

Cooling Spaces

Multiple locations throughout Regina offer cool down spaces during times of extreme heat.

Organization & Location:	Hours	What is offered?
All Nations Hope Network & Awasiw 2735 – 5th Ave	Monday-Friday: 9 a.m. -12 p.m. & 1 p.m.-5 p.m. (closed from 12-1 p.m.)	<ul style="list-style-type: none"> • Breakfast and lunch daily • Coffee and water all day • Housing support • Cultural programming and support groups • Access to Elders, ceremonies, and medicines • Public washroom • Public telephone and Wi-Fi • Navigation to care, treatment, and support
Carmichael Outreach 1510 – 12th Ave	Monday-Friday: 9 a.m.-4 p.m.	<ul style="list-style-type: none"> • Water, coffee, and snacks available • Lunch at noon • SHA Street Project Van • Bathrooms available • Showers available 12-4 p.m. Mon., Wed., Fri. • Outdoor/Indoor water stations
City of Regina *Multiple Locations	Spray Pads 9 a.m.-8 p.m.	
	Recreation Facilities Neighbourhood Centres Hours vary by location.	<ul style="list-style-type: none"> • Water bottle fill station • Bathrooms
	Neil Balkwill Civic Arts Centre 2420 Elphinstone St	<ul style="list-style-type: none"> • Water cooler and water bottle fill station
City Hall 8 a.m.-4:45 p.m.		<ul style="list-style-type: none"> • West side of building (beside cafeteria): • Water fountain & water bottle fill station • Bathrooms
John Howard Society 1801 Toronto Street	Monday-Friday: 4:30-10:30p.m.	<ul style="list-style-type: none"> • Youth Drop-In (Ages 12 to 21) Pro-social activities • Food and drink • Caseworkers • Life skills development
Newo-Yotina Friendship Centre 1635 – 11th Ave	7 Days/Week: 9 a.m.-4 p.m.	<ul style="list-style-type: none"> • Water & coffee available everyday • Breakfast: Mon-Fri at 9 a.m., Sat/Sun at 9:30 a.m. • Lunch: Mon-Fri at 3:30 p.m. • Paramedic on site 7 days a week Capacity: 8 (drop-in centre) 3 (overdose prevention site)
Queen City Wellness Pharmacy 1120 - 11th Ave (until June 1)	Monday-Friday: 9 a.m.-6 p.m. Saturday: 10 a.m.-3 p.m.	<ul style="list-style-type: none"> • Coffee until 11 a.m. • Snacks and water • Medical supplies and first aid
Regina Public Library *Multiple Locations	Hours vary by location.	<ul style="list-style-type: none"> • Water bottle fill stations • Public washrooms • Free public phones, Wi-Fi, computers, phones • Feminine Hygiene products in washrooms (Central Library, Regent Place, and Glen Elm branches only) • Smudging • Naloxone kits • Outreach workers at Central Library Monday 1:30 p.m. to Saturday 5:00 p.m. (housing, food insecurity, filling forms)
Salvation Army Haven of Hope Ministries 2240 – 13th Ave	Monday-Thursday: 10 a.m.-12p.m. & 1-4 p.m. Friday: 10 a.m.-12 p.m.	<ul style="list-style-type: none"> • Water • Snacks (as available)
SWAP 1355 Albert St	Monday -Friday: 9 a.m.-5 p.m.	Drop-in Centre: phone, coffee, warming space and other supports
YWCA Regina 1940 McIntyre St	24/7 (after 10 p.m. ring buzzer in foyer)	Available before 10 p.m.: <ul style="list-style-type: none"> • Coffee/water • Essential needs • Food

Food & Water Options (PICK-UP ONLY)

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Al Ritchie Heritage Community Health Centre 1550 – 14th Ave (Halifax St doors)	8:30 a.m.-4 p.m.	<ul style="list-style-type: none"> • Water, bread, and low-cost food store
Canadian Mental Health Association 1810 Albert Street	Monday-Friday: 9 a.m.-4 p.m.	<ul style="list-style-type: none"> • Water
City of Regina *Multiple Locations	Regina Fire & Protective Services 24/7	<p>Bottles of water available from seven fire stations throughout the City when heat warnings are in effect.</p> <p><i>Note: Bottles can be found in bins located outside building when RFPS staff are offsite.</i></p>
John Howard Society 1801 Toronto Street	Monday-Thursday: 10 a.m.-4 p.m.	<ul style="list-style-type: none"> • Water, snacks, & coffee • Hygiene products • Phone • Clothing • Food hampers when available
Mobile Crisis Services 1646 – 11th Ave	24/7	Water available
Regina Food Bank 445 Winnipeg St	Monday-Friday: 9 a.m.-4 p.m.	Food provided by appointment (unless have not used RFB services in 180 days or more, then eligible for a same day order)
Street Culture Project - Youth Emergency Shelter 1314 – 11th Ave	24/7 Ring buzzer at the door and staff members will assist.	<ul style="list-style-type: none"> • Bagged lunch until 9 p.m. • Bottled water • Feminine hygiene products (while supplies last)

