

# North Central Community Resources Manual



2020

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## 1. INTRODUCTION

North Central is a community with many resources. This manual contains information to locate helpful resources that are located both physically in the community and outside the community.

### **How to use the manual:**

This manual is organized into several categories of community resources including the name of organizations, their contact information (website, address, phone, etc.), and a brief summary of programs and services that are provided. The table of contents have links to each category, just click on each heading.

The manual is designed to help you to help yourself, as well as your friends, families, and neighbours to find information. Please read each organization's programs and services carefully. It is recommended to research agencies online to gather the most up to date information on their services, programs, and business hours. Also, please contact organizations before visiting them in person.

\*If you do not have a computer, Albert Library provides computers and internet use for community members.

## 2. EMERGENCY CONTACT INFORMATION

ORGANIZATION	CONTACT INFORMATION	SERVICES PROVIDED
<p><b>Sask911</b> <b>(Government of Saskatchewan)</b></p> <p><a href="https://www.saskatchewan.ca/residents/emergency/sask911">https://www.saskatchewan.ca/residents/emergency/sask911</a></p>	<p>Call 911</p>	<p>Call 911 when you require a response from one or more of the following emergency services:</p> <ul style="list-style-type: none"> <li>- police</li> <li>- medical personnel</li> <li>- firefighters</li> <li>- rescue personnel.</li> </ul>
<p><b>HealthLine</b> <b>(Government of Saskatchewan)</b></p> <p><a href="https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline">https://www.saskatchewan.ca/residents/health/accessing-health-care-services/healthline</a></p>	<p>Call 811</p> <p>Deaf and hard of hearing residents can access HealthLine 811 by using the SaskTel Relay Operator service at 1-800-855-1155.</p>	<p>Call for professional health or mental health and addictions advice, education and support.</p> <ul style="list-style-type: none"> <li>- Open 24/7</li> <li>- Confidential</li> <li>- Free</li> <li>- Translation in over 100 languages</li> </ul>
<p><b>COVID 19 supports</b> <b>(Government of Saskatchewan)</b></p> <p><a href="https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus">https://www.saskatchewan.ca/government/health-care-administration-and-provider-resources/treatment-procedures-and-guidelines/emerging-public-health-issues/2019-novel-coronavirus</a></p>	<p>Call HealthLine 811 if you have recently travelled and are experiencing respiratory or flu-like symptoms.</p> <p>For any non-health related inquiries related to COVID-19 call toll-free 1-855-559-5502 from 8 a.m. to 5 p.m. Monday to Friday.</p>	<p>Self-assessment tool to determine whether you should be tested for COVID-19.</p> <p>Up to date information on COVID-19 in Saskatchewan.</p>

### 3. PRIMARY & SPECIALTY PROVIDERS

ORGANIZATION	CONTACT INFORMATION	SERVICES PROVIDED
<b>All Nations Hope Network</b> <a href="https://allnationshope.ca">https://allnationshope.ca</a>	306-924-8424 2735 5th Avenue Regina, SK S4T 0L2	Supporting First Nations, Metis, and Inuit families living with HIV/AIDS/Hepatitis C by providing services, education, training, and awareness of HIV/AIDS/Hepatitis C.
<b>Al Ritchie Health Action Center</b> <a href="http://www.rqhealth.ca/facilities-details/al-ritchie-health-action-centre-the-team">http://www.rqhealth.ca/facilities-details/al-ritchie-health-action-centre-the-team</a>	306-766-7660 325 Victoria Ave, Regina, SK S4N 0P5	Coordinate access to various health services.
<b>Four Directions Community Health Center</b> <a href="http://www.rqhealth.ca/facilities/four-directions-community-health-centre">http://www.rqhealth.ca/facilities/four-directions-community-health-centre</a>	306-766-0200 1504 Albert St Regina, SK S4P 2S4	Primary care clinic offers assessment, testing & treatment for a wide range of health concerns.
<b>Healthline</b> <a href="https://www.811healthline.ca">https://www.811healthline.ca</a>	811 2755 Avonhurst Dr, Regina, SK S4R 3J3	24/7, confidential, free health advice from nurses and social workers.
<b>Meadow Primary Health Care Center</b> <a href="http://www.rqhealth.ca/department/primary-health-care/meadow-primary-health-care-centre">http://www.rqhealth.ca/department/primary-health-care/meadow-primary-health-care-centre</a>	306-766-6399 4006 Dewdney Ave, Regina, SK S4T 1A2	Primary health care center, walk-in appointments available.
<b>Mobile Crisis Services</b> <a href="http://www.mobilecrisis.ca/">http://www.mobilecrisis.ca/</a>	Call or walk-in 1646 11th Ave, Regina, SK S4P 1V6 -Mobile Crisis Helpline 306-757-0127 -Crisis suicide helpline 306-525-5333 -Child abuse line 306-569-2724 -Farm stress line 1-800-667-4442	24/7 Free & Confidential -Mobile Crisis Helpline -Crisis suicide helpline -Child abuse line -Farm stress line -SK problem gambling helpline

	-SK problem gambling helpline 1-800-306-6789	
<b>North Central Health Services</b> <a href="http://www.nccaregina.ca/community_nurse/">http://www.nccaregina.ca/community_nurse/</a>	306-757-1046 1056 Albert Street Regina, SK S4R 2P8	Free diabetes checks. Free blood pressure monitoring. Foot Care by a trained professional, at a minimum cost.
<b>Pasqua Hospital</b> <a href="http://www.rqhealth.ca/facilities/pasqua-hospital">http://www.rqhealth.ca/facilities/pasqua-hospital</a>	306-766-2222 4101 Dewdney Ave, Regina, SK S4T 1A5	Serves the health care needs of southern Saskatchewan.
<b>Poison Control Center</b> <a href="https://www.saskatchewan.ca/residents/health/emergency-medical-services/poison-control-center">https://www.saskatchewan.ca/residents/health/emergency-medical-services/poison-control-center</a>	1-866-454-1212	24/7 confidential service Emergency treatment advice for people exposed to: -Drugs -Plants/mushrooms -Pesticides/household cleaners -Snake & spider bites
<b>Regina General Hospital</b> <a href="http://www.rqhealth.ca/facilities/regina-general-hospital">http://www.rqhealth.ca/facilities/regina-general-hospital</a>	306-766-4444 1440 14th Ave, Regina, SK S4P 0W5	Provides progressive and innovative institutional healthcare to the people of southern Saskatchewan.
<b>Regina Sexual Assault</b> <a href="https://www.reginalsexualassaultcentre.ca/">https://www.reginalsexualassaultcentre.ca/</a>	306-352-0434 1830 Mackay St, Regina, SK S4N 6R4	24/7, free counselling from trained advocates.
<b>Sexual Health Clinic</b> <a href="http://www.rqhealth.ca/departments/sexual-health-clinic">http://www.rqhealth.ca/departments/sexual-health-clinic</a>	306-766-7788 3rd Floor, 2110 Hamilton St, Regina, SK S4P 2E3	Clinic offers free confidential testing, counselling and education to improve sexual health. Walk-in basis, services are free and confidential.

## 4. MENTAL HEALTH PROVIDERS

ORGANIZATION	CONTACT INFORMATION	SERVICES PROVIDED
<b>Canadian Mental Health Association Regina</b> <a href="http://cmharegina.com/">http://cmharegina.com/</a>	306-525-9543 1810 Albert St, Regina, SK S4P 2S8	Promotes mental health of all and supports recovery of mental illness.
<b>Catholic Family Services</b> <a href="https://www.cfsregina.ca">https://www.cfsregina.ca</a>	306-525-0521 160 McIntosh St Regina, SK S4R 4Z4	Provides counselling, family, and newcomer services.
<b>Caring Hearts</b> <a href="https://www.caringheartssk.ca/">https://www.caringheartssk.ca/</a>	306-523-2780 2310 Smith St, Regina, SK S4P 2P6	Enhance mental health support through education, counselling, and charitable initiatives for those dealing with death and loss. Youth and adult counselling available.
<b>Family Service Regina</b> <a href="https://familyserviceregina.com">https://familyserviceregina.com</a>	306- 757-6675 1440 Broadway Ave #200 Regina, SK S4P 1E2	Counselling services for individuals, couples, and families. Free walk-in 60-minute counselling sessions offered 4 days a week. Please contact agency for further information.
<b>Mental Health Clinic</b> <a href="http://www.rqhealth.ca/department/mental-health/adult-mental-health-clinics">http://www.rqhealth.ca/department/mental-health/adult-mental-health-clinics</a>	306-766-7800 2110 Hamilton St, Regina, SK S4P 2E3	Adult mental health clinics are part of a continuum of treatment and support services for adults (18 years of age and older). Free of charge, wide range of community health services.
<b>Street Workers Advocacy Project</b> <a href="https://sk.211.ca/service/9744415_12556983/swap_drop_in_centre?from=NTAuNDU0NzlyMiw_tMTAOLiYwNjY2Njc=">https://sk.211.ca/service/9744415_12556983/swap_drop_in_centre?from=NTAuNDU0NzlyMiw_tMTAOLiYwNjY2Njc=</a>	306-525-1722 1355 Albert Street Regina, SK S4R 2R6	Support and counselling services for those involved in street prostitution, sexually exploited youth, and youth at risk.
<b>Victim Services (Regina Police Service)</b> <a href="http://reginapolice.ca/about-us/community-services-division/victim-services/">http://reginapolice.ca/about-us/community-services-division/victim-services/</a>	306-777-6500 1717 Osler Street Regina, SK S4P 3W3	Assist victims of any crime or trauma related events. Information, referrals, and support provided.

## 5. SUBSTANCE USE & ADDICTION DISORDER PROVIDERS

Organization	Contact Information	Services Provided
<b>Addiction Treatment Center</b> <a href="http://www.rghealth.ca/department/addiction-services/addiction-services-in-regina">http://www.rghealth.ca/department/addiction-services/addiction-services-in-regina</a>	306-766-6600 1640 Victoria Ave, Regina, SK S4N 0P7	Addiction & detox services.
<b>AIDS Programs South Saskatchewan</b> <a href="https://www.aidsprogramssouthsask.com/">https://www.aidsprogramssouthsask.com/</a>	306-924-8420 1325 Albert St, Regina, SK S4R 2R6	HIV positive support services & Needle exchange program.
<b>Saskatchewan Problem Gambling Helpline (SPGH)</b> <a href="http://www.spgh.ca/">http://www.spgh.ca/</a>	1-800-306-6789 - call (24/7) 1-306-400-2785 - text (7 days/week, 7pm-midnight)	Free and confidential gambling addiction help, support & information. Chat & email advice available through website.
<b>Souls Harbour Rescue Mission</b> <a href="https://www.shrmsk.com/">https://www.shrmsk.com/</a>	306-543-0011 1632 Angus St in the Gerri Carroll Hope Center Regina, SK S4T 0T6	Women's addiction program, call or visit website for more details.
<b>Street Project/Needle Exchange &amp; Harm Reduction</b> <a href="http://www.rghealth.ca/department/communicable-diseases/the-street-project-needle-exchange-and-harm-reduction">http://www.rghealth.ca/department/communicable-diseases/the-street-project-needle-exchange-and-harm-reduction</a>	306-766-7799 Street Project Van is on Regina Streets M-F most afternoon & weekends Call for info or to arrange home visit	Program that helps prevent the spread of HIV, hepatitis B and C, and other blood borne and sexually transmitted infections.



## 6. DENTAL PROVIDERS

Organization	Contact Information	Services Provided
<b>D'Andrea Denture Clinic</b> <a href="https://www.reginadenturist.ca">https://www.reginadenturist.ca</a>	306-522-1871 904 Albert Street Regina, SK S4R 2P7	Support oral health and offer several services for dentures.
<b>Fourth Avenue Dental</b> <a href="http://www.fourthavenuedental.ca">http://www.fourthavenuedental.ca</a>	306-205-1010 1005 Albert Street Regina, SK S4R 2P9	Welcomes new patients and accommodates dental emergencies. Direct billing and acceptance of most major insurance plans.
<b>Prairie Dental Clinic</b> <a href="https://prairiedentalclinic.ca">https://prairiedentalclinic.ca</a>	306-359-7707 2109 Retallack Street Regina, SK S4T 2K5	Offers services for family, cosmetic, & restorative dentistry as well as orthodontics.
<b>Rosemont Dental Clinic</b> <a href="https://rosemontdental.ca">https://rosemontdental.ca</a>	306-352-9960 5010 4th Avenue Regina, SK S4T 0J6	Complete dental services to optimize dental health.

## 7. COMMUNITY CENTERS

Organization	Contact Information	Services Provided
<b>Aboriginal Family Service Centre</b> <a href="https://www.afscregina.ca">https://www.afscregina.ca</a>	306-525-4161 1102 Angus St Regina, SK S4T 1Y5	Providing support and empowerment for families to attain a healthy lifestyle.
<b>Al Ritchie Family Wellness Centre</b> <a href="https://alritchie.ca/pages/wellness-programs">https://alritchie.ca/pages/wellness-programs</a>	306-525-4989 2250 Lindsay St Regina, SK S4N 3C3	Drop-in centre for free family programming.
<b>Cathedral Area Community Association</b> <a href="https://www.cathedralvillage.org">https://www.cathedralvillage.org</a>	306-569-8755 2900 13th Avenue Regina, SK S4T 1N7	Programs such as a community garden, CACA Micro-Grant Program, Cathedral Village Voice, and recreation programs. Please see website for more details.
<b>Circle Project</b> <a href="https://www.circleproject.ca/cp2015/">https://www.circleproject.ca/cp2015/</a>	306-347-7515 1102 8th Avenue (Main Office) Regina, SK S4R 1L9	A variety of programs regarding employment, family violence program, counselling, children's centre, infant & toddler centre.
<b>Early Years Family Centre (Sacred Heart Site)</b> <a href="https://www.rcsd.ca/school/SacredHeart/Community/EarlyYearsFamilyCentre/Pages/default.aspx#/=">https://www.rcsd.ca/school/SacredHeart/Community/EarlyYearsFamilyCentre/Pages/default.aspx#/="</a>	306-791-7290 1325 Argyle St Regina, SK S4T 2Z8	Offers free learning and play for children 0-6 years of age and their families. Services include movement and music classes, bonding sessions, literacy and language sessions, health related sessions and much more.
<b>First Nations Family Support Centre</b> <a href="http://fhqtc.com/rtsis/">http://fhqtc.com/rtsis/</a>	306-522-6722 4001 3rd Avenue N Regina, SK S4R 0W8	Delivery of programs and services to Treaty/Status Indian populations. All other members of the community are welcome to join.

<p><b>Heritage Community Association</b></p> <p><a href="https://heritagecommunityassociation.com">https://heritagecommunityassociation.com</a></p>	<p>306-757-9952 100-1654 11th Avenue Regina, SK S4P 0H4</p>	<p>Offers programs and services that focus on community engagement, children &amp; youth, as well as arts &amp; culture.</p>
<p><b>The Gathering Place</b></p> <p><a href="https://www.facebook.com/reginatreatystatusindianservices/">https://www.facebook.com/reginatreatystatusindianservices/</a></p>	<p>306-522-7494 4001 3rd Avenue N Regina, SK S4R 0W8</p>	<p>Centre to support the community with programs and services.</p>
<p><b>Mamaweyatitan Centre</b></p> <p><a href="http://mamaweyatitan.ca">http://mamaweyatitan.ca</a></p>	<p>306-777-7033 3355 6th Avenue Regina, SK S4T 3H7</p>	<p>A shared facility building with programs and services to improve the well-being of the North Central neighbourhood.</p>
<p><b>Newo Yotina Friendship Centre</b></p> <p><a href="http://www.newoyotina.ca">http://www.newoyotina.ca</a></p>	<p>306-525-5042 1635 11th Avenue Regina, SK S4P 0H5</p>	<p>Develop and deliver programs such as:</p> <ul style="list-style-type: none"> <li>-Resolution Health Support Program (mental health and emotional services for those affected by the former Residential Schooling System)</li> <li>-General services such as faxing, printing, photocopying, showers and elders lodge</li> </ul>
<p><b>North Central Community Association</b></p> <p><a href="https://www.nccaregina.ca">https://www.nccaregina.ca</a></p>	<p>306-791-9888 3355 6th Avenue Regina, SK S4T 3H7</p>	<p>Offers a range of sport, culture, recreation programs and services that add value to residents of the North Central community.</p>
<p><b>North Central Family Centre</b></p> <p><a href="https://www.northcentralfamilycentre.ca/about-us">https://www.northcentralfamilycentre.ca/about-us</a></p>	<p>306-347-2552 2931 5th Avenue Regina, SK S4T 0L4</p>	<p>Delivery of programs for children, youth and families of all ages. Events include educational, sporting, recreational, social and cultural programs.</p>
<p><b>Rainbow Youth Centre</b></p> <p><a href="http://www.rainbowyouth.com">http://www.rainbowyouth.com</a></p>	<p>306-757-9743 977 McTavish Street Regina, SK S4T 3V2</p>	<p>Provides services such as job skills training and placement, mental health services, legal assistance, recreational and cultural programs for youth ages 11-25.</p>

<p><b>Regina Treaty/Status Indian Services Inc. (RT/SIS)</b></p> <p><a href="http://fhqtc.com/rtsis/">http://fhqtc.com/rtsis/</a></p>	<p>306-522-7494 4001- 3rd Ave North Regina, SK S4R 0W8</p>	<p>Provides assistance, programming, training, advocacy &amp; referral services for the Urban First Nations and those First Nations transitioning between Reserve and the City.</p>
<p><b>Street Culture Project</b></p> <p><a href="https://streetcultureproject.org">https://streetcultureproject.org</a></p>	<p>306-565-6206 2839 Victoria Avenue Regina, SK S4T 1K6</p>	<p>Non-profit organization for those 5-25 years of age. Younger children can access an after-school program (Kidz Club) and older youth can take part in day programs, mentorships, and housing programs and much more. Please refer to website for further details.</p>

## 8. HOUSING, SHELTER & RENT ASSISTANCE

Organization	Contact Information	Services Provided
<b>Carmichael Outreach</b> <a href="https://carmichaeloutreach.ca/what-we-do/housing-list/">https://carmichaeloutreach.ca/what-we-do/housing-list/</a>	306-757-2235 1510 12th Ave, Regina, SK S4P 0L5	Housing support program provides support to members of the community struggling to find and maintain housing. They compile and distribute a weekly list of affordable rentals & provide help with navigating the Residential Tenancies Act.
<b>Ehrlo Housing (Washington Park Place)</b> <a href="https://ehrlo.com/housing/home">https://ehrlo.com/housing/home</a>	306-751-5666 #2, 3535 Hillsdale St, Regina, SK S4S 3Y4	Part of Ranch Ehrlo Society's community services. Provides affordable housing to low-income families, individuals with chronic mental health conditions, and young people transitioning from care. Maximum housing income limit: 1 bed = \$36,500, 2 bed = \$43,500
<b>Namerind Housing Corporation</b> <a href="https://www.namerindhousing.ca/tenants/">https://www.namerindhousing.ca/tenants/</a>	306-525-0147 1130 Winnipeg St, Regina, SK S4R 1J6	Help with transitioning families from tenants to homeowners in the Indigenous community.
<b>Oxford House Society of Regina</b> <a href="http://www.oxfordhousesk.ca/">http://www.oxfordhousesk.ca/</a>	306-570-5709 1307 Ottawa St, Regina, SK S4R 1P3	Provides housing and support for individuals who have recently completed addictions counselling, are homeless, or at-risk of being homeless, & want to continue a drug-free recovery.
<b>Phoenix Residential Society HOMES Program</b> <a href="https://phoenixregina.com/program-descriptions/phoenix-homes-program-and-chip/">https://phoenixregina.com/program-descriptions/phoenix-homes-program-and-chip/</a>	306-565-5636 2035C Osler St. Regina, SK S4P 1W5	HOMES is a housing first model program, to apply for housing call or complete intake assessment form at the office. Appropriate candidates will be contacted for an interview.
<b>Regina Housing Authority</b> <a href="http://reginahousingauthority.sitestage.ca/program-eligibility">http://reginahousingauthority.sitestage.ca/program-eligibility</a>	Main Office: 306-525-2377 1850 Smith St, Regina, SK S4P 2N3 Branch Office:	Offers family housing, senior housing, & accessible housing. For program eligibility criteria refer to website.

	306-565-4480 3124 Dewdney Ave, Regina, SK S4T 0Y4	
<b>Regina Transition House</b> <a href="http://www.reginatransitionhouse.ca/">http://www.reginatransitionhouse.ca/</a>	24-hour crisis line: 306-569-2292 By phone: 306-757-2096	Short term emergency housing and services to women and children fleeing violence.
<b>Silver Sage Housing Corporation</b> <a href="http://fhqtc.com/silver-sage/">http://fhqtc.com/silver-sage/</a>	306-721-2909 222-740 Sioux Ave Box 985 Fort Qu'Appelle, SK S0G 1S0	Mission Statement: 'To house First Nations in well maintained, affordable rental units. Please call for inquiries.
<b>Sofia House</b> <a href="https://sofiahouse.ca/">https://sofiahouse.ca/</a>	306-565-2537	Second stage housing facility that provides safe housing and support for families to escape violent homes. On-site counselling services & housing capabilities.
<b>Souls Harbour Rescue Mission</b> <a href="https://www.shrmsk.com/">https://www.shrmsk.com/</a>	306-543-0011 1632 Angus St in the Gerri Carroll Hope Center Regina, SK S4T 0T6	Free clothing to anyone who needs it (health card required, limited to 10 items per week) 2:00-5:00pm Saturdays & Sundays. Emergency Men's shelter for any man in need, intake at 6pm-7pm every day of the week. Affordable housing also provided, call or visit website for more details.
<b>YWCA Regina</b> <a href="https://www.ywcaregina.com/family-homelessness">https://www.ywcaregina.com/family-homelessness</a>	306-525-2141 1940 McIntyre St, Regina, SK S4P 2R3	Kikinaw Residence offers safe & affordable rooms for rent for single women. My Aunt's Place: houses single women & families while housing first model of service.

## 9. FINANCIAL ASSISTANCE

Organization	Contact Information	Services Provided
<p><b>Child Care Subsidy</b></p> <p><a href="https://www.saskatchewan.ca/residents/family-and-social-support/child-care/paying-for-child-care">https://www.saskatchewan.ca/residents/family-and-social-support/child-care/paying-for-child-care</a></p>	<p>306-787-4114 2045 Broad St Regina, SK S4P 3T7</p>	<p>Assist families with the cost of childcare.</p>
<p><b>Income Services</b></p> <p><a href="https://www.saskatchewan.ca/residents/family-and-social-support/financial-help/financial-help-for-unemployed-or-lower-income-people-and-families">https://www.saskatchewan.ca/residents/family-and-social-support/financial-help/financial-help-for-unemployed-or-lower-income-people-and-families</a></p>	<p>306-787-3700 2045 Broad Street Regina, SK S4P 3T7</p>	<p>Financial assistance for services such as: adult allowance, board &amp; room allowance, shelter allowance, utility allowance, northern food supplement, advances, and special needs. Please contact the phone number provided for further information.</p>
<p><b>Regina Anti-Poverty Ministry</b></p> <p><a href="https://www.antipovertyministry.ca">https://www.antipovertyministry.ca</a></p>	<p>306-352-6836 2330 Victoria Avenue Regina, SK S4P 0S6</p>	<p>Advocating and educating those seeking social and economic justice.</p>
<p><b>Saskatchewan Employment Supplement</b></p> <p><a href="https://www.saskatchewan.ca/residents/family-and-social-support/financial-help/income-support-for-working-families-or-parents">https://www.saskatchewan.ca/residents/family-and-social-support/financial-help/income-support-for-working-families-or-parents</a></p>	<p>306-787-4723 2045 Broad Street Regina, Avenue S4P 3T7</p>	<p>Monthly payment supplements. Application process required.</p>

## 10. FOOD ASSISTANCE

Organization	Contact Information	Services Provided
<b>Chili for Children</b> <a href="https://www.chiliforthechildren.com">https://www.chiliforthechildren.com</a>	306-359-7919 1264 Athol St Regina, SK S4T 7V3	Hot lunch program.
<b>Good Food Box</b> <a href="https://www.reachinregina.ca/programs/good-food-box">https://www.reachinregina.ca/programs/good-food-box</a>	306-347-3224 REACH Office: 1308 Winnipeg St Regina, SK S4P 3W7 *Please contact the number above for the Good Food Box location near you	Volunteer led program that offers fresh produce at your neighbourhood drop-off site for a reduced cost.
<b>Regina Food Bank</b> <a href="https://reginafoodbank.ca">https://reginafoodbank.ca</a>	306-791-6533 425-445 Winnipeg Street Regina, SK S4R 8P2	Provides food hampers on an emergent and non-emergent basis along with cooking programs and personal management workshops.
<b>Souls Harbour Rescue Mission</b> <a href="https://www.shrmsk.com/">https://www.shrmsk.com/</a>	306-543-0011 1632 Angus St in the Gerri Carroll Hope Center Regina, SK S4T 0T6	Provide hot meals Monday-Friday to anyone who needs it from 4:00-5:30 pm.



## 11. TRANSPORTATION SERVICES

Organization	Contact Information	Services Provided
<b>Regina Paratransit Service</b> <a href="https://www.regina.ca/transportation-roads-parking/transit/paratransit/">https://www.regina.ca/transportation-roads-parking/transit/paratransit/</a>	306-777-7007 333 Winnipeg Street Regina, SK S4R 8P2	Transportation services for those persons experiencing a disability. This is a scheduled door-to-door service for those registered. Please see website for registration details.
<b>Regina Public School Registration Services</b> <a href="https://www.reginapublicschools.ca/transportation">https://www.reginapublicschools.ca/transportation</a>	306-791-8245 Office hours: 8am - 11:55 am & 1pm - 4:25 pm	Arrange for the transportation of students in Regina Public schools. See website for eligibility criteria.
<b>Regina Transit Services (Services &amp; Routes)</b> <a href="https://www.regina.ca/transportation-roads-parking/transit/schedules-routes/">https://www.regina.ca/transportation-roads-parking/transit/schedules-routes/</a>	306-777-7433 2124 11th Avenue Regina, SK S4P 0J5	Fixed routes and schedules. Track real-time updates on TransitLive.

## 12. AGING, DISABILITY, & PERSONAL CARE SERVICES

Organization	Contact Information	Services Provided
<b>Regina Paratransit Service</b> <a href="https://www.regina.ca/transportation-roads-parking/transit/paratransit/">https://www.regina.ca/transportation-roads-parking/transit/paratransit/</a>	306-777-7007 333 Winnipeg Street Regina, SK S4P 3C8	Is a shared ride transportation service with people experiencing a disability. Application form is available on the website.
<b>Wascana Rehabilitation Center</b> <a href="http://www.rqhealth.ca/facilities/wascana-rehabilitation-centre">http://www.rqhealth.ca/facilities/wascana-rehabilitation-centre</a>	306-766-5100 2180 23rd Ave, Regina, SK S4S 0A5	Provides comprehensive medical rehabilitation programs for adults and children, as well as specialized long-term care.

### 13. LEGAL ASSISTANCE

Organization	Contact Information	Services Provided
<b>Legal Aid Saskatchewan (Regina)</b> <a href="https://www.legalaid.sk.ca">https://www.legalaid.sk.ca</a>	306-787-8760 #200 1871 Smith St Regina, SK S4P 4W5	Provides a range of services to the individuals of Saskatchewan in the areas of family and criminal law.
<b>Regina Alternative Measures Program (RAMP)</b> <a href="https://rampinc.ca">https://rampinc.ca</a>	306-352-5424 2815 Dewdney Avenue Regina, SK S4T 0X8	A restorative justice program for those that have come into conflict with the law.

### 14. VOLUNTEER, DIVERSITY, & FAITH-BASED SERVICES

Organization	Contact Information	Services Provided
<b>Indigenous Christian Fellowship (ICF)</b> <a href="https://icfregina.ca">https://icfregina.ca</a>	306-359-1096 3131 Dewdney Avenue Regina, SK S4T 0Y5	Canadian Indigenous ministry with a variety of programs. Please see website for further information.
<b>Regina Open Door Society</b> <a href="https://rods.sk.ca">https://rods.sk.ca</a>	306-352-3500 2314 11th Avenue Regina, SK S4P 0K1	Non-profit organization that provides integration services for refugees and immigrants.
<b>Salvation Army (Waterston Centre)</b> <a href="http://sarmy.ca/home.html">http://sarmy.ca/home.html</a>	306-569-6088 1845 Osler Street Regina, SK S4P 1W1	Services such as spiritual care, men's lodging and justice, women's justice, child protection, and mental health.

## 15. CHILDCARE & YOUTH SERVICES

Organization	Contact Information	Services Provided
<p><b>Aboriginal Grandmothers Caring for Grandchildren Support Network</b></p> <p><a href="https://www.facebook.com/grandmothersnetwork/">https://www.facebook.com/grandmothersnetwork/</a></p>	<p>306-585-5766 2151 Scarth Street Regina, SK S4P 2H8</p>	<p>Promoting healthy lifestyles for Grandmothers and their Grandchildren in a safe and supportive environment. Meetings are held monthly at Four Directions Community Health Centre. Childcare and rides provided if calls are placed in advance. Tea and bannock served at meetings.</p>
<p><b>Child &amp; Youth Services</b></p> <p><a href="http://www.rghealth.ca/departments/child-and-youth">http://www.rghealth.ca/departments/child-and-youth</a></p>	<p>306-766-6700 1680 Albert St Regina, SK</p>	<p>Programs that address the unique health needs of children, youth, and their families.</p>
<p><b>Kids Help Phone</b></p> <p><a href="https://kidshelpphone.ca">https://kidshelpphone.ca</a> App: 'Always There'</p>	<p>1-800-668-6868 Text CONNECT to 686868</p>	<p>24/7 service for young people by phone, text or live chat on the website or app. Service is private, no judgment.</p>
<p><b>Randall Kinship Centre</b></p> <p><a href="http://www.rghealth.ca/facilities/randall-kinship-centre">http://www.rghealth.ca/facilities/randall-kinship-centre</a></p>	<p>306- 766-6700 1680 Albert Street S4P 2S6</p>	<p>A volunteer program that works alongside families with children that have serious disruptive behavioural concerns.</p>
<p><b>Scott Infant and Toddler Centre</b></p> <p><a href="https://www.facebook.com/Scott-Infant-and-Toddler-Centre-Inc-373429596372043/about/">https://www.facebook.com/Scott-Infant-and-Toddler-Centre-Inc-373429596372043/about/</a></p>	<p>(306) 525-2344 3355 6th Ave, Regina SK S4T4L8</p>	<p>Licensed Child Care Centre.</p>
<p><b>Seven Stones Childcare</b></p> <p><a href="https://steppingstoneschildcareregina.com">https://steppingstoneschildcareregina.com</a></p>	<p>306-525-3960 1101 Princess Street Regina, SK S4T 1G8</p>	<p>Daycare centre for children.</p>
<p><b>Souls Harbour Rescue Mission</b></p> <p><a href="https://www.shrmsk.com/">https://www.shrmsk.com/</a></p>	<p>306-543-0011 1632 Angus St in the Gerri Carroll Hope Center Regina, SK S4T 0T6</p>	<p>Daycare &amp; Youth groups, call or visit website for more details.</p>

## 16. EDUCATION & SCHOOLS

Organization	Contact Information	Services Provided
<b>Albert Community School (Regina Public School)</b> <a href="https://albert.rbe.sk.ca/">https://albert.rbe.sk.ca/</a>	306-791-8539 1340 Robinson St. Regina, SK S4T 2N4	Pre-kindergarten, Kindergarten and Grades 1-8.
<b>Allan Blakeney Adult Campus</b> <a href="https://adultcampus.rbe.sk.ca/">https://adultcampus.rbe.sk.ca/</a>	306-523-3650 4210 4th Ave., Regina, SK S4T 0H6	Give adults aged 18-21, who have not completed high school the opportunity to complete grade 12 diploma or upgrade specific classes to enhance post-secondary education & employment opportunities. Offer day & evening courses.
<b>Ecole Connaught Community School (Regina Public School)</b> <a href="https://ecoleconnaught.rbe.sk.ca/">https://ecoleconnaught.rbe.sk.ca/</a>	306-523-3031 3515-13th Ave, Regina, SK S4T 1Z5	Both French and English pre-kindergarten, Kindergarten and Grades 1-8.
<b>Ignite Adult Learning Center</b> <a href="https://www.ignite.ca/">https://www.ignite.ca/</a>	306-522-4493 #103-1112 Winnipeg St, Regina, SK S4R 1J6	Each year, The Ignite Program hires 30-45 at-risk young adults, aged 19-30 as apprentices. Courses are 40 weeks. Application form on <a href="https://www.ignite.ca/index.php/apprentices">https://www.ignite.ca/index.php/apprentices</a>
<b>Kitchener Community School (Regina Public School)</b> <a href="https://kitchener.rbe.sk.ca/">https://kitchener.rbe.sk.ca/</a>	306-791-8516 840 Athol St. Regina, SK S4T 3B5	Pre-kindergarten, Kindergarten and Grades 1-8.
<b>Sacred Heart Community School (Regina Catholic School)</b> <a href="https://www.rcsd.ca/school/SacredHeart/Pages/default.aspx#/=">https://www.rcsd.ca/school/SacredHeart/Pages/default.aspx#/="</a>	306-791-7290 1325 Argyle St., Regina, SK S4T 2Z8	Pre-kindergarten, Kindergarten and Grades 1-8.
<b>Scott Collegiate (Regina Public School)</b> <a href="https://scottcollegiate.rbe.sk.ca/">https://scottcollegiate.rbe.sk.ca/</a>	306-523-3500 3355 6th Ave. Regina, SK S4T 4L8	High school Grades 9-12.

<p><b>Seven Stones Community School (Regina Public School)</b></p> <p><a href="https://sevenstones.rbe.sk.ca/">https://sevenstones.rbe.sk.ca/</a></p>	<p>306-523-3740 1101 Princess Street Regina, SK S4T 1G8</p>	<p>Pre-kindergarten, Kindergarten and Grades 1-8.</p>
<p><b>St. Luke School (Regina Catholic School)</b></p> <p><a href="https://www.rcsd.ca/school/StLuke/Pages/default.aspx#/=">https://www.rcsd.ca/school/StLuke/Pages/default.aspx#/="</a></p>	<p>306-791-7699 625 Elphinstone St. Regina, SK S4T 3L1</p>	<p>High school Grades 9-12.</p>
<p><b>Thomson Community School (Regina Public School)</b></p> <p><a href="https://thomson.rbe.sk.ca/">https://thomson.rbe.sk.ca/</a></p>	<p>306-791-3031 2033 Toronto St., Regina, SK S4P 1N2</p>	<p>Pre-kindergarten, Kindergarten and Grades 1-8.</p>

## 17. CITY OF REGINA INFORMATION

Organization	Contact Information	Services Provided
<b>By law Enforcement</b> <a href="https://www.regina.ca/bylaws-permits-licences/bylaws/bylaw-enforcement/">https://www.regina.ca/bylaws-permits-licences/bylaws/bylaw-enforcement/</a>	306-777-7000 Queen Elizabeth II Court 2476 Victoria Ave, Regina, SK S4P 3C8	Role is to promote, facilitate and enforce general compliance with the provisions of city bylaws that pertain to safety and security of the community.
<b>City Councillors</b> <a href="https://www.regina.ca/city-government/city-council/city-councillors/">https://www.regina.ca/city-government/city-council/city-councillors/</a>	For specific councillors refer to website	A city council acts like a board of directors, setting policy, establishing budgets and making decisions.
<b>Regina City Police (non-emergency)</b> <a href="http://reginapolice.ca/contact/">http://reginapolice.ca/contact/</a>	306-777-6500 1717 Osler St, Regina, SK S4P 2Z8	Call if you require non-urgent police action or to file a non-urgent police report go to website or report in person.
<b>Regina Crime Stoppers</b> <a href="http://reginacrimestoppers.ca">http://reginacrimestoppers.ca</a>	1-800-222-8477 (TIPS) 2145 Albert St, Regina, SK S4P 2V1	Cash rewards, anonymity guaranteed. Submit tip by phone or online.
<b>Regina Public Library Albert Branch</b> <a href="https://www.reginalibrary.ca/locations/albert">https://www.reginalibrary.ca/locations/albert</a>	306-777-6076 3355 6th Ave, Regina, SK S4T 4L8	Provides free and open access to resources, community space for people to meet, and programs and services that support reading, curiosity, and discovery.
<b>Safer Communities &amp; Neighbourhoods (SCAN)</b> <a href="https://www.saskatchewan.ca/residents/justice-crime-and-the-law/your-rights-and-the-law/keeping-your-neighbourhood-safe">https://www.saskatchewan.ca/residents/justice-crime-and-the-law/your-rights-and-the-law/keeping-your-neighbourhood-safe</a>	1-866-51-72327 (SAFER)	Your Identity is confidential. Report residences or businesses in your community that are used for illegal activities (drugs, prostitution, gang or criminal activities, child sexual abuse).

## 18. GOVERNMENT SERVICES

Organization	Contact Information	Services Provided
<b>Canada Child Tax Benefit</b> <a href="https://www.canada.ca/en/services/taxes/child-and-family-benefits.html">https://www.canada.ca/en/services/taxes/child-and-family-benefits.html</a>	1-800-387-1193 1955 Smith St Regina, SK S4P 2N8	Child and family benefits.
<b>Canada Revenue Agency (Tax Information Phone Service)</b> <a href="https://www.canada.ca/en/revenue-agency/services/e-services/tax-information-phone-service-tips.html">https://www.canada.ca/en/revenue-agency/services/e-services/tax-information-phone-service-tips.html</a>	1-800-267-6999	Inquiries on tax related information.
<b>Drug Plan &amp; Extended Benefits</b> <a href="https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan">https://www.saskatchewan.ca/residents/health/prescription-drug-plans-and-health-coverage/extended-benefits-and-drug-plan</a>	306-787-3420 Ministry of Health, 2nd floor, 3475 Albert St, Regina, SK, S4S 6X6	Drug plan benefits.
<b>Fire Safety</b> <a href="https://www.saskatchewan.ca/residents/environment-public-health-and-safety/fire-safety/fire-awareness-and-education">https://www.saskatchewan.ca/residents/environment-public-health-and-safety/fire-safety/fire-awareness-and-education</a>	306-787-3774 Saskatchewan Public Safety Agency 5th Floor - 1855 Victoria Ave, Regina, SK S4P 3T2	Information on: -Fire awareness and education -Firefighter certification
<b>Health Card Services</b> <a href="https://www.ehealthsask.ca/residents/health-cards/Pages/Apply-for-a-Health-Card.aspx">https://www.ehealthsask.ca/residents/health-cards/Pages/Apply-for-a-Health-Card.aspx</a>	1-800-667-7551 2130 11th Ave, Regina, SK S4P 0J5	Apply for, update or replace a Saskatchewan health card.
<b>Highway Hotline</b> <a href="https://hotline.gov.sk.ca/map.html">https://hotline.gov.sk.ca/map.html</a>	1-888-335-7623	24-hour assistance by phone. Map available on website.
<b>Office of Residential Tenancies</b> <a href="https://www.saskatchewan.ca/government/government-structure/boards-commissions-and-agencies/office-of-residential-tenancies">https://www.saskatchewan.ca/government/government-structure/boards-commissions-and-agencies/office-of-residential-tenancies</a>	1-888-215-2222 304-1855 Victoria Ave, Regina, SK S4P 3T2	Provides information about the rights and responsibilities of landlords and tenants in SK.

<p><b>Ombudsman Saskatchewan</b></p> <p><a href="https://www.ombudsman.sk.ca">https://www.ombudsman.sk.ca</a></p>	<p>306-787-6211 500-2103 11th Avenue Regina, SK S4P 3Z8</p>	<p>Protects fairness and integrity in the design and delivery of government services for residents (public interest). This service takes complaints on the provincial government, ministries, agencies, crown corporations, municipal entities, and health entities.</p>
<p><b>Public Health Inspector</b></p> <p><a href="http://www.rqhealth.ca/department/environmental-health/contact-a-public-health-inspector">http://www.rqhealth.ca/department/environmental-health/contact-a-public-health-inspector</a></p>	<p>306-766-7705 2nd Floor, 2110 Hamilton St, Regina, SK S4P 2E3</p>	<p>Environmental health program responsible for assessing physical, biological and chemical hazards.</p>



## 19. EMPLOYMENT SERVICES

Organization	Contact Information	Services Provided
<b>Aboriginal Skilled Workers Association</b> <a href="https://www.aswa.ca">https://www.aswa.ca</a>	Toll Free: 1-888-565-0544 OR 306-695-0415	Promote a skilled workforce for Aboriginal residents by providing employment agreements.
<b>First Nations Employment</b> <a href="http://fhqtc.com/fnec/">http://fhqtc.com/fnec/</a>	306-924-1606 2721 Avonhurst Drive Regina, SK S4R 3J3	Employment and training opportunities for First Nations residents. Walk-in services and appointments offered to assist with obtaining employment.
<b>Neil Squire Society</b> <a href="https://www.neilsquire.ca">https://www.neilsquire.ca</a>	306-781-6023 1353 Broad Street Regina, SK S4R 7V1	Employment opportunities and support services for those living with disabilities.
<b>Regina Trades and Skills Center</b> <a href="https://rtsc.org/">https://rtsc.org/</a>	306-337-0533 1275 Albert St Regina, SK S4R 2R4	Delivers short-term trades & skills training that leads to entry-level jobs in industries where workers are in high demand. No tuition, application form on website.