

SWAP Street Worker's Advocacy Project

1775 Smith Street
 Regina, SK S4P 4C4
 Ph: 306-525-1722 Fax: 306-525-0641

Programs & Services

- ◆ Drop – In Centre:
- ◆ Counselling
- ◆ Advocacy
- ◆ Referrals
- ◆ Court Support
- ◆ Food Bank Referrals and Pick Ups
- ◆ Health & Legal Information
- ◆ Transportation to Appointments
- ◆ Crisis Intervention
- ◆ On – Site STD Clinic & Primary Care Nurse

Support Groups:

- ◆ Addictions Support Group
- ◆ Parenting Classes
- ◆ Talking Circles

Needle Exchange Sites

STD Clinic

2110 Hamilton Street

Needle exchange is available:
 Monday – Friday: 1:15 – 4pm
 Wednesday & Friday: 9 – 11:30am

Carmichael Outreach

1925 Osler Street

Needle exchange is available:
 Monday – Friday
 9:30am – 12:00, 1:15 – 4:45pm

AIDS Programs in South Saskatchewan

2735 5th Avenue

Needle exchange available:
 Monday – Friday
 9am -12:00pm, 1:15pm – 5pm

The Street project

**To prevent HIV/AIDS! Sexually Transmitted Diseases!
 Hepatitis!**

Phone: 766-7799

Services provided:

- ◆ Someone to Talk to
- ◆ Free Sharps Containers
- ◆ New Needles for Used ones
- ◆ Swabs, Filter, water
- ◆ Ties and Spoons
- ◆ Condoms and Lube
- ◆ Pregnancy Tests
- ◆ Talks to groups about the Street
- ◆ Project, HIV/AIDS, STDs
- ◆ Counseling and Referrals
- ◆ Drug or Alcohol Treatment
- ◆ STD Clinic
- ◆ HIV, Hepatitis and STD Testing
- ◆ Hepatitis B Immunization
- ◆ Support and Risk Reduction

Van Schedule

Monday

7:30 – 8pm Home Visits & Stroll
 8:00 - 9pm Site: 5th & Rae Street
 9:-10:30pm Home Visits and Stroll

Tuesday

7:30 – 8pm Home visits and stroll
 8 – 9:00pm Site: 1925 Osler Street
 9 – 10:30pm Home Visits & Stroll

Wednesday

3:00 – 5:00 pm Home Visits
 7:30 – 10:30pm Home visits & stroll

Thursday

7:30 – 8:00pm Home visits & stroll
 8:00 – 9:00pm Site: 1925 Osler St.
 9:00 – 10:30pm Home visits & stroll

Friday

7:30 – 8:00pm Home visits & stroll
 8:00 – 9:00pm Site: 5th & Rae St.

STD CLINIC HOURS OF OPERATION

**Main Floor - 2110 Hamilton Street
 Regina, SK**

Ph: 766-7788 - 766-7787

Please call: (306)- 766-7618 for updated schedule and/or appointment.

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 am	Closed	Closed	By Appt. only	Closed	Open	Closed
11:30am						
1:00pm	Open	Open	Open	Open	Open	Open
4:00pm	Open	Open	Open	Open	Open	Open
4:00pm	Open	Closed	Closed	Open	Closed	
6:00pm	Open	Closed	Closed	Open	Closed	Closed
8:45pm	Open	Closed	Closed	Open	Closed	Closed

Survival Guide



Emergency Shelters/ Emergency Food & Needle Exchanges

The Salvation Army

1845 Olser Street
Ph: 569-6088 Fax: 569-1230
Hours of Operation 24/7
Service Provided

- ◆ Supportive Residential Program
- ◆ Hostel Dorms – emergency short term shelter for men facing a housing crisis.
- ◆ Hostel Rooms – medium to long term room and board for men in need of safe housing and regular meals.
- ◆ Community Residential Facility - A federal Halfway house helping offenders successfully transition back into the Community.
- ◆ Casual Labour- services aimed at helping community members find short term work.
- ◆ Sunday Soup- lines for youth and adults
- ◆ Various other services

Carmichael Outreach

1925 Osler, Street
Contact Person: George Palmer, Executive Director
Ph: 757-2235 E-mail: Carmichael.outreach@accesscomm.ca
Hours of Operation: Monday to Friday from 8:30 am to 4:00 pm

- ◆ Services Provided:
- ◆ Emergency Food Assistance
- ◆ Emergency Clothing Assistance
- ◆ Coffee House Drop-in held every Wednesday Morning from 10:00 am to 11:30 am
- ◆ We also provide assistance with job search, adult literacy, Life Skills classes, and Basic Computer Literacy classes.

Core Community Association

100 – 1654 11th Ave
Leila Francis, Executive Director
Ph: 757- 9952 Fax: 757-6565 Email: lfrancis.core@sasktel.net
Hours of operation: Monday to Friday from 9:00 am – 12:00 pm and 1:00pm – 4:00pm

- ◆ Service Provided:
- ◆ Agency for the food Bank
- ◆ Agency for the good food Box
- ◆ Food Security Projects
- ◆ Cooking classes for kids
- ◆ Parent and tot Food and Fun
- ◆ Community Housing Program
- ◆ Neighbourhood Home Ownership Program
- ◆ Rental Registry

Souls Harbour

1836 Halifax, St
Contact: Donavon
Ph: 522-7122 Fax: 522-7122 E-mail: mission@soulsharbour.org
Hours of Operation: Monday to Friday 10:00am – 6:30pm

- ◆ Services Provided:
- ◆ Supper meals provided Monday to Friday from 5:00 to 6:00pm
- ◆ Inner- City School Lunch Program Monday to Friday
- ◆ Sunday Church Service
- ◆ Sunday Lunch Program
- ◆ Tuesday Bible Studies
- ◆ Thursday Coffee House/Games Night
- ◆ Friday Gospel Night
- ◆ Saturday Kids, Day

Souls Harbour Clothing Bank

Provides women and children's clothing, housewares and furnishings
Hours of Operation: Monday to Friday from 9:30am to 12:30pm & 1:15pm-5:00pm
Closed Sunday

- ◆ Services Provided:
- ◆ Food Bank Referrals
- ◆ Clothing Depot
- ◆ Emergency Food Cupboard

The Salvation Army Community & Family Services

2240 13th Ave
Contact Person: Captains Kirk & Linda Green
Ph: 757-4600 Fax: 757-1441

- ◆ Inner-City School Clothing Program
- ◆ Reserve Clothing Program
- ◆ Provides retrain training
- ◆ Furniture Warehouse
- ◆ Stores donated furniture and appliances which will be given away to those who are in need.

Four Directions Community Health Center

3510 5th Ave
Regina, Saskatchewan S4T 0M2
Phone: (306) 766-7540 Fax: (306) 766-7534
Primary Health Care

- ◆ Treatment
- ◆ Testing
- ◆ Referrals
- ◆ Sexual wellness
- ◆ Prenatal care

Services Provided:

- ◆ Counselor Available
- ◆ Addictions Services
- ◆ Drop – in Immunization
- ◆ Primary Care Clinic
- ◆ Addictions Recovery Group
- ◆ Focus on Fathers- call to register
- ◆ Addictions Counselor- By Appointment
- ◆ Men's Support Group
- ◆ Prenatal Classes

Regina Food Bank

445 Winnipeg, Street
Regina, SK S4R 8P2
Ph: 306-791-6532 Fax: 306-347-0884
Email: info@reginafoodbank.ca
Website: www.reginafoodbank.ca

Safety Services

Sexually Exploited Children
Regina, SK
Ph: 306-757-7803

Regina Rescue Mission

Life Change Program
3535 8th Avenue
Regina, SK S4T 0T6

Regina Rescue Mission

Life Change Program
3535 8th Ave.
Regina, SK S4T 0T6

Emergency Shelter & Low Income Housing

2076 Scarth Street
Box 3356 Stn Main
Regina, SK S4P 3H1
Ph: 306-543-0011 Fax: 306-525-3079
Email: porter@spirit.ca
Men's program – Jeffery Thiessen
Email: ilovemymom12@yahoo.com
Women's Program – Melanie Van Herk
Email: mvanherk104@yahoo.ca