

# 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="#">All Nations Hope Network &amp; Awasiw</a> 2735 – 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="#">Carmichael Outreach</a> 1510 – 12th Ave 306-757-2235	<b>Monday-Friday:</b> 9 a.m.-4 p.m. 11 p.m.-7 a.m.	<ul style="list-style-type: none"> <li>• Coffee, water &amp; snack all day</li> <li>• Boutique – Tues, Wed, Fri, 9 a.m. -12 p.m.</li> <li>• Showers and laundry - Mon, Wed, Fri, 12-3 p.m. (register at reception)</li> <li>• Lunch – noon (Until no more meals, get your ticket at reception)</li> <li>• Smudging, Mon-Fri, 9 a.m.-3 p.m.</li> <li>• Hand out HIV testing &amp; Narcan kits</li> <li>• Nurses on Tuesday do all types of Vax's</li> <li>• Nurses on Wednesday do HIV &amp; Hep C testing</li> <li>• Community fridge</li> <li>• Other programs: Milk, bed, hamper</li> </ul>
<a href="#">Circle Project Assoc. Inc.</a> 3433 5th Ave	<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="#">John Howard Society</a> 1801 Toronto St 306-757-6657	<b>Monday -Thursday:</b> 10 a.m-4 p.m. (starting Dec 11)	<ul style="list-style-type: none"> <li>• Water, snacks and coffee</li> <li>• Hygiene products</li> <li>• Phone</li> <li>• Clothing</li> <li>• Warm meals (when available)</li> </ul>
<a href="#">Newo-Yotina Friendship Centre</a> 1635 – 11th Ave 306-525-5042	<b>7 days/week:</b> 9 a.m.-3:30 p.m.	<ul style="list-style-type: none"> <li>• Water &amp; coffee available everyday</li> <li>• Breakfast: Mon-Fri at 9 a.m., Sat/Sun at 9:30 a.m.</li> <li>• Late Lunch Mon-Fri 3:30 p.m. served at the door</li> <li>• Paramedic on site 7 days a week</li> <li>• Capacity: 8 (drop-in centre); 3 (overdose prevention site)</li> </ul>

## DROP-IN SPACE (continued)

<p><a href="#">Queen City Wellness Pharmacy</a> 1725 - 11th Ave</p>	<p><b>Monday-Friday:</b> 9 a.m.-6 p.m. <b>Saturday:</b> 10 a.m.-3 p.m.</p>	<ul style="list-style-type: none"> <li>• Coffee until 11 a.m.</li> <li>• Snacks and water all day</li> <li>• Medical supplies and first aid</li> <li>• Smudging</li> </ul>
<p><a href="#">Salvation Army Haven of Hope</a> 2240 – 13th Ave 306-757-4600</p>	<p><b>Monday-Thursday:</b> 9 a.m.-12 p.m. and 1-4 p.m. <b>Friday:</b> 9 a.m.-12 p.m.</p>	<ul style="list-style-type: none"> <li>• Coffee available Mon, Wed, Fri during Java &amp; Jesus</li> <li>• Coffee may also be provided on extreme cold days</li> </ul>
<p><a href="#">Street Culture Project - Youth Emergency Shelter</a> 1314 – 11th Ave 306-545-3445</p>	<p><b>9 a.m. - 9 p.m.</b> Ring buzzer at the door and staff members will assist.</p>	<ul style="list-style-type: none"> <li>• Warm-up in the foyer.</li> <li>• Phone available</li> <li>• Bagged lunch until 9 p.m., water available.</li> </ul> <p><b>*youth only*</b></p>
<p><a href="#">SWAP</a> 1355 Albert St 306-525-1722</p>	<p><b>Monday -Friday:</b> 9 a.m.-5 p.m.</p>	<ul style="list-style-type: none"> <li>• Drop-in Centre: phone, coffee, warming space and other supports</li> </ul>
<p><a href="#">YWCA</a> 1940 McIntyre St 306-525-2141</p>	<p><b>7:30 a.m. - 9 p.m.</b></p>	<ul style="list-style-type: none"> <li>• During daytime hours coffee and access to phone and personal needs products</li> </ul>
<p><a href="#">City of Regina</a> *Multiple Locations 306-777-7000</p>	<p><a href="#">Recreation Facilities</a> <a href="#">Neighbourhood Centres</a> Hours vary by location.</p> <p><a href="#">City Hall</a> (beside cafeteria) 8 a.m.-4:45 p.m. (Monday-Friday)</p>	<ul style="list-style-type: none"> <li>• Water bottle fill stations</li> <li>• Bathrooms (Heritage Community Centre, 1770 Halifax location only)</li> <li>• Water fountain and water bottle fill station</li> <li>• Washrooms</li> </ul>
<p><a href="#">Regina Public Library</a> *Multiple Locations 306-777-6000</p>	<p><b>Hours vary by location.</b></p>	<ul style="list-style-type: none"> <li>• Water bottle fill stations</li> <li>• Bathrooms</li> <li>• Free public phones</li> <li>• Entertainment and education services/ programs</li> <li>• Computers with internet</li> <li>• Wed, Fri, Sat: free Film Theatre screenings (1:30 p.m., 3 p.m., 7 p.m.)</li> <li>• Family Services Outreach workers (Central Branch, Mon starting at 1 p.m., Tues-Fri during opening hours)</li> <li>• Feminine Hygiene products in bathrooms (Central Library, Regent Place, and Glen Elm Branches only)</li> </ul>

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

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