

## How do I Apply for Social Assistance Program (SAP)?

To apply for SAP or to speak to an income assistance worker, call:

Toll free: 1-866-221-5200

TTY: 1-866-995-0099

Or visit 2045 Broad St.

What you will need to bring to your intake appointment:

- Shelter verification if you have a place
- Confirmation of utilities if you have a phone or any utilities in your name
- Current bank statements
- Income (if you have any)- pay stubs, maintenance orders, child support letter, EI statement, self-employment income and expenses, CPP/OAS/GIS statement, WCB verification, Record of Employment, Band referral

Connecting Hearts...



Connecting Homes

Phoenix HOMES & CHIP



Funded by:



**I AM CURRENTLY  
HOMELESS...**

**AND NEED A PLACE  
TO STAY TONIGHT**



*"I have always believed, and I still believe, that whatever good or bad fortune may come our way we can always give it meaning and*

**If you are unsafe, hurt, or  
in danger, call 9-1-1 for**

**Regina Police Services**

**Shelter Service in Regina**

If you are in need of shelter, Mobile  
Crisis Services can help connect you to  
a shelter. They are located at:

**1646 11th Avenue**

**306-757-0127**



If you have internet access, they also  
have a website that can show you  
shelter spaces available in the city at:

<http://www.mobilecrisis.ca/available-beds>

If there are no shelter beds available or  
you are unsure of where you can go,  
call Mobile Crisis services or go to the  
office after 5 PM.

**Shelters for Women and Children**

**Kikinaw Residence YWCA** (including  
transgender women)

**306-525-2141 Ext. 107 Monday-Friday;**

**After hours Ext. 0**

**My Aunt's Place YWCA** (including  
transgender women and families)

**306-545-7786**

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**DOMESTIC VIOLENCE**

**Regina Transition House**

**306-569-2292**

**Isabel Johnson Shelter** (including Trans  
women)

**306-525-2141 Ext. 114**

**WISH- Wichihik Iswewak Safe House**

**306-543-0493**

**Shelters for Men**

**Salvation Army Waterson Center**

**306-569-6088**

**Souls Harbour Rescue Mission**

**306-543-0011 Ext. 5**

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**Shelters for Youth**

**Downtown Browne's Emergency Youth**

**Shelter** (Gender inclusive/all genders)

**306-545-3445**

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**If you are intoxicated...**

**Brief Detox** (Gender inclusive/all  
genders)

**306-766-6600**