

Regina Service Provider Directory



Brought to you by:
the Regina Regional Intersectoral Committee (RIC) &
the Regina Children's Initiative (RCI)

www.reginakids.ca

Aboriginal Family Services Centre

Aboriginal Family Services Centre is a community-based organization that helps families and children. It is mandated to involve the community and develop strong partnerships. As family structures, roles and responsibilities continuously shift, the Centre realizes the importance of remaining flexible and responsive.

AFSC offers the following programs:

- Come 'n' Learn Regina Aboriginal Head Start Program
- Family Support Program
- Probono Neighbourhood Law Clinic
- Family Learning Place
- Kids First Program
- Foster Care Support Program
- Mentoring Program

If you or anyone you know is in need of help for any reason for general help we can help to locate the appropriate resources. Please call or drop by.

Contact Information

Address: 1102 Angus Street

Phone: 525-4161

Website: www.afscregina.ca

Addiction Services

These programs are available for any person who is dependent on or affected by another's use of alcohol or drugs. Individuals are assessed according to their needs and placed in the most appropriate combination of programs and services. This could include individual counselling or group sessions for the substance-affected client or family members. On completion of a treatment program, clients may continue with aftercare follow-up services.

Addiction Services is a strong advocate for those wishing to include traditional cultural care into their recovery plans. First Nation and Métis Elders are available for support and guidance to all clients wishing to follow a cultural path. If you wish to speak with an Elder, one can be available by request.

Our holistic approach to treatment and recovery follows closely with the Medicine Wheel teachings that to fully heal we need to treat the body, mind, emotions and spirit together. To this end we provide the resources that our clients require, including a smudging and healing room for spiritual practices.

Contact Information

Address: 2110 Hamilton Street

Phone: 766-7910

Aids Program South Saskatchewan

For 25 years, AIDS Programs South Saskatchewan (APSS) has been helping men, women and children living with HIV/AIDS.

We strive with our partners to raise awareness about the issues that people living with HIV/AIDS deal with every day including the grassroots problems of poverty, hunger, homelessness, discrimination and stigma associated with HIV/AIDS.

Some of the services offered are:

- Ribbons of Hope Life Skills Program
- Addictions Counselor
- Massage Therapist
- Public Health Nurse
- N.A. Meetings
- Coffee and Drop In Area
- Education Programs
- Food Bank Referrals
- Harm Reduction Program
- Informal Counseling
- Home Visits
- Other "client specific" services

Contact Information

Address: 2911 5th Avenue

Phone: 924-8420 or 1-877-210-7623

Website: www.aidsprogramssouthsask.com

Al Ritchie Community Association/ Al Ritchie Family Wellness Centre

The Al Ritchie Family Wellness Project is a drop in centre that offers a wide variety of free family programming and services. Our Centre offers various programs and activities primarily for parents and their children aged 0-6 years.

The Centre is a safe and friendly environment for your children to play in while you visit or use our clothing bank. Staff can also assist you in placing or giving referrals for the Food Bank or to other service providers.

Our project aspires to offer children's programming that aids in the mental development and physical growth of children within our community. We also seek to empower parents by offering parenting classes that address such issues as family violence, nutrition, and self esteem. We understand that in our society there are several challenges and barriers for some families in our community and hope that our work can offset some of those effects.

We are always looking to replenish our clothing bank and invite you to bring your donations! We accept small household items and clothing for those in need in our community. Donations can be dropped off Tuesday, Wednesday and Thursday between 1:00pm and 5:00pm.

Contact Information

Address: 2250 Lindsay Street

Phone: 522-3930 or 525-4989

Website: www.alritchie.com

Al Ritchie Health Action Centre

The Al Ritchie Health Action Centre is a community health centre whose staff includes a nurse, nutritionist, and outreach coordinator.

What we do for you:

- coordinate access to various health services
- offer prenatal nutrition program
- carry out health assessments
- Toonie haircuts
- take orders for Good Food Box
- provide support to individuals, families and groups
- deliver outreach services
- provide health education and lifestyle information
- make available centre telephone, fax machine, photocopier, and computer for residents' use
- refer to the Food Bank
- maintain skills inventor
- and welcome volunteers to participate in centre programs.

Contact Information

Address: 325 Victoria Avenue

Phone: 766-7660

"If you raise your children to feel that they can accomplish any goal or task they decide upon, you will have succeeded as a parent and you will have given your children the greatest of all blessings." - Brian Tracy

Alcoholics Anonymous

Alcoholics Anonymous® is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions.

AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes.

Our primary purpose is to stay sober and help other alcoholics to achieve sobriety. Please call 545-9300 for information and meeting times.

All Nations Hope AIDS Network (ANHAN)

ANHAN has committed professionals who are persistent in their efforts to provide confidential service with many of them having personal experiences with HIV/AIDS and Hepatitis C.

Within a friendly atmosphere, they listen, support, guide, assist, advocate and encourage All Nations living with HIV/AIDS and hepatitis C.

As a learning organization, they provide educational workshops and training opportunities for clients and staff so that the best service can be available.

They are seen as leaders in their field of health care utilizing a family and client focused approach to service delivery because of their commitment to focus at the grass roots and community level. A solid sense of their spirituality underscores all their efforts.

Contact Information

Address: 2735 5th Avenue

Phone: 924-8424

Website: www.allnationshope.ca

Allan Blair Cancer Centre

Dedicated to the early detection and treatment of cancer, the Allan Blair Cancer Centre serves all of southern Saskatchewan.

The Centre offers expertise in a variety of diagnostic techniques, surgical intervention, chemotherapy and radiation therapy. Owned and operated by the Saskatchewan Cancer Agency, the Centre is one of many successful partnerships the Regina Qu'Appelle Health Region has with community-based agencies.

The Allan Blair Cancer Centre is located within the Pasqua Hospital. Enter through the main doors of the hospital and follow the directional signs to the Cancer Centre.

Hours of operation: Monday through Friday 8:00am to 4:30pm

Contact Information:

Address: 4101 Dewdney Avenue

Phone: 766-2213

Alzheimer Society Of Saskatchewan

The Alzheimer Society of Saskatchewan is dedicated to helping those affected by Alzheimer's disease through awareness, advocacy, education and support services.

Our programs include groups for individuals with early memory loss, information and support groups for caregivers, a lending library, information and referral services, Safely Home - the Alzheimer Wandering Registry and education services for families, professionals, children and the general public.

Contact Information

Address: 2550 - 12th Ave., Ste. 301

Phone: 949-4141 or 1-800-263-3367

Website: www.alzheimer.ca/Saskatchewan

*Children will not remember you for the material things
you provided, but for the feeling that you cherished
them. – Richard Evans*

The Arthritis Society

The Arthritis Society strives to be your one-stop source for Arthritis information and our goal is to empower people to gain knowledge and control of their disease.

True, many older people do have arthritis, but it's not just a disease of the old. Some forms of arthritis affect children still in diapers, while thousands of people are stricken in the prime of their lives. The common denominator for all these conditions is joint and musculoskeletal pain, which is why they are grouped together as 'arthritis.' Often that pain is a result of inflammation of the joint lining.

Inflammation is involved in many forms of arthritis. It is the body's natural response to injury. The warning signs that inflammation presents are redness, swelling, heat and pain. These are the same kinds of reaction the body has to a sliver in the hand, for example. When a joint becomes inflamed, it may get any or all of these symptoms. This can prevent the normal use of the joint and therefore it can cause the loss of function of that joint.

If you need information about arthritis or would like to speak to someone about the many programs and services provided by The Arthritis Society contact us!

Contact Information

Address: #110 – 2550 – 12th Avenue

Phone: 352-3312 or toll free 321-1433

Big Brother of Canada

Each Big Brother/Big Sister agency provides direct service to children by matching adults and children in quality mentoring relationships.

Our agency staff members are experts at screening volunteers and matching them with a child having similar interests.

Programs include:

- Big Brother Program
- Teen Mentoring Program
- In School Mentoring Program

Contact Information

Address: 2400 13th Avenue

Phone: 757-3900

Website: www.bigbrothersofregina.com

Big Sisters of Regina (YWCA)

YWCA Big Sisters of Regina believes that all children should be supported within their families and communities to reach their full potential, and that each child's development can be enhanced by positive, nurturing relationships with caring adults who give priority to the child's well-being. Our programs are dedicated to empowering children by strengthening their personal abilities, confidence and interpersonal skills.

Contact Information

Address: 1940 McIntyre St.

Phone: 525-2141 ext 123

Website: www.bigbrothersbigsisters.ca/bsregina

Canadian Cancer Society

The Canadian Cancer Society is a national, community-based organization of volunteers whose mission is eradicating cancer and enhancing the quality of life of people living with cancer. Our mission is achieved through research, education, patient services and advocacy for healthy public policy. These efforts are supported by volunteers and staff and funds raised in communities across Saskatchewan and from coast to coast.

- **Research:** The Canadian Cancer Society is the largest national charitable funder of cancer research in Canada. This research helps Canadians to understand, prevent and reduce their risk of cancer by transforming research knowledge into powerful information, programs and services
- **Advocacy:** mobilizes Canadians to create social and political change to help control cancer in Canada and to create environments to reduce people's risk of cancer. These changes will lead to fewer cases and deaths of cancer
- **Prevention:** encourages Canadians to choose healthy lifestyle and advocates for healthy environments to support them in their choices so that fewer Canadians will be diagnosed with cancer
- **Information:** helps you take control of your health with reliable information. We offer up-to-date, accessible and credible information that empowers you to make good decisions when it comes to your health
- **Support:** no one need face this disease alone. We offer individual or group support programs for caregivers, family and friends

Contact Information

Address: 1910 McIntrye Street

Phone: 790-5822 or toll free 1-888-977-4673

Website: www.cancer.ca/Saskatchewan

Canadian Diabetes Association

Across the country, the Canadian Diabetes Association leads the fight against diabetes by helping people with diabetes live healthy lives while working to find a cure.

We are supported in our efforts by a community-based network of volunteers, employees, healthcare professionals, researchers and partners.

By providing education and services, advocating on behalf of people with diabetes, supporting research and translating research into practical applications, we are delivered on our mission.

Contact Information

Address: 917 Albert Street

Phone: 584-8445

Website: www.diabetes.ca

Canadian Mental Health Association

Who is affected?

- 20% of Canadians will personally experience a mental illness in their lifetime
- Mental illness affects people of all ages, educational and income levels, and cultures
- Approximately 8% of adults will experience major depression at some time in their lives
- About 1% of Canadians will experience bipolar disorder (or "manic depression")

How common is it?

- Schizophrenia affects 1% of the Canadian population
- Anxiety disorders affect 5% of the household population, causing mild to severe impairment
- Suicide is one of the leading causes of death in both men and women from adolescence to middle age
- The mortality rate due to suicide among men is four times the rate among women

What causes it?

- A complex interplay of genetic, biological, personality and environmental factors causes mental illnesses
- Almost one half (49%) of those who feel they have suffered from depression or anxiety have never gone to see a doctor about this problem
- Stigma or discrimination attached to mental illnesses presents a serious barrier, not only to diagnosis and treatment but also to acceptance in the community
- Mental illnesses can be treated effectively

Contact Information

Address: 2702 - 12th Avenue

Phone: 525 5601

Website: www.cmhask.com

Canada-Saskatchewan Career and Employment Services

Canada - Saskatchewan Career and Employment Services helps you learn where the jobs are and what types of work you want to do.

We help you improve your skills and employment prospects, and we help link the abilities of Saskatchewan's workers with the needs of employers.

We also assist the employer, by advertising your opportunities, promoting you and your services, providing human resource information, and connecting you with Saskatchewan workers.

Our programs and services help people:

- plan a career
- upgrade their education and learn job-related skills in demand
- find a job
- fill a job vacancy

Contact Information

Address: 1911 Broad Street

Phone: 787-2160

The Caring Place

The Caring Place is a registered non-profit charitable organization, based in Regina, Saskatchewan. Since 1992, the Caring Place has been committed to providing professional ethical and confidential counseling to the Regina and area communities.

Counselors work from a Christian faith perspective and seek to provide a place of safety where people of all ages and backgrounds can come to receive help in their time of need.

We serve individuals, couples, families and groups dealing with personal issues such as:

- Marriage and family concerns
- Abuse and trauma
- Self-esteem
- Grief and crisis
- Depression and anxiety
- Conflict resolution
- Women's and Men's issues
- Pre-marital counselling
- Sexual harassment
- Addictions
- Stress
- Mental and spiritual health issues

Hours of Operation: Tuesday – Thursday 10:00am to 6:00pm, Friday 9:00am to 4:00pm.

Contact Information

Address: 2146 Robinson Street

Phone: 347-2273 or 1-877-522-7464

Website: www.thecaringplace.ca

Carmichael Outreach

Carmichael Outreach serves the marginalized of Regina by advocating on their behalf and by providing a range of programming that includes preventative measures and harm reduction. An open door policy ensures a non-judgmental environment where all are treated with respect and dignity. Our vision for Carmichael Outreach is to be the open door and strong voice; embracing those in greatest need.

Programs/Services

- Kids Camp
- Children's Needs
- Christmas Hampers
- Coffee Room
- Community Garden
- Condom Distribution
- Food Recovery Program
- Haircuts
- Immunizations
- Needle Exchange
- On-site Nurse
- Parenting Group
- Quitting Group
- Referrals to Agencies and Food Bank
- Seniors Program
- Used Clothing and Small Household Depot

Hours of Operation: Monday - Friday 9:00am to 12:00pm and 1:00pm to 4:30 pm

Contact Information

Address: 1925 Osler Street (behind Regina Inn)

Phone: 757-2235

Website: www.carmichaeloutreach.org

Catholic Family Services

Catholic Family Service Society is a non-profit community based organization. It is staffed by qualified personnel trained in social work, counseling and psychology to provide effective assistance to individuals and families in distress regardless of beliefs, social or economic circumstances.

Services include:

- **Counselling** through marital, parenting, family, separation and divorce, individual, education and counselling groups
- **Families First** provides services to high risk families in their own homes to reduce at risk children from being removed and placed in care
- **Family Support Program** supports the healthy development of families and their children
- **Rapid Intervention for Family Treatment (RIFT)** is a family therapy service for families in crisis. Families with youth 15 years and younger who are in significant crisis are referred for therapy on a quick access schedule. Access is only through the Unit which pays for up to five family sessions
- **Resolving Adolescent - Parent Strife (RAPS)** - is a conflict resolution and family negotiation service. Families with youth 16 years and older who are unable to resolve ongoing conflicts that have ruptured the relationships are given support to rebuild relationships
- **Young Parent** provides services and mentoring to teenage and young mothers and their children
- **Youth Mentoring Program** matches youth ages 6-18, referred by the Ministry of Social Services, with an adult role model

Contact Information

Address: 974 Albert Street

Phone: 525-0521

Website: www.cfsregina.ca

Child Care Subsidies

A child care subsidy is a monthly subsidy that helps Saskatchewan families meet the costs of licenced child care. Subsidies are provided directly to child care facilities to reduce the fees charged to eligible parents. Subsidies vary on a sliding scale with income – the lower the income, the higher the subsidy.

To be eligible for a child care subsidy, individuals must:

- have lawful custody of a child or children under the age of 13 years who receive care in a licensed facility
- be Canadian citizens or permanent residents of Canada
- be residents of Saskatchewan
- have a valid reason for care which includes employment or self-employment, attendance at an educational institution, looking for work, involvement in an approved pre-employment program, or special medical or social needs.

Contact Information

Address: 4th Floor, 2151 Scarth Street

Phone: 787-4155

Website: www.socialservices.gov.sk.ca/childcare

Child Find Saskatchewan

Child Find Saskatchewan is a Provincial charitable organization that educates and advocates for the protection and rights of children and youth. We promote awareness of the issues relating to missing children. We believe: "*A Missing Child is Everyone's Responsibility*", and that all children have a right to be safe.

Our Objectives

- To locate and reunite missing children with their lawful parent or guardian
- Increase public awareness of the need to protect children
- Deliver and maintain a Child Find Program Canada-wide
- Provide an educational programs on personal Internet safety
- Support families of missing children through our connecting Family Program

Education

We promote community education and awareness, and cyber tip information. Some of the topics include: cyber tips & Internet safety, smart kids, parental child abductions.

Contact Information

Address: 2802 Dewdney Avenue

Phone: 584-9707

Website: www.childfind.sk.ca

Circle Project

Circle Project offers a wide variety of self-development programs and counseling services within a cultural framework that has proven comfortable and acceptable for Aboriginal people.

Any person who desires assistance is welcome. Traditional people have been a fundamental part of our organization from the beginning and they provide guidance to us generally, as well as working with individuals who need their help.

Programs:

- Family Literacy
- Children's Centre
- Student's Centre
- Womenspeak
- KidsFirst
- Adult Basic Education
- Family Violence Program
- Traditional Parenting
- Drug/Alcohol Counseling

Contact Information

Address: 1102 8th Avenue

Phone: 347-7515

Website: www.circleproject.ca

City of Regina

Free after-school programs for children ages 5 to 12:

- Cathedral Neighbourhood Centre, 2900 13th Ave, 777-7034
- Core Ritchie Neighbourhood Centre, 445 14th Ave, 777-7080
- Glencairn Neighbourhood Centre, 2626 Dewdney Ave, 777-7747

Free teen drop-in programs for youth ages 12-18:

- Core Ritchie Neighbourhood Centre, 445 14th Ave, 777-7080
- Glencairn Neighbourhood Centre, 2626 Dewdney Ave, 777-7747

After the Bell Programs will provide children in grades 4 - 6 the opportunity to experience various arts, sport, culture and recreation activities. In addition to recreational activities, there will be a chance to get some homework help and to learn from special guest instructors. There is also a program that will be offered for youth ages 11-16. This is a free, drop-in program and will take place in various locations around the city. For more information call 777-7047.

Aboriginal Swim Program: Warriors of the Water provides Aboriginal youth ages 11+ the opportunity to learn how to swim. The training, skills and knowledge to become a certified lifeguard are provided. Participants are divided into junior and senior groups, depending on their ability. In this program, participants gain leadership and teamwork skills, learn about responsibility, staying active, and also the importance of water safety. The City of Regina works in partnership with RTSIS to provide this program. For more information please call 522-7484 or 777-7047.

City Kidz

To inspire, to instill, to impact.

Why we exist: To transform the lives of inner city children, break the cycle of hopelessness, and end child poverty.

What we do:

- Inspire children to dream big, and to rise above their circumstances
- Instill faith based values and teach children to do the right thing
- Provide new experiences and environments that inspire kids to unlimited possibilities
- Provide positive role models that build relationships with every child
- Build hope by celebrating the special days in a child's life such as Christmas and birthdays
- Remove barriers by providing door to door transportation to all activities
- Empower youth to be role models and provide opportunities to lead

We provide transportation from the child's home to the City Kidz Playhouse Theatre and back home again. The program includes worship, drama, games, memory moments, and lunches for the children. City Kidz Regina does not stop at the children, weekly house visits are done to each home. This is an opportunity to get to meet the parents and let them know more about who we are and what is happening on Saturday afternoons. The vision of City Kidz Regina is to provide Faith, Hope, and Love to as many children as possible by reaching all areas of the city. Our goal is to reach 600 children by year 2015.

Contact Information

Phone: 529-8656

Website: www.citykidz.ca

Clothing

Anything Goes -- YWCA

1940 McIntrye Street
525-2141

Al Ritchie Family Wellness Centre

Tuesdays, Wednesdays, Thursdays 1:00pm to 5:00pm
2250 Lindsay Street
525-4989

Carmichael Outreach

1925 Osler Street
757-2235

Indian Métis Christian Fellowship

3131 Dewdney Avenue
359-1096

Marian Centre (Serves Men Only)

Fridays 12:00pm to 12:45pm
1835 Halifax Street
757-0073

Salvation Army Community Ministries

Phone for an appointment and availability
2240 13th Avenue
757-4600

Soul's Harbour Rescue Mission

Mondays to Thursdays 1:00pm to 4:00pm
1836 Halifax Street
522-7122

Community Parent Education Program (C.O.P.E.)

Need help coping with your child(ren)?

C.O.P.E. (Community Parent Education Program) is an effective research-based parenting program that helps parents to develop a more positive approach to parenting and reduces problem behavior in children.

This eight session parenting program will help parents to:

- Build positive relationships with their children
- Manage those stressful times of the day (like before school, mealtimes, bedtimes)
 - Learn new ideas to help C.O.P.E.

Supervised activity groups for children ages 3-5, and social skills development/activity groups for children ages 6-12, will be provided at **NO CHARGE** while parents attend the parenting program.

C.O.P.E programs are facilitated by qualified professionals trained by C.O.P.E. Programs are **FREE** of charge at various locations throughout Regina.

Contact Information

Phone: Randall Kinship Centre 766-6780

Creative Options Regina

COR develops Supportive Living and Daytime Programs for people with intellectual disabilities. Rooted in the philosophy of Gentle Teaching, COR offers an innovative approach to care giving. COR is committed to provide support to people with a disability whose needs are not currently being fulfilled; all opportunities are developed together with, and for, the person in the community in which he/she lives.

COR offers personalized support services ranging from Supportive Living to Daytime Programs. Supportive Living encompasses a wide range of in-home support based on individual needs, personal lifestyle preferences, community norms and equality of citizenship; while COR's Daytime Program is primarily community based and strives to meet the personal goals and objectives of the individuals served through utilizing ordinary services and businesses for options and safety nets. Each of COR's programs vary as they are specifically tailored to the individuals in which COR serves.

Contact Information

Address: Site 103—1170 Broad Street

Phone: 546-4441

Crime Stoppers

Crime stoppers is a non-profit program relying on cooperation between law enforcement, news media and citizens in the fight against crime.

Crime Stoppers may pay cash rewards of up to \$2,000 for information pertaining to any crime which leads to the identity or arrest of individuals involved. Calls or submissions are not traced or recorded and callers do not have to identify themselves.

Crime Stoppers encourages people to submit anonymous information to solve crimes already committed, or those about to be committed.

Tipsters regularly report on simple crimes such as traffic offences, theft and insurance fraud to more serious crimes such as murder, drug offences and property crimes.

Contact Information

Address: 2145 Albert Street

Phone: 545-8477 or 1-800-222-8477

Website: www.reginacrimestoppers.ca

Diabetes Services: Metabolic & Diabetes Education Centre (MEDEC)

MEDEC provides diabetes education, care and support to adults, youth and children with type 1 and type 2 diabetes, pre-diabetes (IFG/IGT), gestational diabetes (GDM), hypoglycemia, or polycystic ovarian syndrome (PCOS).

MEDEC is located in the Medical Office Wing at the Regina General Hospital. Group classes and individual sessions are offered by the Diabetes Nurse Educators and Diabetes Nutrition Educators at the Centre. Self-management skills taught include healthy eating, active living, glucose monitoring, medications and other lifestyle issues such as travel, restaurant eating and shift work.

MEDEC educators provide the training and skills you will need to start insulin therapy, to adjust your dosage and to use an insulin pump.

The Pregnancy and Diabetes Clinic provides specialized, comprehensive diabetes management and prenatal care for women with type 1 and type 2 diabetes during pregnancy, and for women with gestational diabetes, who require insulin therapy. To attend this clinic you will need a referral from your family doctor.

Self-referrals and referrals from physicians and other health professionals are accepted at MEDEC. Call 766-4540 for more information.

In-patient diabetes nurse education services are available at the Pasqua and Regina General hospitals and Wascana Rehabilitation Centre.

Discounted Monthly Bus Pass

Discounted monthly passes are available to people participating in one of the **following 5 provincial government programs:**

- Social Assistance
- Transitional Employment Allowance
- Saskatchewan Employment Supplement
- Provincial Training Allowance
- Saskatchewan Assured Income for Disability

Application forms for the discounted monthly pass program are available from the Transit Information Centre (2124 11th Ave) or your case worker.

You will be asked for proof on your participation in one of the above 5 provincial government programs and for personal identification when you apply.

Only immediate family members identified on the application form will be able to purchase a discounted monthly pass.

For more information please call 777-7433

Paratransit
777-7007

Dress for Success

Dress for Success serves clients by **referral only**, and women must have an interview scheduled before receiving clothing. Our clients come to us from a continually expanding and diverse group of non-profit and government agencies including homeless shelters, immigration services, job training programs, educational institutions and domestic violence shelters, among many other organizations.

Other programs include:

- **The Professional Women's Group Program** provides our network of employed Dress for Success women the partnership of support, practical information and inspiration to achieve self-defined success in career and life.
- The **Career Centre** promotes confidence and professionalism by providing Dress for Success clients with career guidance, technology skills and support in their job searches.
- The **Going Places Network** by Walmart will help unemployed and under-employed Dress for Success clients gain professional skills, accelerate their job search and build confidence through weekly training sessions, one-on-one career coaching and networking in a supportive environment.

Hours of Operation: Tuesdays 6:30 pm – 8:30 pm and Saturdays 10:00 am – 12:00pm. Closed on long weekends.

Contact Information

Address: 3025-13th Avenue (Westminster United Church)

Phone: 543-7377

Website: www.dressforsuccess.org/regina

Eagle Moon Health Office

The Regina Qu'Appelle Health Region Eagle Moon Health Office takes a holistic approach to health, understanding that complete health encompasses mental, physical, emotional and spiritual well-being.

The Eagle Moon Health Office brings First Nations and Métis community members together with health workers to collaborate and work toward meeting the holistic health needs of the population.

The office supports and encourages cultural and traditional ways for First Nations and Métis people as they journey on their path to wellness.

Hours of Operation: Monday to Friday 8:30am to 5:00pm

Contact Information

Address: 400 Broad Street

Phone: 766-7190

The best inheritance a parent can give his children is a few minutes of his time each day. — Orlando A. Battista

Early Learning Centre (Regina)

The Early Learning Centre is a child and family development centre which works co-operatively with low income families in Regina to provide programs which foster the healthy development of children from prenatal to five years of age.

The following programs are offered:

- **KidsFirst Program:** is a program that assists families in becoming the best parents they can be, by providing support, enhancing knowledge and building on family strengths.
- **Parents as Teachers:** the program supports parents in their role as their child's first and most important teacher. It is available to families expecting a child and with children up to the age of three.
- **Preschool Program:** The Preschool program is built upon child-centred and culturally sensitive principles. It uses a structured play approach to foster holistic development and to build foundations for language and learning skills. The preschool has an open door policy and welcomes family participation.
- **Family Outreach:** Aboriginal PRINTS, Come Read With Me, Aboriginal Literacy and Parenting Skills, Play and Learn, Parenting Programs, Women's Support Group
- **Family Support:** Families who participate in the Family Support Program receive regular home visits and are encouraged to attend group programs offered at the ELC. Participation in this program may be long or short term, depending upon need. Referrals to other agencies are also part of this program.

Contact Information

Address: 2115 Athol Street

Phone: 757-3744

Website: www.earlylearning.ca

Early Childhood Intervention Program

The Early Childhood Intervention Program, Regina Region Inc. (ECIP) and Touchwood (ECIP) is a non profit organization that provides a home visiting program for families of children birth through age six. Parents whose children may be experiencing varying degrees of difficulty in areas of development, including movement, sight, hearing, communication, touch and learning, or a child who is at risk for delay in their development, may qualify for this service.

CHILD DEVELOPMENT

- We offer child and family specific programs and strategies.
- We use the Diagnostic Inventory for Screening Children and other child inventories to identify each child's profile.
- We facilitate transition planning.
- We facilitate a collaborative team approach.
- We offer a toy and resource lending library
- We offer staff members who have a strong knowledge base in the development of strategies and interventions for young children who may have developmental concerns.

FAMILY SUPPORT

- We offer home visits
- We offer staff who have a strong knowledge base in family dynamics
- We offer family to family networking opportunities
- We provide parent and families with emotional support and parenting strategies.
- We will accompany families to appointments and team meetings as requested.
- We provide families with information specific to their concerns regarding child development.
- We offer advocacy support.

Contact Information

Address: #305 - 1102 8th Avenue

Phone: 347-5020

Ehrlo Community Services

Ehrlo Housing operates the Lakeshore Village, a unique 48-unit apartment complex in south Regina. It provides quality housing for singles, single parent and low income families (priority will be given to families)

Washington Park Place provides supportive accommodation for single mothers. This unique 12-unit apartment provides quality housing and referrals to community supports and services. For information, please visit our office at 2910 5th Ave, Regina or phone 584-3313

The **Ehrlo Sport Venture Program (Sport Venture)** is a community outreach program of Ehrlo Community Services. Sport Venture aims to provide inner-city youth and families with control of and access to recreation programs by reducing the barriers to participation in sport and physical activity. Sport Venture currently offers four free drop-in sports leagues, hockey basketball, soccer and football, and lends sport equipment through the Ehrlo Sport Venture Library. For information please visit our office at 2730 - 5th Avenue, Regina or by phone 751-2411

Ehrlo Counselling Services provides professional counselling services and programs to children, adolescents and families that address a variety of issues. Our office is located at 101 - 2022 Cornwall St, Regina, or by phone 751-2467

Avant-Garde College offers training programs in Cosmetology and Esthetics, as well as a Nail Technician Course. The training facility includes a full-service salon, with all salon services performed by students of the program. We are located at 1033 - 8th Avenue or by phone at 522-5900

The **Pre-Trades Construction Project** prepares youth for entry level employment in construction. The program targets youth who are interested in careers in the construction industry but lack the necessary skills to secure or maintain employment in the sector. Classroom, workshop and on-the-job training experiences, combined with career development, employability and skill development activities help prepare participants for careers in the construction sector. For information, please call 781-1800

Employment

**Aboriginal Skilled
Workers Association**
3115 Avonhurst Dr. 565-0544

Regina Adult Learning Centre
Suite 103 1112 Winnipeg St.
522-4493

**Adult Centre for Employment
Readiness Training**
Unit 425—455 Winnipeg St.
791-6562

**Regina Trades
and Skills Centre**
828 Albert St. 791-8279

**Employment Network
Canada Inc.**
2080 Rae St. 585-7244

**Regina Work
Preparation Centre**
2022 Halifax St. 757-9096

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

**Salvation Army Casual
Labour Program**
1845 Osler St. 525-1811

Gabriel Dumont Institute
1235 2nd Ave N. 352-5620

**Saskatchewan Employment
Subsidy (SES)**
Ministry of Social Services 787-4723

Labour Ready
1602 12th Ave. 546-2622

Saskjobs
1911 Broad Street. 787-2160

Manpower
1446 Broad St. 791-8730

Service Canada Job Bank
3115 5th Ave. 1-800-622-6232

**Rainbow Youth Centre: Road to
Employment Program**
977 McTavish St. 757-9743

Street Culture Kidz
3612 Albert St. 565-6206

Working Towards Success
4001 3rd Ave N. 522-7494

Family Service Regina

We are a not-for-profit, community based organization that provides a variety of services and programs for more than 6,000 families in Regina and the surrounding area.

Mission Statement

Family Service Regina provides leadership and services that strengthen families and individuals to fully participate in our vibrant and inclusive community.

Programs:

- Counseling for families, couples and individuals
- Employee and Family Assistance Program (EFAP)
- Teen & Young Parent Programs
- Family Violence Programs
- Family Education
- Marriage Preparation
- Balancing Work and Family Seminars
- Event speakers, workshop presentations, and consultations
- Families and Schools Together Program
- Community volunteer opportunities

Hours of Operation: Monday to Friday 8:30am to 12:00pm and 1:00pm to 4:30pm

Contact Information

Address: 2020 Halifax Street

Phone: 757-6675

Website: www.familyserviceregina.com

Four Directions Community Health Centre

Four Directions Community Health Centre is located in North-Central Regina promotes individual, family and community health and wellness. These affirm the culture and heritage of First Nations and Métis peoples and are open to all community residents. It provides healing, inclusive of all people, honouring individual uniqueness, meeting community needs through the use of the Medicine Wheel and holistic practices to help people get, and stay, healthy.

Involvement of community Elders, residents and staff have brought a distinct Aboriginal character to the Four Directions Community Health Centre.

Programs include Healthiest Babies Possible, Sunrise Health, Chronic Conditions Nurse Educator services, Aboriginal Community Development and Speech Language services.

These programs offer home visits child health clinics, parenting sessions, advocacy, counseling, support, prevention and assistance with management of chronic diseases.

Nurse practitioners and a physician are also available to assess and manage common adult and childhood health conditions.

Contact Information

Address: 3510 5th Avenue

Phone: 766-7540

The Gathering Place

The Gathering Place aims to provide "one stop service delivery" located at 4001-3rd Avenue North ensuring the efficient and effective delivery of programs and services to the Treaty and Status Indian population in the City of Regina.

First Nations Employment Centre provides direction in career planning, employment and training. Clients can develop and update resumes and cover letters as well as research job opportunities through the internet and job postings. 924-1660

Atoskata Program provides opportunity for young offenders (aged 12-18) who have been convicted of a property-related offence to remain in the community making restitution while learning about the impact of their actions. 569-0321

Treaty Four Education Centre helps clients obtain their grade 12. We seek to develop students physically, mentally, spiritually and emotionally. 522-5277

First Nations Family Support Centre responds to the needs of children at risk and to break the generational cycle of violence, abuse and addictions. We hope to help in the creation and maintenance of healthier Urban First Nations family environment where children can safely grow mentally, physically, emotionally and spiritually to achieve their fullest potential. The Family Support Centre is open to all community members regardless of status or ethnicity. 522-6722

Red Feather Spirit Lodge Development and Training Program offers support and services to youths (age 12 to 20) who are considered to be at risk and involved in the Youth Criminal Justice System to support getting their lives back on track. As well the opportunity to develop personal and social skills and participate in First Nation cultural activities. The program offers an evening and week end component using First Nation role models. Transportation is provided. 359-5276

The Neighbourhood Recreation Project is an evening program for youth. The program provides many different leisure activities. Program runs Monday to Friday 4:00pm to 8:00pm at The Gathering Place and Kitchener Community School. To register, stop by the office and fill out the forms. Transportation and snacks are provided at no charge. 359-1777

The Talking Circle Program was implemented as an option for families to plan and prevent children from firstly coming into care, and secondly being returned to the families in the safest and fastest way possible. Circles allow participants to share openly about the various obstacles the families face and also for resources and supports to be utilized. It is a process that empowers families to make good decisions on a child's safety or to identify extended family placements. Information is shared, options are identified and assessed and plans are made through a non-threatening and inclusive process. 522-7494

Gamblers Anonymous

A fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.

The only requirement for membership is a desire to stop gambling. There are no dues or fees for Gamblers Anonymous membership; we are self-supporting through our own contributions. Gamblers Anonymous is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy; neither endorses nor opposes any cause. Our primary purpose is to stop gambling and to help other compulsive gamblers do the same.

Where are meetings?

Knox-Metropolitan Church at 2340 Victoria Ave Room 104 (Use room buzzer on front entrance wall to gain access): Sunday, Tuesday, Friday 7:30 pm - 9 pm

Our Savior's Lutheran Church at 190 Massey Rd Room 104 (Use the rear entrance adjacent to the parking lot): Thursday 7:30 pm - 8:30 pm

In the case of newcomers, a spouse, friend, or family member is Allowed to accompany them to their first meeting for moral support.

Contact Information

Website: www.gamblersanonymousregina.org

Girl Guides of Canada

Girl Guides of Canada-Guides du Canada (GGC) stands for what it has always stood for - fun, friendship and adventure.

GGC is a safe, accepting environment with diverse and exciting programs and activities that offers girls the chance to learn, grow and discover through age-appropriate programming. From sports, camping and science to eco-activities, fashion design and community projects, Guiding's girl-centred programming has something for everyone.

Guiding is bold, fun, energetic and gives girls the tools and resources they need to achieve greatness.

Contact Information

Address: 200 - 1530 Broadway Avenue

Phone: 757-4102

Website: www.girlguides.sk.ca

Cohesive neighbourhoods and supportive local communities play an important role in supporting positive child development outcomes and in overcoming some of the risks associated with lower socioeconomic status.

Grandmothers Caring for Grandchildren Network

The Network is Aboriginal Grandmothers caring for their grandchildren, nieces, nephews or cousins who support each other by sharing their experiences and knowledge. Community organizations and health professionals who want to assist these grandmothers in caring for children.

Support Network Meetings provide a chance for Grandmothers to share their joys and concerns. Tea and bannock are always served. Here, Grandmothers can share their experience caring for grandchildren with other Grandmothers. Occasionally speakers from community agencies come and address some of the concerns and issues the Grandmother have expressed interest in.

Network Activities

- We gather together to discuss our concerns and provide each other with support
- We find support and strength in realizing experiences are shared
- We educate each other about different services and programs in the community

For more information, please call 585-5766.

Greystone Bereavement Centre

The Greystone Bereavement Centre is unique in Canada in terms of capacity and variety of programming offered. The goal is to contribute proactively to the health and well-being of grieving individuals, communities and organizations.

Counselling expertise combined with education around the grieving process will ensure that each client receives the right care, in the right place, at the right time.

The GBC seeks to become a national resource centre for research, training, teaching and counselling related to grief and bereavement.

Contact Information

Address: 700B - 4400 4th Avenue

Phone: 766-6946

Website: www.rpci.org/services/bereavementcare

Harm Reduction Methadone Maintenance Program

*Finding your path to freedom from
addiction*

How does a Methadone Program work? To begin taking Methadone, a person can walk into or call the clinic. Staff will set up a time for the person to see a counselor as soon as possible.

The counselor will complete an intake assessment. This is a history of the client's medical problems, drug use, treatment, social and legal history. This will help the counselor decide if the person is a candidate for Methadone treatment. The counselor will also explain how Methadone works and how the program runs.

If the person is a candidate for Methadone treatment and agrees to the conditions of the program, they will sign a "Treatment Agreement".

Before starting Methadone treatment, it is important for a client to have a physical examination by a doctor. This will include blood work to test for diseases like HIV and Hepatitis C, and liver Function. This is to ensure their body is healthy enough to handle the Methadone.

Clinic Hours: Monday to Friday, 8:00am - 12:30pm and 1:15pm - 4:45pm; Saturday, Sunday and Holidays 11:00am - 3:00pm

Contact Information

Address: 1048 Albert Street

Phone: 766-6350

What is a fun outdoor activity?

Bubbles — a great outdoor toy that you can make with a little dish soap and some water. Try different objects to make different bubbles!

Hand-in-Hand (Literacy Hub)

In Regina we will work primarily in partnership within inner-city, at risk communities and on the rural side of our region we will work in a variety of locations on and off reserve, with the core pilot projects taking place in the Town of Balcarres.

We will deliver family, workplace, justice and health literacy programs via our Literacy Outreach Program that tackle these highly controversial barriers to literacy attainment for families and increase overall quality of life and determinants of health for our residents.

Contact Information

Address: 1909 Ottawa Street

Phone: 569-1368 or 551-7532

Website: www.literacyhub.ca

Healing Hearts Ministry

The Healing Hearts Ministry is a non-denominational ministry/church working among the less advantaged people of Regina. Our focus is teaching people to develop a personal relationship with God, to bring healing to the sick (whether it is spiritual, emotional, psychological or spiritual), and to discipling people into using their gifts and talents in the service of our Lord Jesus.

Our services are at 11:00 am on Sunday mornings at the Healing Hearts Ministry Centre (766 Angus St.) in Regina. We have various other events which go on each week, from Bible study groups to prayer meetings, Kid's Klub to support groups.

Contact Information

Address: 766 Angus Street

Phone: 565-3732

Website: www.healinghearts.ca

HealthLine

HealthLine is a free, confidential 24-hour health advice telephone line, staffed by registered nurses. They can provide you with immediate, professional health advice or information, and direct you to the most appropriate source of care.

HealthLine can help you decide whether you should treat your own symptoms, go to a clinic, wait to see your doctor, or go to a hospital.

HealthLine is **not** for emergency situations. If you have a medical emergency, call 9-1-1.

HealthLine does not replace the advice of your physician, eliminate the need for regular check-ups, or provide a doctor's diagnosis.

HealthLine service is offered in English, with translation in a wide variety of other languages including French, Cree and Dene. TTY access is available at 1-888-425-4444 for those with hearing and speech difficulties.

Phone: 1-877-800-0002

Website: www.health.gov.sk.ca/healthline-online

Healthy Parenting Program

Parenting is a learned skill. Parents need resources that support positive parenting skills.

Healthy Parenting Home Study Program is designed for parents who prefer to learn on their own. The correspondence style course is useful for parents who live in locations where group parenting programs are not offered.

Healthy Parenting Home Study Program is a program for expectant parents, caregivers and parents of children from infancy to age five. The program is a self-led study that enables parents to expand their knowledge on parenting in the comfort of their own home. Growth and development, physical and emotional needs, and positive strategies are some of the topics that are discussed in this home study program.

The program is **FREE** of charge to all those who would like to participate.

Website: www.healthyparenting.ca

Housing

**Boardwalk Rental
Company**
751-2317

**Gabriel Housing
Corporation**
506 Lorne Street 775-2905

**Habitat for
Humanity**
1630 8th Avenue 522-9700

**Namerind Housing
Corporation**
1121 Winnipeg Street 525-0147

**Regina Property
Management and Real Estate**
359-1655

Regina Housing Authority
3124 Dewdney Ave 565-4480

**Saskatchewan Housing
Program**
1855 Victoria Avenue 787-4177

**Silver Sage Housing
Corporation**
4001 3rd Avenue N. 721-2909

Shelters

**Salvation Army
Waterston House (Men)**
1865 Osler Street
569-6088

**Souls Harbour
Rescue Mission**
Book in time is 5:00pm
Men: 1836 Halifax Street
569-2292
Women & Kids: 1610 Angus Street
543-0011

YMCA Shelter (Men)
First come, first served
2400-13th Avenue
757-9622

YWCA Kikinaw (Women)
1940 McIntyre Street
525-2141

*Did you know .. back-and-forth interactions
between caregiver and child are key to a child's
brain development.*

Indian Métis Christian Fellowship

Indian Métis Christian Fellowship (IMCF) is an urban aboriginal ministry supported by the Christian Reformed Church in North America – Canada.

Programs offered include:

- **Drop in Ministry:** IMCF opens its doors in the name of Jesus Christ each week-day morning at 9:00 AM. The provision of a safe space, free coffee, a courtesy telephone, access to the local news paper and other reading material, games, and company draw many people to the ministry each day.
- **Daily Prayer Circle:** At 9:30 AM each week-day, people at the ministry are encouraged to participate in a prayer circle.
- **Soup and Bannock Lunch:** Wednesdays at noon; \$2 for adults, .25¢ for children
- **Computer Club:** In addition to the staff computers, the ministry has five computer systems available to individuals. People may join the club by contributing five hours of volunteer service per month.

Contact Information

Address: 3131 Dewdney Avenue

Phone: 359-1096

Website: metfel.sasktelwebsite.net

Identification Documents

Birth & Death Certificates

1301 1st Ave
798-0641

Certificate of Indian Status

Room 200, 1 First Nations Way
780-5945

Health Cards

Saskatchewan Health
100-1942 Hamilton Street
787-3251

Photo Identification

2260 11th Avenue
775-6900

Social Insurance Number

Service Canada
3115 5th Avenue
1-800-206-7218

The John Howard Society of Canada

Through our programs and services, we work to prevent crime and to help people affected by crime. We provide direct services to victims, accused persons and offenders and provide public education, advocacy and criminal justice reform services for the community of Regina and surrounding areas.

Without limiting the generality of its primary objective, the subsidiary objectives of the Society are:

- To assist persons convicted of criminal offences in their efforts to re-establish themselves
- To assist persons victimized in criminal incidents to remedy any harm suffered
- To assist young persons identified as participants in criminal experience in pursuing legitimate lifestyles
- To assist families of offenders and victims
- To seek to remove conditions that contributes to the development of criminal lifestyles
- To work for just legislation and criminal justice practices
- To work with all agencies of the criminal justice system and other concerned organizations in the pursuit of shared goals
- To work toward the development of public awareness of the objectives and concerns of the Society through public education and information programs.

Contact Information

Address: Suite #203 - 2505 11th Avenue

Phone: 584-2115

Website: www.sk.johnhoward.ca

KidsFirst

What is KidsFirst? KidsFirst is a program designed to support children and families by enhancing parenting knowledge, providing support and building on family strengths. Parents are the first and most important people in their children's lives. The purpose of KidsFirst is to support your family as you bring a new baby into your life. We will do what we can to help you build the life you want for your family.

How does KidsFirst work? An assessment will help determine if the program is for you. If it is, a Home Visitor will be introduced to your family. The Home Visitor will visit you regularly in your home, share the Growing Great Kids curriculum and support you as your family grows. Other team members can assist with specialized services of interest to you. The Home Visitor will share information about community resources such as child care, early learning opportunities for your children, housing information, parenting information. Our job is to support you to meet the goals for your family.

Who offers KidsFirst services in Regina? The following agencies are working together to provide KidsFirst services in Regina: Regina Early Learning Centre, Aboriginal Family Services Rainbow Youth Centre, Regina Open Door Society, Child and Youth Services, Stepping Stones Child Care Centre, First Years Child Care Centre.

How can I get involved in the KidsFirst Program in Regina? If you are pregnant or have a child under 1 year of age, call us for more information or to request an assessment or ask another agency that is currently supporting you to make a referral.

Phone: 766-6790

Website: www.kidsfirstregina.com

KidSport

KidSport™ strives to ensure that 100 per cent of donations and fundraising proceeds are directed to KidSport children. This is made possible through the generous support of local and provincial sponsors. Funds raised are directed in the form of grants to individual children or to KidSport programs. Individual grants ranging up to \$300 are available to children up to the age of eighteen.

Program funding may also be available to sport organizations and youth agencies targeting KidSport children. Upon approval of the KidSport Application Form, funds are sent directly to the sport organization on behalf of the family who applied for financial assistance. All applications are screened by an approval committee to ensure the financial need and legitimacy of the applicant.

KidSport policies require that at least one of the following individuals endorse the application: a school teacher, principal, or community school worker; a professional in social work or family services; a law enforcement officer; a member of the clergy; or a recreation administrator.

Contact Information

Address: 1870 Lorne Street

Phone: 775-3433

Website: www.reginakidsport.com

Kids Help Phone

Kid Help Phone is Canada's only toll-free, 24-hour, bilingual and anonymous phone counselling, referral and Internet service for children and youth.

Every day, professional counsellors provide immediate, caring support to young people in urban and rural communities across the country.

The service is completely anonymous and confidential - Kids Help Phone does not trace calls, use call display, track IP addresses, and kids don't have to tell counsellors their name if they don't want to.

Phone: 1-800-668-6868

Website: www.kidshelpphone.ca

Safety and security don't just happen, they are the result of collective consensus and public investment. We owe our children, the most vulnerable citizens in our society, a life free of violence and fear.

– Nelson Mandela

La Leche League Canada

To encourage, promote and provide mother-to-mother breastfeeding support and educational opportunities as an important contribution to the health of children, families and society.

Regina Wascana Group

Meeting Day: 2nd Wednesday of every month

Meeting Location: Call 584-5600 for a message with the current location information.

Time: 7:00pm— 8:00pm

Regina Lakeview Group

Meeting Day: 1st Tuesday of the month

Meeting Location: Call 584-5600 for a message with the current location information.

Time: 8:00pm— 9:00pm

Website: www.lllc.ca

Love Lives Here Missions

Our Vision:

- Our organization and team members want to be viewed as a credit to and an example within the Christian faith and community.
- In obedience to the Lord Jesus Christ we strive to holistically minister to the people of the streets furthering the Kingdom of God.
- We desire to develop servant leaders through practical training and delegation of responsibilities, faithfully using what God provides.
- We endeavor to exalt Jesus Christ and allow His love to be demonstrated through our lives in both word and deed.

Our Mandate:

To provide God's hope to the streets of Regina and beyond by ministering to the physical, emotional and spiritual needs of the sexually exploited and street involved people who are poor, addicted, homeless and/or socially marginalized. Distributes items that meet the physical needs of people, faith-based ministry, pray with people to meet their spiritual needs, help with counselling, encouragement and hope. Distributes as available blankets, socks, second-hand clothing, jackets, hot drinks, fruit, sandwiches.

Contact Information

Address: 766 Angus Street

Phone: 530-8145

Website: www.loveliveshereregina.com

Meals

Albert Scott Community Centre

Free bread
Monday to Friday after 11am
1264 Athol Street
777-7033

Carmichael Outreach Inc.

Free bread and food
Monday to Friday after 11am
1925 Osler Street
757-2235

Celebration Lutheran Church

Sermon and food
**Must phone first with Social Insurance
Number and other information**
3130 Renfrew Crescent
789-2727

Indian Métis Christian Fellowship

Daily: free coffee
Wednesdays at 12pm: \$2 soup and bannock
Saturdays at 10am: \$1 Family breakfast
Children free with adult
3131 Dewdney Avenue
359-1096

Marian Centre

(Serves men only)

Open Mondays, Tuesdays, Wednesdays,
Fridays and Saturdays
10am: free coffee; 12pm to 1pm: meal
1835 Halifax Street
757-0073

North Central Family Centre

Free bread
Monday to Friday 9am to 10pm
2931 5th Avenue
347-2552

Rainbow Youth Centre (Serves ages 11 to 19)

Monday to Friday at 4:45pm
97 McTavish Street
757-9743

Regina Food Bank

Free bread Monday to Friday 8am to 4pm
445 Winnipeg Street
791-6533

Salvation Army Community Ministries

Free bread and emergency food assistance
Tuesday: 2:30pm food truck with vegetables
Thursday: 10am coffee, light meal/dessert
2240 13th Avenue
757-4600

Souls Harbour Rescue Mission

Monday to Friday 4pm coffee; 5pm supper
1836 Halifax Street
54-0011

St. Paul Cathedral

Fridays: breakfast at 7am
1861 McIntyre Street
522-6439

Visitation House

(Serves Women and Children)

Monday to Thursday: 10am to 2pm coffee
and bread
900 11th Avenue
352-0016

. All food items are free unless otherwise noted

Mental Health Clinic

The **Adult Mental Health Clinics** are part of a continuum of treatment and support services available for adults (age 18 and over). They provide a wide range of community-based services for people who are having significant problems related to their mental health and well being. All services are provided free of charge.

Where to find us: 3rd floor, 2110 Hamilton Street or by phone 766-7800

The **Children's Services Program** provides family-centred mental health services to children up to the age of 11 years. Services include assessment and treatment for a range of emotional, developmental and behavioral disorders. Children and families will be linked with other agencies as needed.

The **Youth Services Program** provides mental health assessments, treatment and clinical case management for youth age 11 to 18. This program provides rehabilitation and continuing care of severely disturbed youth. Family members are welcome to participate in their youth's care.

The **Young Offender Services Program** targets the mental health needs of youth charged under the Youth Criminal Justice Act. Young persons involved in the youth justice system may be referred at any time during the course of appearing in Youth Court, or after being sentenced, for psychological or psychiatric assessment and treatment.

For children and youth programs, you can find us at 1680 Albert St or by phone 766-6700.

Metis Addiction Council of Saskatchewan Inc.

MACSI is an affiliate of the Métis Nation of Saskatchewan and is a non-profit corporation providing alcohol and drug recovery services and counselling programs to Saskatchewan residents. The Council is a community-based organization established in 1969 to provide alcohol and drug recovery, re-integration and healing programs to Métis and off-reserve Indian peoples of Saskatchewan. While services target Métis and Indian peoples, the Council services are open to **ALL** citizens of Saskatchewan.

Our process in which we accept new clients is on a continuous intake and clients are brought into the inpatient treatment program three days a week, Monday, Wednesday and Thursday.

There is a Cultural Program where an Elder comes into the centre once a week for a full day. He does a Holistic Healing Circle and sees the clients individually if they choose to. This is an important part of our program as the clients learn a lot about themselves and are given tools to continue their journey when they are done treatment. Attendance at Sweat ceremonies may also be arranged.

Our centre is very welcoming and we try and make it as comfortable as we can for our clients and guests. The staff works well as a team and we have a strong unity, and as a team we are client focused.

Contact Information

Address: 329 College Avenue East

Phone: 352-9601 or toll free 1-66-815-6515

Website: www.macsi.ca/Regina_Center.html

The family is both the fundamental unit of society as well as the root of culture. It is a perpetual source of encouragement, advocacy, assurance, and emotional refueling that empowers a child to venture with confidence into the greater world and to become all that he can be.
- Marianne E. Neifert

Mobile Crisis Services

Provides 24 hour, 7 day a week crisis intervention services to the Regina community.

Services include: after-hours child protection, mental health, crisis counseling, domestic violence response, information and referral, gambling help line, support to other agencies, and emergency after hours financial assistance.

Contact may be by telephone, mobile response or walk-in.

Contact Information

Address: 1646 – 11th Avenue

Phone: 757-0127

Website: www.mobilecrisis.ca

Safety Services: 757-7803

Crisis Suicide: 525-5333

Child Abuse Line: 569-2724

Multilingual Association of Regina

Within the context of a multilingual, multicultural Canadian society free of prejudice, the Multilingual Association of Regina Inc. (MLAR) shall advance education in international/heritage languages (other than official languages of Canada) by providing materials and services (such as training workshops, teaching aids and course materials) to non-profit member Heritage Language Schools in Regina and surrounding areas.

- Support and promote diversity of culture
- Promote the teaching and retention of International and Heritage Languages
- Promote appreciation of literature written in International and Heritage Languages
- Assist member organizations to establish International and Heritage Language Schools in Regina and surrounding areas and to lobby credit for students attending classes
- Assist members in securing funding for International and Heritage Language Schools
- Provide on-going in-service training to volunteer International and Heritage Language teachers
- Assist in developing International and Heritage Language curriculum and resource materials for classroom use
- Provide volunteer teachers with access to new technology and Internet for teaching students more effectively

Contact Information

Address: 2144 Cornwall Street

Phone: 757-3171

Website: www.mlar.ca

Multiple Sclerosis Society Of Canada

Multiple sclerosis is a complex disease. While it is most often diagnosed in young adults, aged 15 to 40, we know that it affects children, some as young as two years old. The impact is felt by family, friends and by the community. MS is unpredictable, affecting vision, hearing, memory, balance and mobility. Its effects are physical, emotional, financial, and last a lifetime. There is no cure.

Funding Support (522-5600)

Funding Support is available for people with MS and their children. Funds can be used for a variety of recreation, social and respite activities. Personal financial information is not collected.

Aquatic Fitness (522-5943)

The YMCA offers an aquatic exercise program for people with MS, and an attendant if needed. The classes are offered Tuesdays and Thursdays from 9:00am-9:45am

Laughter Yoga (585-2222)

Offered Tuesdays from 7:30-8:30 p.m. at the Regina Senior Citizen Centre Auditorium (2134 Winnipeg Street - please use the back door). Involvement is free, but donations would be appreciated.

Contact Information

Address: 150 Albert Street

Website: www.mssociety.ca/sask/default.htm

Native Health Services

Receiving health care in a hospital can be a stressful experience for anyone. It is even harder if you are not from the majority culture, speak a language other than English and have different beliefs about how to deal with your personal well-being. These are difficulties that can be faced by Native patients requiring hospital care.

Using the wellness model, Native Health Services assists clients in finding and maintaining a healthy, well-balanced lifestyle. Responding to clients with an awareness of cultural and spiritual diversity, Native Health Services provides an alternative for clients seeking traditional Aboriginal approaches to health care.

Counseling services are designed to reflect the importance of nature, spirituality, prayer and the circle. They speak to the four primary points of the medicine circle - physical, mental, spiritual and emotional. They promote the traditional, humble way of life. An Elder plays a key role in counseling on lifestyle management.

Instead of being built like standard counseling offices, the centres are circular, in keeping with the traditional medicine wheel or circle, which is an ancient symbol used by almost all the Native people of North and South America.

Where We Are Located:

Regina General Hospital (Level 1)
1440 - 14th Avenue
Phone: 766-4155

Pasqua Hospital (Level 1)
4101 Dewdney Avenue
Phone: 766-2232

Nobody's Perfect

Nobody's Perfect is a **FREE** preventive educational and support program for parents of children from birth to age five. It supports parents to enhance their knowledge, skills and self-confidence that are vital to healthy and effective parenting. It also encourages the development of a strong and supportive social network among participants.

Developed by Health Canada, Nobody's Perfect meets the needs of young, single, low-income, socially or geographically isolated parents or parents with limited formal education.

Nobody's Perfect is a primary prevention program and is not intended for families where parenting relationships are in crisis.

Nobody's Perfect parenting programs are led by a public health nurse and other trained professional at locations throughout Regina. Please call 766-7424 to register or for more information about dates and locations.

The North Central Family Centre

The North Central Family Centre (NCFC) is a registered non-profit, charitable organization, serving in Regina's inner-city community of approximately fifteen thousand people. We deliver a wide range of proven, successful structured programs and activities, and offer Regina's inner-city children, youth, families and seniors a safe place, and the opportunity to participate in educational, sporting, recreational, social and cultural programs and activities.

NCFC has a proven, observable record, which affirms our commitment to the revitalization of this community. We believe in the strengths of this community, and the effectiveness of the programs we deliver which are designed to improve the quality of life for all residents. NCFC believes strongly in our community, and is committed to the revitalization of Regina's North Central community.

Hours of operation: Monday to Friday 9:00am to 10:00pm and Saturday 12:00pm to 5:00pm.

Contact Information

Address: 2931 5th Avenue

Phone: 347-2552

Website: www.northcentralfamilycentre.com

Nutrition

Good nutrition can improve your health and reduce illness. Public health nutritionists focus on what determines nutritional health and address root causes of illness. They work with a variety of partners in communities.

They promote healthy public policy and help create healthy environments that contribute to the nutritional health of the early childhood, school-aged, and adult populations in the Region.

They also provide information, education and training, resource materials, and answer public inquiries.

Call 766-6320 and ask to speak to a public health nutritionist.

When you are a mother or a father, you are never really alone in your thoughts. You always have to think twice, once for yourself and once for your child.

- Sophia Loren

Oasis Regina

The Oasis has one golden rule. Love the Lord and love people. It is to be a safe place for children, a place to learn who they are and be themselves. In reality the Oasis is people loving and training children like you would in a family. Healthy boundaries, hard work and honour are key pillars to restoring life for children who need it.

People are important because God made them important and that is the second thrust to the Oasis. It is not only a place where kids are safe but a place where God is honoured, worshiped and prayed to. The other half of the Oasis is a 24/7 prayer and worship center, a prayer furnace, Jacob's ladder, the mitochondria of God's purposes.

Programs include:

Cooking

Visual arts

Coffee Roasting

Trades training

Honour's reward

Community festivals

Sepak Takraw

Dance classes

Play ground

Ice skating

Music lessons

Community activity nights

Awareness nights

Gardening

Media training

Video production

After school homework help

Movie nights

Basketball tournaments

Sidewalk Sunday school

Day care

Live bands

Radio training

Community outreach

Talent shows

Church activities

Contact Information

Phone: 501-6922

Address: 1265 Garnet St

Website: www.oasisregina.com

Ombudsman Saskatchewan

What is an ombudsman? An ombudsman is neutral and looks at complaints from both sides. We take complaints about a specific organization or group of organizations and may investigate, mediate or provide other such services to help resolve complaints.

Ombudsman Saskatchewan promotes fairness by

- taking complaints about unfairness in government services.
- educating government about fair practices.
- making the general public aware of our services.

We take complaints about provincial government services, including: a decision or action; a failure to act; a delay in service

We take complaints about provincial government: ministries, agencies, Crown corporations, boards, or commissions

We cannot take complaints about: the federal government, the courts, decisions of Cabinet, school boards, the police, municipal governments, band councils, private companies, or banks.

Contact Information

Address: 2401 Saskatchewan Drive Suite 150

Phone: 787-6211

Website: www.ombudsman.sk.ca

Open Sky Retreat Inc.

Open Sky Retreat is unique in providing services that reflect the values of respect, humility and compassion utilizing Traditional, Aboriginal Teachings, Ceremonies and Healing that is based on priceless knowledge, wisdom and spiritual guidance passed from generation to generation of the Aboriginal People to assist individuals in achieving personal, family and community health and wellness. Guided by the Creator, Elder Archie Weenie and the helpers of Open Sky Retreat empowers the people challenged with life's issues to move forward in a healing lifeway. Open Sky work with individuals, families, groups, communities and agencies on a one-to-one basis, group process and experiential workshops. **Services are by appointment only.**

Traditional Teachings:

- Ceremonial Protocol
- Smudging
- Sweat Lodge Teaching
- Sharing/Healing Circles
- Story-telling/Oral History
- Traditional Practices and Teachings
- Home Fire Teachings
- Self-care and Self-Respect
- Diversity/ Bridging Teachings

Dealing with Difficult Emotions:

- Healing Our Grief
- Healing Our Anger
- Healing From Various Addictions

Contact Information

Address: 1604A Rae St

Phone: 757-7051

Website: www.openskyretreat.wordpress.com

Overeaters Anonymous Regina

Overeaters Anonymous offers a program of recovery from compulsive eating. Worldwide meetings and other tools provide a fellowship of experience, strength and hope where members respect one another's anonymity. OA charges no dues or fees; it is self supporting through member contributions. OA is not just about weight loss, gain or maintenance; or obesity or diets. It addresses physical, emotional and spiritual well-being. It is not a religious organization and does not promote any particular diet.

Take this little quiz to see if you may have an eating problem.

- Do you eat when you are not hungry?
- Do you go on eating binges for no apparent reason?
- Do you have feelings of guilt and remorse after overeating?
- Do you give too much time and thought to food?
- Do you look forward with pleasure and anticipation to the time when you can eat alone?
- Do you plan these secret binges ahead of time?
- Do you eat sensibly before others, then make up for it when you are alone?
- Is your weight affecting the way you live your life?
- Have you tried to diet for a week or longer, only to fall short of your goal?
- Do you resent others telling you to 'use a little will power' to stop overeating?
- Despite evidence to the contrary have you continued to assert that you can 'diet on your own' whenever you wish?
- Do you crave to eat at a definite time other than meal time?
- Do you eat to escape from worries or trouble?
- Have you ever been treated for obesity or a food related condition?
- Does your eating behavior make you or others unhappy?

Answering yes to more than 5 of these questions may mean that you have a compulsive eating behavior. Attend an OA meeting and see if you can benefit from the OA program.

24 hour telephone line/meeting list: 565-1080

Parent Mentoring Program of Saskatchewan

The Parent Mentoring Program of Saskatchewan is a long-term prevention, home-visiting service aimed at promoting healthy behaviors and life choices, enhancing social support networks, and improving community resources.

The program provides support and practical assistance to expectant parents and parents of young children by matching them with an appropriate volunteer mentor or para professional, and holding group activities within their communities.

Parents in the program are often experiencing some of the following life circumstances:

- Pregnancy
- Parenting newborn to 5 year olds
- Without adequate family/spousal support
- Want the assistance of a volunteer mentor
- Economically disadvantaged
- Low education level or education opportunities
- Geographically isolated
- Unstable family environment
- Parenting alone
- Have a disability (mental, cognitive psychiatric, physical)
- Past (not current) history of substance abuse or domestic abuse
- A parent is ineligible if she/he requires ongoing, intensive, professional services, to such an extent that volunteer services would be ineffective to inappropriate for that individual.

Contact Information

Address: 1672 Albert Street

Phone: 766-6795

Website: www.pmps.ca

Parenting Programs

Parental Classes

For a healthier pregnancy for you and your baby, register for Prenatal Classes.

Call 766-7733.

Breastfeeding Support Centre

The center offers free advice and practical help to breastfeeding mothers on a one-to-one basis. Drop in to have your questions answered and receive support with breastfeeding.

Call 766-7533

Healthiest Babies Possible

This program provides support for at-risk pregnant and their families. Counseling, education and milk and vitamin supplements are provided during and after pregnancy. Hosted at Four Directions Community Health Centre (3510 - 5th Avenue).

Call 766-7540

Focus on Fathers

This program provides support and information for dads. Hosted at Four Directions Community Health Centre (3510 - 5th Avenue).

Call 766-7540

Babies Best Start

This program provides support for at-risk pregnant and their families. Counseling, education and milk and vitamin supplements are provided during and after pregnancy. Hosted at Al Ritchie Health Action Centre (325 Victoria Avenue).

Call 766-7660

Planned Parenthood

If you are

- **A young person** who has questions;
- **sexually active** and you want to learn more about how to take care down there;
- **gay, straight, lesbian, intersexed, interested, curious, bi-curious, bi-sexual** or sexually active with anyone;
- **a parent** and you don't know how to talk with your son or daughter about sex call or stop by to talk with us and see what we can do for you!

Services include:

- pregnancy testing
- low-cost birth control
- unplanned pregnancy options education
- birth control information and education
- Sexually Transmitted Infection (STI) information
- education, testing, and treatment
- pap smears
- free condoms
- referral to community agencies
- education for parents, teenagers, schools, community workers, agencies and professionals

Hours of Operation

Mondays, Tuesdays and Fridays: 9:00am to 12:00pm & 1:00pm to 5:00pm

Wednesdays and Thursdays: 9:00am to 12:00pm & 1:00pm to 7:30pm

Saturdays: 1:00pm to 5:00pm

Contact Information

Address: 1431 Victoria Avenue

Phone: 522-0902

Website: www.plannedparenthoodregina.com

Population and Public Health Services

Immunization can protect infants, children and adults from serious illnesses that may result in permanent disability or death.

Diphtheria	Haemophilus B disease
Hepatitis B	Human Papilloma Virus
Influenza (6-23 months)	Measles
Meningococcal C disease	Mumps
Pertussis (whooping cough)	Pneumococcal disease
Polio	Rubella
Tetanus	Varicella

Contact Information

Address: North Office (204 Wascana St) **Phone:** 766-7533

Address: East Office (1911 Park St) **Phone:** 766-7536

No appointment necessary

Address: Four Directions (3510 - 5th Ave) **Phone:** 766-7540

Primary Care Services

Nurse practitioners can perform physical exams, order tests, interpret results, perform certain procedures and prescribe medications.

Counseling on birth control and sexual wellness, prenatal care and testing and treatment for sexually transmitted diseases are also available. Please visit 1056 Albert Street or call 766-6370.

Prairie Spirit Connection

Prairie Spirit Connections Inc. is a not-for-profit organization dedicated to improving the quality of life for urban Aboriginal people in the city of Regina. We offer programs aimed at personal development, skills enhancement and cultural growth leading to a healthier and more productive lifestyle. Our programs provide life skills training and life coaching in the context of cultural awareness and healing.

Programs include:

Information and Awareness: gathers and disseminates information to registered clients that will help them to find and access services available within the City of Regina

Personal Support: staff will assist clients and individuals in meeting the requirements of service providers such as making phone calls, completing applications, attaining documents and records, writing letters or finding transportation

Cultural Awareness and Healing: offers programs that incorporate aboriginal cultural components such as traditional knowledge, cultural traditions and ceremonies, concepts of healing, etc.

Life Coaching: Staff will act as life coaches who provide clients with feedback, insights and guidance

Life Skills Training: Programs are intended to help clients with problem solving, critical thinking, self awareness, interpersonal skills and the development of basics skills to improve competencies and gain self esteem

Contact Information

Address: 809 Victoria Avenue

Phone: 525-9682

Website: www.prairiespiritconnections.com

'R' Healthy Food Store

The 'R' Healthy Food Store is part of the Regina Food Security Project which uses the 'food security' approach that promotes access to a high quality and stable food supply in a manner that does not stigmatize the consumer and does not infringe on the consumer's independence.

Other Regina Food Security Initiatives provide seniors, shut-ins, healthcare patients, SAP recipients, young families, and others, with easy access to safe, nutritious and affordable food. Those initiatives operate in collaboration with the Regina Qu'Appelle Health Region and are administered by REACH.

The R Healthy store brings fresh, nutritious and affordable food to our community in the form of fresh produce, frozen vegetables, meat, eggs, dairy products, pasta, canned goods, along with bread and other baked goods - all at low prices!

If you would like more information concerning the 'R' Healthy Food Store please call 347-3224 and don't forget to stop by the store on the second floor of Albert-Scott Community Centre Monday's only 11:00 to 1:00.

Rainbow Youth Centre

Youth aged 11-19 years are welcome to participate in a variety of programs.

In addition to recreational programs, Rainbow Youth offers developmental programs such as:

- Skills for Adolescence
- Anger Management
- Young Parent program (open to youth up to age 25)
- Road to Employment (open to youth up to age 25)
- Kids First (open to youth up to age 25)
- Youth Express program (open to youth up to age 25)
- and other programs aimed at helping young people.

Drop-in hours are Tuesday to Friday from 3:30pm till 6:30 with a hot supper served at 4:45pm. Evening programming runs from 6:45pm till 8:45pm.

Contact Information

Address: 977 McTavish Street

Phone: 757-9743

Website: www.rainbowyouth.com

*The more we shelter children from every
disappointment, the more devastating future
disappointments will be.*

- Fred Gosman

Randall Kinship Center

The Randall Kinship Center offers programs developed to meet the needs of families with children and youth who have serious disruptive behaviour problems.

The program tries to meet each child's unique needs. Families, as a whole, are provided treatment and support.

The services provided at the Randall Kinship Centre are usually long-term and intensive. They are provided in a way that honors First Nations and Métis cultures, values and beliefs.

Randall Kinship Centre programs include:

- Parenting education
- care delivered in the home, school and neighbourhood
- crisis services
- Behaviour therapy
- problem-solving skills development
- community development
- partnerships with the community and other agencies
- Aboriginal Problem Gambling Services
- addictions services for young offenders.

Contact Information

Address: 1692 Albert Street

Phone: 766-6780

Regina Adult Learning Centre (ALC)

The ALC is a not-for-profit organization established in 1990 to help young adults deemed "at risk" gain the skills and experience necessary to successfully enter the workplace and/or pursue post-secondary education. What makes the centre unique is a creative approach to training based on healing, academic and employment readiness skills, and work placements.

Young adults at risk are:

- between the ages of 19-30,
- generally on social assistance
- have not completed grade 12
- from diverse cultures and backgrounds.

The program includes 29 weeks of classroom work, which involves courses in computer and business skills, personal management and career planning. This is followed by an 11-week work placement at a Regina business.

The Centre's creative approach is based on three principles:

- healing provides the tools and environment necessary for the trainee to achieve social competency and order their personal, interpersonal and social lives;
- skilling provides the academic and employment readiness skills necessary to compete for and win entry-level employment and/or pursue post secondary education;
- employment provides trainees with career planning and access to employment opportunities through job placement.

Contact Information

Address: 1112 Winnipeg Street

Phone: 522-4493

Regina Alternatives Measures Program (RAMP)

- **Help Eliminate Auto Theft Program:** HEAT is an alternative measures program for youth receiving their first auto offence related charge (exclusionary charges would be dangerous driving and evading police). The services offered through the HEAT program will be specifically designed to: address the needs and concerns of the victim, including the insurer; address the criminogenic risk factors that have been identified for each youth; and engage the offender's family and community in addressing those risk factors.
- **Victims, Offenders, and Community (VOiCe) Serious Offence Program:** VOiCe offers a restorative justice approach in cases of serious crime. The program will consider cases where criminal behavior is not suitable for regular diversion. The offender must accept responsibility for guilt. This restorative justice initiative places priority on allowing participants to voice their concerns, identify their need for redress and to support accountability, reparation and safety. The VOiCe Program is an opportunity for willing participants to have a voice in resolving the affects of serious offences.
- **Stop-Lift:** The program consists of the accused completing four community services prior to attendance at the Stop-Lift Educational Program.
- **Operation Lifesaver:** focuses on promoting education about the dangers of trespassing on Canadian National Railroad property.

Contact Information

Address: 2815 Dewdney Ave

Phone: 352-5424

Website: www.rampinc.ca/RAMPHome.htm

Regina Anti-Gang Services (RAGS)

The Regina Anti-Gang Services (RAGS) project works with gang-involved Aboriginal youth and young adults living in the North Central neighbourhood of Regina, Saskatchewan. The primary goal of RAGS is to reduce criminal activities committed by young Aboriginal gang members. The program provides intensive support services to reduce involvement in gang life and to facilitate leaving gangs.

In partnership with police services, corrections, addictions counsellors/services and front-line support workers, educators, and federal partners, RAGS operates using an integrative wraparound process. This is a collaborative community process that actively engages youth and their families, service providers and community partners in inclusive case management and safety planning, service provision and support.

Program Components

- Intensive Counselling
- Life Skills/Cognitive Skills
- The 'Circle Keeper' Program
- Cultural/Faith-based Programming
- Gang Exit Strategy
- Outreach Program
- Family Programming

Contact Information

Phone: 537-2913 or 529-2537 or 565-3782

Regina Community Clinic

Services offered:

- 24 Hour Emergency Call Service
- Blood Glucose Monitoring Service
- Clinical Fitness and Lifestyle
- Counselling Services
- Expanded Nursing Services
- Family Physicians
- Fetal Alcohol Spectrum Disorder
- Health Information Centre
- Laboratory
- Menopause Resource Centre
- Nurse Practitioners
- Nutrition Services
- X-Ray/ECG/Spirometry

Office Hours: Monday to Friday 8:30am to 12:00pm & 1:00pm to 5:30pm

Contact Information

Address: 1106 Winnipeg Street

Phone: 543-7880

Website: www.reginacommunityclinic.ca

Regina Detox

Outpatient

Addiction Services (Main Office)
2110 Hamilton Street
Phone: 766-7910

Methadone Clinic
1048 Albert Street
Phone: 766-7333

Detoxification

Detox Centre
1640 Victoria Ave
Phone: 766-6622

Secure Youth Detox Centre
Box 1452
Phone: 787-1058

Inpatient

Pine Lodge Treatment Centre
Box 457
Indian Head
Phone: 695-2251

Regina & District Food Bank

Food hampers are distributed through a referral system with approximately 100 agencies made up of churches, schools and social-concerned organizations. Each month, approximately 8,000 to 10,000 people, almost half of whom are children, receive a hamper. Bulk food orders are distributed to numerous feeding programs in Regina.

Anyone can use the Food Bank when his/her order is passed through a referral agency or by applying directly at the Food Bank. A person may receive an order once every fourteen days.

Emergency, one-time-only baskets can be picked up without a referral. Proof of address (such as a power bill), as well as a hospitalization card for each family member, is required. If additional food baskets are required, customers will be connected with a referral agency.

A current Saskatchewan Hospital Card must be presented for each family member every time an order is picked up.

Hours of Operation: Monday to Friday 8:00am – 5:00pm

Contact Information

Address: 425-445 Winnipeg Street

Phone: 791-6533

Website: www.reginafoodbank.ca

Regina Education and Action on Child Hunger (REACH)

REACH is the administrative agent for the Regina Food Security Project, an initiative providing Regina residents with easy access to safe, nutritious and affordable food.

Food security initiative includes:

- **Convenience Meal Program** provides home-style frozen meals, and other nutritious foods are delivered right to the purchaser's door. Convenience Meals are purchased by seniors, healthcare clients discharged from the hospital who may have special dietary needs, clients of Regina Qu'Appelle Health Region Home Care and others.
- **Community Kitchens** allows Regina residents to come together to collectively cook healthy, low-cost meals for their families.
- **What's Cooking** provides a safe learning environment for participants to explore low-cost cooking techniques, food safety and nutrition.
- **Food-buying co-operatives** provides Regina schools and groups with an opportunity to purchase healthy food at a lower cost.
- **The Good Food Box** is an excellent choice for anyone who wants healthy, delicious, fresh food that's affordable. To order the Good Food Box, call the depot closest to you at least a week in advance.
- **Family Basket** provides about 50 lbs of nutritious food to families on Social Assistance for just \$30. Food is delivered right to your door twice a month. Contact your family worker or call 347-3224 for more information.

Contact Information

Phone: 347-3224

Website: www.reachinregina.ca

Regina Fire Department

Non-emergency calls:
522-7022

In an emergency, call 9-1-1 to
reach the Regina Fire Department

Regina Police Service

Address: 1717 Osler Street, Regina

Non-emergency calls:
777-6500

Emergency calls: 9-1-1

North Central Community Service Centre

777-6450

Heritage Police Service Centre

777-6530

Regina Immigrant Women Centre

The Regina Immigrant Women Centre is a non-profit community based organization that provides support services and programs geared to the development of immigrant women and their families.

To this end RIWC now has a drop-in literacy program comprised of English as a Second Language Conversation, and Basic Computer classes five days a week (beginning again at the end of August), an Outreach Capacity Building project, as well as an on-site Life Skills Training program.

Current Programs/Services:

- Community Development and News
- Basic Computer Skills
- Cross-Cultural Sessions/Workshops
- Driver Training
- Education and Awareness
- Employment Information
- Enhanced Literacy
- Equity and Diversity
- Ethnic Food catering
- Information, Support and Referral
- Retention and Integration
- Research and Needs Assessment
- Translation and Interpretation
- Volunteering and Mentoring Programs

Hours of operation: Monday to Friday 9:00am to 12:00pm & 1:00pm to 4:00pm.

Contact Information

Address: 2248 Lorne Street

Phone: 359-6514

Regina Public Library

The Regina Public Library offers free programs for young children and their families.

The programs help parents/caregivers develop their children's early literacy skills in a fun-filled and joyful environment. Programs for babies, toddlers and preschoolers are held throughout the year. These interactive programs are filled with stories, songs, rhymes and finger-plays.

Parents/caregivers can borrow a variety of materials for their children such as books, DVDs, CDs and toys.

Branch	Address	Phone
Albert Branch	1401 Robinson Street	777-6076
Central Library	2311 12th Avenue	777-6000
Connaught Branch	3435 13th Avenue	777-6078
Prince of Wales Branch	2188 Broder Street	777-6085
George Bothwell Branch	Southland Mall (2965 Gordon Rd)	777-6091
Glen Elm Branch	1601 Dewdney Avenue	777-6080
Regent Place Branch	107 Albert Street	777-6086
Sherwood Village Branch	6121 Rochdale Blvd	777-6088
Sunrise Branch	3130 Woodhams Drive	777-6095

Regina Public Schools Adult Campus

Many young adults have not completed high school. There are a multitude of factors that contribute to this, many out of the control of the individual student. Our facility aims to provide those adults, aged 18-21, who have not completed high school the opportunity to complete a program that will enhance post-secondary education and career/employment opportunities.

We are committed to providing a mature, adult campus that supports the respective needs of students who are committing themselves to complete their education. We offer them the opportunity to complete a high school program using a mixture of daily lessons and course modules for each student. Therefore, students can work independently at their own pace, but with support from teaching staff.

Contact Information

Address: 2314 11th Avenue

Phone: 523-3650

Website: www.adultcampusweb.rbe.sk.ca

Regina Qu'Appelle Health Region Human Resource Services Workforce Planning and Employment Representative Workforce Program

"A workforce where the community population is represented in all classifications and at all levels of the organization in proportion to their numbers in the working-age population."

Employment Services and the Representative Workforce Program, in partnership with internal clients and external stakeholders facilitate the recruitment, retention, promotion and participation of persons of Aboriginal ancestry; people with disabilities; visible minority groups and women within the workforce.

The ultimate goal is to align workplace diversity to ensure that there is the right number and the right mix of highly skilled, professional and diverse service providers leading to the best possible service for patient and family centered care.

For more information regarding Representative Workforce Program initiatives the Representative Workforce Coordinator can be reached at the Pasqua Hospital in Employment Services at 766-2043.

Regina Open Door Society (RODS)

Regina Open Door Society is a non-profit organization that provides settlement and integration services to refugees and immigrants in Regina. RODS is committed to meeting the needs of newcomers by offering programs and services that enable them to achieve their goals and participate fully in the larger community.

- **Settlement Social Worker in Schools Program** helps newcomer children and youth and their families have a meaningful school experience. Settlement Support Workers in Schools provided services in all Regina elementary and high schools in the Public, Catholic and French school divisions.
- **Youth Program** assists newcomer youth to become familiar with their community and establish supportive social networks.
- **Families in Transition** delivers counseling, workshops, presentations, and connections to community and government services to newcomers. Counseling helps newcomers to identify and develop effective problem-solving techniques to overcome the challenges of adapting to life in Canada.
- **Employment Readiness Services** help newcomers to Canada get ready to enter the job market. One on one counselling is provided as well as a succession of one week training classes on a variety of job related topics.
- **Employment Connections** provides a variety of Industry Specific Training to help ready newcomers to Canada for specific occupations. These courses are 8 weeks of class with a short work placement after.
- **Welcoming Community for Newcomers (WCN)** assist newcomers to become familiar with their community, establish supportive social networks and enhance their ability to meet their settlement goals. To achieve these objectives, the program matches newcomers with community volunteers who are established residents in the community and are familiar with local social, educational and recreational systems.

Regina Open Door Society (RODS)

- **Enhanced Language Training (ELT)** is a language program for skilled immigrants wanting to access job market opportunities where they have previous education and experience in their home country.
- **Interpretation and Translation Services** provides 24-hour on-call interpreter and translator assistance to the Regina community in over 25 languages.
- **Language Instruction for Newcomers to Canada (LINC)** provides basic English language training to adult refugees and immigrants. The program facilitates the social, cultural and economic adaptation of newcomers, so that they may become participating members of Canadian society as soon as possible. Childcare and transportation are provided based on need.
- **Newcomer Welcome Centre** is an information and services centre to make the transition to life in Regina more successful.
- **KidsFirst** is a free, optional program that helps families to become the best parent they can be by enhancing knowledge, providing support and building on family strengths.
- **Resettlement Assistant Program (RAP)** offers direct and immediate services and information to newly arrived Government Assisted Refugees within four to six weeks upon their arrival to Regina.
- **Orientation Services for Newcomers (OSN)** is a program that helps newcomers adjust to their new life in Canada. Through orientation, information, translation and referral to other programs and community resources.

Office Hours: Monday to Friday 8:00am to 4:30pm

Contact Information

Address: Main office located at 2550 Broad Street

Phone: 352-3500

Website: www.rods.sk.ca

Regina Trade and Skills Centre

High School Program: The Regina Trades and Skills Centre, in conjunction with school divisions in Regina and area, offers short-term programming for Grade 11 and 12 high school students interested in an accelerated trades or skills career path. Course offerings change during the school year, reflecting shifts in demand in the labour market. Check this page for current program information, and contact your school guidance counselor if you are interested in registering.

Adult Program: Adult programs last from eight to 12 weeks, including one week of Workplace Essential Training. Most of the remaining course work involves hands-on, practical training.

Adults seeking to access RTSC programs begin the selection process by completing and submitting their application form. Applicants are then invited to attend an information session to learn more about the program. Depending on the number of applications, RTSC staff will interview all applicants to a program, or those considered the best candidates to succeed in a program.

Contact Information

Address: 828 Albert Street

Phone: 791-8279

Website: www.reginatradesandskills.ca

Regina Women's Community Centre & Sexual Assault Line

Provides direct assistance and counseling to victims of sexual assault, sexual abuse and relationship violence. Medical and legal referrals can be provided and there is a lending library of feminist and non-sexist literature.

The counselors promote public education by delivering speaks upon request to schools or workplaces covering topics in their area of expertise. They also provide court preparation and accompaniment.

These services are open to all women over the age of 15. They will also provide service to men who have been sexually assaulted as adults.

Hours of Operation: Monday to Friday 9:00am to 4:30pm

24-hour help line 352-0434

Contact Information

Address: 1830 MacKay Street

Phone: 522-2777

Website: www.reginawomenscentre.com

Safe Bus (City of Regina Transit)

The Safe Bus program is a community partnership between the Regina Transit, Regina Block Parent program, and the Regina Police Service.

The Safe Bus program provides a safe haven for anyone who is in need of help. If you are lost, hurt or in trouble, flag down a Regina Transit bus, or get on at any bus stop.

Trained transit personnel have direct 9-1-1 access and can help mobilize the appropriate community resources to provide assistance. You **DO NOT** need to pay a fare to get help through the Safe Bus program.

Teach your children that if they are lost, cold, frightened or hurt, they can hold up their hand (palm facing out) in the direction of an approaching bus to signal the driver that they need help. Bus operators are trained to recognize this as a sign of distress and will stop to help your child.

Salvation Army

The Salvation Army is an international Christian organization that has grown to become the largest non-governmental direct provider of social services in the country.

The Salvation Army offers practical assistance for children and families, often tending to the basic necessities of life, provides shelter for homeless people and rehabilitation for people who have lost control of their lives to an addiction.

Addictions, Rehabilitation & Shelter Services:

1845 Osler Street 569-6088

Community & Family Services

2240-13th Avenue Regina 757-4600

Gemma House (Girls) 586-5388

Grace Haven (Girls ages 16 to 18) 352-1421

Haven of Hope Church

2240 13th Avenue 757-4600

Thrift Store

840 Albert Street 565-0764

Waterston House (For Men)

1865 Osler Street 569-6088

William Booth Special Care Home/ Wascana Grace Hospice

50 Angus Road 543-0655

Saskatchewan South Acquired Brain Injury Outreach (ABI)

The Acquired Brain Injury Partnership Project is an innovative partnership between Saskatchewan Government Insurance (SGI) and the Saskatchewan Ministry of Health and is recognized around the world. The Partnership develops and implements services and supports for persons with acquired brain injuries and their families.

The team accepts self-referrals as well as those from health care facilities, physicians, any rehabilitation programs or professional support services, schools or community agencies.

Service Goals:

- To make the most of a person's abilities
- To be a link between hospital and community
- To work with communities to adapt their existing services to meet the needs of the person with an acquired brain injury
- To work with families and caregivers to maintain their own health and quality of life.
- To educate clients, family members, and the community about ABI issues
- To be an ongoing contact for support, follow-up, evaluation and education.

Hours of Operation: 8:00am to 4:30 p.m. Monday to Friday

Contact Information

Address: Wascana Rehabilitation Centre, 2180 23rd Ave

Phone: 766-5617

Website: www.abipartnership.sk.ca

Saskatchewan Youth in Care and Custody Network Inc. (SYICCN)

The SYICCN is a non-profit organization that advocates and supports Youth, aged 14 to 24, in or from foster care/young offender systems.

Located in Regina, the SYICCN is mandated to help set up local 'networks' throughout Saskatchewan and develop strategies that empower youth in and from the system.

Youth who are currently in or from the foster care system and young offender custody are the primary participants of the youth in care network.

The SYICCN works towards a goal for educational development and healthy nourishment in the lives of these young people through educational workshops, speaking panels, youth run projects, recreational and other activities and positive peer support. Alongside this we aid in the development of youth run support groups-local "youth in care/custody networks" across Saskatchewan.

Contact Information

Address: 510-2125 11th Ave

Phone: 522-1533 or 1-888-528-8061

Website: www.syiccn.ca/about.php

Socialization, Communication, and Education Problems (SCEP)

SCEP CENTRE was created in 1968 as a remedial, professional service for young children with Socialization, Communication, and Education problems. Integral to SCEP's approach are services for the children's caregivers.

The approach is holistic and based on respect for each child as an evolving, striving young person with a unique history, with individual needs, abilities and limitations.

Help for the children is to be provided in a carefully monitored and enriched social and physical environment that is subjectively and objectively safe. The development of genuine emotional bonds and of honest and tolerant two-way communication and language are seen as the keystones to socialization and education. Services are provided to the children, families and community.

Parents can contact SCEP directly. Other agencies or professionals can make referrals. The next step is to hold an intake interview which always includes parents/guardians and the child.

Contact Information

Address: 3105 - 4th Avenue North

Phone: 543-6944

Website: www.scepcentre.com

Schizophrenia Society of Saskatchewan

What we can do for you and your family:

- Provides support and education for people with Schizophrenia and other serious and persistent mental illnesses, their families and friends.
- Increases public awareness and understanding of Schizophrenia and other serious and persistent mental illness.
- Advocates on behalf of people with Schizophrenia and other serious persistent mental illness for better legislation and services.
- Promotes research into the causes, treatment and ultimate cure of schizophrenia.

Facts

- Over 10,000 people in Saskatchewan are affected or will be affected in their lifetime, in a given generation.
- Most frequently the illness occurs in the 16 to 30 year old age group.
- Very often the individual has a perfectly normal childhood until the onset of the illness.
- It can also appear later in adulthood. However, onset after the age of 35 is less common, and after the age of 40 is rare.

Contact Information

Address: 2123 Broad Street

Phone: 584-2620

Website: www.schizophrenia.sk.ca

Scouts Canada

The country's leading youth organization, offers seven challenging programs for boys, girls and youth age 5-26 in thousands of individual groups in most cities and towns across Canada. To contribute to the education of young people, through a value system based on the Scout Promise and Law, to help build a better world where people are self-fulfilled as individuals and play a constructive role in society.

Scouting's Mission is achieved by:

- involving youth throughout their formative years in a non-formal educational process.
- using a specific method that makes each individual the principal agent in his or her development as a self-reliant, supportive, responsible and committed person.
- assisting youth to establish a value system based upon spiritual, social and personal principles as expressed in the Promise and Law.

Contact Information

Address: 1313 Broadway Avenue

Phone: 757-3701

Website: www.scouts.ca/dnn/sask

Sexual Health Clinic

You can help protect yourself from sexually transmitted diseases through safer sex. Confidential information, counselling, testing and treatment are available.

Clinic Hours

Monday

12:15pm to 4:00pm

6:00pm to 8:30pm

Tuesday

9:00am to 11:30am

1:00pm to 4:00pm

Wednesday

9:00am to 11:30am

1:00pm to 4:00pm

Thursday

12:15pm to 4:00pm

6:00pm to 8:30pm

Friday

9:00am to 11:30am

1:00pm to 4:00pm

Contact Information

Address: 2110 Hamilton Street

Phone: 766-7788

Anonymous HIV Test

There is a test for HIV, the virus that causes AIDS. You can get a test without giving your real name. Call 766-7779.

Smokers' Helpline

This confidential and free helpline provides one-on-one counseling and uses a proven method of quitting.

The Helpline encourages you to call if you are:

- a smoker who wants to quit smoking
- a smoker who is thinking of quitting
- a smoker who has quit & would like support
- a smoker who doesn't want to quit
- someone who wants information to help others

The Helpline is open:

Monday to Thursday 7:00am to 8:00pm

Friday 7:00am to 5:00pm

Weekends 8:00am to 4:00pm

Call 1-877-513-5333

Quit Smoking Support

A package of information on ways to make quitting easier is available from the Regina Qu'Appelle Health Region.

Call Population & Public Health Services at 766-6320.

To speak to someone about quitting, call 766-6327

Social Services

Child and Family Services

- **Adoption** (787-3916) - offers programs in domestic adoption, assisted adoption, intercountry adoption and post-adoption.
- **Child Protection** (787-3760) - sometimes a child may be in need of protection when there is abuse and neglect.
- **Foster Care** (787-3700) - a home is provided that will best meet the needs of each child in the care of the ministry.
- **Youth** (787-3700) - provides services to 16 and 17 year old youth when there is no parent willing or able to take responsibility for the young person.
- **Community Living** (787-3848) - to ensure physical, emotional, and social needs are met and that people with intellectual disabilities live and function as independently as possible within their own communities.
- **Saskatchewan Assistance Program** (798-0660) - is a program of last resort for families and individuals who, for various reasons, including disability, illness, low income or unemployment, cannot meet basic living costs.
- **Saskatchewan Assured Income for Disability** (798-7243) - provide an income for persons with significant and long-term disabilities separate from the Saskatchewan Assistance Program

Souls Harbour Rescue Mission

Individuals needing a place to stay at the men or women shelter are encouraged to attend the shelter between 5pm and 10pm. Supper is served at the shelter at 5pm.

Men's Transitional Housing: 1836 Halifax Street

Women's Emergency Shelter: 1610 Angus Street

Soup Kitchen: Monday to Friday from 4:00pm to 7:00pm at 1836 Halifax Street in the Gerri Carroll Hope

Life Change Program is a faith-based long term program for men and women struggling with life controlling problems or addictions. The program curriculum and philosophy is all biblically-based. Our three-phase program is designed to disciple individuals as they grow in their faith, healing, and recovery.

Zeike's Place Youth Center provides a safe and positive atmosphere where youth can socialize, have fun, and develop their life skills. Mentorships and programs have been designed to meet their needs.

Good News Chapel (Sundays) 1380 Elphinstone Street. Pre Service Prayer starts at 10:15am. Sunday morning worship service starts at 11am. Potluck fellowship lunch at 12pm.

Little Souls Daycare is a fully licensed and subsidized Christian childcare facility located in North Central Regina. Our mission is to provide a caring, warm and safe environment for each child to play, explore, learn and reach their full potential as children of God. We have spaces for 60 children to play, eat, nap and enjoy their days.

Contact Information

Address: 3535 8th Ave

Phone: 543-0011

Website: www.soulsharbourrescuemission.org

South Saskatchewan Independent Living Centre (SSILC)

SSILC operates as a non-profit registered charitable organization under the governance of a volunteer Board of Directors, of whom at least 51% are persons with disabilities. Approximately 80% of the SSILC staff are persons with disabilities, who provide peer support based on their personal experiences in disability management in addition to their professional training and expertise.

- **Employment Services Program:** offers individualized stabilization and pre-employment supports to consumers to help with all aspects of understanding and managing their disability and gaining skills related to finding and maintaining their place in the workforce.
- **Entrepreneurs with Disabilities (EDP):** Our business consultant is available to offer information and supports to individuals interested in becoming entrepreneurs, or in expanding an existing operation. We work with individuals to create customized business plans, secure disability accommodations, and, if desired, provide access to business development training.
- **Supported Independent Living Program (SILP):** provide one-to-one support for individuals with disabilities in their homes and community as they gain independent living skills, including self-advocacy, healthy living, and financial management.
- **Information & Networking:** provides leadership and support toward creating a more inclusive community through our involvement in a variety of initiatives.
- **Peer Support Program:** supports the development and growth of consumer-driven projects and activities such as our monthly Open Mic event and Artist in Residence program.

Contact Information

Address: 2220 Albert Street

Phone: 757-7452

Website: www.ssilc.ca

Transition Houses for Women and their Children Fleeing Domestic Abuse

Isabel Johnson (525-2141) provides service if you are a woman with or without children who needs to get away from an abusive situation, then you are eligible to stay. There is no charge.

Regina Transition House (757-2096) is a safe shelter for women. If you are living in an abusive relationship, have experienced a violent incident or have been threatened with violence you can come into the shelter for help.

24-Hour Emergency Line: 569-2292

Sofia Housing (565-2537) is a second-stage housing that provides safe and affordable housing for abused women and their children. Length of stay is up to one year. Services include counselling for women and children, support group and referrals to community services, including geared income housing.

WISH: Wichihik Iskwewak Safehouse (543-0493)

Provides short-term emergency shelter for abused women and their children. Services include a 24-hour crisis line; individual adult and child counselling; an Outreach Program that assists women with school aged children in locating suitable housing; visits by Elders; advocacy; public education; and second-stage housing.

The Unemployed Workers Help Centre

The Unemployed Workers Help Centre is an independent, community based organization with offices in Regina and Saskatoon which provides information and advocacy services for Employment Insurance claimants.

Services Overview:

- are open to everyone and anyone who has a question about the Employment Insurance Program
- no fees are charged for any service
- provide information on the Employment Insurance Program and eligibility
- advise you of your rights and obligations
- prepare and present appeals for Employment Insurance claimants
- mediate between claimants and EI representatives and agents
- referrals to the employment services of Can-Sask Career and Employment Services
- referrals to other social and government agencies which provide services to the unemployed
- provide public education workshops and seminars on EI issues, policies, procedures, etc.

Contact Information

Address: 1888 Angus Street

Phone: 525-5138

Website: www.unemployedworkerscentre.org

Victim Services

- **Police-based Victim Services:** supports for victims in the immediate aftermath of a crime or tragedy, and throughout the criminal justice process.
- **Services for Aboriginal Families:** programs to support Aboriginal victims of crime.
- **Community-based Specialized Programs:** address the needs of victims of specific crimes, including domestic violence and sexual assault.
- **Victim/Witness Services:** support for children and other vulnerable witnesses who are required to testify in court.
- **Children Exposed to Violence Programs:** address the needs of children who have been exposed to violence.
- **Victim Impact Statement:** an opportunity for victims to tell the court how a crime has affected them.
- **Victims Compensation Program:** financial compensation to reimburse victims for expenses resulting from criminal acts of personal violence.
- **Restitution Programs:** programs to assist victims in collecting court-ordered restitution from offender

Contact Information

Address: 610 - 1874 Scarth Street

Phone: 787-3500

Website: www.justice.gov.sk.ca/victimsservices

Visitation House

*Our services are provided
by women for women*

Visitation house is a drop-in centre for women sponsored by the Archdiocese of Regina. We offer practical, emotional and spiritual support.

As a Christian organization, we are fully supportive of the various cultural and religious traditions of our participants.

We offer:

- A comfortable space for women to gather
- A telephone and newspaper
- Coffee and snacks
- Information and referrals
- Various educational programs

Contact Information

Address: 900 11th Avenue

Phone: 352-0016

Website: www.visith.sasktelwebsite.net

Women of the Dawn

Women of the Dawn is a grassroots, non-profit organization headquartered in Regina, Saskatchewan.

Women of the Dawn was established in 1993 by a group of First Nation's women who saw a need to work with other urban First Nations women in the mutual pursuit of self- reliance and social and economic self sufficiency.

What Services Do We Offer?

- We are offering culturally based programming for individuals, families and groups who have experienced the residential school system.
- We offer follow- up services with our clients and provide referrals.
- We use individual and group sessions that create a supportive environment for healing.
- Our Staff and our resource people are recognized, and trained facilitators

Program Components

- Holistic Services
- One on one personal counselling
- Weekly healing circle
- Medicine wheel
- Individual counselling
- Career Planning, resume writing, and job search assistance

Contact Information

Address: 2115 Broad Street

Phone: 522 6040 or 791 6506

Website: www.reginacity.com/fnac/wotd.htm

YWCA Regina

The YWCA Regina has been serving women and their families since 1910. We continue to touch people from all walks of life, preschoolers to seniors.

Our array of services includes:

- Fitness and recreation
- Low-cost supported housing
- Shelter for women and children escaping violence
- Monthly and drop-in child care
- Interventions for children exposed to violence
- Mentoring programs for children and teens
- Preventive education toward non-violent relationships
- Elementary age tutoring
- Volunteer and social opportunities for seniors

Contact Information

Address: 1940 McIntyre Street

Phone: 525-2141

Website: www.ywcaregina.com

Village Networks for Single Mothers and their Children

The Village Networks program seeks to assist single mothers in Regina by increasing their access to services and programs that will reduce social isolation and decrease socio-economic barriers that directly affect the lives of single mother families. The Village Networks program offers a range of events, workshops, and activities meant to be supportive, empowering, informative and fun for single mothers and their children.

Contact Information

Address: 1940 McIntyre Street

Phone: 525-2141 ext. 105 or 525-2141 ext. 132

Website: www.ywcavillagenetworks.com

YMCA

The YMCA in Canada is dedicated to the growth of all persons in spirit, mind, and body and in a sense of responsibility to each other and the global community.

The Before and After School takes our job of caring for your children very seriously. We understand that parents need to have peace of mind, knowing that their children are in a safe, nurturing environment that fosters healthy development. For information please call 757-9622 ext. 253

Public System: George Lee, Henry Janzen, MacNeill, Massey, McLurg and McVeety

Catholic System: Deshaye Catholic, St. Bernadette, St. Dominic Savio, St. Josaphat, St. Francis Community School, St. Marguerite Bourgeoys, St. Mary, St. Pius X, St. Theresa, St. Timothy, and St. Mathew

Whether you are inquiring about infant care, preschool or care for a child with diverse needs we provide a program that enhances individual development of the "whole" child. Dedicated to quality service, our focus is on the family and the importance of providing a stimulating, nurturing and secure environment.

Downtown Child Care Centre: 757-9622 ext. 249

Northwest Child Care Centre: 757-9622 ext. 349

Rochdale Child Care Centre: 757-9622 ext. 379

South Child Care Centre: 584-8123

We offer a variety of Saturday Youth programs at the Downtown YMCA. Youth can register for cooking, craft, drama or a mixture of sports classes on a session basis. For more information on our Youth Programs please call 757-9622 ext 244.

Poison Control Centre (Regina Emergencies)

1-800-667-4545

If you have a poisoning emergency contact the Poison Control Centre by telephone immediately. If the victim is unconscious, not breathing or having a seizure, call 911.

Poison and Drug Information Services (PADIS)

1-866-454-1212

Provides poison information 24 hours a day, 7 days a week.

Regina Sexual Assault Line (24 hrs) 352-0434

24 Hour Abuse Line 1-800-214-7083

Gambling Help Line 781-9522 or 1-800-306-6789

Child Find Saskatchewan Inc. 1-800-513-3463

Regina City Legal Aid Office 787-8760

Alternatives to Violence Program for Men 766-7800

Newo Yotina Friendship Centre 525-5042

Planned Parenthood 522-0902

Options Pregnancy 757-3344 or 1-866-870-3344

Birthright 359-1862 or 1-800-550-4900

FASD Support Network of Saskatchewan 1-866-673-3276

Chinese Cultural Society of Saskatchewan 525-5027

Depression and Manic Depression Support Group 596-5400

First Nations Family Helpers

1950 Broad Street 337-1200

Intercultural Grandmothers Uniting 585-5816

Aboriginal Family Defense League 561-1847

Office of the Rentalsman

120 - 2151 Scarth Street 787-2695

Street Workers Advocacy Project

525-1722

Witness Protection Program (Saskatchewan)

787-3394 or 1-866-517-2337

Children's Advocate Office

Advocates on behalf of individual and groups of children and youth in care or custody of the Government of Saskatchewan

1-800-322-7221

Army Cadet League of Canada (Saskatchewan)

543-8809

Community Operations Adult Probation Services

787-3490

Regina Crisis/Suicide Line

525-5333



Early Years Matter

Help me share the news that I need positive experiences and stimulation not only from my family but community too. This ensures I achieve life long successes.

My first six years affect my learning, behavior, and health throughout the rest of my life. This is because until age six my brain goes through essential sensitive periods where my basic abilities like emotional control, language & social skills are being formed.

What does this mean for my future and yours?

If I have positive early experiences from a nurturing, supportive and predictable system, I will be able to overcome setbacks or inadequacy later in life.

However, if my experiences are negative, I am more likely to develop addictions, have poor mental health and chronic health conditions. I most likely will not participate in the workplace or have positive contributions to make in society.

If time, resources and investments are made in our early years, we assure that communities will have a capable, productive and valuable workforce that is healthier and stronger than ever before.

Rate of vulnerability by neighbourhood:

Below average
Heritage (46.8%)
North Central (45.5%)
North East – Eastview (45.5%)
Hillsdale (37.5%)
Al Ritchie–Gladmer Pk–Boothill (34.7%)
Whitmore Park (33.8%)
Argyle Park (33.3%)
Coronation Park (32.4%)
Near Regina Average*
Sherwood-McCarthy (31.1%)
Albert Park (28.7%)
Rosemont-Mount Royal – Dieppe – McNab (28.3%)
Cathedral Area (27.8%)
Regent Park (27.5%)
Walsh Acres/Lakeridge (24.3%)
Above average
Prairie View (21.2%)
Uplands (20.6%)
Arcola East (18.1%)
Normanview (19.6%)
Lakeview (12.5%)
Twin Lakes (6.3%)

* Includes neighbourhoods 5% above or below Regina's mean.

Children in Regina are behind their Canadian peers when they enter kindergarten. The mean score of Regina children was below that of the Canadian normative sample *in all five major areas of early development.*

City-wide Highlights

- 2 in 3 Regina children **are ready** to learn in school in all aspects of their development (vs. 3 in 4 Canadian children).
*Studies show that 32% of children **who are ready** will not pass Grade 3 standardized tests.*
- 1 in 3 Regina children **are not ready** to learn in school (vs. 1 in 4 Canadian children).
Studies show that 50% of these children do not pass Grade 3 standardized tests.
- 1 in 5 Regina children **are not ready** and **are vulnerable in two or more areas** of their early development (vs. 1 in 7 Canadian children).
Studies show that 64% of these children do not pass Grade 3 standardized tests.
- 1 in 13 Regina children are not ready to learn in school and experience significant delays in a broad spectrum of their development (vs. 1 in 26 Canadian children)
This is **double the Canadian norm.**

Are Regina Children Prepared For Success?

A recent study shows Regina's children are behind their Saskatchewan peers in early development.

- One in three kindergarten children in Regina were found to be behind in at least one important aspect of their development.
- Children who were behind in their development were identified in all Regina neighbourhoods and in all demographic groups.



- Regina children were most vulnerable in the areas of Physical Health and Well-Being and Language and Cognitive Development.

**THIS IS NOT A GOOD
REPORT CARD!**

Regina Children's Initiative

Vision

A community where the principles of the Regina Children's Charter are a reality for all children.

Mission

The Regina Children's Initiative is a collaborative group of community members that work together to plan, develop and deliver services and programs that will improve the health and well-being of young children within the context of their families and their communities.

***For more information, please visit
www.reginakids.ca***

Regina Children's Charter

This Charter applies the wisdom and commitment of our community to respect and holistically support children emotionally, intellectually, spiritually, and physically.

- **The right to have basic needs met**

To have access to sufficient healthy food, housing and healthcare.

- **The right to be safe**

Within a protective home, family, and community where you are free to explore and take risks.

- **The right to be you**

Appreciated and accepted for your individual values, personal expression and cultural identity.

- **The right to belong**

In a family and community that advocates for you, makes you feel secure and comfortable.

- **The right to loving relationships**

To have a significant adult who provides guidance and consistency, believing in your hopes and dreams.

- **The right to lifelong learning**

To have experiences that provide a strong foundation and an excitement for learning.

- **The right to play and be physically active**

To have a life filled with cooperative participation through play that is active, artistic and accessible to all.

- **The right to contribute**

To be seen, heard, respected and treated with dignity.