880-0735
leanorego@gmail.com

Masear-Gough sells one of a kind textile art pieces, small unique collections, handmade beads, and embroidery kits. The handmade beads are fashioned from Saskatchewan River mussel shells, bones, wood and other found objects.



Novalee Barber
Etsy Prairied Treasures SK
prairiedtreasures.sk@gmail.com

Prairied Treasures SK creates unique treasures in the form of jewelry and journals, handmade from upcycled, recycled, gifted, thrifted and found objects.



Ginette McCrea
Smitten + Fir
smittenfir@gmail.com
smittenfir.com

Smitten + Fir manufactures hand poured all-natural premium candles. Made with clean burning, eco-friendly, high quality and sustainably sourced coconut soy wax and a soothing wood wick crackle, these candles enhance tranquility and wellbeing. Fragrances are carefully selected for fresh earthy notes free of harmful toxins inviting a connection to the vast Canadian outdoors.

Cleaning/Decluttering/Relocation



Ele Smiroldo
Spotless Spaces
306-341-3003
Elesmiroldo@gmail.com

Spotless Spaces offers a professional cleaning service.

I take enormous pride in my work, leaving you feeling cared for and your space spotless!



Nadalie Larson
Prairie Shift Relocation
306-380-1412
holidayblack@hotmail.com

Prairie Shift, specializes in high-level administrative support and logistics management. We focus on underwriting policy and procedures, launching new organizational programs, and providing comprehensive planning and integration services for businesses in our community.

Consulting/Coaching/Counselling



Fiona Fick
Fiona Fick Coaching
Mindset & Leadership Coach
fionafickcoaching.com

The focus of the business is to work with small- and medium-sized companies to foster employee engagement and growth, to improve retention rates, and elevate team performance. Fiona Fick also provides individual coaching to women who are looking to advance their careers, build self-confidence, and deal with workplace issues.



Corby Furrow
Radiant Core Solutions
780-293-3052
discover@radiantcoresolutions.com
radiantcoresolutions.com

I guide women leaders, coaches, and helping professionals to break through the internal barriers that drain their energy, limit their energy, limit their capacity, and keep them from fully owning who they are. By shifting the patterns they've been carrying for far too long, they're able to create the impact they've been craving - and lead with clarity, confidence, and an unwavering sense of self.



Rose Marie Laird
Rose Marie Laird Counselling, Registered Social Worker, MSW, RSW
306-270-3831

I work under the umbrella of Relational Cultural Theory. We can be hurt by relationship; we can heal through relationship. You can start with the therapeutic relationship. I integrate hypnosis into my therapy for people who are interested.

Custom Furniture/Renovations



Kym Henry
Against the Grain, Furniture + Home
639-998-2797
Againstthegrainyxe@gmail.com

Against the Grain, Furniture + Home mission is to reduce the number of useful materials that end up in the landfill by applying intentional energy mixed with creativity to give what would have been a waste, a second life.

Fashion/Clothing



Sophia Sparks
Sunday Sparks Clothing Co.
306-381-6261
hello@sundaysparks.com
sundaysparks.com

We're Canadian women with a passion for classic fashion and a vision to bring modesty back into style. We believe there is beauty in elegance, allure in kindness, and that a woman is sexiest when she leaves something to the imagination.

We offer you the best contemporary has to offer with a customer service touch you'll want to stay in touch with. We're here to support you, champion you, and make you feel beautifully empowered, every single stylish day.

Food Services



Sandra Walker Mills
Jamaica Food Basket
136 2nd Avenue. Saskatoon, SK S7K 1K5
306-361-2125
jamaicafoodbasket@gmail.com

Jamaica Food Basket is a restaurant and retail business offering authentic Jamaican-style cuisine, locally made Jamaican-inspired seasonings and sauces, and frozen patties.

We also provide catering services for traditional Jamaican meals and other dishes infused with our signature Jamaican flavours.

Photobooth



Maria Alejo
Prints4Keeps
639-994-1858
prints4keeps.yxe@gmail.com
yxeevents.com/prints4keeps

Prints4keeps sells locally manufactured Photobooths, custom-designed specifically for aspiring entrepreneurs who want to take their first step into business; and for event industry professionals looking to broaden their income streams.

Teaching/Training



Kadane Headley and Bailey Strachan
Resilient Roots Inc.
 info@resilientrootsinc.ca
 resilientrootsinc.ca

Resilient Roots consulting provides expert advice, strategies, and professional development for organizations and individuals involved in child and youth care.



Briane Jennifer Webb
WebbSprout Learning Programs
 briane.webb@webbsprout.com
 webbsprout.com

WebbSprout Learning Programs is a home-based learning program in Saskatoon offering personalized education for students who struggle in one-size-fits-all school environments. Students build confidence, discover how they learn best, and develop self-advocacy skills through individualized tutoring and coaching, small-group learning, and family support.

Technology



Tosin Akinpelu
Intoera Solutions
 info@intoera.com

Intoera Solutions enables organizations to lead through change by transforming operations with technology.

Wellness: Complimentary Alternative Medicine



Karmen Currie
Karmen Currie Holistic Wellness
306-227-4537
karmencurriewellness@outlook.com
karmencurrie.com

Karmen Currie Holistic Wellness provides energy healing services using a variety of holistic wellness practices, including yoga, meditation, breathwork, Reiki, and the Energy Enhancement System.



Danielle Franko
Prairie Spinal Flow Clinic
info@prairiespinalflow.ca
Quill Lake and Tisdale, SK

'Spinal Flow' is an alternative health treatment that identifies and releases physical, chemical, and emotional stress using gentle, non-invasive contacts along the spine. The modality supports the body's natural healing process, supporting return to optimum health and vitality.



Brianne Uhryn
Wellbelly Colonics
wellbellycolonics@gmail.com
@wellbellycolonics
Facebook: Wellbelly Colonics

Colon hydrotherapy is a holistic based health service that focuses on the colon and waste elimination. **Wellbelly** provides colon hydrotherapy to assist adults struggling with bowel and period issues, gut health and endometriosis.

Wellness: Fitness/Aging/Pain Management



Ashley Keck
Successful Aging Fitness and Coaching
306-850-0168
ashley@successfulagingyxe.ca

Successful Aging Fitness and Coaching helps you age with mobility, joy, and freedom!



Stephanie Buckley
Transform Your Pain: Pain Management
alternativepainapproach@gmail.com
linkedin/in/stephanie-buckley-222a3a270

Transform Your Pain helps women living with chronic pain take back their power and live the life of their dreams. Through specialized programs, women learn alternative pain management strategies and how to shift from reactive pain care to proactive and preventative care.

Wellness: Massage Therapy/Esthetics



Shantel Krawetz
Krawetz Massage & Esthetics
306-912-9922
krawetz.m.e@gmail.com
Big River, SK

Krawetz Massage & Esthetics offers Registered Massage Therapy services including Fire cupping, Rattan and Lymphatic drainage massage; Esthetic services including hair removal services (waxing, sugaring, threading) as well as lash lifts and tinting; and Medical Esthetics services currently including Microneedling and Dermaplaning.



Billy Lee McIntyre
Little Crow Resolutions & Wolf Raven Wellness
306-914-3100
wolfravenwellness@gmail.com
wolfraven-wellness.square.site

Little Crow Resolutions offers massage therapy, training, education and resources to individuals and organizations wanting to regulate their nervous systems and cultivate trauma-informed inclusive spaces.

Wellness: Yoga/Mindfulness



Mary Panteluk
Inner Energy Yoga
hello@innerenergyyoga.ca

Inner Energy Yoga teaches its members about the subtle energies of the body by integrating energy healing techniques within various mind and body modalities, primarily through breathwork, self-touch and yoga.



Jennifer Davey
Lotus Revival Yoga
lotusrevivalyoga@gmail.com
lotusrevivalyoga.ca

At **Lotus Revival Yoga** we strive to make yoga accessible with our live online yoga classes over zoom and on-demand recordings, so you can practice wherever your device will connect. We also offer Mindfulness Coaching, Ayurvedic Nutrition Consultations, and destination yoga retreats across Canada so you can achieve your ultimate desired lifestyle.

In Development



Winney Hu
Winney's Cottage

Winney's Cottage is a proposed 'garage suite' project on private property containing 3 bedrooms.



Michelle Maveal
Touch of Class
Boutique Style Decluttering Services

The real human element is arguably the strongest part of the **Touch of Class** identity, valuing the client over aesthetics.



Renee Ramikie
FUNctional Event Rentals

FUNctional Event Rentals is a residential concierge, providing essential event party equipment with a hassle-free setup and after party clean up service. We specialize in making hometown hosting effortless by handling the logistical heavy lifting, allowing you to stay present with your guests and keep the **FUN** in our Funtion.



ALUMNI BUSINESS DIRECTORY

Testimonials

*"The **PowerUP** program inspired me to see myself as more than a teacher.*

I am an entrepreneur with a unique blend of skills and insight that give me the opportunity to make a difference and be the coach my students need so they can find their own power."

-Briane Jennifer Webb

*"The **PowerUP** program was very helpful and helped me to see the potential of my business."*

-Infinite Métis

*"**PowerUP** is a helpful learning process for woman entering or expanding a private business. The expertise and caring of the coaches is exceptional."*

-Rose Marie Laird

Testimonials

“When starting a business, it can be overwhelming, especially when you have no business education and knowledge like myself.

*The education provided from the fundamentals of the **PowerUP** program, to Janis' own personal experiences, provided a unique learning opportunity allowing myself to apply it directly to my business while in the development/startup phase.”*

-Brienne Uhryn

*Participating in the **PowerUP** program was a pivotal experience. It provided the guidance needed for industry alignment as we scale to the next business phase.”*

-Tosin Akinpelu

*“There is no other resource out there with as much feedback and caring as the **PowerUP** program for women entrepreneurs.*

The experience and nuance from being in business that Janis and Janet have supported me with was unparalleled. Thank you for your expertise, knowledge, and time. I will forever be better off from this experience.”

-Ashley Keck

Testimonials

*"The **PowerUP** program, and even more so the facilitators, created opportunities for learning, self-reflection, creativity, networking, and empowerment."*

-Jennifer Davey

*"**PowerUP** was a transformative experience. The expert facilitator was attentive to our needs, ensuring that the advice and strategies given were tailored to our specific business goals."*

-Sandra Walker Mills

*"The **PowerUP** program empowered me with the skills, and support to start my business."*

-Olajumko Oluyinka-Ojo

*"The **PowerUP** program gave me incredible confidence and business skills I didn't have before. Incredible trainers and truly a game changer for me!"*

-Ele Smioldo