AGE WELL REGINA

A GUIDE FOR NAVIGATING SUPPORT SYSTEMS IN REGINA

April 2020
The Age Well Regina Guide was created by Age Friendly Regina to help older adults (people aged 55+) access information about different health opportunities, programs, resources and services in Regina. This Guide will work as an age-friendly tool that can help reduce the complexity of accessing different services and programs available in the community.

The Guide is broken down into three main sections: (1) **Housing**, (2) **Mental Wealth** and (3) **Crime Prevention and Safety** that have been designed to act as stand-alone documents that can be used individually by older adults. Each of the sections will have their own subcategories with all information of the programs and services provided in the community, as well as programs and services that are provided by private businesses and non-profit organizations. All information provided in the Guide will follow the following format:

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- Address
- Phone number
- Fax Number
- Website Address
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Please Note:

While every effort has been made to ensure the accuracy of the information, changes in circumstances after the time of publication may impact the accuracy of the Information.
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How To Use the Guide: Knowing Your Housing Options

This guide will help older adults and their families learn about housing options in Regina. A description of the needs and associated terms has been provided to help older adults and families to identify the best housing options based on the level of need. The list of housing is divided into the categories used by the province.

To start:

1. The Levels of Care Chart on page 3 describes the varying levels of care (from Level 1 to Level 4) and can be used to identify where you or your family member may fit.

2. Answer the 3 questions in the Navigating Through your Housing Options Flowchart on page 4. This will help to identify the type of housing options that may fit your needs.

3. Use the above categories to identify the appropriate services and housing.
<table>
<thead>
<tr>
<th>LEVEL OF CARE CHART</th>
</tr>
</thead>
<tbody>
<tr>
<td>0 Independent</td>
</tr>
<tr>
<td>Independent in an emergency (e.g., can use the stairs without any assistance from others during an emergency).</td>
</tr>
<tr>
<td>Able to do all activities of daily living without any help from staff or family:</td>
</tr>
<tr>
<td>- Bathe, dress, groom</td>
</tr>
<tr>
<td>- Use the toilet</td>
</tr>
<tr>
<td>- Take prescribed medication</td>
</tr>
<tr>
<td>- Use telephone and other forms of communication</td>
</tr>
<tr>
<td>Meal preparation and housekeeping may be helpful.</td>
</tr>
<tr>
<td>May benefit from participating in activities and being with others.</td>
</tr>
<tr>
<td>- 24-hour nursing supervision or skilled services such as PT, OT or ST.</td>
</tr>
</tbody>
</table>

Eden Care Communities  
Address: 1100 Broadway Avenue  
Regina, SK S4P 1E3  
Phone: 306-352-4993  
Website: www.edencare.ca/milton-heights  
Email: info@edencare.ca

Gabriel Housing Corporation  
Address: 506 Lorne Street Regina, SK S4R 2J7  
Phone: 306-775-2905  
Fax: 306-949-4446  
Website: www.gabrielhousing.ca  
Email: gabrielhsg@sasktel.net

Mutchmor Lodge  
Address: 328 Century Crescent Regina, SK S4T 6M1  
Phone: 306-352-7119  
Fax: 306-522-7119  
Website: www.mutchmorlodge.com  
Email: muchmor@sasktel.net

Namerind Housing Corporation  
Address: 1130 Winnipeg Street Regina, SK S4R 1J6  
Phone: 306 525-0147  
Fax: 306 525-0111  
Website: www.namerindhousing.ca  
Email: reception@namerind.com

Regina Housing Authority  
Address: 1850 Smith Street Regina, SK S4P 2N3  
Phone: 306-525-2377  
Fax: 306-347-7812  
Website: www.reginahousing.ca  
Email: reginahousing@sasktel.net

Revera Renaissance Retirement Residences  
Address: 1801 McIntyre Street  
Regina, SK, S4P 4WP  
Phone: 306-525-8686  
Website: www.reveraliving.com

Saskatchewan Housing Corporation  
Mailing Address: 11th Floor, 1920 Broad Street  
Regina, SK S4P 3V6  
Phone: 306-798-3110  
Regina Office (Toll Free): 1-800-667-7567  
Fax: 306-787-4177  
Website: www.publications.saskatchewan.ca/#/products/101625

Selo Gardens Housing Authority  
Address: 1110 McNiven Avenue  
Regina, SK S4S 7H2  
Business Line: 306-584-1844  
Website: www.sgpch.com  
Email: lfletcher.sgpch@sasktel.net

Silver Sage Housing Corporation  
Address: 4001 3rd Avenue North  
Regina, SK S4R 0W8  
Phone: 306-721-2909  
Toll-Free:1-866-721-2911  
Fax:306-545-9780  
Website: www.silversage.ca  
Email: info@silversage.ca
Affordable Housing

Argyle Park Housing Co-operative
Address: Suite 61-320 Sangster Boulevard
Regina, SK S4R 8M1
Phone: 306-949-9616
Fax: 306-205-3200
Email: aphc@accesscomm.ca

Cornwall Village Co-operative Housing Association
Address: 102-2141 Cornwall Street
Regina, SK S4P 3R1
Phone: 306-569-2663
Email: cornwallvmanager@gmail.com

Lakewood Manor Housing Co-operative
Address: 100 - 1123 Devonshire Drive North
Regina, SK S4X 4H9
Phone: 306-924-0430
Fax: 306-924-0494
Website: www.lakewoodmanor.ca
Email: lkwoodmr@accesscomm.ca

Steward Court Housing Co-operative
Address: 100-1717 Oxford Street
Regina, SK S4N 6K3
Phone: 306-789-7970
Fax: 306-761-0858
Email: stewartcourhousing@myaccess.ca

The George Tayler Housing Co-operative
(Oxford Manor)
Address: 1703 Oxford Street
Regina, SK S4N 6J5
Phone: 306-789-3636
Email: oxfordmanor103@gmail.com

Co-operative Housing
Is an independent organization that provides affordable housing for low-income older adults. Individuals who live in these facilities may be required to participate in the operation and management of the co-op.

For more information, visit: www.chfcanada.coop
Assisted Living

**Broadway Terrace**
Address: 1150 Broadway Avenue  
Regina, SK S4P 4V3  
Phone: 306-564-1200  
Website: www.edencare.ca/broadway-terrace  
Email: info@edencare.ca

**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

**Harbour Landing Village**
Address: 4000 James Hill Road  
Regina, SK S4W 0N1  
Phone: 306-559-5545  
Fax: 306-559-3092  
Website: www.harbourlandingvillage.ca  
Email: info@hlvillage.ca

**Mutchmor Lodge**
Address: 328 Century Crescent  
Regina, SK S4T 6M1  
Phone: 306-352-7119  
Fax: 306-522-7119  
Website: www.mutchmorlodge.com  
Email: mutchmor@sasktel.net

**Qu’Appelle House**
Address: 1425 College Avenue  
Regina, SK S4P 1B4  
Phone: 306-522-0335  
Website: www.quappellehouse.ca  
Email: debbie.deneve@rqhealth.ca

**Queen Victoria Estates**
Address: 2025 Heseltine Road  
Regina, SK S4V 2Z4  
Phone: 306-522-3553  
Website: www.atriaretirement.ca/retirement-communities/queen-victoria-estates

**Regina Lutheran Home**
Address: 1925-5th Avenue North  
Regina, SK S4R 7W1  
Phone: 306-543-4055  
Fax: 306-543-4094  
Website: www.edencare.ca/regina-lutheran-home  
Email: info@edencare.ca

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

**Revera Green Falls Landing Retirement Residence**
Address: 3850 Green Falls Drive  
Regina, SK S4V 3N5  
Phone: 306-559-5657  
<table>
<thead>
<tr>
<th>Assisted Living</th>
<th>Revera Marian Chateau Retirement Residence</th>
<th>Revera Renaissance Retirement Residence</th>
<th>Revera The Bentley Regina/Hillsdale Retirement Residence</th>
<th>Trinity Manor at Westerra</th>
<th>Wintergreene Estates Retirement Residence</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>3651 Albert Street</td>
<td>1801 McIntyre Street</td>
<td>3105 Hillsdale Street</td>
<td>8351 Canola Avenue</td>
<td>4950 Pasqua Street,</td>
</tr>
<tr>
<td></td>
<td>Regina, SK S4S 0A3</td>
<td>Regina, SK, S4P 4WP</td>
<td>Regina, SK S4S 7K8</td>
<td>Regina, SK S4Y 0E5</td>
<td>Regina, SK S4S 7L2</td>
</tr>
<tr>
<td>Email</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td><a href="mailto:info.wge@verveseniorliving.com">info.wge@verveseniorliving.com</a></td>
</tr>
</tbody>
</table>
Home Care/Home Support

Bayshore Home Health
Address: 150-1870 Albert Street
   Regina, SK S4P 4B7
Phone: 306-352-7144
Regina Office (Toll Free): 1-866-561-1559
Website: www.bayshore.ca/locations/bayshore-home-health-regina-sk
Email: regina@bayshore.ca

Called to Care
Address: 2050 Broad Street Regina, SK S4P 1Y3
Phone: 306-757-2273
Fax: 306-757-2271
Website: www.calledtocare.ca
Email: office@calledtocare.ca

CBI Home Health
Address: 2073 Park St Suite 2
   Regina, SK S4N 6S2
Phone: 306-757-4590
Fax: 306-757-4627
Website: www.cbi.ca/web/home-health-regina-park?utm_source=Google&utm_medium=lpmlutm_campaign=CBIWeCare

Dove Home Care Services
Address: 2220 Cameron Street
   Regina, SK S4T 2V8
Phone: 306-525-0045
Fax: 306-565-2393
Website: www.dovehouse.ca
Email: dovehouse@sasktel.net

Eden Care Communities
Address: B-107 Albert Street Regina, SK S4R 2N3
Phone: 306-206-0260
Website: www.edencare.ca
Email: info@edencare.ca

Life Force Home Health Care
Address: Suite 130 - 2025 Heseltine Road
   Regina, SK S4V 2Z4
Phone: 306-501-8598
Website: www.lifeforcehomehealth.com

Accessor Coordinator
An Accessor Coordinator will work with an older adult if he/she has requested to be assessed for his/her health needs. The Accessor Coordinator would then determine the most appropriate care plan for the client and will provide case management in a short term or long-term basis depending on the client’s assessed needs.

To access an Accessor Coordinator, contact: 306-766-7200
**Home Care/Home Support**

**Nurse Next Door Home Care Services**  
Phone: 306-209-0699  
Website:  
www.nursenextdoor.com/locations/regina-sk

**Orange Tree Living Home Care Services**  
Phone: 306-539-4718  
Website: www.orangetreeliving.ca  
Email: info@orangetreeliving.ca

**Regina Health District Home Care Volunteer Services**  
Address: 4211 Albert Street #300  
Regina, SK S4S 3R6  
Phone: (306) 766-7200

**Regina Helping Hands Care Home**  
Address: 226 Hansen Drive Regina, SK S4X 2Y6  
Phone: 306-545-7733  
Fax: 306-545-7738  
Email: HelpingHands@sasktel.net

**Regina Senior Citizens’ Centre Home Help Services**  
Address: 2134 Winnipeg Street  
Regina, SK S4P 3X6  
Phone: 306-525-2154  
Fax: 306-525-2155  
Website: www.reginaseniorcitizenscentre.ca  
Email: cindyrscc@myaccess.ca

**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: Home Care Treatment Centre**  
Address: 1311 Broadway Avenue  
Regina, SK S4P 1E2  
Phone: 306-766-0370  
Hotline: 8-1-1 Healthline  
Website:  
www.rqhealth.ca/department/community-and-preventative-health/home-care-services

**Saskatchewan Health Authority: Seniors House Call Program**  
Phone: 306-766-6280  
Hotline: 8-1-1 Healthline  
Website:  
www.rqhealth.ca/department/primary-health-care/seniors-house-call-program

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**Individualized Funding for Home Care**  
Older adults can receive funding to increase their choice and flexibility in home care. The funding will be based on assessed need and will be used for supportive home care services.

For more information, visit:  
Personal Care Homes

Albert Park Senior Care Home
Address: 4518 Montague Street
Regina, SK S4S 3K7
Phone: 306-586-0689
Fax: 306-586-9827
Website: www.carehomes.ca/albertparksch
Email: elmae82@yahoo.ca

Arbour Oaks Manor
Address: 10 Kyle Street Regina, SK S4R 5Y2
Phone: 306-545-3176
Fax: 306-545-1576
Website: www.carehomes.ca/homes/arbor-oaks-manor
Email: arboroaks@sasktel.net

Ashton Manor Care Home
Address: 27 Sidney Street Regina, SK S4X 1X1
Phone: 306-535-1532
Fax: 306-569-1922
Website: www.carehomes.ca/ashtonmanor
Email: safiasiasang@gmail.com

Autumn Personal Care Home
Address: 3821 Regina Avenue
Regina, SK S4S 0H8
Phone: 306-536-5259
Fax: 306-584-8424
Website: www.carehomes.ca/Autumnpch
Email: autumnpch@sasktel.net

Bethel Manor
Address: 5161 Sherwood Drive
Regina, SK S4R 4C1
Phone: 306-546-3626
Fax: 306-546-3643
Website: www.bethelmanorcanada.com
Email: bonasanya@sasktel.net

Campbell Care Home
Address: 5800 4th Avenue Regina, SK S4P 3C2
Phone: 306-543-9525
Fax: 306-543-9529
Website: www.carehomes.ca/homes/campbell-care-home
Email: premiumhealth.services0@gmail.com

Casa Bella Care Home
Address: 5931 Hague Crescent
Regina, SK S4P 3C2
Phone: 306-543-0816
Fax: 306-543-5798
Website: www.carehomes.ca/homes/casa-bella-care-home
Email: casabella.carehome@gmail.com

Cherished Hearts Personal Care Home
Address: 222 Litzenberger Crescent
Regina, SK S4R 7J4
Phone: 306-949-0777
Fax: 306-949-0992
Website: www.reginaseniorliving.com
Email: cherishedhearts@sasktel.net

College Park I Retirement Residence
Address: 1535 Anson Road Regina, SK S4P OC2
Phone: 306-565-0515
Website: www.allseniorscare.com/residence/college-park-retirement-residence
Email: jerriha@allseniorscare.com
Personal Care Homes

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

Four Seasons Care Home
Address: 4121 Queen Street Regina, SK S4P 3C2
Phone Number: 306-586-8888
Website: www.fourseasonscarehome.ca
Email: jlewis@fourseasonscarehome.ca

Fulton Manor
Address: 174 Fulton Drive Regina, SK S4X 1W4
Phone: 306-543-8613

Gardiner Point Care Home
Address: 2323 E Arens Road Regina, SK S4V 1G3
Phone: 306-585-6333
Website: www.gardinerpointcarehome.com

Golden Heart Care Home
Address: 4238 Dewdney Avenue
Regina SK, S4T 1A7
Phone: 306-501-8702

Golden Years Manor
Address: 2315 E. Arens Road Regina, SK S4V 1G3
Phone: 306-569-9920
Fax: 306-569-9953
Website: www.carehomes.ca/golden
Email: goldenyearsmanor@hotmail.com

Dunsmore Villa
Address: 87 Dunsmore Drive Regina, SK S4R 7G1
Phone: 306-522-0029
Fax: 306-949-8004
Email: dunsmore'svilla@msn.com

Dove House Cathedral
Address: 2220 Cameron Street Regina, SK S4T 2V8
Phone: 306-525-0045
Fax: 306-565-2393
Website: www.dovehouse.ca

Dove House Parliament I and II
Address: 4002 & 4008 Montague Street
Regina, SK S4S 3J9
Phone: 306-525-0045
Fax: 306-565-2393
Website: www.dovehouse.ca

Fulton Manor
Address: 174 Fulton Drive Regina, SK S4X 1W4
Phone: 306-543-8613

Gardiner Point Care Home
Address: 2323 E Arens Road Regina, SK S4V 1G3
Phone: 306-585-6333
Website: www.gardinerpointcarehome.com

Golden Heart Care Home
Address: 4238 Dewdney Avenue
Regina SK, S4T 1A7
Phone: 306-501-8702

Golden Years Manor
Address: 2315 E. Arens Road Regina, SK S4V 1G3
Phone: 306-569-9920
Fax: 306-569-9953
Website: www.carehomes.ca/golden
Email: goldenyearsmanor@hotmail.com

Dunsmore Villa
Address: 87 Dunsmore Drive Regina, SK S4R 7G1
Phone: 306-522-0029
Fax: 306-949-8004
Email: dunsmore'svilla@msn.com
The Personal Care Home Benefit (PCHB)
Older adults who are low-income can apply for this monthly assistance to help with the cost of living in a licensed personal care home.

To apply or learn more about PCHB, visit:
Joyti Care Home  
Address: 2135 5th Ave North Regina, SK S4R 0R9  
Phone: 306-501-3944  
Website: www.carehomes.ca/joyticarehome  
Email: joyticarehome@yahoo.ca  

Kennedy Manor  
Address: 22 Kennedy Crescent Regina, SK S4R 6G4  
Phone: 306-502-5894  
Fax: 306-757-6583  
Email: ebmalang@yahoo.com  

Kozy Korner Personal Care Home  
Address: 310 18th Avenue Regina, SK S4N 1E2  
Phone: 306 585-7444  
Fax: 306-585-7445  
Email: kozykornerpch@gmail.com  

Lyn's Personal Care Home  
Address: 5624 5 Avenue Regina, SK S4T 0M5  
Phone: 306-545-7874  

Majestic Manor Personal Care Home  
Address: 239 Williston Drive Regina, SK S4P 3C2  
Phone: 306-949-1811  
Fax: 306-949-1815  
Website: www.carehomes.ca/MajesticManorPCH  
Email: majesticmanor@hotmail.ca  

Marie Manor  
Address: 142 North McCarthy Boulevard Regina, SK S4R 6A4  
Phone: 306-522-2993  
Fax: 306-559-1699  
Email: bfm@sasktel.net  

McMurchy Care Home  
Address: 85 & 87 McMurchy Avenue Regina, SK S4P 3C2  
Phone: 306-545-3441  
Fax: 306-530-305=0  
Website: www.carehomes.ca/homes/mcmurchy-care-home  
Email: onecarehealthservices@gmail.com  

Noonan Villa  
Address: 126 Noonan Road Regina, SK S4V 0J6  
Phone: 306-559-4930  
Website: www.carehomes.ca/homes/noonan-villa  
Email: noonan.villa@gmail.com  

Olga’s Care Home  
Address: 2719 Corbett Road Regina, SK S4R 8J1  
Phone: 306-545-0271  
Email: dorisskoberne@yahoo.ca  

Parkview Villa  
Address: 2915 Pasqua Street Regina, SK S4S 2H4  
Phone: 306-539-4718  
Website: www.orangetreeliving.ca  
Email: info@orangetreeliving.ca  

Parliament Place Care Home  
Address: 4001 Elphinstone Street Regina, SK S4P 3C2  
Phone: 306-525-3883  
Website: www.carehomes.ca/ParliamentPlace  
Email: sbentum1@gmail.com
Personal Care Homes

**Precious Memories Villa**
Address: 2800 23rd Avenue Regina, SK S4S 1E6
Phone: 306-539-4718
Website: www.orangetreeliving.ca
Email: info@orangetreeliving.ca

**Princess Villa**
Address: 3231 Whitmore Avenue
Regina, SK S4S 1C1
Phone: 306-539-4718
Website: www.orangetreeliving.ca
Email: info@orangetreeliving.ca

**Rawlinson Crescent Care Home**
Address: 39 Rawlinson Crescent
Regina, SK S4S 6B7
Phone: 306-525-4834

**Regina Helping Hands Care Home**
Address: 226 Hansen Drive Regina, SK S4X 2Y6
Phone: 306-545-7733
Fax: 306-545-7738
Email: HelpingHands@sasktel.net

**Revera Green Falls Landing Retirement Residence**
Address: 3850 Green Falls Drive
Regina, SK S4V 3N5
Phone: 306-559-5657

**Campbell Care Home**
Address: 5800 4th Avenue Regina, SK S4P 3C2
Phone: 306-543-9525
Fax: 306-543-9529
Website: www.carehomes.ca/homes/campbell-care-home
Email: premiumhealth.services0@gmail.com

**Riverbend Crossing**
Address: 2235 Heseltine Road
Regina, SK S4V 2Y7
Phone: 306-347-7773
Website: www.espritlifestyle.com/locations/riverbend-crossing

**Royal Oaks Care Home**
Address: 2319 Arens Road Regina, SK S4P 3C2
Phone: 306-790-9026
Fax: 306-586-9176
Website: www.carehomes.ca/royaloaks
Email: lsboychuk@sasktel.net

**Selo Gardens Personal Care Home**
Address: 1102 McNiven Avenue
Regina, SK, S4S 3X3
Phone: 306-790-4444
Website: www.sgpch.com/index.htm
Email: lfletcher.sgpch@sasktel.net
Personal Care Homes

Shady Pines
Address: 36 & 38 Empress Drive
Regina, SK S4T 6M4
Phone: 306-924-4500

Spruce Lane Care Home
Address: 2047 MacKay Street Regina, SK S4N 2S5
Phone: 306-543-0707
Email: fivekc.contracting@gmail.com

Sunset Place Care
Address: 4501 Queen Street Regina, SK S4P 3C2
Phone: 306-559-3290
Website: www.sunsetplacecareregina.ca
Email: adama@accesscomm.ca

Victoria Park Personal Care Home
Address: 2400 East Arens Road
Regina, SK S4V 3G6
Phone: 306-994-2835
Website: www.seniorlivinginstyle.com/senior-living/sk/regina/victoria-park

Victorian Personal Care Home
Address: 7103 Sherwood Drive
Regina SK, S4X 2V5
Phone: 306-737-3162
Website: www.carehomes.ca/TheVictorianpersonalCareHome
Email: victorianpch@accesscomm.ca

Walsh Acres Manor
Address: 3 Dunsmore Drive Regina, SK S4R 7E9
Phone: 306-775-1334
Email: walshacresmanor@gmail.com

Westhill Manor
Address: 8030 Sherwood Place
Regina, SK S4P 3C2
Phone: 306-949-5457
Fax: 306-569-4919
Website: www.carehomes.ca/westhill
Email: westhillmanor@sasktel.net

Westminster Care Home
Address: 3347 Westminster Road
Regina, SK S4V 0S3
Phone: 306-522-2101
Website: www.carehomes.ca/homes/westminster-care-home
Email: n.grant@myaccess.ca

Wintergreene Estates Retirement Residence
Address: 4950 Pasqua Street
Regina, SK S4S 7L2
Phone: 306-585-7100
Website: www.verveseniorliving.com/wintergreene-estates
Email: info.wge@verveseniorliving.com
Long-Term Care Homes

**Extendicare Elmview**
Address: 4125 Rae Street Regina, SK S4S 3A5  
Phone: 306-586-1787  
Fax: 306-585-0255  
Website: www.extendicareelmview.com  
Email: cnh_elmview@extendicare.com

**Extendicare Parkside**
Address: 4540 Rae Street Regina, SK S4S 3B4  
Phone: 306-586-0220  
Fax: 306-585-0622  
Website: www.extendicareparkside.com  
Email: cnh_parkside@extendicare.com

**Extendicare Sunset**
Address: 260 Sunset Drive Regina, SK S4S 2S3  
Phone: 306-586-3355  
Fax: 306-584-8082  
Website: www.extendicaresunset.com  
Email: cnh_sunset@extendicare.com

**Qu’Appelle House**
Address: 1425 College Avenue Regina, SK S4P 1B4  
Phone: 306-522-0335  
Website: www.quappellehouse.ca  
Email: debbie.deneve@rqhealth.ca

**Regina Lutheran Home**
Address: 1925-5th Avenue North  
Regina, SK S4R 7W1  
Phone: 306-543-4055  
Fax: 306-543-4094  
Website: www.edencare.ca/regina-lutheran-home  
Email: info@edencare.ca

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

**Santa Maria Senior Citizens Home**
4215 Regina Avenue Regina SK, S4T 6L8  
Phone: 639-625-7100  
Fax: 639-625-7115  
Website: www.santamariaregina.ca  
Email: SantaMariaGeneral@rqhealth.ca

**Wascana Rehabilitation Centre Extended Care/Veterans Program**
Address: 2180—23rd Avenue Regina, Saskatchewan S4S 0A5  
Phone: 306-766-5100  
Website: www.rqhealth.ca/facilities/wascana-rehabilitation-centre-extended-care-veterans-program

**William Booth Special Care Home**
Address: 50 Angus Road Regina, SK S4R 8P6  
Phone: 306-543-0655  
Fax: 306-543-1292  
Website: www.williamboothregina.ca  
Email: ivyscobie@sasktel.net
# Mental Wealth

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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.
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 OC2  
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
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

<table>
<thead>
<tr>
<th>Community Association</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kings Corner Church of God</td>
<td>2110 King Street Regina, SK S4T 4G8</td>
<td>306-545-2288</td>
<td><a href="http://www.kingscorner.ca">www.kingscorner.ca</a></td>
<td><a href="mailto:info@kingscorner.ca">info@kingscorner.ca</a></td>
</tr>
<tr>
<td>Knox-Met United Church</td>
<td>2340 Victoria Avenue Regina, SK S4P 0S6</td>
<td>306-525-9128</td>
<td><a href="http://www.knoxmetregina.org">www.knoxmetregina.org</a></td>
<td><a href="mailto:info@knoxmetregina.org">info@knoxmetregina.org</a></td>
</tr>
<tr>
<td>Lakeview Community Association</td>
<td></td>
<td></td>
<td><a href="http://www.lcaregina.ca">www.lcaregina.ca</a></td>
<td><a href="mailto:lcaprograms306@gmail.com">lcaprograms306@gmail.com</a></td>
</tr>
<tr>
<td>Lakeview United Church</td>
<td>3200 McCallum Avenue Regina, SK S4S 0R8</td>
<td>306-586-7844</td>
<td><a href="http://www.lakeviewchurch.ca">www.lakeviewchurch.ca</a></td>
<td><a href="mailto:lakeviewuc@sasktel.net">lakeviewuc@sasktel.net</a></td>
</tr>
<tr>
<td>Lifelong Learning Centre</td>
<td>2155 Scarth Street Regina, SK S4M 0A1</td>
<td>306-585-5748</td>
<td><a href="http://www.uregina.ca/cce">www.uregina.ca/cce</a></td>
<td></td>
</tr>
<tr>
<td>Little Flower Parish</td>
<td>420 College Avenue Regina, SK S4N 0X2</td>
<td>306-522-8583</td>
<td><a href="http://www.littleflowerregina.ca">www.littleflowerregina.ca</a></td>
<td><a href="mailto:littleflowerregina@sasktel.net">littleflowerregina@sasktel.net</a></td>
</tr>
<tr>
<td>Living Hope Alliance</td>
<td>3800 Green Falls Drive Regina, SK S4V 3T6</td>
<td>306-352-4673</td>
<td><a href="http://www.mylivinghope.ca">www.mylivinghope.ca</a></td>
<td><a href="mailto:info@mylivinghope.ca">info@mylivinghope.ca</a></td>
</tr>
<tr>
<td>Living Spirit Centre</td>
<td>3018 Doan Drive Regina, SK S4V 1M1</td>
<td>306-789-0265</td>
<td></td>
<td><a href="mailto:eastsideunited@sasktel.net">eastsideunited@sasktel.net</a></td>
</tr>
<tr>
<td>Lofty Heights Christian Centre</td>
<td>1700 Broad Street Regina, SK S4P 1X4</td>
<td>306-737-4485</td>
<td><a href="http://www.loftyheightsglobal.org">www.loftyheightsglobal.org</a></td>
<td><a href="mailto:info@loftyheightsglobal.org">info@loftyheightsglobal.org</a></td>
</tr>
<tr>
<td>Mount Sinai Anglican Church Regina</td>
<td>170 Sunset Drive Regina, SK S4S 3G6</td>
<td>306-351-7397</td>
<td><a href="http://www.mountsinaianglicanchurchregina.com">www.mountsinaianglicanchurchregina.com</a></td>
<td><a href="mailto:pastor@mountsinaianglicanchurchregina.com">pastor@mountsinaianglicanchurchregina.com</a></td>
</tr>
<tr>
<td>New Apostolic Church</td>
<td>838 Broadway Avenue East Regina, SK S4N 1A4</td>
<td>1-866-622-7828</td>
<td><a href="http://www.naccanada.org">www.naccanada.org</a></td>
<td><a href="mailto:info@naccanada.org">info@naccanada.org</a></td>
</tr>
</tbody>
</table>
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](http://www.osi-can.ca/peer-support-group.html)  
Email 1: l.bishop@sasktel.net  
Email 2: cdnjames@gmail.com

**Our Savior’s Lutheran Church**
Address: 190 Massey Road  
Regina, SK S4S 4N5  
Phone: 306-586-0006  
Website: [www.oslutheran.ca](http://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](http://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](http://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](http://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](http://www.princeofpeaceregina.ca)

**Probus Club of Regina**
Website: [www.probus.org/16regina.htm](http://www.probus.org/16regina.htm)  
Email: probusregina@gmail.com

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

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**OSI-CAN**

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### Community Associations and Programs

<table>
<thead>
<tr>
<th>Name</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>RCCG King’s Court</strong></td>
<td>35 Davin Crescent Regina, SK S4T 4S7</td>
<td>306-351-1533</td>
<td><a href="http://www.rccgkingscourtsk.org">www.rccgkingscourtsk.org</a></td>
<td><a href="mailto:info@rccgkingscourtsk.org">info@rccgkingscourtsk.org</a></td>
</tr>
<tr>
<td><strong>Redeemer Reformation Church</strong></td>
<td>3717 Hill Avenue Regina, SK S4S 0X5</td>
<td>306-585-1841</td>
<td><a href="http://www.redeemerchurch.ca">www.redeemerchurch.ca</a></td>
<td></td>
</tr>
<tr>
<td><strong>Regina Apostolic Church</strong></td>
<td>808 Assiniboine Avenue East</td>
<td>306-789-1234</td>
<td><a href="http://www.reginaap.com">www.reginaap.com</a></td>
<td><a href="mailto:reginaap@reginaap.com">reginaap@reginaap.com</a></td>
</tr>
<tr>
<td><strong>Regina Chinese Alliance Church</strong></td>
<td>3010 Arens Road East Regina, SK S4V 2P7</td>
<td>306-789-0877</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Regina Duplicate Bridge Club</strong></td>
<td>200-1440 Broadway Avenue Regina, SK S4P 1E2</td>
<td>306-584-3443</td>
<td><a href="http://www.reginabridge.com">www.reginabridge.com</a></td>
<td><a href="mailto:info@reginabridge.com">info@reginabridge.com</a></td>
</tr>
<tr>
<td><strong>Regina Fellowship Assembly</strong></td>
<td>1301 Victoria Avenue Regina, SK S4P 0P2</td>
<td>306-525-3447</td>
<td></td>
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</tr>
<tr>
<td><strong>Regina Food Bank</strong></td>
<td>425-445 Winnipeg Street Regina, SK S4R 8P2</td>
<td>306-791-6533</td>
<td><a href="http://www.reginafoodbank.ca">www.reginafoodbank.ca</a></td>
<td><a href="mailto:info@reginafoodbank.ca">info@reginafoodbank.ca</a></td>
</tr>
<tr>
<td><strong>Regina Food for Learning</strong></td>
<td>2310 Saskatchewan Drive Regina, SK S4P 0B5</td>
<td>306-565-8632</td>
<td><a href="http://www.reginafoodforlearning.com">www.reginafoodforlearning.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Regina Golf Lessons — Winter</strong></td>
<td>222 University Park Drive Regina, SK S4V 1A3</td>
<td>306-536-2961</td>
<td><a href="mailto:garrett.mc@live.com">garrett.mc@live.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Regina Golf Lessons — Summer</strong></td>
<td>5401 11th Avenue Regina, SK S4P 3A1</td>
<td>306-536-2961</td>
<td><a href="mailto:garrett.mc@live.com">garrett.mc@live.com</a></td>
<td></td>
</tr>
<tr>
<td><strong>Regina Immigrant Women Centre</strong></td>
<td>1801 Toronto Street Regina, SK S4P 1M7</td>
<td>306-359-6514</td>
<td><a href="http://www.reginaiwc.ca/programs-and-services/empower/newcomer-seniors-in-touch-with-activities-and-recreation-through-supports-newstars">www.reginaiwc.ca/programs-and-services/empower/newcomer-seniors-in-touch-with-activities-and-recreation-through-supports-newstars</a></td>
<td><a href="mailto:info@reginaiwc.ca">info@reginaiwc.ca</a></td>
</tr>
</tbody>
</table>
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.reginaseniorkitizenscentre.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.reginaseniorkitizenscentre.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 S4R 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

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.

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
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. Athanasius Byzantine-Ukrainian Catholic Church
Address: 55 McMurchy 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

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

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

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

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

**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

**Uplands Community Centre**  
Address: 20 Weekees Crescent  
Regina, SK S4R 6X7  
Phone: 306-949-5137  
Website: www.nonprofits.accesscomm.ca/uca/

**Wesley United Church**  
Address: 3913 Hillsdale 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

First Nations and Inuit Wellness Help Line
Phone: 1-855-242-3310

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

Mental Health Emergencies
If assistance is required immediately or someone you know is at risk of harming themselves or others, call 911.
April 2020

Crime Prevention and Safety

Age Friendly Regina
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## Crime Prevention and Safety

- How to Use the Guide: Knowing Your Safety and Prevention Services  
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- Navigating Through Your Safety and Prevention Services  
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  - Question 2 (Elder Abuse and Neglect)  
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- Local Police/Crisis Management Services  
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- Victim Services  
  Page 57
This guide will help older adults and their families learn about safety and prevention services in Regina.

To start:

1. Answer the 3 questions in the Navigating Through Your Safety and Prevention Services Flowchart on page 35. This will help to identify the type of services that may fit your current situation.

2. Use the above categories to identify the appropriate services.
Employment, Financial Assistance and Welfare

Better Business Bureau (BBB)
Phone: 1-888-352-7601
Website: www.bbb.org/scamtracker
Email: info@sask.bbb.org

To access the complete list of trustworthy business or Saskatchewan accredited BBB members, visit
https://www.bbb.org

Canada Revenue Agency
Toll-Free: 1-800-267-2384
Website:
www.canada.ca/en/services/taxes/charities.html

Canadian Anti-Fraud Centre
Toll free: 1-888-495-8501
Website: www.antifraudcentre.ca

Financial and Consumer Affairs Authority of Saskatchewan
Phone: 306-787-5045
Website: www.fcaa.gov.sk.ca
Email: fcaa@gov.sk.ca

Government of Saskatchewan Ministry of Labour Relations and Workplace Safety
Toll-Free: 1-800-667-1783
Website:

National Do Not Call List
Toll-Free: 1-866-580-3625
Website: www.LNNTE-DNCL.gc.ca

Service Canada
Toll-Free: 1-800-206-7218
Website: www.canada.ca

Fraud and Scams
The most common types of fraud and scams that target older adults are:
1. Identity theft
2. Online scams
3. Phone and door-to-door scams

To report all fraud and scams, contact your local police or call PhoneBusters at 1-888-495-8501.

For more information, visit
Canada.ca/seniors or your local Service Canada office.
The Role of the PGT on Investigating Financial Abuse

The PGT has the authority to:
1. Administer the property and finances of adults who are incapable of managing their financial affairs
2. Monitor other property guardians
3. Investigate allegation of financial abuse.

For more information on PGT’s role in investigating financial abuse, visit:
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

**Assaulted Women’s Helpline**  
Toll-Free: 1-866-863-0511  
Website: www.awhl.org

**Family Service Regina – Older Adult Responsive Service**  
Address: 200-1440 Broad Avenue  
Regina, SK S4P 1E2  
Phone: 306-757-6305  
Fax: 306-757-0133  
Website: www.familyserviceregina.com/seniors-programs  
Email: info@familyserviceregina.com

**Regina Mobile Crisis Services for Seniors Abuse and Neglect**  
Phone: 306-757-0127

**Regina Transition House**  
Phone: 306-757-2096  
Emergency Line: 306-569-2292  
Website: www.reginatransitionhouse.ca  
Email: staff@reginatransitionhouse.ca

**SOFIA House**  
Phone: 306-565-2537  
Website: www.sofiahouse.ca  
Email: office@sofiahouse.ca

**Isabel Johnson Shelter**  
Phone: 306-525-2141  
Website: www.ywcaregina.com/programs/violence  
Email: ijs@ywcaregina.com

**Seniors Information Line by the Saskatchewan Seniors Mechanism**  
Provide information and/or assistance on a variety of issues, including financial abuse, mental or physical abuse, scams, health and other matters. All calls are answered by an individual who is able to refer the caller to the proper channels. If you any assistance, call 1-888-823-2211.
Victim Services

Family Service Regina Violence Victim Services
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

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

Regina Police Service’s Indigenous Resource Officer Program
Address: 1717 Osler Street Regina, SK S4P 2Z8
Phone 1: 306-777-6583
Phone 2: 306-777-6296
Fax: 306-777-6387

Regina Police Service’s Victim Services Unit
Address: 1717 Osler Street Regina, SK S4P 3W3
Phone: 306-777-8660
Website: www.reginapolice.ca/about-us/community-services-division/victim-services

Regina Sexual Assault Centre
Address: 1830 MacKay Street Regina, S4N 6R4
Phone: 306-522-2777
Fax: 306-522-5070
Crisis Line: 306-352-0434
Toll Free: 1-844-952-0434
Website: www.reginasexualassaultcentre.ca
Email: rsac@sasktel.net

Victims of abuse and neglect need safety, shelter and access to their financial resources. They also need support services such as housing options, emotional support, counselling and community associations.

To know more about accessing the appropriate support groups and services for you or your family member, see the Mental Wealth section of the Age Well Regina Guide.

If you or your family member is in an immediate danger or have an emergency, call 9-1-1.
References


