

# Warming Spaces and Services



Multiple locations throughout Regina offer spaces and services to warm up over the winter season and in extreme cold temperatures.

Information in this document is subject to change without notice. Holiday hours may affect services. Please contact each organization directly to confirm details.

## DROP-IN SPACE

Organization & Location:	Hours	What is offered?
<a href="#"><u>All Nations Hope Network &amp; Awasiw</u></a> 3115 5th Ave 1-877-210-7622	<b>Monday -Friday:</b> 9 a.m.-12 p.m., 1-5 p.m. and 9 p.m.-7 a.m. <b>Sat/Sun:</b> 9 p.m.-7 a.m.	<ul style="list-style-type: none"> <li>• Free breakfast, lunch and coffee</li> <li>• Washrooms and phone</li> <li>• Medicines, Smudge, and tea available</li> <li>• Navigation to care, treatment and Housing support</li> <li>• Clothes and food items (when available)</li> <li>• STI testing, vaccinations, immunizations</li> </ul>
<a href="#"><u>Carmichael Outreach</u></a> 1510 – 12th Ave 306-757-2235	<b>Monday-Friday:</b> 9 a.m.-4 p.m.  <b>7 days a week:</b> 7:15 p.m.-6:45 a.m. (Starting November 1, 2024)	<ul style="list-style-type: none"> <li>• Coffee, water &amp; snacks all day</li> <li>• Lunch – noon (until no more meals)</li> <li>• Boutique – Mon, Wed, Fri, 9 a.m. -12 p.m.</li> <li>• Showers and laundry - Mon-Fri</li> <li>• Other Carmichael programs: Milk, hamper, mattress, baby</li> <li>• Distribute HIV testing and Narcan kits.</li> <li>• Vaccinations on Tuesdays</li> <li>• Onsite HIV &amp; Hep C testing on Wednesdays</li> <li>• Community fridge</li> </ul>
<a href="#"><u>Circle Project</u></a> 3433 5th Ave 306-347-7515	<b>Monday-Friday:</b> 8:30 a.m.-4:30 p.m.	<ul style="list-style-type: none"> <li>• Bagged lunches, coffee and water available from 11 a.m.-1 p.m. or while supplies last. Extended hours for lunch service in extreme weather.</li> <li>• Warming space and other supports.</li> <li>• Winter gear, clothes and hygiene kits (when available).</li> <li>• Hand out Narcan kits</li> </ul>
<a href="#"><u>John Howard Society</u></a> 1801 Toronto St 306-757-6657	<b>Monday - Friday:</b> 5-11 p.m.	<ul style="list-style-type: none"> <li>• Recreation</li> <li>• Various programming</li> <li>• Food</li> <li>• Hygiene products</li> <li>• Laundry &amp; shower</li> <li><b>*youth 12-21 only*</b></li> </ul>
<a href="#"><u>Newo-Yotina Friendship Centre</u></a> 1635 – 11th Ave 306-525-5042	<b>Monday - Friday:</b> 9 a.m.-3:30 p.m. <b>Sat/Sun:</b> 9 a.m.-2 p.m.	<ul style="list-style-type: none"> <li>• Water &amp; coffee available every day</li> <li>• Breakfast: Mon-Fri at 9 a.m., Sat/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: 15 (drop-in centre); 3 (overdose prevention site)</li> </ul>

## DROP-IN SPACE (continued)

<a href="#"><u>Queen City Wellness Pharmacy</u></a> 1725 - 11th Ave	<b>Mon, Tues, Thurs, Fri:</b> 9 a.m.-5 p.m. <b>Wednesday:</b> 9 a.m.-3 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 all day</li> <li>• Medical and first aid supplies</li> <li>• Smudging</li> </ul>
<a href="#"><u>Salvation Army Haven of Hope</u></a> 2240 – 13th Ave 306-757-4600	<b>Monday-Thursday:</b> 9 a.m.-12 p.m. and 1-4 p.m. <b>Friday:</b> 9 a.m.-12 p.m.	<ul style="list-style-type: none"> <li>• Coffee available</li> <li>• Bread available (while supplies last)</li> <li>• Emergency Food</li> <li>• Free hot lunch: Thursday 11:30 a.m. to 12:30 p.m.</li> </ul>
<a href="#"><u>Street Culture Project - Youth Emergency Shelter</u></a> 1314 – 11th Ave 306-545-3445	<b>9 a.m. – 9 p.m.</b>  Ring buzzer at the door and staff members will assist.	<ul style="list-style-type: none"> <li>• Warm-up in the foyer</li> <li>• Phone available</li> <li>• <b>*youth aged 19 &amp; under only:*</b></li> <li>• Bagged lunches &amp; water available.</li> </ul>
<a href="#"><u>SWAP</u></a> 1355 Albert St 306-525-1722	<b>Monday -Friday:</b> 9 a.m.-5 p.m.	<ul style="list-style-type: none"> <li>• Drop-in Centre: phone, coffee, warming space and other supports</li> </ul>
<a href="#"><u>YWCA</u></a> 2817 12th Ave 306-525-2141	<b>7:30 a.m. – 9 p.m.</b>	<ul style="list-style-type: none"> <li>• During daytime hours: coffee and access to phone and personal needs products. We have other supports available as well, primarily a centre for women and families. Warming place during the for mentioned times.</li> </ul>
<a href="#"><u>City of Regina</u></a> *Multiple Locations 306-777-7000	<a href="#"><u>Recreation Facilities Neighbourhood Centres</u></a> Hours vary by location.  <a href="#"><u>City Hall</u></a> (beside cafeteria) 8 a.m.-4:45 p.m. (Monday-Friday)	<ul style="list-style-type: none"> <li>• Water bottle fill stations</li> <li>• Bathrooms (Mitakuyé Owâs'â Centre only, 1770 Halifax St.)</li> <li>• Water fountain and water bottle fill station</li> <li>• Washrooms</li> </ul>
<a href="#"><u>Regina Public Library</u></a> *Multiple Locations 306-777-6000	<b>Hours vary by location.</b>	<ul style="list-style-type: none"> <li>• Water bottle fill stations</li> <li>• Bathrooms</li> <li>• Free public phones</li> <li>• Computers with internet</li> <li>• Entertainment and education services programs</li> <li>• Free Film Theatre screenings Wed-Sat. at Central</li> <li>• Family Services Outreach workers (Central Branch, Mon 1-9 p.m., Tues-Sat during open hours)</li> <li>• Feminine hygiene products in bathrooms (Central Library, Regent Place, and Glen Elm Branches only)</li> </ul>
<a href="#"><u>Marian Centre</u></a>	<b>Mon.,Wed., Fri:</b> 10 a.m.-1 p.m.	<ul style="list-style-type: none"> <li>• Coffee, fruit, light food</li> <li>• Hot meal 12-1 p.m.</li> </ul>

## COLD WEATHER SERVICES (PICK-UP ONLY):

Organization & Location:	Hours	What is offered?
<a href="#"><u>AIDS Programs South Saskatchewan</u></a> 1325 Albert St 306-924-8420	<b>Monday -Friday:</b> 9 a.m.-12 p.m. and 1-4:30 p.m. <b>Saturday:</b> 10 a.m.-4:30 p.m. <b>Sunday:</b> 11 a.m.-4 p.m. <b>Stat Holidays:</b> 12:30 - 4 p.m.	<b>Tues/Thurs:</b> Bread & baked goods
<a href="#"><u>Street Culture Project - Youth Emergency Shelter</u></a> 1314 – 11th Ave 306-545-3445	<b>24/7</b>  Ring buzzer at the door and staff members will assist.	<ul style="list-style-type: none"> <li>• Fruit &amp; bottled water</li> <li>• Winter gear</li> <li>• Feminine hygiene products (youth only)</li> </ul>