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**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.
If I am/someone I know is experiencing feelings of sadness, loneliness and/or loss of interest in previously enjoyable activities for at least two weeks, what support can be accessed?

- Community Associations and Programs
- Clinical Counselling Services

If I am/someone I know is in an urgent mental health crisis and is at risk of harming themselves or others, who should be contacted?

- Local Police 306-777-6500
- COAST 306-766-7800
- 8-1-1 Health Line
- Senior’s Information Line 1-888-832-2211

If I am/someone I know is in an urgent mental health crisis and is at risk of harming themselves or others, who should be contacted?

- COAST 306-766-7800
- 8-1-1 Health Line
- 9-1-1
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.
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
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<th>Community Associations and Programs</th>
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| **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 |
| **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 |
| **Alberta Park Community Association**  
  Address: 170 Sunset Drive Regina, SK S4S 2S3  
  Phone: 306-777-7031  
  Website: www.albertpark.ca  
  Email: info@albertpark.ca |
| **Bethany Gospel Chapel**  
  Address: 1850 Parker Avenue Regina, SK S4S 4S2  
  Phone: 306-522-6441  
  Website: www.bethanygospelchapel.ca  
  Email: info@bethanygospelchapel.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 |
| **Bethlehem Apostolic Church**  
  Address: 3500 Regina Avenue Regina, SK S4S 0H4  
  Phone: 306-525-2151  
  Website: www.bacregina.com  
  Email: admin@bacregina.com |
| **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 |
| **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 |
| **Argyle North Community Association**  
  Address: 35 Davin Crescent  
  Regina, SK S4R 7E4  
  Phone: 306-543-5653  
  Website: www.ancaregina.ca  
  Email: office@ancaregina.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: jerrinha@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
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
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.
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

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

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

OSI-CAN
Peer support meetings are held in various locations throughout the province. Visit the website or call for information meetings close to you.
Community Associations and Programs

RCCG King’s Court
Address: 35 Davin Crescent Regina, SK S4T 4S7
Phone: 306-351-1533
Website: www.rccgkingscourtsk.org
Email: info@rccgkingscourtsk.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
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:

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
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. 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

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.tlcacommunity.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 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://reginapolic.ca/online-reporting

The Police and Crisis Team (PACT)
Phone: 306-777-8604
Website: reginapolic.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

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.
References


