

Community Resources in Regina

Addiction Treatment Center: Day Patient Program (RQHR)

A three week, group based program for chemically depressed people. Includes presentation, one on one counselling and more. Participants have to be referred to the program by an Addictions specialist at Addictions Services

1640 Victoria Ave
306-766-6650

Aids Program South Saskatchewan

The largest direct support service agency for people living with AIDS in the area. Provides those living with HIV/AIDS and those at risk of acquiring HIV/AIDS with the information and means to live independently and with dignity.

2735 5th Ave
306-924-8423 or 1-800-210-7623

AlAnon/ AlaTeen

Al-Anon provides support to anyone affected by a relative or friend's drinking, separate from Alcoholics Anonymous (AA), based on the Twelve Steps and Twelve Traditions adapted from AA, nonprofessional, self-supporting, spiritually based, apolitical, and welcoming of all cultures.

306-522-7500

Alcoholics Anonymous

A group that offers support for people who are recovering from alcoholism. The group is an environment where people can help one another through this addiction with strength and hope.

845 Broad St, #312
306-545-9300

Al Ritchie Health Action Centre

325 Victoria Ave
306-766-7660

Alzheimer's Society of Saskatchewan

Provides support and resources for families and consumers affected by Alzheimer's disease and dementia.

301- 2550 12th Ave
306-949-4141

Brief and Social Detox Services (RQHR)

A safe and controlled environment for people who are going through acute withdrawal from alcohol or drug abuse.

1640 Victoria Ave
306-766-6650

Canadian Mental Health Association –SK

An organization that supports and promotes the rights of people who are dealing with mental illness, helps them live to their full potential and enhances their wellbeing within the community. Programs are offered for both consumers and loved ones.

2702 12th Ave
306- 569-3788

Canadian Mental Health Association- Regina Branch

An organization that supports and promotes the rights of people who are dealing with mental illness, helps them live to their full potential and enhances their wellbeing within the community. Programs are offered for both consumers and loved ones.

1810 Albert St
306-525-9543

Carmichael Outreach

A not for profit organization that provides food, clothing, housing assistance and harm reductions services.

1925 Osler St
306-757-2235

Child and Youth Services: Alliance for Suicide Awareness and Prevention (RQHR)

A comprehensive community-based suicide prevention, intervention and post intervention program that extends beyond an urban child and youth mandate to include adult and rural populations. ASAP supports actions designed to reduce the incidence of suicidal behaviours.

1680 Albert St
306-766-6700

Child and Youth Services: Child and Adolescent Psychiatry (RQHR)

Provides direct clinical treatment, consultation, assessment and follow up for children and youth. Works closely with family physicians, schools and other community agencies, consulting and providing recommendations. They also manage the care of the youth they admit to the Adolescent Unit and the Adolescent Day Hospital Program at the Regina General Hospital.

1680 Albert St
306-766-6700

Child and Youth Services: Children's Mental Health Services Program (RQHR)

Provides family-centered, children's mental health services. Services include assessment and treatment for a range of emotional, developmental and behavioral disorders.

1680 Albert St
306-766-6700

Co-Occurring Disorder Program (RQHR)

A program that works with and provides services to people who have a chemical dependency and a diagnosed mental illness.

2110 Hamilton St
306-766-7777

Circle Project (Good Food Box)

A pick up location for fresh and nutritious fruit and vegetables delivered every two weeks.

1102 8th Ave, 2nd Floor

306-347-7515

Chili for Children

A food bank referral agency, can provide referrals to the Regina Food Bank.

1264 Athol St

306-359-8262

Crisis/ Suicide Line

A 24-hour crisis and suicide hotline, open to anyone who may be in a crisis state.

306-525-5333

Depression and Manic Depression Support Group of Regina

A support group for people suffering with depression and manic depression.

Hamilton Street and 13th Ave

306-533-8388

Dual Diagnosis Group Program (RQHR)

A program that works with people who have both a chemical dependence and a diagnosed mental illness.

2110 Hamilton St

306-766-7777

Employment Network

A program that works with clients to find suitable employment opportunities.

2080 Rae St

306-585-7244

Family Service Regina

An agency that provide various support programs and services.

2020 Halifax St

306-757-6675

First Nations Employment Centre

A First Nations agency that works with clients to help find suitable employment opportunities.

1504- B Albert St

306-924-1606

Four Directions Primary Health Care Clinic

A clinic that offers various support from assessments, testing and treatments for various medical ailments.

3510 5th Ave

306-766-7660

Good Food Box

A program that provides fresh and nutritious fruit and vegetables, delivery occurs every two weeks.

3510 5th Ave
306-766-6320

Hiring Hands

An agency that works with clients to find temporary or permanent full-time employment opportunities.

404 Broad St
306-352-2285

Health Advice/ Mental Health/ Addictions

A hotline that provides clients with support and advice in terms of health, mental health and addictions.

#811

Income Assistance and Disability Services: Saskatchewan Assured Income for Disabilities (SAID)

1-866-995-7243 or 306-798-7273

John Howard Society

An organization that provides services ranging from addiction support to housing support.

2505 11th Ave
306-757-6657

Marian Centre

A Christian organization that provides services to transient men in the downtown area.

1835 Halifax St
306-757-0073

Mental Health and Addiction Services: Adolescent Inpatient Unit (RQHR)

1440 14th Ave
306-766-4128

Mental Health and Addiction Services: Adult Inpatient Unit (RQHR)

1440 14th Ave
306-766-4323

Mental Health and Addiction Services: Adult Mental Health Clinic (RQHR)

2110 Hamilton St, 3rd Floor
306-766-7800

Mental Health and Addiction Services: Clozaril Clinic (RQHR)

The Clozaril Clinic is designed to provide intensive medication support to those designated chronic and pervasively mentally ill clients who have been treatment resistant to other antipsychotic medications.

1440 14th Ave
306-766-3929

Mental Health and Addiction Services: Mental Health Day Hospital Program (RQHR)

A program designed to provide support and care for people making the transition from hospital to community.

1440 14th Ave
306-4393

Mobile Crisis Services

An organization that provides 24-hour assistance and support in social and health and emergency crisis intervention,

1646 11th Ave
306-757-0127

My Aunt's Place

A shelter at the YMCA that provides 28-day stays for single mothers and their children.

306-454-7786

North Central Family Centre

Offers educational, music, sports, recreational, social, and cultural activities. Delivers programs designed to improve the quality of life for all residents in the North Central neighbourhood.

2931 5th Ave
306-347-2552

OCD Self Help Group

A group that aims to help people suffering from Obsessive-Compulsive Disorder, meeting every second Monday at 7PM.

325 Victoria Ave
306-525-4199 or 306-586-1364

Phoenix Residential Society

A health based organization that provides psychosocial rehabilitation to people affected by mental illness, cognitive disorders and acquired brain injuries.

306-569-1977

Rainbow Youth Centre

An organization that works with people aged 11-25 years of age in various aspects like education, housing links and counselling.

977 McTavish St
306-791-6533

Randal Kinship Center: Crisis Intervention (RQHR)

An organization that provides crisis intervention often involving long and intensive services. Align with traditional First Nations and Metis beliefs.

1680 Albert St
306-766-6780

Regina Community Clinic

A health care center that provides various primary health care needs.

1106 Winnipeg St

306-543-5545

Regina Education and Action on Child Hunger (REACH)

A program that offers fresh and nutritious food at not for profit rates for all Regina citizens.

306-347-3224

Regina Food Bank

An organization that offers emergency food to Regina residents.

425 Winnipeg St

306791-6533

Regina Sexual Assault Centre

A sexual assault line that provides counselling services for men, women and children over 16 years of age, operates 24-hours a day.

1830 McKay St

306-522-5777

Salvation Army

A non-governmental agency that provides direct social services to Regina residents, includes homeless shelters and services for addictions.

50 Angus Rd

306-543-0655

Saskatchewan Abilities Council

The Saskatchewan Abilities Council works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation, and recreational services.

825 McDonald St

306-569-9048

SEARCH

An after-hours primary health care clinic that offers medical and social services, as well as a hot meal.

Open Saturdays from 12:30-3:30.

3510 5th Ave

306-791-9888

Schizophrenia Society of Saskatchewan

An organization that provides support and programs for people affected by Schizophrenia and their families. Promotes education and advocacy for mental health.

2123 Broad St

306-584-2620

Souls Harbour Rescue Mission

A shelter for both men and women offering a variety of services.

1836 Halifax St

306-543-0011

The Caring Place

An organization that provides counseling to individuals, couples and families.

2146 Robinson St

306-347-2273

Visitation House

A drop-in center that services women only, providing information, education and programs for various issues.

900-11th Ave

306-352-0016

Waterston House

A shelter for men in Regina, provides short and long term stay dependent on the individual's specific situation.

1845 Osler St

306-569-6088

YMCA Men's Residence

A shelter that houses male youth and adults in need of shelter.

2400 13th Ave

306-757-9622

YWCA Kikinaw Women's Only Residence

A women's only shelter that provides services for women who have mental illness and addiction problems. Provides counselling and programs promoting daily life skills.

1940 McIntyre St

306-525-2141