



ALUMNI BUSINESS DIRECTORY



YWCA
SASKATOON

Employment &
Learning Centre



It's been an honour and a privilege to walk alongside you as you step into your power, learning to think creatively and strategically, and gaining confidence along the way.

My words of wisdom are to power onward using the new skills you have honed in the program, and when you think you have it figured out, always run your numbers!!!

Janis Hutton, Manager and Business Coach/Advisor

It has been a pleasure to have supported the 34 women in our program. I admire each and every one of you for your tenacity to complete this demanding program, and I wish you success on your entrepreneurial journey.

Janet Terry, Program Coordinator



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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

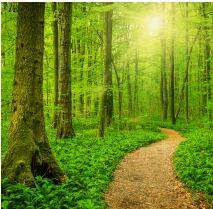


Ele Smirolto
Spotless Spaces
306-341-3003
Elesmirdo@gmail.com

Spotless Spaces offers a professional cleaning service.

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

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.

Consulting/Coaching/Counselling



Tammy Lidguerre
Journey-Within Counselling and Consulting
306-250-8568
Info@journey-within.co

Journey-Within Counselling and Consulting provides culturally and linguistically (Denesuline) aligned mental health services and programs that are inclusive and tailored to the unique needs and experiences of Indigenous individuals and communities - addressing mental health and education gaps within mainstream systems while fostering healing through cultural understanding and respect.



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

I help create breakthroughs for people and professionals, liberating them from overwhelm, anxiety and fear to peace, calm and freedom.



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
Againstthegrainyx@gmail.com

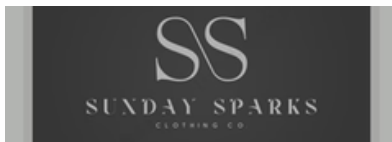
Against the Grain, Furniture + Home mission is to reduce the number of useful materials that end up in the landfill by applying intentional energy mixed with creativity to give what would have been a waste, a second life.

Fashion/Clothing



Michelle
Infinite Métis
contact@infinitemetis.com
infinitemetis.com

Infinite Métis sells Métis inspired merchandise in several prints and styles, including clothing, footwear and accessories.



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.



Olajumoko Oluyinka Ojo
Jojos Homemade Granola
306-241-7546
jojoshomemadeca@gmail.com

Jojos Homemade Granola specializes in producing high-quality, nutritious granola products that cater to health-conscious consumers.

Our product line includes a variety of flavors such as sweetened and unsweetened granola.

Landscaping



Eden Bobyk
Trim-It Shrubs Hedges & Edges
306-202-7943
trimit.yxe@gmail.com

Trim-It Shrubs Hedges & Edges offers personalized property maintenance services to discerning residential homeowners that value the look and feel of their outdoor spaces.

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.

Property Rentals - Mid/Long Term



Rachel Kauenhofen
Frame and Form
306-370-9072
frame.n.form@gmail.com

Frame and Form is a professional property rehabilitation and management service business. It provides luxury mid-term and long-term fully furnished accommodations to working professionals.

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
rbriane.webb@webbsprout.com
webbsprout.com

WebbSprout helps kids learn 'how to learn' and discover themselves to reach their full potential. Offerings include:

- School skills coaching & advocacy for students struggling in school.
- Small group & individual programs to help your kids navigate challenging school environments - with ongoing holistic support from an experienced and unconventional classroom teacher.

Technology



Tosin Akinpelu
Intoera Solutions
info@intoera.com
intoera.com

Intoera Solutions drives business transformation by delivering technology solutions that improve operations, enabling organizations to lead with agility as they stay aligned and competitive in a rapidly evolving digital landscape.

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
slbuckley19@gmail.com
linktr.ee/transformyourpain

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 Wellness
hello@innerenergyyoga.ca

Inner Energy Wellness 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 for all ages, and flexibilities. Beginners are welcome!

We offer a holistic approach including Mindfulness Coaching and Ayurvedic Nutrition Consultations, live online and destination yoga retreats, so you can achieve your ultimate desired lifestyle.

In Development

Three C's Catering



Brandy Moxham
Three C's Catering

Three C's Catering is a specialized home-based catering service dedicated to providing high-quality, premade meals for busy individuals, seniors, and working parents.

With a focus on fresh ingredients, diverse menus, and dietary accommodations, it caters to a wide range of tastes and preferences, ensuring convenience without compromising on quality.



Dooyum Omokaro
3B Cleaning Services

3B Cleaning Services is a proposed family owned business, offering car washing, detailing, and minor body repairs.



Sherri King
Clutter Butler

Clutter Butler's respectful approach to de-cluttering home environments is rooted in active listening and one-on-one empathetic guidance, teamed with the owner's flair for creative solutions and her diligence to accomplishing the most pressing tasks at hand to move the project forward.

In Development



Nadalie Larson
Prairie Shift Relocation and Cleaning

At **Prairie Shift**, we specialize in providing top-notch relocation and cleaning services tailored to meet the unique needs of businesses in our community.

Whether your office is on the move, seeking new accommodations, or exploring the possibilities of a fresh space, we are here to help streamline the process for you.



Apaer Nuerguli
La Maison D'Elégance

La Maison D'Elégance will offer women's Haute Couture custom design fashion in a small boutique setting.



Winney Hu
Winney's Cottage

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

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's 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



Job Search Program

Our **Job Search Program** is here to help both women and men. You will work with professional employment counsellors that provide assistance and advice on job searches, the application process, and how to secure a steady source of income.



Career ReSet

If you're 30 years of age or over and looking for new employment, **Career ReSet** can assist and support you in a group setting through effective job search strategies, providing renewed confidence, and keeping you motivated.



Trade Journey

Trade Journey is a 16-week program that offers women the ability to experience trades, build confidence, and enhance the skills necessary to enter these traditionally male-dominated fields.



Women Shifting Gears

Women Shifting Gears is an exciting program designed to empower women and develop their skills to enter the transportation industry.



For more information



employmentservices@ywcaskatoon.com



(306) 986-2873