

Places where you can get quick help in Regina

SOCIAL NAVIGATION

Regina Street Team
Monday to Friday 9 a.m. to 5 p.m.
Call 306-537-3727 for assistance.

HOUSING SUPPORT & CONNECTION

- All Nation Hope Network**
2735 5th Ave, 306-924-8424
*Temporary Location: 3115 5th Ave starting mid-October
- 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)**
2817 12th Ave. 306-525-2141 (ext. 201)

REGINA

Survival Guide and Map

January 2025

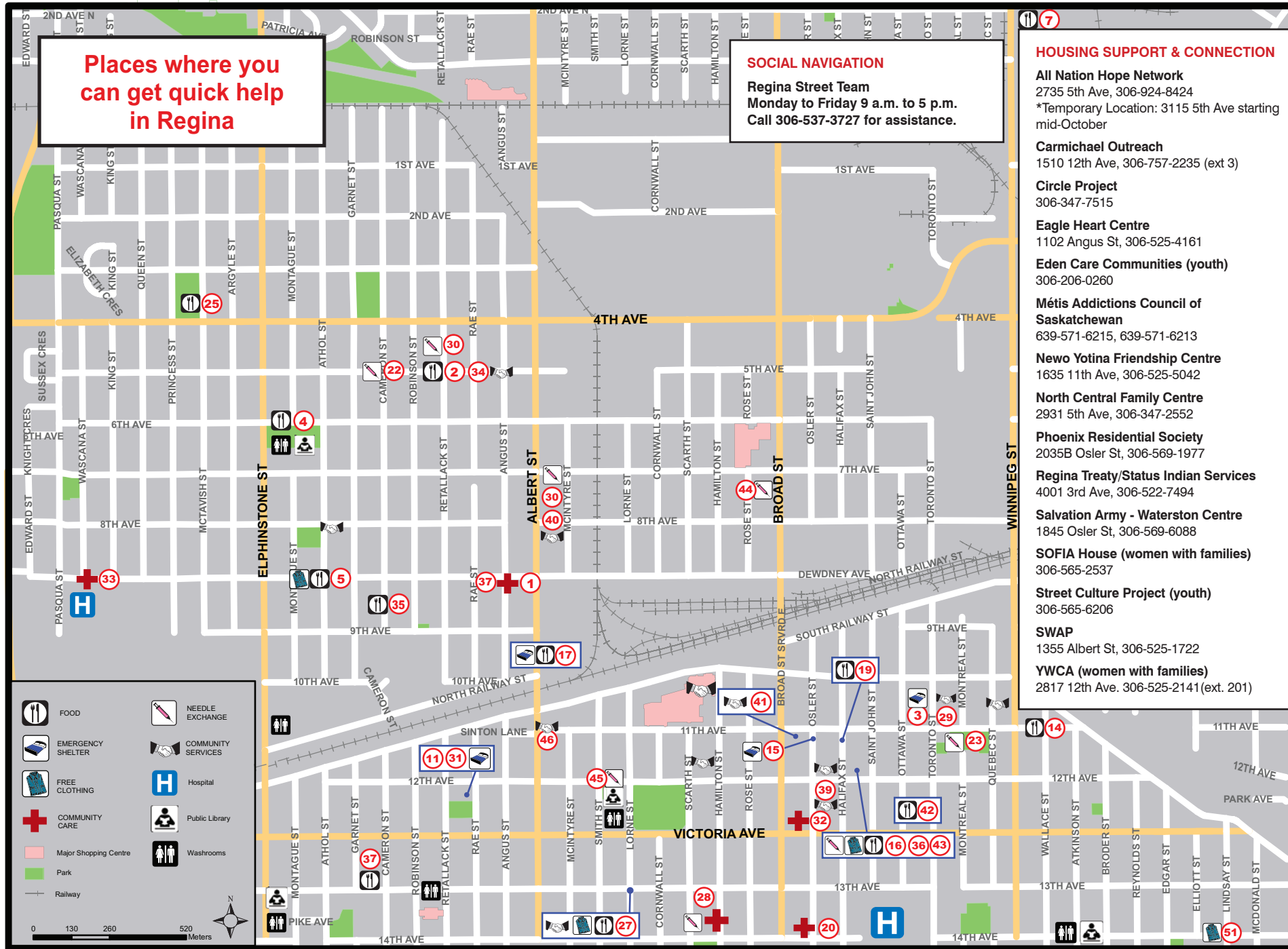


Photo credit: Jimmy Wayne



Crisis Intervention • 24 Hours
Mobile Crisis Services
107 B Albert St • 306-757-0127

SERVICE DIRECTORIES:
211 Saskatchewan - call/text 211
or go online at www.SK.211.ca



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

FOOD & OTHER SERVICES



māmawēyātitan 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 12-2 p.m.

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 10 a.m.-5 p.m.
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
Drop-in centre 9 a.m. to 12 p.m. Monday to Friday (clothing, household items, bread, milk, hygiene items, baby supplies, hot coffee). Outreach and housing support services Monday to Friday 9 a.m. to 3 p.m.

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. 306-757-4600
Monday-Friday 9 a.m.-12 p.m.; 1-4 p.m.
Free bread and emergency food assistance.
Tuesday & Thursday 1 p.m.: Food lineup
Thursday 11:30 a.m.-12:30 p.m.: Lunch with Sally Free Meal. Saturday 5 p.m.-7:00p.m.: Free Meal from Salvation Army truck. Other programs include Emergency Disaster Services, 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.

TLC Pantry (#42)

Trinity Lutheran Church 1909 Ottawa Street
Bagged lunches every day, Monday to Friday
1-1:30 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)

2817 12th Ave.; 306-545-2141 (ext. 201)
24hrs/7days week, Buzz in after 9 p.m.
Serves women and children only. 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)

2817 12th Ave.; 306-525-2141; 24 hours, Buzz in after 9 p.m.
Serves women and children 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

Al Ritchie Community Association's Second Chance Community Shop (#51)

2250 Lindsay Street Monday to Friday 10 a.m. to 2 p.m. See clothes for individuals and families at no cost.



Carmichael Outreach Inc. (#16)

1510 12th Ave Clothing Boutique open Monday, Wednesday, Friday 9 a.m. to 12 p.m.

Salvation Army Haven of Hope Ministries (#27)

Clothing voucher for Thrift Store by appointment only. 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 *Temporary Location: 3115 5th Ave starting mid-October; 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

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.

Canadian Mental Health Association – Regina Branch (#46)

1810 Albert Street, 306-525-9543
Drop-in centre & activities (registration required). Support for Public Monday – Friday 9 a.m. – 4 p.m.

Carmichael Outreach (#16)

1510 12th Ave.; 306-757-2235
Monday to Friday 12. to 2 p.m.
Drop in space, washrooms, phone, wi-fi, shower, laundry, coffee all day, lunch daily at noon, naloxone kits, pregnancy testing, HIV testing, immunizations, vaccinations, housing support, hygiene packs, period products, baby needs

John Howard Society (#29)

1801 Toronto St.; 306-757-6657
Youth Drop-In (ages 12 to 21)
Monday to Friday 4:30 p.m. to 10:30 p.m.
Pro-social activities, food and drink, caseworkers, life skills development

Mobile Crisis Services

107 Albert St B, 306-757-0127, 24 hours/7 days,
Crisis Intervention

Newo Yotina Friendship Centre(#39)

1635 11th Ave, 306-525-5240
9 a.m. - 3:30 p.m. - Monday-Friday
9 a.m. - 1:45 p.m. Saturday-Sunday
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)

2817 12th Ave
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.

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

Regina Recovery Centre (#47)

2635 Dewdney Ave. Coffee/Sandwiches until 9am-2pm, Cooling/Warming Space 9am-2pm: All Monday to Friday

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.

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, #43, #44, #45)

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
Downtown Core: Beside Carmichael Outreach
1510 12th Ave, at 1800 block St John St,
Warehouse: Alley between 1300 block Rose St and Broad St.
Central Library: West of the building near 12th Avenue and Smith 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.