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

2017 Calendar

January
February
March
April
May
June
July
August
September
October
November
December

2
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

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

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
- Al Ritchie Family Wellness Centre 8
- Carmichael Outreach 13
- Celebration Lutheran Church 14 - second Saturday of the month
- Marian Centre 37 (for men)
- Newo Yotina Friendship Centre 45
- North Central Family Centre 46
- 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
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Quebec St.

Winnipeg St.-
Major street

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Winnipeg St.-
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Argyle St.

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Scarth St.
Hamilton St.
Rose St.

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

Winnipeg St.-
Major street

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- North Central Family Centre 46
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FOOD

No Cost Toast and Coffee

AIDS Program South Saskatchewan 3
Mondays - Saturdays

All Nation’s Hope 6
Mondays – Fridays

Indian Metis Christian Fellowship 30
Tuesdays - Fridays

Newo Yotina Friendship Centre 45
Mondays—Fridays

Low Cost Breakfast
Indian Metis Christian Fellowship 30
Sat 10 a.m., $1.00

Bread
- Albert Scott Community Centre 4
- Indian Métis Christian Fellowship 30
- North Central Family Centre 46
- Rainbow Youth Centre 53
- Salvation Army 71

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

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Wasakaw Pisim Circle Sun
Native Health Liaison Office
Regina General Hospital
1440 - 14th Ave. 306-766-4155

Pasqua Hospital
4101 Dewdney Ave. 306-766-2232

Waterston Emergency Shelter
1845 Osler St.
306-569-6088

Y.M.C.A.
2400 - 13th Ave.
306-757-9622 ext 260

Y.W.C.A.
1940 McIntyre
306-525-2141

No Cost Lunch
- AIDS Program South Saskatchewan
  Saturday, 12 p.m. 3
- All Nation’s Hope 7 Tues - Fri
- Carmichael Outreach 13 Mon - Fri
- Marion Centre 37—for men, Mon - Sat,
  (Closed Thurs)
- Salvation Army - 71 Thursday, 11 a.m.
- St. Paul’s Cathedral 70- 2nd + 4th Saturday of
  the month
- Visitation House 91—for women, Mon—Thurs

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 83
Mon - Fri, 5 p.m. 11
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

- Sally’s Shop
  2240 13th Ave.

Low cost clothing and household items

- Encore Market
  1940 McIntyre
- Thrift Store
  2741 Dewdney Ave.
- Value Village
  1230 Broad St.
- Salvation Army Thrift Store
  840 Albert St.  1711 Dewdney Ave E

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

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

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

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

92  Vital Statistics
    2130 11th Ave.
    306-787-3251 or 1-800-667-7551
82 SIAST (Sask Polytech)
4500 Wascana Pkwy.
306-775-7300

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

84 South Saskatchewan
Independent Living Centre
2220 Albert St.
306-757-7452

85 Street Culture Kidz Project Inc.
306-565-6206

86 Street Project
306-766-7799

87 Street Worker’s Advocacy Project
1355 Albert St.
306-525-1722

36

83 SIAST (Sask Polytech)
4500 Wascana Pkwy.
306-775-7300

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

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2220 Albert St.
306-757-7452

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87 Street Project
306-766-7799

88 Street Worker’s Advocacy Project
1355 Albert St.
306-525-1722

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TRANSPORTATION

Free Bikes:
- Indian Metis Christian Fellowship 30
- North Central Family Centre 46

Bus (City):
If you are on social assistance, you can get a $25 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

76 Saskatchewan Polytech
4500 Wascana Pkwy.
306-775-7300

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

78 Saskatchewan Voice of People with Disabilities
201 2206 Dewdney Ave
306-569-3111

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

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

81 Sexual Health (STD) Clinic
2110 Hamilton St.
306-766-7788
306-721-2909

77 Saskatchewan Polytech
4500 Wascana Pkwy
306-775-7300

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

79 Saskatchewan Voice of People with Disabilities
201 2206 Dewdney Ave
306-569-3111

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

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

82 Sexual Health (STD) Clinic
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- Planned Parenthood 52

Regina Transition House
306-569-2292

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

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

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

St. Paul's Cathedral
1861 McIntyre St.
306-522-6439
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- Sexual Health (STD) Clinic 81
- Street Project 86

Needle Drop off Boxes
- 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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### Regina Alternative Measures Program
- #2 - 2815 Dewdney Ave.
  - 306-352-5415

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

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

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

### Regina Free Legal Clinic (RFLC), Saturdays
- 2240 - 13th Ave.
  - 1-855-833-7257

### Regina Housing Authority
- 1850 Smith St.
  - 306-525-2377

### Regina Work Prep Centre
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- 2240 - 13th Ave.
  - 1-855-833-7257

### Regina Housing Authority
- 1850 Smith St.
  - 306-525-2377

### Regina Work Prep Centre
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48 Options Pregnancy Counseling Centre
715 Victoria Ave.
306-757-3344

49 Oxford House
306-570-5708

50 People Ready
1652 Albert St
306-546-2622

51 Prairie Spirit Connections
809 Victoria Ave.
306-525-9682

52 Planned Parenthood
1431 Victoria Ave.
306-522-0902

53 Rainbow Youth Centre
977 McTavish St.
306-757-9743

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Namerind Housing Corporation
1130 Winnipeg St.
306-525-0147

Narcotics Anonymous
306-757-6600

Neil Squire Society
201 2206 Dewdney Ave.
306-781-6023

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

North Central Family Center
2931 - 5\textsuperscript{th} Ave.
306-347-2552

Northview Community Church
744 Sangster Blvd.
306-775-1234

20

29
36  Lifelong Learning Centre
    2151 Scarth St.
    306-585-5816

37  Marion Centre
    1835 Halifax St.
    306-757-0073

38  Meadow Primary Health Care
    4006 Dewdney Ave.
    306-766-6399

39  Métis Addiction Council of Saskatchewan Inc.
    329 College Ave. E.
    306-522-3681

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

41  Morning Star Ministries
    3540 - 6th Ave.
    306-757-8421

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    • Morning Star Ministries 41
    • Northview Community Church 47
    • St. James United Church 67
1 Aboriginal Family Services
1102 Angus St.
306-525-4161

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

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

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

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

6 All Nation’s Hope Network
2735 -5th Ave.
306-924-8424

7 KidsFirst
1672 Albert St.
306-766-6790

8 Learning Centre/Literacy Unit
2311-12th Ave.
306-777-6009

9 Lifelong Learning Centre
2151 Scarth St.
306-585-5816

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

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

12 John Howard Society
1801 Toronto St.
306-757-6657

13 All Nation’s Hope Network
2735-5th Ave.
306-924-8424

22
24 Gabriel Housing Corporation
506 Lorne St.
306-775-2905

25 Gateway Christian Fellowship
1812 Arthur St.
306-543-9920

26 Gay and Lesbian Community of Regina
2070 Broad St.
306-569-1995

27 GDI Training and Employment
1235 - 2nd Ave. N.
306-352-5620

28 Healing Hearts
766 Angus St.
306-565-3732

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

7 All Rise Project Inc.
3040 5th Ave.
306-352-7473

8 Al Ritchie Family Wellness Centre
2250 Lindsay St.
306-525-4989

9 Al Ritchie Health Action Centre
325 Victoria Ave.
306-766-7660

10 BirthRight
1771 Rose St.
306-359-1862
1-800-550-4900

11 Canadian Mental Health Association
1955 Broad St.
306-525-9543

12 Career and Employment Centre
1911 Broad St.
306-787-2160

26
| 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  
    | 1103 8th Ave.  
    | 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  
    | 1951 Francis St.  
    | 306-751-2467 |
| 19 | First Nations University of Canada  
    | #1 First Nations Way  
    | 306-790-5950 |
| 20 | First Nations Employment Centre  
    | 2721 Avonhurst Dr.  
    | 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 | Gabriel Dumont Institute  
    | 1235 2nd Ave. N  
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