

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

Drop-in Locations		
Organization & Location:	Hours	What is offered?
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 during extreme weather.• Warming space and other supports.• Winter gear, clothes and hygiene kits (when available)• 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 Monday-Thursday: 8:30 a.m. – 4:45 p.m. and 6:30 – 10 p.m. Friday and Saturday: 8:30 a.m. – 4:45 p.m. Sunday: 12:30 p.m.-4:45 p.m.	<ul style="list-style-type: none">• Water cooler and water bottle fill station
	City Hall Monday-Friday: 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
John Howard Society 1801 Toronto Street	Monday-Friday: 9 a.m. – 3 p.m. (adult drop in) 5:30 p.m. – 10:30 p.m. (youth drop in)	<ul style="list-style-type: none">• Youth Drop-In (Ages 12 to 21)• Pro-social activities• Food and drink• Caseworkers• Life skills development



Drop-in Locations (continued)

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

Pick-up Locations

Organization & Location:	Hours	What is offered?
Al Ritchie Heritage Community Health Centre 1550 – 14th Ave (Halifax St doors)	8:30 a.m. – 4 p.m.	<ul style="list-style-type: none">• Water, bread, and low-cost food
Canadian Mental Health Association - Regina Branch 1810 Albert Street	Monday-Friday: 9 a.m. – 4 p.m.	<ul style="list-style-type: none">• Warm space & coffee
John Howard Society 1801 Toronto Street	Monday-Thursday: 9 a.m. – 3 p.m.	<ul style="list-style-type: none">• Water, snacks, & coffee• Hygiene products• Phone• Clothing• Food hampers when available
Mobile Crisis Services 107 B Albert Street	24/7	<ul style="list-style-type: none">• Water• Feminine hygiene products (while supplies last)
Regina Food Bank 445 Winnipeg St	Monday-Friday: 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)
Street Culture Project - Youth Emergency Shelter 1314 – 11th Ave	24/7 Ring buzzer at the door and staff members will assist. (youth only)	<ul style="list-style-type: none">• Bagged lunch until 9 p.m.• Bottled water• Feminine hygiene products (while supplies last)

