



CS-PIER-0095

Healthy People, Healthy Saskatchewan

The Saskatchewan Health Authority works in the spirit of truth and reconciliation, acknowledging Saskatchewan as the traditional territory of First Nations and Métis People.



PIER—Patient Information and Education Resource

DECEMBER 2023

Street Survival Guide for Regina

The Regina Street Survival Guide

was made possible by:

- **Saskatchewan Health Authority,**
Four Directions Community Health Centre &
Communicable Disease and Sexual Health
Programs—Integrated Urban Regina
- **City of Regina,**
Planning and Development Division
- **University of Regina,**
Department of Justice Studies
- **Rebecca Richards,**
Community Member

For information or input, please call:

306-519-4183

or

306-766-7948

CRISIS INTERVENTION

24-hour Services:

Mobile Crisis Services

1646 11th Ave.

306-757-0127

Regina Crisis/Suicide Line

306-525-5333

First Nations and Inuit Hope for Wellness Line

1-855-242-3310

Regina Police Services

1717 Osler St.

306-777-6500

Pasqua Hospital

4101 Dewdney Ave.

306-766-2222

Regina General Hospital

1440 14th Ave.

306-766-4444

Sexual Assault Line

306-352-0434

NON-EMERGENCY

24-hour Services:

Health advice and information, call:



Information on programs and services call or text:



Tips for Getting Help

- Don not be afraid to ask for help.
- Do not wait until it becomes a crisis.
- Be clear about what you need.
- Do not give up; keep asking.
- Try asking in different ways or ask different people.
- Be patient; it may take a few steps to get what you need.

2023-2024 Calendar

<p>July 2023</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						<p>August 2023</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td></td></tr> <tr><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td></tr> <tr><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td></tr> <tr><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td></tr> <tr><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa		1	2	3	4	5		6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			<p>September 2023</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
						1																																																																																																																																								
2	3	4	5	6	7	8																																																																																																																																								
9	10	11	12	13	14	15																																																																																																																																								
16	17	18	19	20	21	22																																																																																																																																								
23	24	25	26	27	28	29																																																																																																																																								
30	31																																																																																																																																													
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
	1	2	3	4	5																																																																																																																																									
6	7	8	9	10	11	12																																																																																																																																								
13	14	15	16	17	18	19																																																																																																																																								
20	21	22	23	24	25	26																																																																																																																																								
27	28	29	30	31																																																																																																																																										
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
						1																																																																																																																																								
2	3	4	5	6	7	8																																																																																																																																								
9	10	11	12	13	14	15																																																																																																																																								
16	17	18	19	20	21	22																																																																																																																																								
23	24	25	26	27	28	29																																																																																																																																								
30	31																																																																																																																																													
<p>October 2023</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td></tr> <tr><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td></tr> <tr><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td></tr> <tr><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td></tr> <tr><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31					<p>November 2023</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		<p>December 2023</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31												
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
1	2	3	4	5	6	7																																																																																																																																								
8	9	10	11	12	13	14																																																																																																																																								
15	16	17	18	19	20	21																																																																																																																																								
22	23	24	25	26	27	28																																																																																																																																								
29	30	31																																																																																																																																												
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
				1	2	3																																																																																																																																								
4	5	6	7	8	9	10																																																																																																																																								
11	12	13	14	15	16	17																																																																																																																																								
18	19	20	21	22	23	24																																																																																																																																								
25	26	27	28	29	30																																																																																																																																									
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
						1																																																																																																																																								
2	3	4	5	6	7	8																																																																																																																																								
9	10	11	12	13	14	15																																																																																																																																								
16	17	18	19	20	21	22																																																																																																																																								
23	24	25	26	27	28	29																																																																																																																																								
30	31																																																																																																																																													
<p>January 2024</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td>31</td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				<p>February 2024</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29			<p>March 2024</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31												
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
	1	2	3	4	5	6																																																																																																																																								
7	8	9	10	11	12	13																																																																																																																																								
14	15	16	17	18	19	20																																																																																																																																								
21	22	23	24	25	26	27																																																																																																																																								
28	29	30	31																																																																																																																																											
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
				1	2	3																																																																																																																																								
4	5	6	7	8	9	10																																																																																																																																								
11	12	13	14	15	16	17																																																																																																																																								
18	19	20	21	22	23	24																																																																																																																																								
25	26	27	28	29																																																																																																																																										
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
						1																																																																																																																																								
2	3	4	5	6	7	8																																																																																																																																								
9	10	11	12	13	14	15																																																																																																																																								
16	17	18	19	20	21	22																																																																																																																																								
23	24	25	26	27	28	29																																																																																																																																								
30	31																																																																																																																																													
<p>April 2024</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td>1</td><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td></tr> <tr><td>7</td><td>8</td><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td></tr> <tr><td>14</td><td>15</td><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td></tr> <tr><td>21</td><td>22</td><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td></tr> <tr><td>28</td><td>29</td><td>30</td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					<p>May 2024</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td>1</td><td>2</td><td>3</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	<p>June 2024</p> <table border="1"> <tr><td>Su</td><td>Mo</td><td>Tu</td><td>We</td><td>Th</td><td>Fr</td><td>Sa</td></tr> <tr><td></td><td></td><td></td><td></td><td></td><td></td><td>1</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td></td><td></td><td></td><td></td><td></td><td></td></tr> </table>	Su	Mo	Tu	We	Th	Fr	Sa							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30													
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
	1	2	3	4	5	6																																																																																																																																								
7	8	9	10	11	12	13																																																																																																																																								
14	15	16	17	18	19	20																																																																																																																																								
21	22	23	24	25	26	27																																																																																																																																								
28	29	30																																																																																																																																												
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
				1	2	3																																																																																																																																								
4	5	6	7	8	9	10																																																																																																																																								
11	12	13	14	15	16	17																																																																																																																																								
18	19	20	21	22	23	24																																																																																																																																								
25	26	27	28	29	30	31																																																																																																																																								
Su	Mo	Tu	We	Th	Fr	Sa																																																																																																																																								
						1																																																																																																																																								
2	3	4	5	6	7	8																																																																																																																																								
9	10	11	12	13	14	15																																																																																																																																								
16	17	18	19	20	21	22																																																																																																																																								
23	24	25	26	27	28	29																																																																																																																																								
30																																																																																																																																														

Street Numbers are fairly consistent across Regina, increasing from North to South and West to East.

Major Intersections:

- **Albert St. and Dewdney Ave**

(McDonald's, Four Directions)

2500s on the avenues

1400s on the streets

- **Broad St. and Victoria Ave**

(Double Tree, Ramada)

1800s on the avenues

1900s on the streets

- **Elphinstone St. and 13th Ave**

(Connaught School, Connaught Library)

3400s on the avenues

2100s on the streets

GETTING HELP During Office Hours

Downtown Regina Community Support Team

306-537-3727

Queen City Wellness Pharmacy

1725 11th Ave #100

306-522-2266

Ministry of Social Services

2045 Broad St.

306-787-3700

Salvation Army

2240 13th Ave.

306-757-4600

Carmichael Outreach Inc.

1510 12th Ave.

306-757-2235

Regina Anti-Poverty Ministry

2330 Victoria Ave.

306-352-6386

Indigenous Christian Fellowship

3131 Dewdney Ave

306-539-1096

When you visit, wash your hands upon arrival. Masks are now optional.

Remember that you can call 811 for any other health related concerns.

Childhood and Adult Immunization Clinics

Children and Adult Clinics

By Appointment ONLY.

Call (306) 766-7500 to book with one of the following locations:

Four Directions Health Network
1504 Albert Street

South Health Network
3651 Pasqua Street

East Health Network
1911 Park Street

North Network
204 Wascana Street

Specialty Immunization Clinic (306) 766-7904
2110 Hamilton Street

Outreach Locations Adults ONLY
No appointment needed. Can drop in.

Carmichael Outreach (306) 757-2235
1510 12 Ave

All Nations Hope AIDS Network (306) 924-8424
2735 5th Ave

APSS (306) 924-8420
1325 Albert Street

Streets of Regina

Traveling West to East, you will cross:

• **Lewvan Drive -**

Major street

- Pasqua St.
- Wascana St.
- King St.
- Queen St.
- Princess St.
- McTavish St.
- Argyle St.

• **Elphinstone St. -**

Major street

- Montague St.
- Athol St.
- Garnet St.
- Cameron St.
- Robinson St.
- Retallack St.
- Rae St.
- Angus St

• **Albert St. -**

Major street

- McIntyre St.
- Smith St.
- Lorne St.
- Cornwall St.
- Scarth St.
- Hamilton St.
- Rose St.

• **Broad St. - Major street**

- Osler St.
- Halifax St.
- St. John St.
- Ottawa St.
- Toronto St.
- Montreal St.
- Quebec St.

• **Winnipeg St. -** **Major street**

Streets of Regina

The streets and avenues run fairly consistently in order across Regina, especially in the core areas.

Use this guide to figure how many blocks you need to travel and in what direction.

Traveling North to South, you will cross:

- 9th Ave. N. (N. for North)
- 8th Ave. N. etc. (down to 1st Ave N.)
- Then 1st Ave. (no N. for North or S. for South)
- 2nd Ave.
- 3rd Ave. etc. (up to 8th Ave)
- **Dewdney Ave. - Major street**
- 9th Ave.
- 10th Ave.
- **Saskatchewan Dr. - Major street**
- (Downtown starts)
- 11th Ave.
- 12th Ave.
- **Victoria Ave. - Major street**
- 13th Ave.
- 14th Ave.
- 15th Ave.
- **College Ave. - Major street**

SHA Street Projects

Harm Reduction Supplies

2110 Hamilton Street

Call: (306) 766-7799

Text: (306) 537-0188

Exchange Van Hours

Monday to Friday

Afternoons and evenings until 7:45 PM

Exchange Office Hours

Monday to Friday

9:00 AM to 4:30 PM

Closed during lunch hour

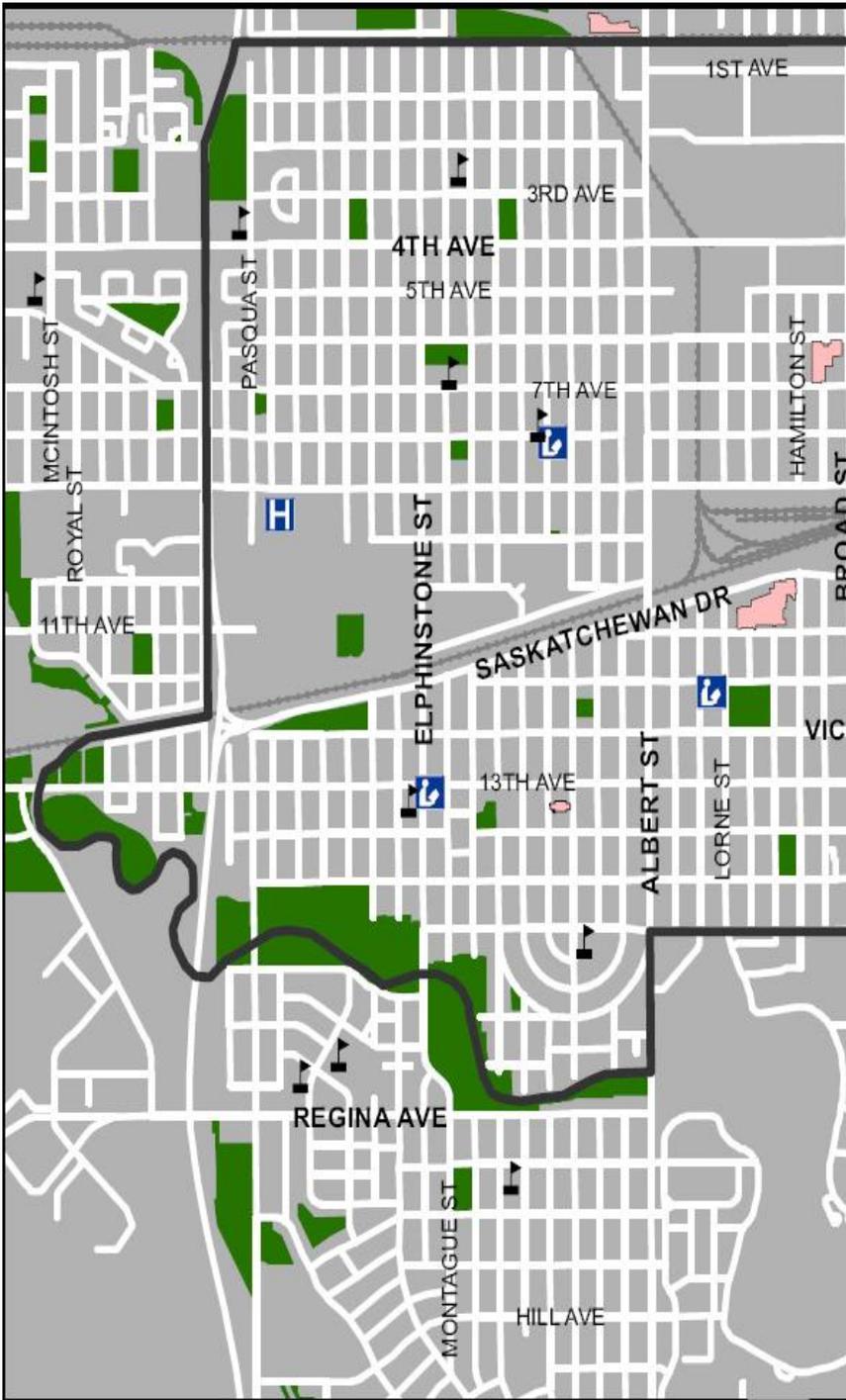
I am sober/drug free, now what?

- Find positive healthy activities to replace old habits.
- Build a support system with healthy people. Avoid old hang-outs and groups.
- Practice problem solving when faced with a challenge.
- Think about your thinking and keep it positive. Be aware of your triggers.
- Learn to express your feelings in a positive way.
- Work towards something worth staying sober for. Example: a healthy relationship, employment, education or a home.
- You don't have to do it alone! There are lots of supports in our community. Connect with them.
- If you slip, **get right back on track**. Do not stay stuck.

CS-PIER 0095



CS-PIER 0095



CS-PIER 0095

Domestic Conflict

Domestic conflict can occur between persons in different types of relationships and refers to the use of physical, sexual, psychological or emotional force of power, threatened or actual, against persons in relationships that result in harm.

If you or someone you know is involved in an emergency situation, call **911** immediately.

For situations that don't require immediate attention, contact Regina Police Services at **307-777-6500**.

If you or someone you know could benefit from domestic conflict support services, contact

Family Services Regina at **306-757-6675**.

For Regina Victim/Witness Services, call **306-787-3883**

USING THIS GUIDE

Services are listed in the **Index** on pages 11 to 24. Find the service you need and which agency offers the service. Each agency is given a number

(Example: Carmichael Outreach = number **9**)

Go to the **Numbered Listings** on pages 25 to 39.

Look for the number given to the agency.

(Example: Number **9** = Carmichael Outreach, is found on page 26 by the number **9**.)

Find out the phone number and address. Please call the agency directly for more information.

This guide does not list every possible service or agency. It gives enough information to get you started in the right direction.

Information about the **streets and avenues and a map** are on pages 40 to 44. There is a **calendar** on page 47.

CS-PIER 0095

NUMBERED LISTINGS...Continued

86. Visitation House

900 11th Ave.

306-352-0016

87. Vital Statistics

2130 11th Ave.

306-787-3251 or 1-800-667-7551

88. Wasakaw Pisim Circle Sun

Native Health Liaison Office

Regina General Hospital Pasqua Hospital

1440 14th Ave.

4101 Dewdney Ave.

306-766-4155

306-766-2232

89. Waterston Centre: Emergency Shelter

1845 Osler St.

306-569-6088

90. Y.M.C.A.

2400 13th Ave.

This location is now permanently closed. Call for other location details.

306-757-9622 ext. 260

91. Y.W.C.A.

1940 McIntyre St.

306-525-2141

CS-PIER 0095

NUMBERED LISTINGS...Continued

79. South Saskatchewan Independent Living Centre

2220 Albert St.

306-757-7452

80. Street Culture Kidz Project Inc.

306-565-6206

81. Street Project

306-766-7799

82. Street Worker's Advocacy Project

1355 Albert St.

306-525-1722

83. Treaty Four Education

4001 3rd Ave. N.

306-522-5277

84. University of Regina

3737 Wascana Pkwy.

306-585-4111

85. Victim Services

RCMP 306-780-6694

City Police 306-777-8660

Index

No Cost CLOTHING

- Al Ritchie **5**
- Carmichael Outreach **9**
- Marian Centre (for men) **33**
- North Central Family Centre **42**
- YWCA **91**

Stay Warm!

Regina's winters are cold. The coldest temperatures are usually in January and February. The average winter temperature is -20°C but with the wind chill it can get very cold, into the -40°C range.

- Dress in layers.
- Cover your head, hands and feet.
- Keep your feet dry.
- Find shelter from the wind.

Cold Weather Strategy

Contact Mobile Crisis

1646 11th Ave.

306-757-0127

Index

FOOD

No Cost Toast and Coffee

- AIDS Program South Saskatchewan **2**
Tuesday to Friday, Saturday and Sunday 11:00 a.m.
- All Nations Hope Network **4**
Monday to Friday
- Indigenous Christian Fellowship **27**
Tuesday to Friday
- Newo Yotina Friendship Centre **41**
Monday to Friday

Breakfast

- Indigenous Christian Fellowship **27**
Saturday, 10:00 a.m.

Bread

- Indigenous Christian Fellowship **27**
- Mâdawêyatitân Centre **32**
- North Central Family Centre **42**
- Rainbow Youth Centre **50**
- Salvation Army Community Ministries **67**

NUMBERED LISTINGS...Continued

73. Saskatchewan Seniors Mechanism

#112 - 2001 Cornwall St.
306-359-9956

74. Saskatchewan Voice of People with Disabilities

1-877-569-3111

75. Service Canada

1783 Hamilton St.
1-800-622-6232

76. Sexual Health Clinic

2110 Hamilton St.
306-766-7788
306-721-2909

77. Silver Sage Housing Corporation

4001 3rd Ave. N.
306-721-2909

78. Souls Harbour Rescue Mission

1632 Angus St.
306-543-0011

NUMBERED LISTINGS...Continued

67. Salvation Army Community Ministries

2240 13th Ave.

306-757-4600

68. Saskatchewan Government Insurance

2260 11th Ave.

1 844-855-2744

69. Saskatchewan Health Registration

2130 11th Ave.

1-800-667-7551

70. Saskatchewan Indian Institute of Technologies

265 Albert St.

306-546-2945

71. Saskatchewan Legal Aid

200 - 1871 Smith St.

306-787-8760, 1-800-677-3764

72. Saskatchewan Polytechnic

4500 Wascana Pkwy.

306-775-7300

Index

No Cost Lunch

- AIDS Program South Saskatchewan **2**
- Every Friday at 1:00 p.m.
- All Nations Hope Network **4**
Monday to Friday
- Carmichael Outreach **9**
Monday to Friday
- Indigenous Christian Fellowship **27**
Wednesday
- Marion Centre **33**
Mon, Wed, Fri 10:00 a.m. to 1:00 p.m.;
Saturday at noon
- Salvation Army Community Ministries **67**
Thursday, 11:00 a.m.
- Visitation House (Women and Children) **86**
Monday to Thursday

No Cost Supper

- Souls Harbour Rescue Mission **78**
Monday to Friday, 5:00 p.m.

Community Fridges

- 3037 Dewdney Ave.
- 1510 12th Ave. **Now Closed**
- 2104 Garnet St.

Index

Low Cost Groceries

- **Food for Life Shop**
1550 14th Ave.
- **REACH**
Call 306-347-3224 for hours and mobile store locations
- **Sally's Shop**
2240 13th Ave.

Low Cost Clothing and Household Items

- **Indigenous Christian Fellowship**
3131 Dewdney Ave.
- **Thrift Store**
2741 Dewdney Ave.
- **Value Village**
1230 Broad St.
- **Salvation Army Thrift Store**
840 Albert St.
1711 Dewdney Ave. E.

NUMBERED LISTINGS...Continued

- 61. Regina Public Schools Adult Campus**
4210 4th Ave.
306-523-3650
- 62. Regina Trades and Skills Centre**
1275 Albert St.
306-337-0533
- 63. Regina Transition House**
306-569-2292
- 64. Regina Treaty Status Indian Services**
4001 3rd Ave N.
306-522-7494
- 65. Regina Work Prep Centre**
2022 Halifax St.
306-757-9096
- 66. St. Paul's Cathedral**
1861 McIntyre St.
306-522-6439

NUMBERED LISTINGS...Continued

55. Regina Free Legal Clinic (RFLC)

1-855-833-7257

56. Regina Housing Authority

1850 Smith St.

3124 Dewdney Ave

306-525-2377

57. Regina Mental Health Clinic

2110 Hamilton St.

306-766-7800

58. Regina Open Door Society

2314 11th Ave.

306-352-3500

59. Regina Police Services

1717 Osler St.

306-777-6500

60. Regina Public Libraries

Central Branch: 2311 12th Ave.

Albert Branch: 3355 6th Ave.

306-777-6000

Index

ACCESS TO...

Newspaper

- All Nations Hope Network **4**
- Regina Public Libraries **60**

Public Phone

- All Nations Hope Network **4**
- Regina Public Libraries **60**
- Street Worker's Advocacy Project **82**

Internet Access

- Regina Public Libraries **60**

Index

TRANSPORTATION

Free Bikes:

- Indigenous Christian Fellowship **27**
- North Central Family Centre **42**

City Bus

- If you are on Social Assistance, you can get a \$25 dollar bus pass.
- A re-loadable “R Card” can be bought at all Canada Safeway stores as well as many drug stores. Call the Transit Centre for other locations.



Cabs:

- Regina Cabs 306-543-3333
- Capital Cabs 306-791-2222
- Co-op Taxi 306-525-2727

NUMBERED LISTINGS...Continued

49. Planned Parenthood

2024 Albert St
306-522-0902

50. Rainbow Youth Centre

977 McTavish St.
306-757-9743

51. Regina Alternative Measures Program

#2 - 2815 Dewdney Ave.
306-352-5424

52. Regina Anti-Poverty Ministry

2330 Victoria Ave
306-352-6386

53. Regina Community Clinic

1106 Winnipeg St.
306-543-7880

54. Regina Food Bank

445 Winnipeg St.
306-791-6533

NUMBERED LISTINGS...Continued

43. Northview Community Church

744 Sangster Blvd.

306-775-1234

44. Options Pregnancy Counseling Centre

715 Victoria Ave.

306-757-3344

45. Oxford House

306-570-5708

46. PeopleReady

1652 Albert St.

306-546-2622

47. Phoenix Residential Society

2035 Osler St.

306-569-1977

48. Prairie Spirit Connections

809 Victoria Ave.

306-525-9682

Index

SHELTERS AND HOUSING

Temporary Shelters

- Isabel Johnson Shelter
- Regina Transition House **63**
- Salvation Army Waterston Centre **89**
- SOFIA House
- Souls Harbour Rescue Mission **78**
- WISH Safe House
- YWCA My Aunts Place **91**

Housing Support

- Carmichael Outreach **9**
- Phoenix Residential Society **47**
- Namerind Housing Corporation **38**
- Newo Yotina Friendship Centre **41**
- Street Worker's Advocacy Project **82**

Affordable Housing

- Souls Harbour Rescue Mission **78**
- Gabriel Housing Corporation **22**
- Regina Housing Authority **56**
- Silver Sage Housing Corporation **77**
- Ehrlo Housing **15**

Index

ADDICTIONS

Support

- Addictions Treatment Centre and Detox Centre **1**
- Alcoholics Anonymous **3**
- Four Directions Community Health Centre **20**
- Métis Addiction Council of Sask. Inc. (MACSI) **35**
- Narcotics Anonymous **39**

Needle Exchange

- AIDS Program South Saskatchewan **2**
- Sexual Health Clinic **76**
- Street Project **81**

Needle Drop off Boxes

- North Central—Alley behind 1100 block Cameron St. and Garnet St. (off of 5th Ave.)
- Downtown Core— Core Community Park, 11th Ave. In the park along the walkway
- Downtown Core— Beside Carmichael Outreach
1510 12th Ave.
- Warehouse District— Alley between 1300 block Rose St. and Broad St.

Safe Consumption Site

- 1635 11th Ave.

NUMBERED LISTINGS...Continued

37. Morning Star Ministries

3540 6th Ave.

306-757-8421

38. Namerind Housing Corporation

1130 Winnipeg St.

306-525-0147

39. Narcotics Anonymous

306-757-6600

40. Neil Squire Society

1353 Broad St.

306-781-6023

41. Newo Yotina Friendship Centre

1635 11th Ave.

306-525-5042

42. North Central Family Centre

2931 5th Ave.

306-347-2552

NUMBERED LISTINGS...Continued

31. Lifelong Learning Centre

2155 College Ave.

306-585-5816

32. māmawēyatitān centre

3355 6th Ave.

306-777-7033

33. Marion Centre

1835 Halifax St.

306-757-0073

34. Meadow Primary Health Care Centre

4006 Dewdney Ave.

306-766-6399

35. Métis Addiction Council of Saskatchewan Inc.

329 College Ave. E.

306-522-3681

36. Mobile Crisis Services

1646 11th Ave.

306-757-0127

Index

Sexual Health

- AIDS Program South Saskatchewan **2**
- All Nations Hope Network **4**
- Four Directions Community Health Centre **20**
- Planned Parenthood **49**
- Sexual Health Clinic **76**
- Street Project **81**

Pregnancy

- Birthright **6**
- Four Directions Community Health Centre **20**
- KidsFirst **30**
- Options Pregnancy Centre **44**
- Planned Parenthood **49**

Street Work Support

- Street Project **81**
- Street Worker's Advocacy Project **82**

Index

Counselling and Mental Health

- Canadian Mental Health Association **7**
- Child and Youth Services **11**
- Circle Project **12**
- Ehrlo Counseling **15**
- Family Services Regina **16**
- First Nations Family Support Centre **19**
- Mobile Crisis **36**
- Regina Community Clinic **53**
- Regina Mental Health Clinic **57**
- Salvation Army Community Ministries **67**

Health

- HealthLine (24-hr. health advice) Dial 811
- Al Ritchie Heritage Community Health Centre **5**
- Four Directions Community Health Centre **20**
- Meadow Primary Health Care Centre **34**
- Regina Community Clinic **53**
- Saskatchewan Health **69**
- Regina General/Pasqua Hospital **88**

NUMBERED LISTINGS...Continued

25. Healing Hearts Ministry

(Now known as Break Free Outreach Ministries)

766 Angus St.

306-565-3732

26. Ignite Adult Learning Corp.

904 Victoria Ave.

306-522-4493

27. Indigenous Christian Fellowship

3131 Dewdney Ave.

306-359-1096

28. Indian and Northern Affairs Canada

1827 Albert St.

306-780-5945

29. John Howard Society

1801 Toronto St.

306-757-6657

30. KidsFirst

306-766-6790

NUMBERED LISTINGS...Continued

19. First Nations Family Support Centre

4001 3rd Ave. N.

306-522-7494 ext. 210

20. Four Directions Community Health Centre

1504 Albert St.

306-766-0200

SEARCH Clinic

12:30-3:30 p.m., Saturdays

21. Gabriel Dumont Institute (GDI) Training and Employment Services

1235 2nd Ave. N.

306-347-4100

22. Gabriel Housing Corporation

506 Lorne St.

306-775-2905

23. Gateway Christian Fellowship

1812 Arthur St.

306-543-9920

24. Gay and Lesbian Community of Regina

2070 Broad St.

306-569-1995

Index

Identification

- Indian Northern Affairs Canada **28**
- Saskatchewan Government Insurance **68**
- Saskatchewan Health **69**
- Service Canada **75**
- Vital Statistics **87**

Legal/Justice

- John Howard Society **29**
- Regina Alternative Measures Program **51**
- Regina Free Legal Clinic **55**
- Regina Police Services **59**
- Saskatchewan Legal Aid **71**
- Victim Services **85**

Life Skills

- Canadian Mental Health Association **7**
- Carmichael **9**
- Prairie Spirit Connections **48**
- Regina Work Prep Centre **65**
- Street Worker's Advocacy Project **82**

Index

Employment

- Career and Employment Centre **8**
- Construction Career Development Project **13**
- First Nations Employment Centre **18**
- GDI Training and Employment **21**
- PeopleReady **46**
- Prairie Spirit Connections **48**
- Regina Trades and Skills Centre **62**
- Regina Work Prep Centre **65**
- Service Canada **75**

Adult Education

- First Nations University of Canada **17**
- Gabriel Dumont Institute **21**
- Ignite Adult Learning Corp. **26**
- Regina Public Libraries **60**
- Regina Public Schools Adult Campus **61**
- Saskatchewan Indian Institute of Technologies **70**
- Saskatchewan Polytechnic **72**
- Treaty Four Education Centre **83**
- University of Regina **84**

NUMBERED LISTINGS...Continued

13. Construction Career Development Project

2415 7th Ave.

306-721-4473

14. Eagle Heart Centre

1102 Angus St.

306-525-4161

15. Ehrlo Counseling

1951 Francis St.

306-751-2467

Ehrlo Housing

3535 Hillsdale St.

306-751-5666

16. Family Services Regina

#200-1440 Broadway Ave.

306-757-6675

17. First Nations University of Canada

1 First Nations Way

306-790-5950

18. First Nations Employment Centre

2721 Avonhurst Dr.

306-924-1606

NUMBERED LISTINGS...Continued

7. Canadian Mental Health Association

1810 Albert St.

306-525-9543

8. Career and Employment Centre

1955 Broad St.

1-833-613-0485

9. Carmichael Outreach Inc.

1510 12th Ave.

306-757-2235

10. Celebration Lutheran Church

3130 Renfrew Cres.

306-789-2727

11. Child and Youth Services

1680 Albert St.

306-766-6700

12. Circle Project

3433 5th Ave.

306-347-7515

Index

Advocacy

- Downtown Regina Community Support Team
306-537-3727
- Regina Anti-Poverty Ministry **52**

JUST FOR YOU...

Indigenous

- Newo Yotina Friendship Centre **41**
- Regina Treaty Status Indian Services **64**

Youth

- North Central Family Centre **42**
- Rainbow Youth Centre **50**
- Street Culture Kidz Project Inc. **80**

LGBT2S+

- Gay and Lesbian Community of Regina **24**

Senior

- Lifelong Learning Centre **31**
- Saskatchewan Seniors Mechanism **73**

Index

Parent

- Eagle Heart Centre **14**
- Child and Youth Services **11**
- KidsFirst **30**

Immigrant/New Canadian

- Regina Open Door Society **58**

Disability

- Neil Squire Society **40**
- Saskatchewan Voice of People with Disabilities **74**
- South Saskatchewan Independent Living Centre **79**

Churches and Ministries

- Celebration Lutheran Church **10**
- Gateway Christian Fellowship **23**
- Healing Hearts Ministry **25**
- Indigenous Christian Fellowship **27**
- Morning Star Ministries **37**
- Northview Community Church **43**

NUMBERED LISTINGS

1. Addictions Treatment Centre and Detox Centre

1640 Victoria Ave.

306-766-6600

2. AIDS Program South Saskatchewan

1325 Albert St.

306-924-8420

3. Alcoholics Anonymous

#107-845 Broad St.

306-545-9300

4. All Nations Hope Network

2735 5th Ave.

306-924-8424

Awasiw - 9 p.m. to 7 a.m.

5. Al Ritchie Heritage Community Health Centre

1550 14th Ave.

306-766-6320

6. Birthright

1771 Rose St.

306-359-1862

1-800-550-4900