The Regina Street Survival Guide was made possible by:

- Four Directions Community Health Centre, Regina Qu’Appelle Health Region
- City of Regina, Planning and Development Division
- University of Regina, Department of Justice Studies
- Rebecca Richards, Community Member

For information or input, please call: 306-766-7549.
CRISIS INTERVENTION
24-hour Services:

Mobile Crisis Services
1646 - 11th Ave.
306-757-0127

Regina Crisis/Suicide Line
306-525-5333

Mental Health Clinic
306-766-7800

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

2
NON-EMERGENCY
24-hour Services:
For 24-hour professional health advice and information, call:

HealthLine 811
HEALTHLINEONLINE.CA

Tips for getting help

• Don’t be afraid to ask for help.
• Don’t wait until it becomes a crisis.
• Be clear about what you need.
• Don’t 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.
GETTING HELP
These places can help point you in the right direction.

During office hours - Downtown area

Social Services
2045 Broad St.
306-787-3700

Salvation Army
1845 Osler St.  2240 13th Ave.
306-569-6088  306-757-4600

Soul’s Harbour Rescue Mission
1836 Halifax St.
306-543-0011

Carmichael Outreach Inc.
1925 Osler St.
306-757-2235

Regina Anti Poverty Ministry
2330 Victoria Ave.
306-352-6386
GETTING HELP
During office hours –
Other areas of the city

Four Directions Community Health Centre
3510 -5th Ave.
306-766-7540
Primary Care - 306-766-7541

Indian Métis Christian Fellowship
3131 Dewdney Ave.
306-359-1096

Regina Community Clinic
1106 Winnipeg St.
306-543-7880

Regina Food Bank
425 Winnipeg St.
306-791-6533

Regina Treaty Status Indian Services
4001- 3rd Ave. N.
306-522-7494

Al Ritchie Health Action Centre
325 Victoria Ave.
306-766-7660
I'm sober/drug free, now what?

- Be aware of your triggers.
- 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.
- Learn to express your feelings in a positive way.
- Work towards something worth staying sober for - 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. Don’t stay stuck.
My Support System

Name: ____________________________________________

Phone: ____________________________________________

Address: __________________________________________

- I can call anytime
- I can go to them anytime
- I can catch a ride
- This person will feed me
- This person will keep me sober
- This person will give me a safe place to stay

Name: ____________________________________________

Phone: ____________________________________________

Address: __________________________________________

- I can call anytime
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- I can call anytime
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USING THIS GUIDE

Services are listed in the Index on pages 9 - 21. Find the service you need and which agency offers the service. Each agency is given a number (example: Carmichael Outreach = number 13)

Go to the Numbered Listings on pages 22 - 38. Look for the number given to the agency. (Example: Number 13 = Carmichael Outreach, is found on page 24 by the number 13.) Find out the phone number and address. Please call the agency directly for more information.

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

Information about the streets and avenues and a map are on pages 39 - 43. There is a calendar on page 47.

If you have information that would be useful for the next guide, please call 306-766-7549.

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, Scotia Bank)
2500’s on the avenues
1400’s on the streets

Broad St. and Victoria Ave. : (Regina Inn, Radisson)
1800’s on the avenues
1900’s on the streets

Elphinstone St. and 13th Ave. (Connaught School, Connaught Library)
3400’s on the avenues
2100’s on the streets

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2100’s on the streets
Stay Warm!

Regina’s winters are quite cold. Usually the coldest temperatures are 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.

CLOTHING

No cost
- All Nation’s Hope 7
- Al Ritchie Family Wellness Centre 8
- Carmichael Outreach 13
- Celebration Lutheran Church 14
  - second Saturday of the month
- Indian Métis Christian Fellowship 31
  - Thursdays
- Marian Centre 38 (for men)
- Newo Yotina Friendship Centre 46
- North Central Family Centre 47
- Regina Treaty Status Indian Services 67

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. - The 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

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

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FOOD

No Cost Toast and Coffee
AIDS Program South Saskatchewan 4
   Mondays - Saturdays
All Nation’s Hope 7
   Mondays – Fridays
Indian Metis Christian Fellowship 31
   Tuesdays - Fridays
Newo Yotina Friendship Centre 46
   Mondays—Fridays

Low Cost Breakfast
Indian Metis Christian Fellowship 31
   Sat 10 a.m., $1.00

Bread
- Albert Scott Community Centre 5
- Al Ritchie Health Action Centre 9
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- Indian Métis Christian Fellowship 31
- North Central Family Centre 47
- Salvation Army 72

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.

Dewdney Ave. - Major street
Saskatchewan Dr. - Major street
   (Downtown starts)
   11th Ave.
   12th Ave.

Victoria Ave. - Major street
   13th Ave
   14th Ave.
   15th Ave.

College Ave. - Major street
   39

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.

Dewdney Ave. - Major street
Saskatchewan Dr. - Major street
   (Downtown starts)
   11th Ave.
   12th Ave.

Victoria Ave. - Major street
   13th Ave
   14th Ave.
   15th Ave.

College Ave. - Major street
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No Cost Lunch
- All Nation’s Hope 7 Mon - Fri
- Carmichael Outreach 13 Mon - Fri
- Marion Centre 38— for men, Mon - Sat, (Closed Thurs)
- Visitation House 93— for women, Mon—Thurs
- Salvation Army - 72 Thursday, 11 a.m.
- St. Paul’s Cathedral 71- 2nd + 4th Saturday of the month

Low Cost Lunch
North Central Community Association
1264 Athol St., Tuesday lunches for seniors - $4.00
Indian Métis Christian Fellowship
3131 Dewdney Ave., Wednesday lunches open to all - $2.00
Chili for Children
1264 Athol St. Thursday lunch for seniors - $4.00

No Cost Supper
Soul’s Harbour Rescue Mission 84
Mon - Fri, 5 p.m.
Low Cost Groceries

- **R Healthy Food Store**
  Mondays, 11:00 a.m.– 1:00 p.m., 1264 Athol St.
  Thursdays, 3:30 p.m.—4:30 p.m., 977 McTavish St.
  Call: 306-347-3224 for hours and for other mobile store locations

- **Regina Food Bank Village Market**
  425 Winnipeg St.
  Monday - Friday
  9:30 a.m. - 4:00 p.m.

- **Sally’s Shop**
  2240 13th Ave.

Low cost clothing and household items

- Anything Goes 1940 McIntyre
- Blue Mantle 1925 7th Ave.
- Thrift Store 2741 Dewdney Ave.
- Value Village 1230 Broad St.
- Salvation Army Thrift Store
  840 Albert St. 1711 Dewdney Ave E

Transition to Trades
1459 Retallack St.
306-791-9531

Treaty Four Education
4001 -3rd Ave. N.
306-522-5277

University of Regina
3737 Wascana Pkwy.
306-585-4111

Victim Services
RCMP 306-780-6694
City Police 306-777-8660

Visitation House
900 – 11th Ave.
306-352-0016

Vital Statistics
1445 Park St.
306-798-0641
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- North Central Family Centre 47

Bus (City):
If you are on social assistance, you can get a $20 dollar bus pass.
- Regina Transit Centre
  2124 11th Ave.
  306-777-7433

The new 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.

Bus Depot
(STC=Sask. Transportation Co.):
  1717 Saskatchewan Dr.
  306-787-3340

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

Saskatchewan Seniors Mechanism
112 - 2001 Cornwall St.
306-359-9956

Saskatchewan Voice of People with Disabilities
984 Albert St.
306-569-3111

Seniors Healthy Living Program
2110 Hamilton St.
306-766-7766

Service Canada
3115 - 5th Ave.
1783 Hamilton St.
1-800-622-6232

Sexual Health (STD) Clinic
2110 Hamilton St.
306-766-7788

Silver Sage Housing Corporation
4001 - 3rd Ave. N.
306-721-2909
72 Salvation Army Community Ministries
2240 -13th Ave.
306-757-4600

73 Saskatchewan Government Insurance
2260 - 11th Ave.
306-751-1200

74 Saskatchewan Health Registration
100 - 1942 Hamilton St.
306-787-3251 or 1-800-667-7551

75 Saskatchewan Indian Institute of Technologies
265 Albert St.
306-546-2945

76 Saskatchewan Legal Aid
200 - 1942 Hamilton St.
787-8760, 1-887-424-1906

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66 Regina Transition House
306-569-2292

67 Regina Treaty Status Indian Services
4001 - 3rd Ave. N.
306-522-7494

68 Regina Work Prep Centre
2022 Halifax St.
306-757-9096

69 Safety Services
306-757-7803

70 St. James United Church
4506 Sherwood Dr.
306-543-2626

71 St. Paul's Cathedral
1861 McIntyre St.
306-522-6439

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- Off 5th Ave.in alley between Cameron St. & Garnet St.
- In alley between 1800 block Toronto St.& Montreal St.
- In alley behind 1965 Albert St. (east side)

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54 Regina Alternative Measures Program
#2 - 2815 Dewdney Ave.
306-352-5415

55 Regina Anti Poverty Ministry
2330 Victoria Ave.
306-352-6386

56 Regina Community Clinic
1106 Winnipeg St.
306-543-7880

57 Regina Food Bank
445 Winnipeg St.
306-791-6533

58 Regina Free Legal Clinic (RFLC), Saturdays
2240 - 13th Ave.
306-757-4711

59 Regina Housing Authority
1850 Smith St.
3124 Dewdney Ave.
306-525-2377

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<td>1431 Victoria Ave.</td>
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306-525-0147

Narcotics Anonymous
306-757-6600

Neil Squire Society
100 - 2445 13th Ave.
306-781-6023

Newo Yotina Friendship Centre
445 Winnipeg St.
306-525-5042

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2931 - 5th Ave.
306-347-2552

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<td>• Neil Squire Society 45</td>
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<td>• Saskatchewan Voice of People with Disabilities 78</td>
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<td>• South Saskatchewan Independent</td>
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<td>• Living Centre 85</td>
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<td>40</td>
<td>Métis Addiction Council of Saskatchewan Inc.</td>
<td>329 College Ave. E.</td>
<td>306-522-3681</td>
<td>Churches and Ministries</td>
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<td>• Celebration Lutheran Church 14</td>
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<td>• 4 Winds Gospel Fellowship 23</td>
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<td>• Gateway Christian Fellowship 26</td>
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<td>• Healing Hearts 29</td>
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<td>• Indian Métis Christian Fellowship 31</td>
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<td>• Morning Star Ministries 42</td>
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<td>• Northview Community Church 48</td>
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<td>• St. James United Church 70</td>
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<td>Mobile Crisis Services</td>
<td>1646 -11th Ave.</td>
<td>306-757-0127</td>
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Aboriginal Family Services  
1102 Angus St.  
306-525-4161

Addictions Treatment Centre  
Detox Centre  
1640 Victoria Ave.  
306-766-6600

Adult Centre for Employment Readiness  
Training  
425 Winnipeg St.  
306-791-6533 ext. 231

AIDS Program South Saskatchewan  
2911- 5th Ave.  
306-924-8420

Albert Scott Community Centre  
1264 Athol St.  
306-777-7033

Alcoholics Anonymous  
#312-845 Broad St.  
306-545-9300

Ignite Adult Learning Corp.  
103 – 1112 Winnipeg St.  
306-522-4493

Indian Métis Christian Fellowship  
3131 Dewdney Ave.  
306-359-1096

Indian and Northern Affairs Canada  
1827 Albert St.  
306-780-5945

John Howard Society  
7th Floor, 2010 11th Avenue  
306-757-6657

KidsFirst  
1672 Albert St.  
306-766-6790

Labour Ready  
1268 Albert St.  
306-546-2622

AIDS Program South Saskatchewan  
2911- 5th Ave.  
306-924-8420

Albert Scott Community Centre  
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306-777-7033

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7th Floor, 2010 11th Avenue  
306-757-6657

KidsFirst  
1672 Albert St.  
306-766-6790

Labour Ready  
1268 Albert St.  
306-546-2622
| 24 | Gabriel Dumont Institute     | 3737 Wascana Parkway     | 306-347-4100 |
| 25 | Gabriel Housing Corporation  | 506 Lorne St.           | 306-775-2905 |
| 26 | Gateway Christian Fellowship | 1812 Arthur St.        | 306-543-9920 |
| 27 | Gay and Lesbian Community    |                          |              |
|    | of Regina                    | 2070 Broad St.          | 306-569-1995 |
| 28 | GDI Training and Employment  | 1235 - 2nd Ave. N.     | 306-352-5620 |
| 29 | Healing Hearts               | 766 Angus St.           | 306-565-3732 |
| 30 | All Nation’s Hope Network    | 2735 - 5th Ave.        | 306-924-8424 |
| 31 | Al Ritchie Family Wellness   | 2250 Lindsay St.       | 306-525-4989 |
| 32 | Al Ritchie Health Action     | 325 Victoria Ave.      | 306-766-7660 |
| 33 | BirthRight                   | 1771 Rose St.          | 306-359-1862 |
|    |                              | 1-800-550-4900         |              |
| 34 | Canadian Mental Health       | 1810 Albert St.        | 306-525-9543 |
| 35 | BirthRight                   | 1771 Rose St.          | 306-359-1862 |
|    |                              | 1-800-550-4900         |              |
| 36 | Career and Employment Centre | 1911 Broad St.         | 306-787-2160 |
| 37 | BirthRight                   | 1771 Rose St.          | 306-359-1862 |
|    |                              | 1-800-550-4900         |              |
| 38 | Career and Employment Centre | 1911 Broad St.         | 306-787-2160 |
13 Carmichael Outreach Inc.
1925 Osler St.
306-757-2235

14 Celebration Lutheran Church
3130 Renfrew Cres.
306-789-2727

15 Child and Youth Services
1680 Albert St.
306-766-6700

16 Circle Project
1102 - 8th Ave.
306-347-7515

17 Construction Career Development Project
2415 - 7th Ave.
306-721-4473

18 Ehrlo Community Services
101-2022 Cornwall St.
306-751-2467

19 First Nations University of Canada
#1 First Nations Way
306-790-5950

20 First Nations Employment Centre
1504B Albert St.
306-924-1606

21 First Nations Family Support Centre
4001- 3rd Ave. N.
306-522-7494 ext 210

22 Four Directions Community Health Centre
3510 - 5th Ave.
306-766-7540
Primary Care Clinic
at 3510- 5th Ave. =  306-766-7541
at 1056 Albert St. =  306-766-6370
SEARCH Clinic, 12:30-3:30 p.m., Saturdays
at 3510 5th Ave. (Monday evenings May to
August) =306-570-8202

23 4 Winds Gospel Fellowship
3040 - 5th Ave.
306-569-0110

24

25