

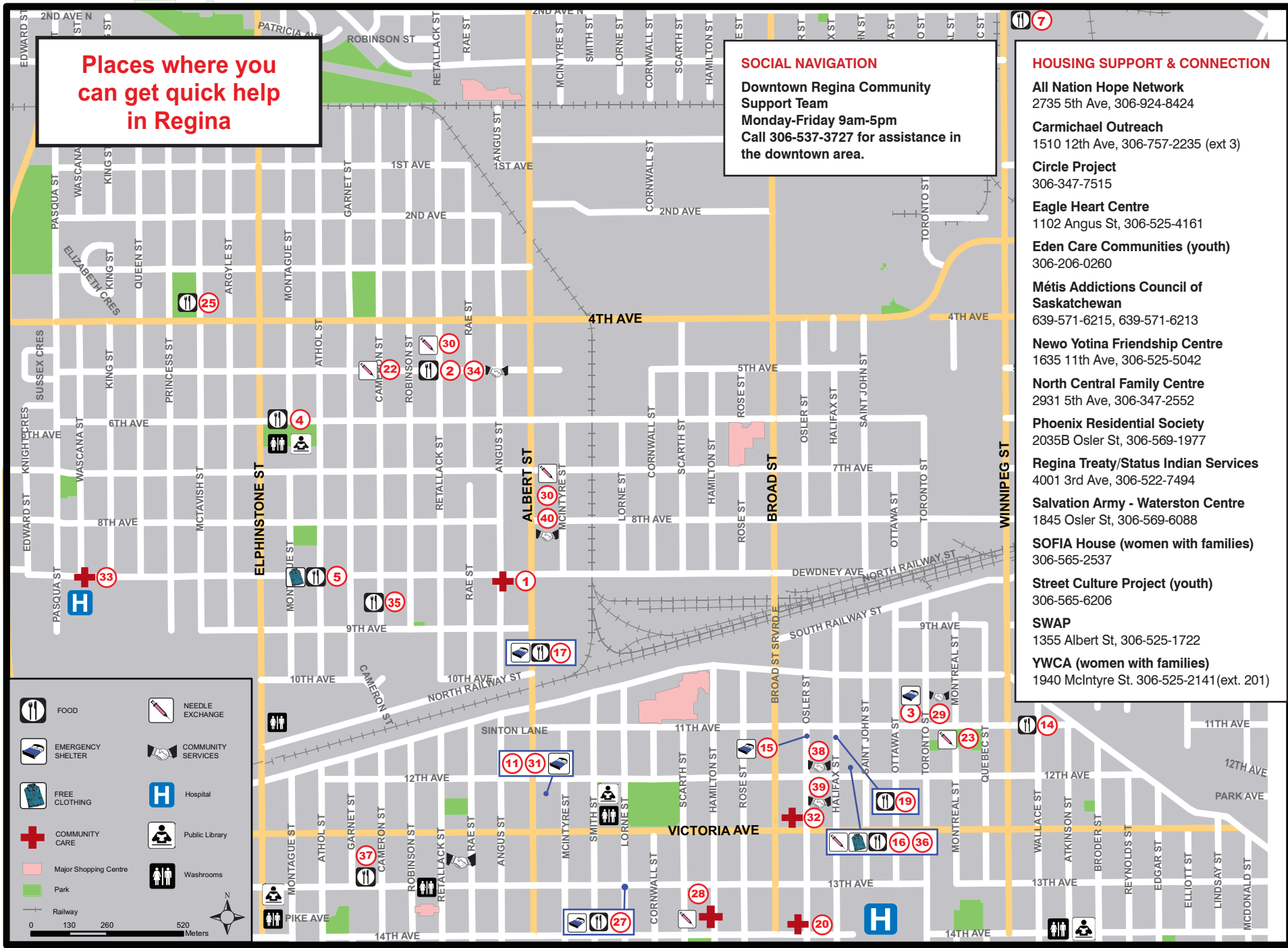
**Places where you can get quick help in Regina**

**SOCIAL NAVIGATION**

Downtown Regina Community Support Team  
Monday-Friday 9am-5pm  
Call 306-537-3727 for assistance in the downtown area.

**HOUSING SUPPORT & CONNECTION**

- All Nation Hope Network**  
2735 5th Ave, 306-924-8424
- 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)**  
1940 McIntyre St. 306-525-2141(ext. 201)



	FOOD		NEEDLE EXCHANGE
	EMERGENCY SHELTER		COMMUNITY SERVICES
	HOSPITAL		PUBLIC LIBRARY
	COMMUNITY CARE		WASHROOMS
	MAJOR SHOPPING CENTRE		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

August 2023



Photo credit: Jimmy Wayne

University of Regina REGINA

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

**SERVICE DIRECTORIES:**  
**211 Saskatchewan** - call/text 211 or go online at [www.SK.211.ca](http://www.SK.211.ca)  
**HelpSeeker** - online at <http://search.helpseeker.org/>

## FOOD & OTHER SERVICES



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

**Carmichael Outreach Inc. (#16)**  
1510 12th Ave.; 306-757-2235  
Food Monday to Friday from 1-3 p.m.  
Warming Centre Monday-Friday.

**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 10am-5pm  
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  
Free bread and pastries 9-10 a.m., Monday-Friday.  
Monday-Friday 9 a.m.-3:30 p.m.  
Serves everyone. Outreach and housing support services.  
No cost.

**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. (corner of Lorne St. and 13th Ave.)  
306-757-4600  
Monday-Friday 9-11:30 a.m.; 1-3:30 p.m.  
Free bread and emergency food assistance.  
Thursday 11-11:30 a.m.: Lunch with Sally.  
Other programs include taxes, 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.

**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)**  
1940 McIntyre Street; 306-545-2141 (ext. 201)  
24hrs/7days week  
Serves women and children. 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)**  
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



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

**Salvation Army Haven of Hope Ministries (#27)**  
Phone Nathan about clothing voucher for Thrift Store.  
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; 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

**John Howard Society (#29)**  
1801 Toronto St.; 306-757-6657  
Monday-Thursday 8:30 a.m.-12 p.m.; 1-4:45 p.m.  
Serves everyone. Offers a variety of community-based  
services and advocacy.

**Mobile Crisis Services (#38)**  
1646 11th Ave, 306-757-0127, 24 hours/7 days,  
Crisis Intervention

**Newo Yotina Friendship Centre (#39)**  
1635 11th Ave, 306-525-5240  
Open 7 days/week. Breakfast everyday.  
Lunch daily Monday-Friday  
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.

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

**YWCA Regina (#11) 1940 McIntyre St.**  
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.

**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, 9 a.m.-8 p.m.  
Call ahead for walk-in hours

## 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)**  
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 (#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.