

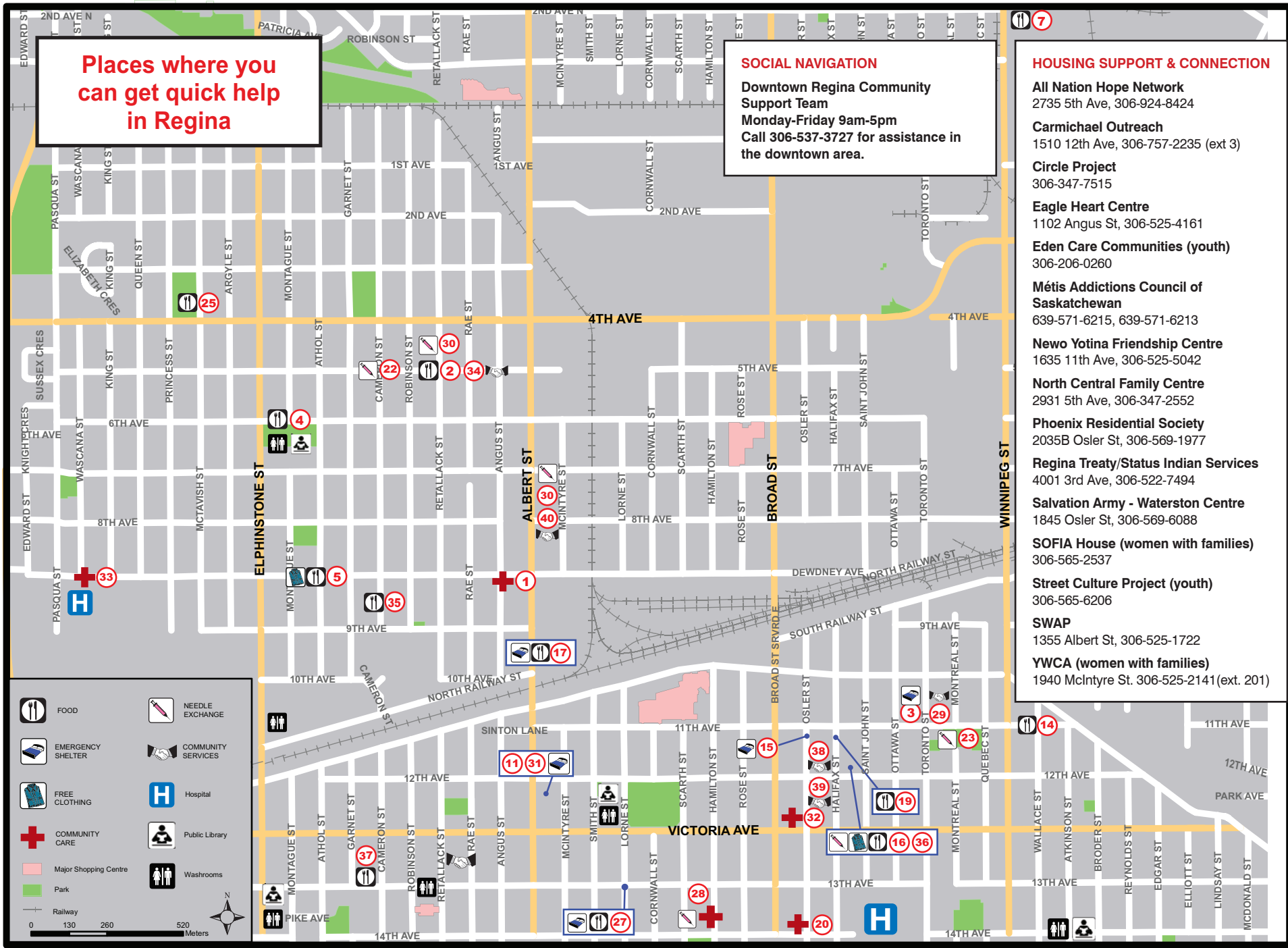
Places where you can get quick help in Regina

SOCIAL NAVIGATION

Downtown Regina Community Support Team
Monday-Friday 9am-5pm
Call 306-537-3727 for assistance in the downtown area.

HOUSING SUPPORT & CONNECTION

- All Nation Hope Network
2735 5th Ave, 306-924-8424
- Carmichael Outreach
1510 12th Ave, 306-757-2235 (ext 3)
- Circle Project
306-347-7515
- Eagle Heart Centre
1102 Angus St, 306-525-4161
- Eden Care Communities (youth)
306-206-0260
- Métis Addictions Council of Saskatchewan
639-571-6215, 639-571-6213
- Newo Yotina Friendship Centre
1635 11th Ave, 306-525-5042
- North Central Family Centre
2931 5th Ave, 306-347-2552
- Phoenix Residential Society
2035B Osler St, 306-569-1977
- Regina Treaty/Status Indian Services
4001 3rd Ave, 306-522-7494
- Salvation Army - Waterston Centre
1845 Osler St, 306-569-6088
- SOFIA House (women with families)
306-565-2537
- Street Culture Project (youth)
306-565-6206
- SWAP
1355 Albert St, 306-525-1722
- YWCA (women with families)
1940 McIntyre St. 306-525-2141(ext. 201)



	FOOD		NEEDLE EXCHANGE
	EMERGENCY SHELTER		COMMUNITY SERVICES
	FREE CLOTHING		Hospital
	COMMUNITY CARE		Public Library
	Major Shopping Centre		Washrooms
	Park		
	Railway		

Not Shown: 9. Regina Transition House; 306-569-2292 10. YWCA Isabel Johnson Women's Shelter; 306-525-2141 12. WISH Safe House; 306-543-0493

REGINA

Survival Guide and Map

August 2023



Photo credit: Jimmy Wayne

University of Regina REGINA

Crisis Intervention • 24 Hours
Mobile Crisis Services
1646 11th Ave • 306-757-0127

SERVICE DIRECTORIES:
211 Saskatchewan - call/text 211 or go online at www.SK.211.ca
HelpSeeker - online at <http://search.helpseeker.org/>

FOOD & OTHER SERVICES



mâwawêyâtitan centre/

Chili for Children (#4)

3355 6th Ave; 306-359-7919 or 306-359-6027

Monday-Friday after 11am. Serves everyone. Free bread.

Carmichael Outreach Inc. (#16)

1510 12th Ave; 306-757-2235

Food Monday to Friday from 1-3 p.m.

Warming Centre Monday-Friday.

AIDS Programs South Saskatchewan (#30)

1325 Albert St

Bread Tuesdays & Thursdays. Limited snacks/lunches.

Naloxone training and kits, condoms, harm reduction

education, Peer support, HIV Self Test kits available

Tuesday-Sunday

HIV/Hep C testing on Tuesdays and Fridays,

Vaccine administration Thursdays: 1-3 p.m.

Community Fridges (24/7)

North Central (#35) 3037 Dewdney Ave

Heritage (#36) 1510 12th Ave

Cathedral (#37) 13th Ave & Cameron St

Indigenous Christian Fellowship (#5)

3131 Dewdney Ave.; 306-359-1096

Tuesday-Friday 10 a.m.-5 p.m., Saturday 10 a.m.

Serves everyone. Free coffee everyday.

No cost for food during pandemic.

Wednesday soup & bannock 10am-5pm

Saturday breakfast 10 a.m.

Bed and furniture program. \$5 chip in.

Marian Centre (#19)

1835 Halifax St.; 306-757-0073

Monday-Wednesday, Friday and Saturday

12 p.m.-meal; closes at 1 p.m.

No cost. Assists with men's clothing and toiletries.

North Central Family Centre (#2)

2931 5th Ave.; 306-347-2552

Free bread and pastries 9-10 a.m., Monday-Friday.

Monday-Friday 9 a.m -3:30 p.m.

Serves everyone. Outreach and housing support services.

No cost.

Rainbow Youth Centre (#25)

977 McTavish St.; 306-757-9743; Monday-Friday.

Serves Youth 11-19 for programming.

Food for youth 11-19 in programming.

Bread available for all Tuesday & Thursday

Regina Food Bank (#7)

445 Winnipeg St.; 306-791-6533

Monday-Friday 9 a.m.-12 p.m.; 1-4 p.m.

Serves everyone. Food hampers.

Salvation Army Haven of Hope Ministries (#27)

2240 13th Ave. (corner of Lorne St. and 13th Ave.)

306-757-4600

Monday-Friday 9-11:30 a.m.; 1-3:30 p.m.

Free bread and emergency food assistance.

Thursday 11-11:30 a.m.: Lunch with Sally.

Other programs include taxes, summer camp,

school backpacks, Christmas assistance.

Souls Harbour RESCUE Mission (#17)

1632 Angus St.; 306-522-7122

Monday-Friday free meal 4-6 p.m.

Serves everyone.

Visitation House (#14)

900-11th Ave.; 306-352-0016

Monday-Thursday 10 a.m.-2 p.m.; lunch 12-1 p.m.

Serves women and children. Morning prayer,

drop-in coffee and bread, public phone, newspaper,

counselor. Clothing sometimes available.

EMERGENCY SHELTER



Regina Transition House (#9)

Box 1364, Regina, SK; 306-569-2292

24 hours/7 days a week

Serves women/children fleeing abuse.

Pet-friendly spaces available.

Souls Harbour RESCUE Mission (#17)

Men's shelter

1632 Angus St.; 306-522-7122

Serves men. No cost. Intake time is everyday 7-8:30 p.m.

Street Culture Project - Tuhk Sih Nowin Youth

Emergency Shelter (#3)

1314 11th Ave.; 306-545-3445

24 hours/7 days a week

Serves youth 16-18 years old. Temporary housing, food,

clothing, personal support. No cost.

YWCA My Aunt's Place (#31)

1940 McIntyre Street; 306-545-2141 (ext. 201)

24hrs/7days week

Serves women and children. No cost.

YWCA Isabel Johnson Women's Shelter (#10)

Outreach services: 306-525-2141 (ext 110)

Shelter: 306-525-2141 (ext 114 or 201)

Residence: 306-525-2141 (ext 107)

Serves women, families, children, youth and

2SLGBTQIA+ peoples. No cost.

YWCA Kikinaw Women's Only Residence (#11)

1940 McIntyre St.; 306-525-2141; 24 hours

Serves women only. No cost.

Salvation Army - Waterston Centre (#15)

1845 Osler St.; 306-569-6088; 24 hours

Serves men only. Free depending on circumstance.

WISH Safe House (#12)

Regina, SK; 306-543-0493; 24 hours

Serves women/children fleeing abuse. No cost.

FREE CLOTHING



Carmichael Outreach Inc. (#16)

1510 12th Ave

Clothing Boutique open Monday-Friday 9 a.m.-12 p.m.

Salvation Army Haven of Hope Ministries (#27)

Phone Nathan about clothing voucher for Thrift Store.

306-757-4600.

Souls Harbour RESCUE Mission (#17)

1632 Angus St.

Thursday & Friday 1-3 p.m.

YWCA ENCORE Market (#11)

1940 McIntyre St Monday-Saturday; 9 a.m.-5 p.m.;

COMMUNITY SERVICES



All Nations Hope/Awasiw (#34)

2735 5th Ave; 306-924-8424,

Monday-Friday 9 a.m.-12 p.m., 1-5 p.m.

Drop-in space, washroom, phone, wifi, breakfast at

9 a.m., lunch at 1 p.m., coffee/tea/water, take-home

naloxone/Narcan, condoms, assistance with housing,

support groups and sharing circles, take-home HIV

self-testing kits, HIV/Hep C/Syphilis testing, vaccinations,

cultural programming, Elders, smudge, ceremony

John Howard Society (#29)

1801 Toronto St.; 306-757-6657

Monday-Thursday 8:30 a.m.-12 p.m.; 1-4:45 p.m.

Serves everyone. Offers a variety of community-based

services and advocacy.

Mobile Crisis Services (#38)

1646 11th Ave, 306-757-0127, 24 hours/7 days,

Crisis Intervention

Newo Yotina Friendship Centre (#39)

1635 11th Ave, 306-525-5240

Open 7 days/week. Breakfast everyday.

Lunch daily Monday-Friday

Overdose Prevention Site, drug testing, naloxone,

support groups, phone, computer.

SWAP (#40)

1355 Albert St; 306-525-1722

Monday-Friday 9 a.m.-5 p.m.

Drop-In Centre, phone, coffee, toiletries, Youth & HIV

outreach, life skills and employment programming,

evening outreach services.

YWCA Regina (#11) 1940 McIntyre St.

Serves women with children, girls & 2SLGBTQ youth.

Outreach services: 306-525-2141 (ext 166)

Youth Employment program: 306-519-5234

Big Boost Tutoring: 306-525-2141 (ext 105)

Evening programming: 306-525-2141 (ext 113)

COMMUNITY CARE



Al Ritchie Heritage Community Health

Centre (#20) 1550 14th Ave.

(main doors face Halifax St.); 306-766-6320, Monday-Friday

Coffee, free bread as available, phone and computer, taxes.

Nurse Practitioner on site. Serves everyone.

Coordinated Access Regina (CAR) Intake and Assessment Walk-in Clinics (#41)

for individuals experiencing homelessness

Queen City Wellness, 1725 11th Ave

Tuesday 1-3 p.m., Thursday 9-12 p.m. and 1-3 p.m.

Friday 1-3 p.m.

Four Directions Community Health Centre (#1)

1504 Albert St.; 306-766-0200

Monday-Friday 8:30 a.m.-4 p.m.

Serves everyone. By appointment only.

Sask Health Authority - Brief & Social Detox (#32)

1640 Victoria Ave. Detox at Osler street entry

306-766-6600; 24 hrs/7 days a week

Brief detox, social detox & adult day programming.

Meadow Primary Health Care Centre (#33)

4006 Dewdney Ave.; 306-766-6399

7 days a week, 9 a.m.-8 p.m.

Call ahead for walk-in hours

NEEDLE EXCHANGE



AIDS Programs South

Saskatchewan (#30)

1325 Albert St; 306-924-8420

Tuesday-Friday 9 a.m.-12 p.m. & 1-4:30 p.m.,

Saturday 10 a.m.-4:30 p.m., Sunday 11 a.m.-4 p.m.

Needle Drop off Boxes (#22 & #23)

North Central: Alley behind 1100 Cameron Street

and Garnet Street (off of 5th Avenue)

Downtown Core: Alley by Core Community Park –

1800 block, Montreal Street

Sask Health Authority - The Street Project (#28)

2110 Hamilton St.; 306-766-7799

Monday-Friday 9 a.m.-12 p.m.; 1-4:30 p.m.

Sask Health Authority - Sexual Health Clinic (#28)

2110 Hamilton St.; 306-766-7788

Monday-Friday 9 a.m.-12 p.m.; 1-4:30 p.m.

Thanks to: Dr. Marc Spooner for creation of this guide.

For questions or comments, please contact Service Regina at 306-777-7000.