

APRIL 2020



MENTAL WEALTH

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Mental Wealth

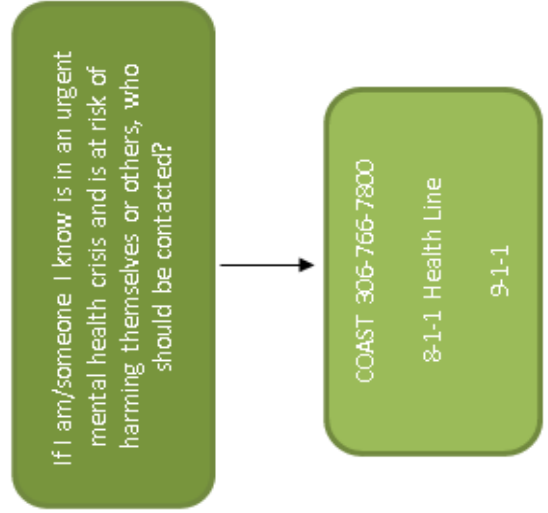
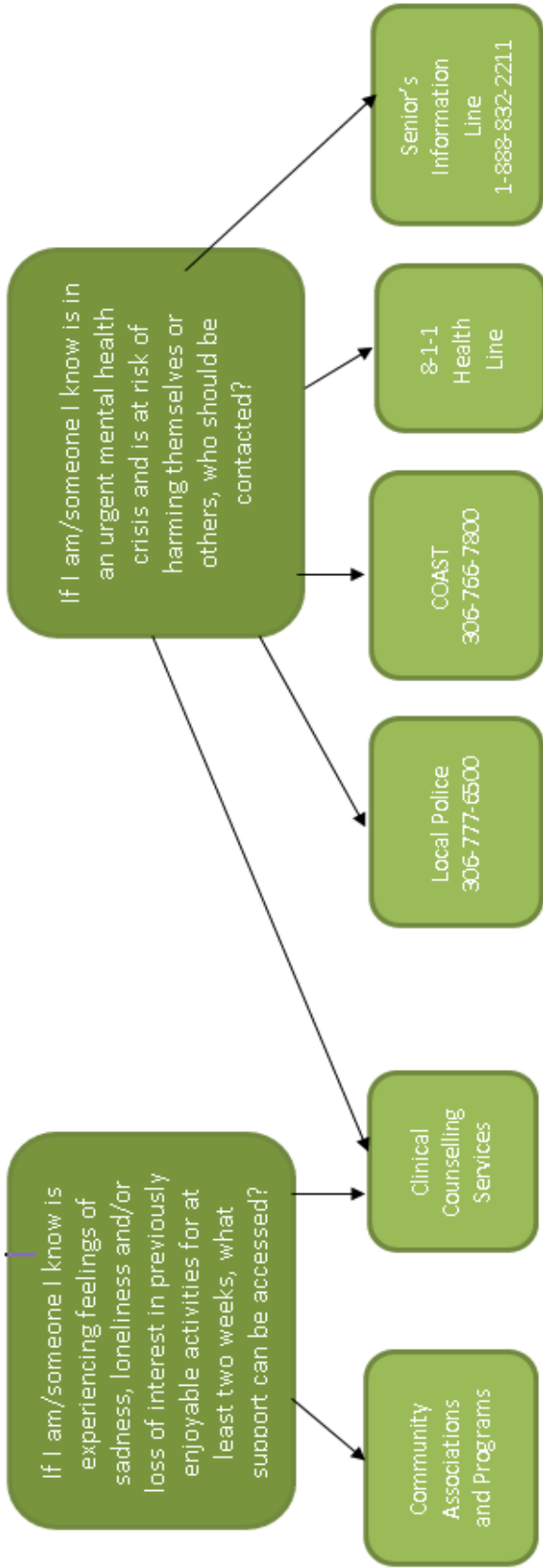
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How To Use the Guide: Knowing Your Support Groups and Services

This guide will help older adults and their families learn about the support services and groups available in Regina.

To start:

1. Answer the 3 questions in the Navigating Through Your Support Groups and Services Flowchart on page 22. This will help to identify the type of services that may fit your current mental state.
 2. Use the above categories to identify the appropriate services.
-



Clinical Counselling

Caring Hearts

Address: 2310 Smith Street
Regina, SK S4P 2P6
Phone: 306-523-2780
Fax: 306-523-2787
Website: www.caringheartssk.ca
Email: contactus@caringheartssk.ca

Catholic Family Service of Regina

Address: 160 McIntosh Street
Regina, SK S4R 4Z4
Phone: 306-525-0521
Fax: 306-522-3775
Website: www.cfsregina.ca/counselling-services
Email: cfsregina@cfsregina.ca

Cornerstone Counselling Services

Address: 310-2445 13th Avenue
Regina, SK S4P 0W1
Phone: 306-551-1861
Email: colette.pelletier@sasktel.net

Discover Hope Counselling Services

Address: 4-234 11th Avenue East
Regina SK S4N 6H1
Phone: 306-551-3455
Website: www.discoverhope.ca
Email: symonscounselling@gmail.com

Dynamic Discovery

Address: 100-845 Broad Street,
Regina, SK S4P 8G9
Phone: 306-569-255
Website: www.dynamicdiscovery.ca
Email: admin@dynamicdiscovery.ca

Envision Counselling and Support Centre

Website:
www.envisioncounsellingcentre.com/ask-a-counsellor-2
Email: info@envisioncounsellingcentre.com

Family Service Regina

Address: 200-1440 Broad Avenue
Regina, SK S4P 1E2
Phone: 306-757-6675
Fax: 306-757-0133
Website: www.familyserviceregina.com
Email: info@familyserviceregina.com



Clinical Counselling

Foxvalley Counselling Services Inc.

Address: 2060 Broad Street Regina, SK S4P 1Y3
Phone: 306-757-5100
Fax: 306-757-5103
Website: www.foxvalleysk.com
Email: foxvalley5@sasktel.net

Free to Bee Me Counseling and Therapy Services

Address: A4-320 Gardiner Park Court
Regina, SK S4V 1R9
Phone: 306-551-3114
Website: www.freetobeeme.ca
Email: contact@freetobeeme.ca

Gateways Counselling

Address: 209-4401 Albert Street Regina, SK S4S 3R6
Phone: 306-545-6121
Fax: 306-545-5280
Website:
www.gatewayscounselling.com/services.php#counselling
Email: gateways@gatewayscounselling.com

Good Therapy with Lola Miller/Lebell and Associates

Address: 2114 College Avenue, Regina SK S4P 1C5
Phone: 306-359-6111
For free consultation, call: 306-527-3238
Website: www.lolatherapy.com

Joshua Tree Learning

Address: 208 – 3988 Albert Street,
Regina, SK S4S 3R1
Phone: 306-546-5674
Website: www.joshuatreelearning.com
Email: stacey@joshuatreelearning.com

MindfulPsyc Counselling Services

Address: 2445 Broad Street
Regina, SK S4P 0C7
Phone: 306-359-7792
Website: www.mindfulpsyc.ca
Email: mindfulpsyc@sasktel.net

Regina Community Clinic

Address: 1106 Winnipeg Street Regina, SK S4R 1J6
Phone: 306-543-7880
Fax: 306-543-5545
Website:
www.reginacommunityclinic.ca/counselling/

For a complete list of mental health services: call 2-1-1 or visit www.sk.211.ca.

Clinical Counselling

Saskatchewan Health Authority's Adult Mental Health Clinic: Individual Counselling

Address: 2110 Hamilton Street
Regina, SK S4P 2E3

Phone: 306-766-7800

Fax: 306-766-7906

Hotline: 8-1-1 Healthline

Website: www.rqhealth.ca/department/mental-health/adult-mental-health-clinics

STEPS Counselling

Address: 845 Broad Street Regina, SK S4R 8G9

Phone: 306-985-0170

Website: www.stepscounselling.ca

Student Energy in Action for Regina Community Health

Address: 1504 Albert Street Regina, SK S4P 2S4

Phone: 306-570-6208

Website: www.searchhealthclinic.com

Email: info@searchhealthclinic.com

The Caring Place Regina

Address: 2146 Robinson Street, Regina SK S4T 2P7

Phone: 306-347-2273

Toll-Free: 1-877-522-7464

Website: www.thecaringplace.ca

Email: connect@thecaringplace.ca



Community Associations and Programs

Al Ritchie Community Association's Silver Threads Programs

Address: 2250 Lindsay Street
Regina, SK S4N 3C3
Phone: 306-522-3930
Website: www.alritchie.ca/pages/silver-threads-programs

Alberta Park Community Association

Address: 170 Sunset Drive Regina, SK S4S 2S3
Phone: 306-777-7031
Website: www.albertpark.ca
Email: info@albertpark.ca

All Saints Anglican Church

Address: 142 Massey Road Regina, SK S4S 4M9
Phone: 306-586-4420
Website: www.allsaintsregina.ca
Email: allsaints@sasktel.net

Arcola East Community Association

Address: 3860 Buckingham Drive East
Regina, SK S4V 3A9
Phone: 306-525-3401
Website: www.aecaregina.com
Email: contact@aecaregina.com

Argyle North Community Association

Address: 35 Davin Crescent
Regina, SK S4R 7E4
Phone: 306-543-5653
Website: www.ancaregina.ca
Email: office@ancaregina.ca

Avonhurst Pentecostal Assembly

Address: 3200 Avonhurst Drive Regina, SK, S4R 3J7
Phone: 306-543-8333
Fax: 306-543-8355
Website: www.avonhurst.org
Email: avonhurstchurch@sasktel.net

Bethany Gospel Chapel

Address: 1850 Parker Avenue Regina, SK S4S 4S2
Phone: 306-522-6441
Website: www.bethanygospelchapel.ca
Email: info@bethanygospelchapel.ca

Bethlehem Apostolic Church

Address: 3500 Regina Avenue Regina, SK S4S 0H4
Phone: 306-525-2151
Website: www.bacregina.com
Email: admin@bacregina.com

Beit Tzur Regina Messianic Fellowship

Address: 55 Michener Drive Regina, SK S4V 0L1
Phone: 306-522-4605
Email: contact@beittzur.ca
Website: www.beittzur.ca

Blessed Sacrament Parish

Address: 2049 Scarth Street
Regina, SK S4P 2H5
Phone: 306-522-7422
Email: blessed.sacrament@sasktel.net
Website: www.blessedsacramentregina.ca

Community Associations and Programs

Bloom Church

Address: 3475 Albert Street Regina, SK S4S 6X6
Phone: 306-591-6299
Website: www.bloomchurch.tv
Email: info@bloomchurch.tv

Bodhi Tree Yoga

Address: 3104-B 13th Avenue
Regina, SK S4T 1P2
Phone: 306-552-9642
Website: www.bodhitreeyoga.com
Email: info@albertpark.ca

Calvary Baptist Church

Address: 190 Rink Ave Regina, SK S4R 7V5
Phone: 306-543-8007
Website: www.cbcregina.com
Email: info@cbcregina.org

Canadian Mental Health Association – Regina Branch

Address: 1810 Albert Street Regina, SK S4P 2S8
Phone: 306-525-9543
Fax: 306-525-9579
Website: www.cmharegina.com
Email: info@cmharegina.com

Canzone Yoga

Address: 101-2445 Broad Street
Regina, SK, S4P 0C7
Phone: 306-525-1099
Website: www.canzoneyoga.com
Email: info@canzoneyoga.com

Cathedral Neighbourhood Centre

Address: 2900 13th Avenue Regina, SK S4T 1N7
Phone: 306-777-7034
Fax: 306-569-8743
Website: www.cathedralvillage.org/programs-services
Email: caca@sasktel.net

Cathedral Area Community Association

Address: 2900 – 13th Avenue Regina, SK S4T 1N7
Phone: 306-569-8755
Fax: 306-569-8743
Website: www.cathedralvillage.org
Email: caca@sasktel.net

Celebration Church

Address: 3130 Renfrew Crescent
Regina, SK S4V 2X6
Phone: 306-789-2727
Website: www.redroof.tv

Chabad Lubavitch of Regina

Address: 31 Daffodil Crescent Regina, SK S4S 5A2
Phone: 306-585-1359
Website: www.jewishregina.org

Christ the King Roman Catholic Church

Address: 3239 Garnet Street Regina, SK S4S 1X8
Phone: 306-586-9020
Fax: 306-584-7633
Website: www.christtheking.ca
Email: secretary@christtheking.ca

Community Associations and Programs

College Park I Retirement Residence

Address: 1535 Anson Road
Regina, SK S4P 0C2
Phone: 306-565-0515
Website:
www.allseniorscare.com/residence/college-park-retirement-residence
Email: jerriha@allseniorscare.com

College Park II Retirement Residence

Address: 1601 Badham Boulevard
Regina, SK S4P 0L9
Phone: 306-924-0515
Website:
www.allseniorscare.com/residence/college-park-ii-retirement-residence
Email: bhorbach@allseniorscare.com

Cornerstone Baptist Church

Address: 110 Garnet Street North
Regina, SK S4R 3S5
Phone: 306-775-1221
Email: pastor.t.d.friesen@gmail.com
Website: www.cornerstonebaptistchurch.ca

Coronation Park Community Association

Address: 3807 3 Ave N, Regina, SK S4R 4G7
Phone: 306-545-4642
Website:
www.nonprofits.accesscomm.ca/cpcainc/
Email: corpark@sasktel.net

Deeper Life Bible Church

Address: 2900 13th Ave, Regina, SK S4T 1N7
Phone: 306-807-3244
Website: www.dclm-ca.org
Email: info@dclm-ca.org

Dewdney East Community Association

Address: 2626 Dewdney Ave East
Regina, SK S4N 5E3
Phone: 306-789-6559
Website: www.decaregina.ca
Email: info@decaregina.ca

Discovery Baptist Church

Address: 55 Michener Drive
Regina, SK S4V 0L1
Phone: 306-789-4300

Dove House Day Program

Address: 4002 & 4008 Montague Street
Regina, SK S4S 3J9
Phone: 306-525-0045
Fax: 306-565-2393
Email: dovehomecare@sasktel.net

Eden Care Communities' Community Day & Wellness Program

Address: 1100 Broadway Avenue
Regina, SK S4P 1E3
Phone: 306-536-3897
Email: DayandWellness@edencare.ca

Elks Canada

Address: 100-2629 29 Avenue Regina, SK S4S 2N9
Phone: 306-359-9010
Toll Free: 1-888-843-3557
Fax: 306-565-2860
Website: www.elksofcanada.ca
Email: grandlodge@elksofcanada.ca

Community Associations and Programs

Evangelical Free Church

Address: 855 N Broad Street
Regina, SK S4R 6C7
Phone: 306-543-2439
Fax: 306-545-2438
Website: www.efcr.ca/index.html
Email: efcr@sasktel.net

Faith Baptist Church

Address: 437 Broadway Avenue East
Regina, SK S4N 0Z8
Phone: 306-569-3444
Website: www.fbcregina.ca
Email: office@fbcregina.ca

First Baptist Church

Address: 2241 Victoria Avenue
Regina, SK S4P 0S4
Phone: 306-359-1450
Website: www.firstbaptistregina.ca
Email: main_fbcregina@sasktel.net

First Presbyterian Church

Address: 2170 Albert Street
Regina, SK S4P 2T9
Phone: 306-522-9571
Fax: 306-522-2178
Website: www.firstpresregina.ca
Email: firstpresregina@sasktel.net

Fountain of Life Church

Address: 2820B Avonhurst Drive
Regina, SK S4R 5R4
Phone: 306-949-8903
Website: www.fountainoflife.church
Email: folcadmin@sasktel.net

French Canadian Associations of Regina

Address: 101-3850 Hillsdale Street
Regina, SK S4S 7J5
Phone: 306-566-6020
Fax: 306-569-2402
Website: www.acfr.ca

Full Life Yoga Studio

Address: 26 Elmwood Place Regina, SK S4S 5M3
Phone: 306-527-2044
Website: www.fulllifeyoga.com
Email: kim@fulllifeyoga.com

Kung Loy Kok Taoist Tai Chi

Address: 3411 Pasqua Street Regina, SK S4S 7K9
Phone: 306-525-9700
Website: www.taoist.org/locations/regina/

Glen Elm Church of Christ

Address: 1825 Rothwell Street Regina, SK S4N 2C3
Phone: 306-757-1825
Website: www.warmwelcome.ca

Good Shepherd Lutheran Church

Address: 3825 Hillsdale Street Regina, SK S4S 3Y5
Phone: 306-586-0299
Fax: 306-586-0035
Website: www.goodshepherdregina.com
Email: gslcregina@sasktel.net

Grace Lutheran Church

Address: 1037 Victoria Avenue Regina, SK S4P 0N6
Phone: 306-522-7621
Website: www.gracelutheranregina.com
Email: gracelc@sasktel.net

Community Associations and Programs

Grace Mennonite Church

Address: 2935 Pasqua Street
Regina, SK S4S 2H4
Phone: 306-584-2555
Fax: 306-585-0115
Website: www.gracemennonite.ca
Email: grace.mennonite@sasktel.net

Grow Regina Community Garden

Address: 3500 Queen Street
Regina, SK S4S 7K4
Website: www.growregina.ca

Harbour Landing Village

Address: 4000 James Hill Road
Regina, Saskatchewan S4W 0N1
Phone: 306-559-5545
Fax: 306-559-3092
Website: www.harbourlandingvillage.ca/activities-at-the-village
Email: info@hlvillage.ca

Heritage Alliance Church

Address: 3575 Hillsdale Street
Regina, SK S4S 3Y4
Phone: 306-789-8330
Website: www.ourheritage.ca
Email: office@ourheritage.ca

Heritage United Church

Address: 1050 North Arnason Street
Regina, SK S4X 4K9
Phone: 306-949-8377
Website: www.heritageunitedchurchregina.ca
Email: heritage.uc@sasktel.net

Hillsdale Baptist Church - Munroe Place

Address: 101 Munroe Place Regina, SK S4S 3E7
Phone: 306-586-2009
Website: www.hillsdaleregina.ca
Email: info@hillsdaleregina.ca

Hillsdale Baptist Church – Grant Road

Address: 336 Durham Drive Regina, SK S4S 4Z7
Phone: 306-910-1426
Website: www.hillsdaleregina.ca
Email: info@hillsdaleregina.ca

Hillsdale Community Association

Website: www.hillsdaleca.ca
Email: website@hillsdaleca.ca

Holy Child Parish

Address: 2636-7th Avenue East
Regina, SK S4N 6A3
Phone: 306-789-8276
Fax: 306-789-2171
Website: www.holychild2019.ca
Email: ten.letksas@dlihcyloh



Community Associations and Programs

Holy Cross Parish

Address: 315 Douglas Avenue East
Regina, SK S4N 1H7
Phone: 306-757-1325
Fax: 306-757-8641
Website: www.holycrossregina.ca
Email: hc.office@holycrossregina.ca

Holy Family Parish

Address: 1021 McCarthy Boulevard
Regina, SK S4X 3P9
Phone: 306-949-7678
Website: www.holyfamilyregina.com
Email: office@holyfamilyregina.com

Holy Rosary Cathedral

Address: 2104 Garnet Street
Regina, SK S4T 6Y5
Phone: 306-565-0909
Fax: 306-522-6526
Website: www.holyrosaryregina.ca
Email: holyrosary@myaccess.ca

Holy Trinity Roman Catholic Church

Address: 5020 Sherwood Drive
Regina, SK S4R 4C2
Phone: 306- 543-3838
Fax: 306-949-2544
Website: www.holytrinityregina.ca
Email: htrinity@sasktel.net

Iglesia ni Cristo

Address: 70 McNaughton Avenue
Regina, SK S4R 4M3
Phone: 306-565-1914
Website:
www.directory.iglesianicristo.net/locales/regina-saskatchewan

Jesus is Alive Community Church

Address: 2900 13th Avenue Regina, SK S4T 1N7
Phone: 639-590-6001
Website: www.jesusisalivecommunity.org

Jesus is Lord Church Regina

Address: 2046 Broad Street Regina, SK S4P 1X3
Phone: 306-525-3757
Website: www.jilcanada.com/#!regina/cprn

Kingdom Hall of Jehovah's Witness

Address 1: 7008 Rochdale Boulevard
Regina, SK S4X 3E2
Address 2: 2020 Van Egmond Place
Regina, SK S4N 7L6
Website: www.jw.org/en/



Community Associations and Programs

Kings Corner Church of God

Address: 2110 King Street Regina, SK S4T 4G8
Phone: 306-545-2288
Website: www.kingscorner.ca
Email: info@kingscorner.ca

Knox-Met United Church

Address: 2340 Victoria Avenue
Regina, SK S4P 0S6
Phone: 306-525-9128
Website: www.knoxmetregina.org
Email: info@knoxmetregina.org

Lakeview Community Association

Website: www.lcaregina.ca
Email: lcaprograms306@gmail.com

Lakeview United Church

Address: 3200 McCallum Avenue
Regina, SK S4S 0R8
Phone: 306-586-7844
Website: www.lakeviewchurch.ca
Email: lakeviewuc@sasktel.net

Lifelong Learning Centre

Address: 2155 Scarth Street
Regina, SK S4M 0A1
Phone: 306-585-5748
Website: www.uregina.ca/cce/

Little Flower Parish

Address: 420 College Avenue
Regina, SK S4N 0X2
Phone: 306-522-8583
Website: www.littleflowerregina.ca
Email: littleflowerregina@sasktel.net

Living Hope Alliance

Address: 3800 Green Falls Drive
Regina, SK S4V 3T6
Phone: 306-352-4673
Website: www.mylivinghope.ca
Email: info@mylivinghope.ca

Living Spirit Centre

Address: 3018 Doan Drive Regina, SK S4V 1M1
Phone: 306-789-0265
Email: eastsideunited@sasktel.net

Lofty Heights Christian Centre

Address: 1700 Broad Street Regina, SK S4P 1X4
Phone: 306-737-4485
Website: www.loftyheightsglobal.org
Email: info@loftyheightsglobal.org

Mount Sinai Anglican Church Regina

Address: 170 Sunset Drive Regina, SK S4S 3G6
Phone: 306-351-7397
Website:
www.mountsinaianglicanchurchregina.com
Email:
pastor@mountsinaianglicanchurchregina.com

New Apostolic Church

Address: 838 Broadway Avenue East
Regina, SK S4N 1A4
Phone: 1-866-622-7828
Website: www.naccanada.org
Email: info@naccanada.org

Community Associations and Programs

New Hope Lutheran Church

Address: 370 McIntosh Street North
Regina, SK S4R 5A1
Phone: 306-543-0118
Website: www.newhopelutheranregina.com
Email: newhopelutheran.regina@sasktel.net

Norman Kennedy Presbyterian Church

Address: 5303 Sherwood Drive
Regina, SK S4R 7E7
Phone: 306-543-9080
Website: www.pccweb.ca/nkpres/
Email: nkpreschurch@gmail.com

Normanview Residents Group

Phone: 306-525-6744
Website: www.nrgi.ca
Email: info@nrgi.ca

North Central Community Association

Address: 3355 6th Avenue Regina, SK S4T 3H7
Phone: 306-791-9888
Fax: 306-757-1052
Website: www.nccaregina.ca
Email: info@nccaregina.ca

Northview Community Church

Address: 744 Sangster Boulevard
Regina, SK S4R 7N8
Phone: 306-775-1234
Website: www.northview.sk.ca
Email: office@northview.sk.ca

Northwest Leisure Centre

Address: 1127 Arnason Street
Regina, SK S4X 3V4
Phone: 306-777-7529
Website: www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/north-west-leisure-centre/
Email: nwlc@regina.ca

Operational Stress Injury Social Support Program (OSISS)

Toll-Free: 1-800-883-6094
Saskatchewan Peer Support Coordinator: 306-244-6588 ext 236
Website: www.osiss.ca/en/index.html
Email: janet.bennett@osiss.ca

OSISS

Provides confidential peer and social support to Canadian Force members, veterans and their families affected by operational stress injury. This includes: Anxiety, Depression or Post Traumatic Stress Disorder resulting from military service.

Community Associations and Programs

OSI-CAN's Support Groups Regina

Phone 1: 306-726-5881

Phone 2: 693-999-2112

Website: <http://www.osi-can.ca/peer-support-group.html>

Email 1: l.bishop@sasktel.net

Email 2: cdnjames@gmail.com

OSI-CAN

Peer support meetings are held in various locations throughout the province. Visit the website or call for information meetings close to you.

Our Savior's Lutheran Church

Address: 190 Massey Road

Regina, SK S4S 4N5

Phone: 306- 586-0006

Website: www.oslutheran.ca

Email: oslutheran@sasktel.net

Parliament Community Church

Address: 4011 Pasqua Street

Regina, SK S4S 6C8

Phone: 306-586-0101

Website: www.parliamentchurch.com

Email: info@parliamentchurch.com

Paroisse St. Jean Baptiste

Address: 2517 - 25th Avenue

Regina, SK S4S 4E8

Phone: 306-586-5006

Fax: 306-586-1919

Website:

www.archregina.sk.ca/parish/paroisse-saint-jean-baptiste

Peace Mennonite Church

Address: 3833 Montague Street Regina, SK S4S 3J6

Phone: 306-586-8718

Prairie View Community Church

Address: 1054 Dorothy Street Regina, SK S4X 1E7

Phone: 306-545-7311

Prairie View Community Association

Address: 219 Dunlop Place Regina, SK S4X, Canada

Phone: 306-352-3265

Website: www.pvca.ca

Email: pvca@sasktel.net

Prince of Peace Lutheran Church

Address: 935 McCarthy Boulevard

Regina, SK S4X 3L2

Phone: 306-543-9898

Website: www.princeofpeaceregina.ca

Probus Club of Regina

Website: www.probus.org/16regina.htm

Email: probusregina@gmail.com



Community Associations and Programs

RCCG King's Court

Address: 35 Davin Crescent Regina, SK S4T 4S7
Phone: 306-351-1533
Website: www.rccgkingcourtsk.org
Email: info@rccgkingcourtsk.org

Redeemer Reformation Church

Address: 3717 Hill Avenue Regina, SK S4S 0X5
Phone: 306-585-1841
Website: www.redeemerchurch.ca

Regina Apostolic Church

Address: 808 Assiniboine Avenue East
Regina, SK S4V 0K6
Phone: 306-789-1234
Website: www.reginaap.com
Email: reginaap@reginaap.com

Regina Chinese Alliance Church

Address: 3010 Arens Road East
Regina, SK S4V 2P7
Phone: 306-789-0877

Regina Duplicate Bridge Club

Address: 200-1440 Broadway Avenue
Regina, SK S4P 1E2
Phone: 306-584-3443
Website: www.reginabridge.com
Email: info@reginabridge.com

Regina Fellowship Assembly

Address: 1301 Victoria Avenue
Regina, SK S4P 0P2
Phone: 306-525-3447

Regina Food Bank

Address: 425-445 Winnipeg Street
Regina, SK S4R 8P2
Phone: 306-791-6533
Website: www.reginafoodbank.ca
Email: info@reginafoodbank.ca

Regina Food for Learning

Address: 2310 Saskatchewan Drive
Regina, SK S4P 0B5
Phone: 306-565-8632
Fax: 306-347-0943
Website: www.reginafoodforlearning.com

Regina Golf Lessons – Winter

Address: 222 University Park Drive
Regina, SK S4V 1A3
Phone: 306-536-2961
Email: garrett.mc@live.com

Regina Golf Lessons – Summer

Address: 5401 11th Avenue
Regina, SK S4P 3A1
Phone: 306-536-2961
Email: garrett.mc@live.com

Regina Immigrant Women Centre

Address: 1801 Toronto Street Regina, SK S4P 1M7
Phone: 306-359-6514
Website: www.reginaiwc.ca/programs-and-services/empower/newcomer-seniors-in-touch-with-activities-and-recreation-through-supports-newstars
Email: info@reginaiwc.ca

Community Associations and Programs

Regina Korean Community Church

Address: 4011 Pasqua Street
Regina, SK S4S 6C8
Phone: 306-400-1656

Regina Musical Club

Address: 2830 McCallum Avenue
Regina, SK S4S 0P9
Phone: 306-584-7270
Website: reginamusicalclub762@gmail.com
Email: reginamusicalclub762@gmail.com

Regina Pioneer Village's Adult Day Support Program

Address: 430 Pioneer Drive Regina, SK S4T 6L8
Phone: 306-757-5646
Fax: 306-757-5001
Website: www.rqhealth.ca/facilities/regina-pioneer-village

Regina Public Library

Address: 2311 12th Avenue Regina, SK S4P 0N3
Phone: 306-777-6000
Email: askalibrarian@reginalibrary.ca

Regina Saskatchewan Temple:

Address: 111 Wascana Gate North
Regina, SK S4V 2J6
Phone: 306-545-8194
Website:
www.churchofjesuschrist.org/temples/details/regina-saskatchewan-temple?lang=eng

Regina Senior Citizens' Centre – Elphinstone Street Centre

Address: 2404 Elphinstone Street
Regina, SK S4T 7S7
Phone: 306-359-3847
Fax: 306-359-3881
Website: www.reginaseniorcitizenscentre.ca

Regina Senior Citizens' Centre – Winnipeg Street Centre

Address: 2134 Winnipeg Street
Regina, SK S4P 3X6
Phone: 306-525-2154
Fax: 306-525-2155
Website: www.reginaseniorcitizenscentre.ca

Resurrection Roman Catholic Church

Address: 3155 Windsor Park Road
Regina, SK S4V 3B1
Phone: 306-352-0800
Fax: 306-352-0999
Website: www.resurrectionparish.ca
Email: office@resurrectionparish.ca

Rosewood Park Church

Address: 1300 N Courtney Street
Regina, SK S4Y 0C5
Phone: 306-543-8233
Website: www.rosewoodpark.ca
Email: info@rosewoodpark.ca

Community Associations and Programs

Sandra Schmirler Leisure Centre

Address: 3130 East Woodhams Drive
Regina, SK, S4V 2P9

Phone: 306-777-7529

Website: www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/sandra-schmirler-leisure-centre

Saskatchewan Health Authority: Home Care

Address: 4211 Albert Street Regina, SK S4S 3R6

Phone: 306-766-7200

Hotline: 8-1-1 Healthline

Website:

www.rqhealth.ca/department/community-and-preventative-health/home-care-services

Saskatchewan Health Authority's Adult Mental Health Clinic: Adult Community Program

Address: 2110 Hamilton Street Regina, SK S4P 2E3

Phone: 306-766-7800

Fax: 306-766-7906

Hotline: 8-1-1 Healthline

Website: www.rqhealth.ca/department/mental-health/adult-mental-health-clinics

Saskatchewan Seniors Mechanism

Address: 12-2001 Cornwall Street
Regina, SK S4P 3X9

Phone: 306-359-9956

Fax: 306-359-6922

Toll Free: 1-888-823-2211

Website: www.skseniorsmechanism.ca

Email: program@skseniorsmechanism.ca

Sherwood Estates McCarthy Park Community Association

Website: www.semp.ca

Email: semp@sasktel.net

Shiloh Assembly Apostolic Church

Address: 1600 Broadway Avenue
Regina, SK S4P 1E2

Phone: 306-757-5202

Fax: 306-757-5201

Website: www.shilohassemblychurch.com

Email: admin@shilohassemblychurch.com

Sonlight Christian Reformed Church

Address: 139 Cannon Street Regina, SK S4N 4L3
Phone: 306-586-5105

South Leisure Centre

Address: 170 Sunset Drive Regina, SK S4S 2S3
Phone: 306-777-7031

South Zone Recreation Board

Address: 170 Sunset Drive Regina, SK S4T 3C8
Phone: 306-565-1312
Website: www.szrb.ca

SHA's Adult Community Program

Entry to the program is either through the referral of your family physician or by calling the clinic yourself. An assessment will be done by the program staff to determine which program best fit your needs—whether it will be a program at the clinic, or one offered by another community agency.

Community Associations and Programs

Southside Pentecostal Assembly

Address: 41 Birchwood Road Regina, SK S4S 5N2
Phone: 306-584-1442

Sportplex – Fieldhouse & Lawson Aquatic Centre

Address: 1717 Elphinstone Street
Regina, SK S4N 0A1
Phone: 306-777-7529
Website: www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/sportplex/index.html

Square & Round Dancing in Regina. Saskatchewan

Address: 425 North Broad Street
Regina, SK S4R 2X8
Phone 1: 306-501-3159
Phone 2: 306-537-8816
Website: www.fundancingencounter.com

St. Anne's Parish

Address: 1701 Cowan Crescent
Regina, SK S4S 4C4
Phone: 306-586-0449
Website: www.stannesregina.com
Email: office@stannesregina.com

St. Anthony's Church

Address: 2275 Atkinson Street
Regina, SK S4N 3X2
Phone: 306-522-3363
Website: www.stanthony-regina.ca

St. Athanasius Byzantine-Ukrainian Catholic Church

Address: 55 McMurphy Avenue
Regina, SK S4R 3G3
Phone: 306-543-8008
Website: www.st-athanasius.ca
Email: vasyltymishak@gmail.com

St. James United

Address: 4506 Sherwood Drive Regina, SK S4R 4B4
Phone: 306-543-2626
Website: www.stjamesunitedregina.com
Email: stjames.office@sasktel.net

St. Luke Anglican Church

Address: 3233 Argyle Road Regina, SK S4S 2B5
Phone: 306-586-9355
Website: www.stlukesregina.com
Email: stluke@sasktel.net



Community Associations and Programs

St. Mark and St. George Coptic Orthodox Church

Address: 1932 1 Avenue North
Regina, SK S4R 8G6
Phone: 306-543-9322
Email: frsamuelmetry@gmail.com

St. Mark's Evangelical Lutheran Church

Address: 3510 Queen Street Regina, SK S4S 2G2
Phone: 306-586-9811
Email: stmarksoffice@myaccess.ca

St. Martin de Porres Parish

Address: 4720 Castle Road Regina, SK S4S 4X1
Phone: 306-586-5655
Fax: 306-586-1011
Website: www.stmartindeporresregina.com
Email: st.martinsadmin@sasktel.net

St. Mary the Virgin Anglican Church

Address: 3337 15th Avenue Regina, SK S4T 1T3
Phone: 306-522-6052
Website: www.stmarysregina.ca
Email: stmarysanglican@sasktel.net

St. Mary's Roman Catholic Church

Address: 2026 Winnipeg Street
Regina, SK S4P 1G6
Phone: 306-522-3361
Fax: 306-522-9780
Website: www.stmarysregina.com
Email: maryst@sasktel.net

St. Matthew's Anglican Church

Address: 2161 Winnipeg Street
Regina, SK S4P 1G9
Phone: 306-522-5383
Website: www.stmatthewanglican.org
Email: st.matthews@sasktel.net

St. Michael's Ukrainian Orthodox Church Rectory Regina

Address: 2075 McDonald Street
Regina, SK S4N 2Y4
Phone: 306-522-9004

St. Paul's Cathedral

Address: 1861 McIntyre Street Regina, SK S4P 2R2
Phone: 306-522-6439
Website: www.stpaulsregina.ca
Email: office@stpaulsregina.ca

St. Paul's Grace Orthodox Church

Address: 3000 Argyle Road Regina, SK S4S 2B2
Phone: 306-586-6402
Fax: 306-546-4275
Website: https://gocregina.com
Email: st.pauls@sasktel.net

St. Peter's Catholic Church

Address: 100 Argyle Street North
Regina, SK S4R 4C3
Phone: 306-545-4411
Fax: 306-949-8929
Website: www.archregina.sk.ca/parish/st-peter-0
Email: stpete@sasktel.net

Community Associations and Programs

Sunset United Church

Address: 177 Sunset Drive Regina, SK S4S 6Y7
Phone: 306-586-3613
Website: www.sunsetunited.ca
Email: office@sunsetunited.ca

The Church of Jesus Christ of Latter Day

Address: 550 Sangster Boulevard
Regina, SK S4R 8H1
Phone: 306-949-3345
Website: www.churchofjesuschrist.org

The Compass Church – West

Address: 70 Froom Crescent Regina, SK S4N 1S7
Phone: 306-522-3685
Website: www.compassregina.com
Email: info@compassregina.com

Twin Lakes Community Association

Website: www.tlccommunity.org
Email: twinlakescommunity@gmail.com

Uplands Community Centre

Address: 20 Weekes Crescent
Regina, SK S4R 6X7
Phone: 306-949-5137
Website: www.nonprofits.accesscomm.ca/uca/

URFit

Address: 3737 Wascana Parkway
Regina, SK S4S 0A2
Phone: 306-585-4371
Website: www.uregina.ca/recservices/urfit/
Email: ras@uregina.ca

Vintage Church

Address: 190 Rink Avenue Regina, SK S4R 7A2
Phone: 306-543-8007

Walsh Acres, Lake Ridge, Garden Ridge Community Association

Website: www.walshacres-lakeridge-gardenridge.com
Email: walrgr@sasktel.net

Wascana Rehabilitation Centre

Address: 2180 23rd Avenue Regina, SK S4S 0A5
Phone: 306-766-5100
Website: www.rqhealth.ca/facilities/wascana-rehabilitation-centre

Wesley United Church

Address: 3913 Hillside Street Regina, SK S4S 3Y2
Phone: 306-586-5220
Website: www.wesleyunitedregina.ca
Email: wesleyuc@sasktel.net

Community Associations and Programs

Westhill Park Baptist Church

Address: 8025 Sherwood Drive
Regina, SK S4Y 1G1
Phone: 306-775-1616
Website: www.westhillchurch.ca
Email: info@westhillchurch.ca

Westminster United Church

Address: 3025 13th Avenue Regina, SK S4T 1P1
Phone: 306-757-6444
Fax: 306-757-2102
Website: www.wucregina.ca
Email: westminsterucregina@sasktel.net

Whitmore Park Community Association

Website: www.whitmorepark.ca

William Booth Special Care Home's Adult Day Support Program

Address: 50 Angus Road Regina, SK S4R 8P6
Phone: 306-564-6212
Fax: 306-543-1292
Website: www.williamboothregina.ca
Email: lostryzniuk@williamboothregina.ca

YMCA - Downtown

Address: 2400 13th Avenue Regina, SK S4P 0V9
Phone: 306-757-9622
Website: www.regina.ymca.ca

YMCA - Northwest

Address: 5939 Rochdale Boulevard
Regina, SK S4X 2P9
Phone: 306-757-9622
Website: www.regina.ymca.ca

YMCA - East

Address: 1825 Victoria Avenue East
Regina, SK S4N 6E6
Phone: 306-757-9622
Website: www.regina.ymca.ca



Local Police/Crisis Management Services

Regina Police Services

Address: 1717 Osler Street Regina, SK S4P 3W3

Phone: 306-777-6500

Fax: 306-757-5461

Website: <https://reginapolice.ca/online-reporting>

The Police and Crisis Team (PACT)

Phone: 306-777-8604

Website: reginapolice.ca/PACT

Veterans Affairs Canada Assistance 24 Hour Crisis Help Line

Toll Free: 1-800-268-7708

Website: www.veterans.gc.ca/eng/contact/talk-to-a-professional

Mental Health Crisis

May involve:

- Depression
- Suicidal feelings, thoughts or plans
- Problems with drug and alcohol use and abuse
- Excessive personal distress
- Delusions and/or hallucinations
- Mood changes, less patience and angry outburst
- Post-Traumatic Stress
- Dementia/Delirium
- Other psychiatric conditions

Mental Health Emergencies

If assistance is required immediately or someone you know is at risk of harming themselves or others, call **911**.

Mobile Crisis Services

Address/Walk in Services: 1646 11th Avenue
Regina, SK S4P 1V6

Mobile Crisis Helpline: 306-757-0127

Mobile Crisis Suicide Helpline: 306-525-5333



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