

Contact Information

1. AIDS Program South Saskatchewan
1325 Albert St. (306) 924-8420
2. All Nation's Hope
2735 5th Avenue (306) 924-8424
3. Indian Metis Christian Fellowship
3131 Dewdney Avenue (306) 359-1096
4. Newo Yotina Friendship Centre
445 Winnipeg Street (306) 525-5042
5. Carmichael Outreach
2300 11th Avenue (306)757-2235
6. Marion Centre
1835 Halifax street (306) 757-0073
7. Visitation House
900 11th Avenue (306) 352-0016
8. SWAP
1355 Albert street (306) 525-1722
9. Salvation Army
2240 -13th Ave. (306) 757-4600
10. St. Paul's cathedral
1859 McIntyre Street (306) 522-6439
11. Soul's Harbour Rescue Mission
3535 8th Avenue (306) 543-0011
12. North Central Community Association
1264 Athol Street (306) 791-9888
13. Chili for Children
1264 Athol Street (306) 359-7919

Connecting Hearts...



Connecting Homes

Phoenix HOMES & CHIP



Funded by:



**COMMUNITY
ADVISORY BOARD**

I AM HUNGRY...

**NO COST, LOW COST
OPTIONS**



***“Everyone you meet is fighting a battle
you know nothing about. Be kind,
Always”***

No Cost Toast and Coffee



AIDS Program South Saskatchewan
Mondays - Saturdays

All Nation's Hope
Mondays - Fridays

Indian Metis Christian Fellowship
Tuesdays - Fridays

NewoYotina Friendship Centre
Mondays - Fridays



No Cost Lunch

All Nation's Hope
Monday - Friday

Carmichael Outreach
Monday - Friday

Marion Centre- for men,
Monday - Saturday (Closed Thursday)

Visitation House - for women,
Monday - Thursday



SWAP
Wednesday, 12 PM

Salvation Army
Thursday, 11 AM

St. Paul's Cathedral
2nd + 4th Saturday of the month

Low Cost Breakfast

Indian Metis Christian Fellowship
Saturday 10 AM, \$1.00

Low Cost Lunch

North Central Community Association
Tuesday (seniors only) - \$4.00

Indian Metis Christian Fellowship
Wednesday - \$2.00

Chili for Children
Thursday (lunch for children) - \$4.00

Low Cost Groceries

R Healthy Food Store

Mondays, 11PM - 1 PM- 3355 6th Ave
Tuesdays, 2 PM - 3:45 PM- 1940 McIntyre St
Fridays, 10 AM - 11 AM- 2134 Winnipeg St

Call: 306-347-3224 to confirm hours and for other
mobile store locations

REACH
Good Food Box
Visit [http://www.reachinregina.ca/programs/
good-food-box](http://www.reachinregina.ca/programs/good-food-box)

Or call 306-347-3224 to arrange pick-up in your
community

Sally's Shop
2240 13th Ave.