

Places where you can get quick help in Regina

HOUSING CONNECTION AGENCIES

- Carmichael Outreach**
1925 Osler St., 306-757-2235
- 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**, 306-565-2537
- Street Culture Project**, 306-565-6206
- YWCA**
1940 McIntyre St. 306-525-2141



- 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
21. Street Project Van; 306-766-7799 24. Celebration Lutheran Church; 306-789-2727 31. YWCA My Aunt's Place; 306-545-7786

REGINA

Survival Guide and Map v.6



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The COVID-19 pandemic has impacted normal operations of many essential services. The information provided in this brochure is not comprehensive and may be subject to change.

Crisis Intervention • 24 Hours
Mobile Crisis Services
1646 11th Ave • 306-757-0127

Visit **WWW.SK.211.CA** for a comprehensive listing of services.
211 Saskatchewan can also be accessed by phone, text or online
HelpSeeker - Map & Online Directory
<https://search.helpseeker.org/>

FOOD & OTHER SERVICES



mâdawêyâtitan 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 1-3pm.
Housing Support Line 306-757-2235 (ext 3)

Celebration Lutheran Church (#24)

3130 Renfrew Cr.; 306-789-2727
Sermon, food, and at times clothing hamper. Must call first with social insurance number and other information. Serves everyone.

Indigenous Christian Fellowship (#5)

3131 Dewdney Ave.; 306-359-1096
Tuesday-Friday 10am-5pm, Saturday 10am
Serves everyone. Free coffee everyday. No cost for food during pandemic.
Wednesday soup & bannock 10am-5pm
Saturday breakfast 10am
Bed and furniture program. \$5 chip in.

Marian Centre (#19)

1835 Halifax St.; 306-757-0073
Monday-Wednesday, Friday and Saturday
12noon-meal; closes at 1pm.
No cost. Assists with men's clothing and toiletries.

North Central Family Centre (#2)

2931 5th Ave.; 306-347-2552
Monday to Thursday 9am-9pm, Fridays 9am-10pm
Serves everyone. Free bread daily. Family counselor; after-school, cultural, educational, sports and family programs.

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 9am-12pm; 1pm-4pm
Serves everyone. Food hampers.
Call about health and employment programs.

Salvation Army Haven of Hope Ministries (#27)

2240 13th Ave. (corner of Lorne St. and 13th Ave.)
306-757-4600
Monday-Friday 9am-11:30am; 1pm-3:30pm
Free bread and emergency food assistance.
Thursday 11am-11:30am: Lunch with Sally.
Other programs include taxes, summer camp, school backpacks, Christmas assistance.

Souls Harbour RESCUE Mission (#17)

1632 Angus St.; 306-543-0011
Monday-Friday free meal 3-5pm.
Serves everyone.

Visitation House (#14)

900-11th Ave.; 306-352-0016
Monday-Thursday 10am-2pm; lunch 12noon-1pm
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.

Souls Harbour RESCUE Mission (#17)

Single men, single women/families.
Men's shelter
1632 Angus St.; 306-522-4600
Serves men. No cost.
Women & kids shelter
1632 Angus St.; 306-543-2574
Serves women/children. No cost.

Street Culture Project - Downtown Browne's 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)

2259 Lorne St.; 306-545-7786; 24hrs/7days week
Serves women and children. No cost.

YWCA Isabel Johnson Women's Shelter (#10)

306-525-2141 – 24 hour crisis line.
Serves women/children fleeing abuse. No cost.

YWCA Kikinaw Women's Only Residence (#11)

1940 McIntyre St.; 306-525-2141; 24 hours
Serves women 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



See "Food" listing for details.

Carmichael Outreach Inc. (#16)

Clothing Boutique open Monday-Friday 9:30am-12:30pm.

Salvation Army Haven of Hope Ministries (#27)

Phone Nathan about clothing voucher for Thrift Store. 306-757-4600.

Souls Harbour RESCUE Mission (#17)

Monday-Friday 12:30pm-3:30pm

COMMUNITY SERVICES



Awasiw: The Place of Hope (#34)

Warm-up station; 24 hrs/7 days a week
3510 5th Ave (corner 5th Ave & Elphinstone St)

LiveWell with Chronic Conditions

306-766-7200
<http://shorturl.at/vKV28>
6 week program. Provides workshops to help people find practical ways to deal with pain and chronic conditions. No cost.

John Howard Society (#29)

1801 Toronto St.; 306-757-6657
Monday-Thursday 8:30am-12noon; 1:00pm-4:45pm
Serves everyone. Offers a variety of community-based services and advocacy.

Street Culture Project (#26)

2839 Victoria Ave.; 306-565-6206
Call for appointment.
Serves those who have not participated previously. Personal relationships and skills development 29 years and under. Bring social insurance number and resume.

COMMUNITY CARE



Al Ritchie Heritage Community Health Centre (#20)

1550 14th Ave. (main doors face Halifax St.);
306-766-6320
Monday-Friday
Serves everyone.

Four Directions Community Health Centre (#1)

1504 Albert St.; 306-766-0200
Monday-Friday 9am-4pm
Serves everyone. By appointment or drop in.

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.

Meadow Primary Health Care Centre (#33)

4006 Dewdney Ave.; 306-766-6399
7 days a week, 9am-8pm
Call ahead for walk-in hours

NEEDLE EXCHANGE



AIDS Programs South Saskatchewan (#30)

2911 5th Ave.; 306-924-8420
Tuesday-Friday 9am-12pm & 1-4:30pm,
Saturday 10am-4:30pm, Sunday 11am-3pm

Needle Drop off Boxes (#22 & #23)

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

Sask Health Authority - The Street Project (#21 & #28)

2110 Hamilton St.; 306-766-7799
Monday-Friday 9am-12noon; 1pm-4:30pm
VAN: 1:30pm-4pm

Sask Health Authority - Sexual Health Clinic (#28)

2110 Hamilton St.; 306-766-7788
Monday-Friday 9am-12noon; 1pm-4:30pm

Thanks to: Dr. Marc Spooner for creation of this guide.

For questions or comments, please contact
Service Regina at 306-777-7000.