

# Extreme Weather Spaces

Multiple locations throughout Regina offer extreme weather spaces during times of excessive heat, cold, rain, wind or smoke.

## Overnight Locations

2025-2026

Organization & Location:	Hours	What is offered?
<a href="#">All Nations Hope Network &amp; Awasiw</a> 3115 – 5th Ave	<p><b>7 days a week:</b> 9 a.m. – 8 a.m. (closed from 8 – 9 a.m.)</p> <p>Closed Mon-Fri 12 -1 p.m. for cleaning                      Closed Sat-Sun 8 -10 a.m. for cleaning</p>	<ul style="list-style-type: none"> <li>• Breakfast and lunch daily</li> <li>• Coffee and water all day</li> <li>• Housing support</li> <li>• Cultural programming and support groups</li> <li>• Access to Elders, ceremonies, and medicines</li> <li>• Public washroom</li> <li>• Public telephone and Wi-Fi</li> <li>• Navigation to care, treatment, and support, On site addiction worker, Status card help, STBBI testing, Access to harm reduction supplies Food donations</li> </ul>
<a href="#">Carmichael Outreach</a> 1510 – 12th Ave	<p><b>Daytime:</b>  <b>Monday-Friday:</b> 8:30 a.m. – 4 p.m.</p> <p><b>Nighttime</b>  <b>7 days a week:</b> 6 p.m. – 8:30 a.m.</p> <p>*Hours subject to change</p>	<p><b>Drop In Services</b></p> <ul style="list-style-type: none"> <li>• Water, coffee, and snacks</li> <li>• Public washrooms, phone, WIFI, lockers</li> <li>• Essentials (feminine products and hygiene kits, Etc.)</li> </ul> <p><b>Carmichael Programs/Services</b></p> <ul style="list-style-type: none"> <li>• Lunch service: 12 p.m.</li> <li>• Boutique: 9 a.m. - 12 p.m. Mon., Wed., Fri.</li> <li>• Shower &amp; laundry: 9 a.m. – 3p.m. Mon.-Fri.</li> <li>• Housing support: 9 a.m. – 3:30 p.m. Mon.-Fri</li> <li>• Intakes for milk, diaper, hamper, and mattress programs: 9 a.m. – 3:30 p.m. Mon.-Fri</li> </ul> <p><b>Other Services</b></p> <ul style="list-style-type: none"> <li>• SHA Street Project</li> <li>• Coordinated Access Regina Van</li> <li>• 4 Directions Immunizations</li> <li>• Heritage Community Fridge</li> </ul>
<a href="#">Newo-Yotina Friendship Centre</a> 1635 – 11th Ave	<p><b>Open 7 days a week:</b>  <b>Daytime:</b> 9 a.m. – 4:30 p.m.  <b>Nighttime:</b> 4:30 p.m. – 8 a.m.</p> <p>*Hours subject to change</p>	<ul style="list-style-type: none"> <li>• Water &amp; coffee available every day</li> <li>• Breakfast: Mon-Sun at 9 a.m.</li> <li>• Late Lunch Mon-Fri 3:30 p.m. served at the door/ Sat/ Sun at 1:45pm</li> <li>• Paramedic on site 7 days a week</li> <li>• Capacity: 25 (drop-in centre); 3 (overdose prevention site)</li> </ul>

## Drop-in Locations

Organization & Location:	Hours	What is offered?
<a href="#">Circle Project Assoc. Inc.</a> 3433 5th Ave	<p><b>Monday-Friday:</b> 8:30 a.m. – 4:30 p.m.</p>	<ul style="list-style-type: none"> <li>• Bagged lunches, coffee and water available from 11a.m.-1 p.m. or while supplies last. Extended hours during extreme weather.</li> <li>• Warming space and other supports.</li> <li>• Winter gear, clothes and hygiene kits (when available)</li> <li>• Narcan kits</li> </ul>
<a href="#">City of Regina</a> *Multiple Locations	<p><b>Recreation Facilities</b>  <b>Neighbourhood Centres</b>                      Hours vary by location.</p>	<ul style="list-style-type: none"> <li>• Water bottle fill station</li> <li>• Bathrooms</li> </ul>
	<p><b>Neil Balkwill Civic Arts Centre</b>                      2420 Elphinstone St  <b>Monday-Thursday:</b> 8:30 a.m. – 4:45 p.m. and 6:30 – 10 p.m.  <b>Friday and Saturday:</b> 8:30 a.m. – 4:45 p.m.  <b>Sunday:</b> 12:30 p.m.-4:45 p.m.</p>	<ul style="list-style-type: none"> <li>• Water cooler and water bottle fill station</li> </ul>
	<p><b>City Hall</b>  <b>Monday-Friday:</b> 8 a.m.-4:45 p.m.</p>	<p>West side of building (beside cafeteria):</p> <ul style="list-style-type: none"> <li>• Water fountain &amp; water bottle fill station</li> <li>• Bathrooms</li> </ul>
<a href="#">John Howard Society</a> 1801 Toronto Street	<p><b>Monday-Friday:</b>                      9 a.m. – 3 p.m. (adult drop in)                      5:30 p.m. – 10:30 p.m. (youth drop in)</p>	<ul style="list-style-type: none"> <li>• Youth Drop-In (Ages 12 to 21)</li> <li>• Pro-social activities</li> <li>• Food and drink</li> <li>• Caseworkers</li> <li>• Life skills development</li> </ul>



## Drop-in Locations (continued)

Organization & Location:	Hours	What is offered?
<a href="#">Queen City Wellness Pharmacy</a> 1725 - 11th Ave	<b>Monday-Friday:</b> 9 a.m. – 5 p.m. <b>Saturday:</b> 10 a.m. – 3 p.m.	<ul style="list-style-type: none"> <li>• Coffee until 11 a.m.</li> <li>• Snacks and water</li> <li>• First aid supplies</li> </ul>
<a href="#">Regina Public Library</a> *Multiple Locations	<b>Hours vary by location.</b>	<ul style="list-style-type: none"> <li>• Water bottle fill stations</li> <li>• Public washrooms</li> <li>• Free public phones, Wi-Fi, computers</li> <li>• Feminine Hygiene products in washrooms (Central Library, Regent Place, and Glen Elm branches only)</li> <li>• Smudging</li> <li>• Naloxone kits</li> <li>• Outreach workers at Central Library Monday 1 p.m. to Saturday 5 p.m. (housing, food insecurity, filling forms)</li> </ul>
<a href="#">Salvation Army Haven of Hope Ministries</a> 2240 – 13th Ave	<b>Monday-Thursday:</b> 9 a.m. – 4 p.m. (closed from 12 – 1 p.m.)	<ul style="list-style-type: none"> <li>• Water</li> <li>• Snacks (as available)</li> </ul>
<a href="#">SWAP</a> 1355 Albert St	<b>Monday -Friday:</b> 9 a.m. – 5 p.m.	Drop-in Centre: phone, coffee, warming space and other supports
<a href="#">YWCA Regina</a> 2817 12th Avenue	<b>Community Hub Open from</b> 7 a.m. – 9 p.m.	Available before 9 p.m.: <ul style="list-style-type: none"> <li>• Coffee/water</li> <li>• Essential needs</li> <li>• Food</li> </ul>

## Pick-up Locations

Organization & Location:	Hours	What is offered?
<a href="#">Al Ritchie Heritage Community Health Centre</a> 1550 – 14th Ave (Halifax St doors)	8:30 a.m. – 4 p.m.	<ul style="list-style-type: none"> <li>• Water, bread, and low-cost food</li> </ul>
<a href="#">Canadian Mental Health Association - Regina Branch</a> 1810 Albert Street	<b>Monday-Friday:</b> 9 a.m. – 4 p.m.	<ul style="list-style-type: none"> <li>• Warm space &amp; coffee</li> </ul>
<a href="#">John Howard Society</a> 1801 Toronto Street	<b>Monday-Thursday:</b> 9 a.m. – 3 p.m.	<ul style="list-style-type: none"> <li>• Water, snacks, &amp; coffee</li> <li>• Hygiene products</li> <li>• Phone</li> <li>• Clothing</li> <li>• Food hampers when available</li> </ul>
<a href="#">Mobile Crisis Services</a> 107 B Albert Street	<b>24/7</b>	<ul style="list-style-type: none"> <li>• Water</li> <li>• Feminine hygiene products (while supplies last)</li> </ul>
<a href="#">Regina Food Bank</a> 445 Winnipeg St	<b>Monday-Friday:</b> 9 a.m. – 4 p.m.	Food provided by appointment (unless have not used RFB services in 180 days or more, then eligible for a same day order)
<a href="#">Street Culture Project - Youth Emergency Shelter</a> 1314 – 11th Ave	<b>24/7</b> Ring buzzer at the door and staff members will assist. (youth only)	<ul style="list-style-type: none"> <li>• Bagged lunch until 9 p.m.</li> <li>• Bottled water</li> <li>• Feminine hygiene products (while supplies last)</li> </ul>

