



Places where you  
can get quick help  
in Regina

**SOCIAL NAVIGATION**  
Regina Street Team  
Monday to Friday 9 a.m. to 5 p.m.  
Call 306-537-3727 for assistance.

**HOUSING SUPPORT & CONNECTION**  
**All Nation Hope Network**  
2735 5th Ave, 306-924-8424  
\*Temporary Location: 3115 5th Ave starting mid-October  
**Carmichael Outreach**  
1510 12th Ave, 306-757-2235 (ext 3)  
**Circle Project**  
306-347-7515  
**Eagle Heart Centre**  
1102 Angus St, 306-525-4161  
**Eden Care Communities (youth)**  
306-206-0260  
**Métis Addictions Council of Saskatchewan**  
639-571-6215, 639-571-6213  
**Newo Yotina Friendship Centre**  
1635 11th Ave, 306-525-5042  
**North Central Family Centre**  
2931 5th Ave, 306-347-2552  
**Phoenix Residential Society**  
2035B Osler St, 306-569-1977  
**Regina Treaty/Status Indian Services**  
4001 3rd Ave, 306-522-7494  
**Salvation Army - Waterston Centre**  
1845 Osler St, 306-569-6088  
**SOFIA House (women with families)**  
306-565-2537  
**Street Culture Project (youth)**  
306-565-6206  
**SWAP**  
1355 Albert St, 306-525-1722  
**YWCA (women with families)**  
2817 12th Ave. 306-525-2141(ext. 201)

FOOD

NEEDLE EXCHANGE

EMERGENCY SHELTER

COMMUNITY SERVICES

FREE CLOTHING

Hospital

COMMUNITY CARE

Public Library

Major Shopping Centre

Washrooms

Park

Railway

Not Shown: 9. Regina Transition House; 306-569-2292 10. YWCA Isabel Johnson Women's Shelter; 306-525-2141 12. WISH Safe House; 306-543-0493

# REGINA

## Survival Guide and Map

January 2025

Photo credit: Jimmy Wayne

**Crisis Intervention • 24 Hours**  
**Mobile Crisis Services**  
**107 B Albert St • 306-757-0127**

**SERVICE DIRECTORIES:**  
**211 Saskatchewan** - call/text 211  
or go online at [www.SK.211.ca](http://www.SK.211.ca)

January 2025

FOOD & OTHER SERVICES



**māmawêyâtitan centre/ Chili for Children (#4)**  
**3355 6th Ave;** 306-359-7919 or 306-359-6027  
Monday-Friday after 11am. Serves everyone. Free bread.

**Carmichael Outreach Inc. (#16)**  
**1510 12th Ave;** 306-757-2235  
Food Monday to Friday from 12-2 p.m.

**AIDS Programs South Saskatchewan (#30)**  
**1325 Albert St**  
Bread Tuesdays & Thursdays. Limited snacks/lunches.  
Naloxone training and kits, condoms, harm reduction education, Peer support, HIV Self Test kits available  
Tuesday-Sunday  
HIV/Hep C testing on Tuesdays and Fridays,  
Vaccine administration Thursdays: 1-3 p.m.

**Community Fridges (24/7)**  
**North Central (#35)** 3037 Dewdney Ave  
**Heritage (#36)** 1510 12th Ave  
**Cathedral (#37)** 13th Ave & Cameron St

**Indigenous Christian Fellowship (#5)**  
**3131 Dewdney Ave.;** 306-359-1096  
Tuesday-Friday 10 a.m.-5 p.m., Saturday 10 a.m.  
Serves everyone. Free coffee everyday.  
No cost for food during pandemic.  
Wednesday soup & bannock 10 a.m.-5 p.m.  
Saturday breakfast 10 a.m.  
Bed and furniture program. \$5 chip in.

**Marian Centre (#19)**  
**1835 Halifax St.;** 306-757-0073  
Monday-Wednesday, Friday and Saturday  
12 p.m.-meal; closes at 1 p.m.  
No cost. Assists with men’s clothing and toiletries.

**North Central Family Centre (#2)**  
**2931 5th Ave.;** 306-347-2552  
Drop-in centre 9 a.m. to 12 p.m. Monday to Friday (clothing, household items, bread, milk, hygiene items, baby supplies, hot coffee). Outreach and housing support services Monday to Friday 9 a.m. to 3 p.m.

**Rainbow Youth Centre (#25)**  
**977 McTavish St.;** 306-757-9743; Monday-Friday.  
Serves Youth 11-19 for programming.  
Food for youth 11-19 in programming.  
Bread available for all Tuesday & Thursday

**Regina Food Bank (#7)**  
**445 Winnipeg St.;** 306-791-6533  
Monday-Friday 9 a.m.-12 p.m.; 1-4 p.m.  
Serves everyone. Food hampers.

**Salvation Army Haven of Hope Ministries (#27)**  
**2240 13th Ave. 306-757-4600**  
Monday-Friday 9 a.m.-12 p.m.; 1-4 p.m.  
Free bread and emergency food assistance.  
Tuesday & Thursday 1 p.m.: Food lineup  
Thursday 11:30 a.m.-12:30 p.m.: Lunch with Sally Free Meal. Saturday 5 p.m.-7:00p.m.: Free Meal from Salvation Army truck. Other programs include Emergency Disaster Services, summer camp, school backpacks, Christmas assistance.

**Souls Harbour RESCUE Mission (#17)**  
**1632 Angus St.;** 306-522-7122  
Monday-Friday free meal 4-6 p.m.  
Serves everyone.

**TLC Pantry (#42)**  
**Trinity Lutheran Church 1909 Ottawa Street**  
Bagged lunches every day, Monday to Friday  
1-1:30 p.m. Serves everyone.

**Visitation House (#14)**  
**900-11th Ave.;** 306-352-0016  
Monday-Thursday 10 a.m.-2 p.m.; lunch 12-1 p.m.  
Serves women and children. Morning prayer,  
drop-in coffee and bread, public phone, newspaper, counselor. Clothing sometimes available.

EMERGENCY SHELTER



**Regina Transition House (#9)**  
**Box 1364, Regina, SK;** 306-569-2292  
24 hours/7 days a week  
Serves women/children fleeing abuse.  
Pet-friendly spaces available.

**Souls Harbour RESCUE Mission (#17)**  
**Men’s shelter**  
**1632 Angus St.;** 306-522-7122  
Serves men. No cost. Intake time is everyday 7-8:30 p.m.

**Street Culture Project - Tuhk Sih Nowin Youth Emergency Shelter (#3)**  
**1314 11th Ave;** 306-545-3445  
24 hours/7 days a week  
Serves youth 16-18 years old.Temporary housing, food, clothing, personal support. No cost.

**YWCA My Aunt’s Place (#31)**  
**2817 12th Ave;** 306-545-2141 (ext. 201)  
24hrs/7days week, Buzz in after 9 p.m.  
Serves women and children only. No cost.

**YWCA Isabel Johnson Women’s Shelter (#10)**  
Outreach services: 306-525-2141 (ext 110)  
Shelter: 306-525-2141 (ext 114 or 201)  
Residence: 306-525-2141 (ext 107)  
Serves women, families, children, youth and 2SLGBTQIA+ peoples. No cost.

**YWCA Kikinaw Women’s Only Residence (#11)**  
**2817 12th Ave;** 306-525-2141; 24 hours, Buzz in after 9 p.m.  
Serves women and children only. No cost.

**Salvation Army - Waterston Centre (#15)**  
**1845 Osler St.;** 306-569-6088; 24 hours  
Serves men only. Free depending on circumstance.

**WISH Safe House (#12)**  
**Regina, SK;** 306-543-0493; 24 hours  
Serves women/children fleeing abuse. No cost.

FREE CLOTHING



**Al Ritchie Community Association’s Second Chance Community Shop (#51)**  
**2250 Lindsay Street** Monday to Friday 10 a.m. to 2 p.m. See clothes for individuals and families at no cost.

**Carmichael Outreach Inc. (#16)**  
**1510 12th Ave** Clothing Boutique open Monday, Wednesday, Friday 9 a.m. to 12 p.m.

**Salvation Army Haven of Hope Ministries (#27)**  
Clothing voucher for Thrift Store by appointment only. 306-757-4600.

**Souls Harbour RESCUE Mission (#17)**  
**1632 Angus St.**  
Thursday & Friday 1-3 p.m.

**YWCA ENCORE Market (#11)**  
**1940 McIntyre St** Monday-Saturday; 9 a.m.-5 p.m.;

COMMUNITY SERVICES



**All Nations Hope/Awasiw (#34)**  
**2735 5th Ave \*Temporary Location: 3115 5th Ave starting mid-October;** 306-924-8424,  
Monday-Friday 9 a.m.-12 p.m., 1-5 p.m.  
Drop-in space, washroom, phone, wifi, breakfast at 9 a.m., lunch at 1 p.m., coffee/tea/water, take-home naloxone/Narcan, condoms, assistance with housing, support groups and sharing circles, take-home HIV self-testing kits, HIV/Hep C/Syphilis testing, vaccinations, cultural programming, Elders, smudge, ceremony

**Al Ritchie Heritage Community Health Centre (#20)**  
**1550 14th Ave.**(main doors face Halifax St.); 306-766-6320, Monday-Friday Coffee, free bread as available, phone and computer, taxes. Nurse Practitioner on site. Serves everyone.

**Canadian Mental Health Association – Regina Branch (#46)**  
**1810 Albert Street,** 306-525-9543  
Drop-in centre & activities (registration required). Support for Public Monday – Friday 9 a.m. – 4 p.m.

**Carmichael Outreach (#16)**  
**1510 12th Ave;** 306-757-2235  
Monday to Friday 12. to 2 p.m.  
Drop in space, washrooms, phone, wi-fi, shower, laundry, coffee all day, lunch daily at noon, naloxone kits, pregnancy testing, HIV testing, immunizations, vaccinations, housing support, hygiene packs, period products, baby needs

**John Howard Society (#29)**  
**1801 Toronto St.;** 306-757-6657  
Youth Drop-In (ages 12 to 21)  
Monday to Friday 4:30 p.m. to 10:30 p.m.  
Pro-social activities, food and drink, caseworkers, life skills development

**Mobile Crisis Services**  
**107 Albert St B,** 306-757-0127, 24 hours/7 days,  
Crisis Intervention

**Newo Yotina Friendship Centre(#39)**  
**1635 11th Ave,** 306-525-5240  
9 a.m. - 3:30 p.m. - Monday-Friday  
9 a.m. - 1:45 p.m. Saturday-Sunday  
Overdose Prevention Site, drug testing, naloxone, support groups, phone, computer.

**SWAP (#40)**  
**1355 Albert St;** 306-525-1722  
Monday-Friday 9 a.m.-5 p.m.  
Drop-In Centre, phone, coffee, toiletries, Youth & HIV outreach, life skills and employment programming, evening outreach services.

**YWCA Regina (#11)**  
**2817 12th Ave**  
Serves women with children, girls & 2SLGBTQ youth.  
Outreach services: 306-525-2141 (ext 166)  
Youth Employment program: 306-519-5234  
Big Boost Tutoring: 306-525-2141 (ext 105)  
Evening programming: 306-525-2141 (ext 113)

COMMUNITY CARE



**Al Ritchie Heritage Community Health Centre (#20)**  
**1550 14th Ave.**(main doors face Halifax St.); 306-766-6320, Monday-Friday  
Coffee, free bread as available, phone and computer, taxes. Nurse Practitioner on site. Serves everyone.

**Coordinated Access Regina (CAR) Intake and Assessment Walk-in Clinics (#41)**  
for individuals experiencing homelessness  
Queen City Wellness, 1725 11th Ave  
Tuesday 1-3 p.m., Thursday 9-12 p.m. and 1-3 p.m.  
Friday 1-3 p.m.

**Four Directions Community Health Centre (#1)**  
**1504 Albert St.;** 306-766-0200  
Monday-Friday 8:30 a.m.-4 p.m.  
Serves everyone. By appointment only.

**Meadow Primary Health Care Centre (#33)**  
**4006 Dewdney Ave.;** 306-766-6399  
7 days a week, 9 a.m.-8 p.m.  
Call ahead for walk-in hours

**Regina Recovery Centre (#47)**  
**2635 Dewdney Ave.** Coffee/Sandwiches until 9am-2pm, Cooling/Warming Space 9am-2pm: All Monday to Friday

**Sask Health Authority - Brief & Social Detox (#32)**  
**1640 Victoria Ave.** Detox at Osler street entry  
306-766-6600; 24 hrs/7 days a week  
Brief detox, social detox & adult day programming.

NEEDLE EXCHANGE



**AIDS Programs South Saskatchewan (#30)**  
**1325 Albert St;** 306-924-8420  
Tuesday-Friday 9 a.m.-12 p.m. & 1-4:30 p.m.,  
Saturday 10 a.m.-4:30 p.m., Sunday 11 a.m.-4 p.m.

**Needle Drop off Boxes (#22, #23, #43, #44, #45)**  
**North Central:** Alley behind 1100 Cameron Street and Garnet Street (off of 5th Avenue)  
**Downtown Core: Alley by Core Community Park**  
1800 block, Montreal Street  
**Downtown Core: Beside Carmichael Outreach**  
1510 12th Ave, at 1800 block St John St,  
**Warehouse:** Alley between 1300 block Rose St and Broad St.  
**Central Library:** West of the building near 12th Avenue and Smith Street.

**Sask Health Authority - The Street Project (#28)**  
**2110 Hamilton St.;** 306-766-7799  
Monday-Friday 9 a.m.-12 p.m.; 1-4:30 p.m.

**Sask Health Authority - Sexual Health Clinic (#28)**  
**2110 Hamilton St.;** 306-766-7788  
Monday-Friday 9 a.m.-12 p.m.; 1-4:30 p.m.

Thanks to: Dr. Marc Spooner for creation of this guide.  
For questions or comments, please contact  
Service Regina at 306-777-7000.