

Cooling Spaces

Multiple locations throughout Regina offer cool down spaces during times of extreme heat.

Organization & Location:	Hours	What is offered?
All Nations Hope Network & Awasiw 2735 – 5th Ave	Monday-Friday: 9 a.m. -12 p.m. & 1 p.m.-5 p.m. (closed from 12-1 p.m.)	<ul style="list-style-type: none">• Breakfast and lunch daily• Coffee and water all day• Housing support• Cultural programming and support groups• Access to Elders, ceremonies, and medicines• Public washroom• Public telephone and Wi-Fi• Navigation to care, treatment, and support
Carmichael Outreach 1510 – 12th Ave	Monday-Friday: 9 a.m.-4 p.m.	<ul style="list-style-type: none">• Water, coffee, and snacks available• Lunch at Noon• SHA Needle Exchange Van 12:45 p.m.• Bathrooms available• Showers available 12-4 p.m.
Circle Project Assoc. Inc. 3433 5th Ave	Monday-Friday: 8:30 a.m.-4:30 p.m.	<ul style="list-style-type: none">• Bagged lunches, coffee and water available from 11a.m.-1 p.m. or while supplies last. Extended hours for lunch service in extreme weather.• Cooling Space and other supports• Summer clothes and hygiene kits (When available)• Hand out Narcan Kits.
City of Regina *Multiple Locations	Recreation Facilities Neighbourhood Centres Hours vary by location.	<ul style="list-style-type: none">• Water bottle fill station• Bathrooms
	Neil Balkwill Civic Arts Centre 2420 Elphinstone St	<ul style="list-style-type: none">• Water cooler and water bottle fill station
	City Hall 8 a.m.-4:45 p.m.	West side of building (beside cafeteria): <ul style="list-style-type: none">• Water fountain & water bottle fill station• Bathrooms
Newo-Yotina Friendship Centre 1635 – 11th Ave	7 Days/Week: 9 a.m.-4 p.m.	<ul style="list-style-type: none">• Water & coffee available everyday• Breakfast: Mon-Fri at 9 a.m., Sat/Sun at 9:30 a.m.• Lunch: Mon-Fri at 3:30 p.m.• Paramedic on site 7 days a week Capacity: 8 (drop-in centre) 3 (overdose prevention site)
Queen City Wellness Pharmacy 1725 - 11th Ave	Monday-Friday: 9 a.m.-6 p.m. Saturday: 10 a.m.-3 p.m.	<ul style="list-style-type: none">• Coffee until 11 a.m.• Snacks and water• Medical supplies and first aid
Regina Public Library *Multiple Locations	Hours vary by location.	<ul style="list-style-type: none">• Water bottle fill stations• Bathrooms• Free public phones• Computers with internet• Weds, Fri, Sat: free Film Theatre screenings (1:30, 3 & 7 p.m.)• Feminine Hygiene products in bathrooms (Central Library, Regent Place, and Glen Elm branches only)
Regina Recovery Centre 2635 Dewdney Ave	Monday-Friday: 9 a.m.-2 p.m.	Available before 10 p.m.: <ul style="list-style-type: none">• Coffee • Sandwiches• Cooling Space • Naloxone Kits• Water • Washrooms• OAT Program: (Opioid Agonist Program)
Salvation Army Haven of Hope Ministries 2240 – 13th Ave	Monday-Thursday: 10 a.m.-12 p.m. & 1-4 p.m. Friday: 10 a.m.-12 p.m.	<ul style="list-style-type: none">• Water• Snacks (as available)
SWAP 1355 Albert St	Monday -Friday: 9 a.m.-5 p.m.	Drop-in Centre: phone, coffee, warming space and other supports
YWCA Regina 1940 McIntyre St	24/7 (after 10 p.m. ring buzzer in foyer)	Available before 10 p.m.: <ul style="list-style-type: none">• Coffee/water• Essential needs• Food