Regina Survival Guide, Cooling Spaces and Public Washrooms (Text-Only)

Places where you can get quick help. Updated May 2024.

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# Service Directories

## 211 Saskatchewan

Call/text 211 or go online at [www.SK.211.ca](http://www.SK.211.ca)

# Crisis Intervention

## Mobile Crisis Services 24 Hours

1646 11th Avenue

306-757-0127

# Social Navigation

## Regina Street Team

Monday to Friday 9 a.m. to 5 p.m. Call 306-537-3727 for assistance

# Housing Support and 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 and Other Services

## mâmawêyâtitan centre/ Chili for Children

3355 6th Ave; 306-359-7919 or 306-359-6027 Monday-Friday after 11am. Serves everyone. Free bread.

## Carmichael Outreach Inc.

1510 12th Ave; 306-757-2235 Food Monday to Friday from 1-3 p.m.

## AIDS Programs South Saskatchewan

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: 3037 Dewdney Ave

Heritage: 1510 12th Ave

Cathedral:13th Ave & Cameron St

## Indigenous Christian Fellowship

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 10 a.m.-5 p.m. Saturday breakfast 10 a.m. Bed and furniture program. $5

chip in.

## Marian Centre

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

2931 5th Ave.; 306-347-2552 Drop-in centre 9 a.m. to 12 p.m. Monday to Friday (clothing, household items, bread, milk, hygiene items, baby supplies, hot coffee). Outreach and housing support services Monday to Friday 9 a.m. to 3 p.m.

## Rainbow Youth Centre

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

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

2240 13th Ave. 306-757-4600 Monday-Friday 9 a.m.-12 p.m.; 1-4 p.m. Free bread and emergency food assistance. Tuesday & Thursday 1 p.m.: Food lineup Thursday 11:30 a.m.-12:30 p.m.: Lunch with Sally Free Meal. Saturday 5 p.m.-7:00p.m.: Free Meal from Salvation Army truck. Other programs include Emergency Disaster Services, summer camp, school backpacks, Christmas assistance.

## Souls Harbour RESCUE Mission

1632 Angus St.; 306-522-7122 Monday-Friday free meal 4-6 p.m. Serves everyone.

## TLC Pantry

Trinity Lutheran Church 1909 Ottawa Street Bagged lunches every day, Monday to Friday 1-1:30 p.m. Serves everyone.

## Visitation House

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

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

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

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

1940 McIntyre Street; 306-545-2141 (ext. 201) 24hrs/7days week Serves women and children. No cost.

## YWCA Isabel Johnson Women’s Shelter

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

1940 McIntrye St.; 306-525-2141; 24 hours Serves women only. No cost.

## Salvation Army - Waterston Centre

1845 Osler St.; 306-569-6088; 24 hours Serves men only. Free depending on circumstance.

## WISH Safe House

Regina, SK; 306-543-0493; 24 hours Serves women/children fleeing abuse. No cost.

Free Clothing

## Carmichael Outreach Inc.

1510 12th Ave Clothing Boutique open Monday, Wednesday, Friday 9 a.m. to 12 p.m.

## Salvation Army Haven of Hope Ministries

Clothing voucher for Thrift Store by appointment only. 306-757- 4600.

## Souls Harbour RESCUE Mission

1632 Angus St. Thursday & Friday 1-3 p.m.

## YWCA ENCORE Market

1940 McIntyre St Monday-Saturday; 9 a.m.-5 p.m.

# Community Services

## All Nations Hope/Awasiw

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

## Canadian Mental Health Association – Regina Branch

1810 Albert Street, 306-525-9543 Drop-in centre & activities (registration required). Support for Public Monday – Friday 9 a.m. – 4 p.m.

## Carmichael Outreach

1510 12th Ave; 306-757-2235 Monday to Friday 9 a.m. to 4 p.m. Drop in space, washrooms, phone, wi-fi, shower, laundry, coffee all day, lunch daily at noon, naloxone kits, pregnancy testing, HIV testing, immunizations, vaccinations, housing support, hygiene packs, period products, baby needs

## John Howard Society

1801 Toronto St.; 306-757-6657 Youth Drop-In (ages 12 to 21) Monday to Friday 4:30 p.m. to 10:30 p.m. Pro-social activities, food and drink, caseworkers, life skills development

## Mobile Crisis Services

1646 11th Ave, 306-757-0127, 24 hours/7 days, Crisis Intervention

## Newo Yotina Friendship Centre

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

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.

## YWCA Regina

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

1550 14th Ave. (main doors face Halifax St.); 306-766-6320, Monday-Friday Coffee, free bread as available, phone and computer, taxes. Nurse Practioner on site. Serves everyone.

## Coordinated Access Regina (CAR) Intake and Assessment Walk-in Clinics 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

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

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

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

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

**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

**Downtown Core:** Beside Carmichael Outreach 1510 12th Ave, at 1800 block St John St, **Warehouse:** Alley between 1300 block Rose St and Broad St.

**Central Library:** West of the building near 12th Avenue and Smith Street.

## Sask Health Authority - The Street Project

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

2110 Hamilton St.; 306-766-7788 Monday-Friday 9 a.m.-12 p.m.; 1-4:30 p.m.

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

# Cooling Spaces

## [All Nations Hope Network](https://allnationshope.ca/outreach) & [Awasiw](https://allnationshope.ca/awasiw-the-place-of-hope)

Address: 2735 – 5th Ave

Hours: Monday-Friday: 9 a.m. -12 p.m. & 1 p.m.-5 p.m. (closed from 12-1 p.m.)

What is offered:

• 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](https://carmichaeloutreach.ca/)

Address: 1510 – 12th Ave
Hours: Monday-Friday: 9 a.m.-4 p.m.

What is offered:

• 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](https://www.regina.ca/)

### [Spray Pads](https://www.regina.ca/parks-recreation-culture/recreation-facilities/outdoor-swimming-pools-spray-pads/)

Address: Multiple locations

Hours: 9 a.m. - 9 p.m.

### [Recreation Facilities & Neighbourhood Centres](https://www.regina.ca/parks-recreation-culture/recreation-facilities/)

Address: Multiple locations

Hours: Vary by location

What is offered:

* Water bottle fill station
* Bathrooms

### [Neil Balkwill Civic Arts Centre](https://www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/neil-balkwill-civic-arts-centre/index.html)

Address: 2420 Elphinstone St

What is offered:

* Water cooler and water bottle fill station

### [City Hall](https://www.regina.ca/about-regina/contact-us/index.html)

Address: 2476 Victoria Avenue

Hours: 8 a.m.-4:45 p.m.

What is offered:

* West side of building (beside cafeteria)
	+ Water fountain & water bottle fill station
	+ Bathrooms

## [John Howard Society](https://sk.johnhoward.ca/)

Address: 1801 Toronto Street

Hours: Monday-Friday: 4:30-10:30 p.m.

What is offered:

* Youth Drop-In (Ages 12 to 21) Pro-social activities
* Food and drink
* Caseworkers
* Life skills development

## [Newo-Yotina Friendship Centre](http://www.newoyotina.ca/programs-services/)

Address: 1635 – 11th Ave

Hours: 7 Days/Week: 9 a.m.-4 p.m.

What is offered:

* 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](https://rubiconpharmacies.com/locations/queen-city-wellness-pharmacy)

Address: 1120 - 11th Ave (until June 1)

Hours: Monday-Friday: 9 a.m.-6 p.m., Saturday: 10 a.m.-3 p.m.

What is offered:

* Coffee until 11 a.m.
* Snacks and water
* Medical supplies and first aid

## [Regina Public Library](https://www.reginalibrary.ca/locations)

Address: Multiple Locations

Hours: Vary by location

What is offered:

* 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](https://www.havenofhope.ca/)

Address: 2240 – 13th Ave

Hours: Monday-Thursday: 10 a.m.-12p.m. & 1-4 p.m., Friday: 10 a.m.-12 p.m.

What is offered:

* Water
* Snacks (as available)

## [SWAP](https://www.facebook.com/SWAP-114833630165042/about/?ref=page_internal)

Address: 1355 Albert St

What is offered:

* Water
* Snacks (as available)

## [YWCA Regina](https://ywcaregina.com/)

Address: 1940 McIntyre St

Hours: 24/7, (after 10 p.m. ring buzzer in foyer)

What is offered (before 10 p.m.):

* Coffee/water
* Essential needs
* Food

# Food and Water Options (Pick-Up Only)

## [Al Ritchie Heritage Community Health Centre](http://www.rqhealth.ca/facilities/al-ritchie-heritage-community-health-centre)

Address: 1550 – 14th Ave (Halifax St doors)

Hours: 8:30 a.m.-4 p.m.

What is offered:

* Water, bread, and low-cost food store

## [Canadian Mental Health Association](https://cmharegina.com/)

Address: 1810 Albert Street

Hours: Monday-Friday, 9 a.m.-4 p.m.

What is offered:

* Water

## [City of Regina](https://www.regina.ca/)

## Regina Fire & Protective Services

Address: Multiple locations

Hours: 24/7

What is offered:

* Bottles of water available from seven fire stations throughout the City when heat warnings are in effect.
* Note: Bottles can be found in bins located outside building when RFPS staff are offsite.

## [John Howard Society](https://www.sk.johnhoward.ca/services/regina/)

Address: 1801 Toronto Street

Hours: Monday-Thursday: 10 a.m.-4 p.m.

* Water, snacks, & coffee
* Hygiene products
* Phone
* Clothing
* Food hampers when available

## [Mobile Crisis Services](https://mobilecrisis.ca/)

Address: 1646 – 11th Ave

Hours: 24/7 Water available

## [Regina Food Bank](https://reginafoodbank.ca/)

Address: 445 Winnipeg St

Hours: Monday-Friday: 9 a.m.-4 p.m.

What is offered:

* 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](https://streetcultureproject.ca/)

Address: 1314 – 11th Ave

Hours: 24/7, Ring buzzer at the door and staff members will assist.

What is offered:

* Bagged lunch until 9 p.m.
* Bottled water
* Feminine

# Public Washrooms

## All Nations Hope Network & Awasiw

2735 5th Ave

Monday – Friday: 9 a.m. – 12 p.m. & 1 – 5 p.m. (closed from 12 – 1 p.m.)

## Buffalo Meadows Pool

1401 Montague St

June 13 – September 2: 8 a.m. – 8 p.m.

## Carmichael Outreach

1510 12th Ave

Monday – Friday: 9 a.m. – 3:30 p.m.

### Cathedral Neighbourhood Centre

2900 13th Ave

Monday : 9 a.m. – 6 p.m., Tuesday – Friday: : 12 – 6 p.m.

## City Hall

2476 Victoria Ave

Monday – Friday: 8 a.m. – 4:45 p.m.

## Core Ritchie Neighbourhood Centre

445 14th Ave

Monday – Friday: 8 a.m. – 5 p.m.

## Lawson Aquatic Centre & Fieldhouse

1717 Elphinstone St

Monday – Friday: 5:30 a.m. – 9:30 p.m., Saturday – Sunday: 7 a.m. – 8 p.m.

## Maple Leaf Pool

1104 14th Ave

June 13 – September 2: 8 a.m. – 8 p.m.

## Mitakuyé Owâs’ā Neighbourhood Centre

1770 Halifax Street

Tuesday – Saturday: 12 – 6 p.m.

## Newo-Yotina Friendship Centre

1635 11th Ave

Monday – Friday: 9 a.m. – 4 p.m. (closed from 12 – 1 p.m.)

Saturday – Sunday: 9 a.m. – 2 p.m.

## Pat Fiacco Plaza (west end)

Corner of Lorne Str and 12th Ave. (west-end of the plaza)

Daily: 8 a.m. – 8 p.m.

## Regina Public Library (Downtown)

2311 12th Ave

Sunday: 12 p.m. – 5 p.m.

Monday – Thursday: 9:30 a.m. – 9 p.m.

Friday: 9:30 a.m. – 6 p.m.

Saturday: 9:30 a.m. – 5 p.m.

## SWAP

1355 Albert St

Monday – Friday: 9 a.m. – 5 p.m.

## Wascana Park

2400 Wascana Drive

Seasonal – Daily: 6 a.m. – 10 p.m.

## YWCA

1940 McIntyre St

Daily: 7 a.m. – 11 p.m.