



Community Wellness Committee

**Wednesday, April 14, 2021
9:00 AM**

Henry Baker Hall, Main Floor, City Hall



OFFICE OF THE CITY CLERK

**Revised Public Agenda
Community Wellness Committee
Wednesday, April 14, 2021**

Approval of Public Agenda**Minutes Approval**

Community Wellness Committee - Public - Mar 10, 2021 9:00 AM

Communication

CWC21-8 Sarah Dymund: Conversion Therapy Report

Recommendation

That Community Wellness Committee receive and file this communication.

Administration Reports

CWC21-6 Conversion Therapy Report

Recommendation

The Community Wellness Committee recommends that City Council:

1. Direct the Mayor to write to the Federal Government on behalf of Regina City Council in support of Bill C-6.
2. Approve this recommendation at its meeting on April 28, 2021.

CWC21-7 Age Friendly Cities

Recommendation

The Community Wellness Committee recommends that City Council:

1. Endorse the request of the Age Friendly Regina committee for the City of Regina to become an age friendly community by participating, supporting, promoting, and working to assess and improve inclusion and accessibility for individuals of all ages.
2. Remove item MN20-20 from the List of Outstanding Items for City Council.



OFFICE OF THE CITY CLERK

3. Approve these recommendations at its meeting on April 28, 2021.

Resolution for Private Session

AT REGINA, SASKATCHEWAN, WEDNESDAY, MARCH 10, 2021

AT A MEETING OF COMMUNITY WELLNESS COMMITTEE
HELD IN PUBLIC SESSION

AT 9:00 AM

These are considered a draft rendering of the official minutes. Official minutes can be obtained through the Office of the City Clerk once approved.

Present: Councillor Andrew Stevens, in the Chair
Councillor, Lori Bresciani (Videoconference, non-voting member)
Councillor John Findura (Videoconference)
Councillor Dan LeBlanc
Councillor, Landon Mohl (Videoconference, non-voting member)
Councillor Terina Shaw (Videoconference)
Councillor Cheryl Stadnichuk

Also in Attendance: Council Officer, Tracy Brezinski
City Clerk, Jim Nicol
City Solicitor, Byron Werry (Videoconference)
Executive Director, Citizen Services, Kim Onrait
Executive Director, City Planning & Community Development, Diana Hawryluk
Director, Fire & Protective Services, Layne Jackson
Director, Parks, Recreation & Cultural Services, Laurie Shalley
Manager, Social & Cultural Development, Emmaline Hill
Senior City Planner, Social & Cultural Development, Charlie Toman
Policy Analyst, Social & Cultural Development, Kelly Husack (Videoconference)

APPROVAL OF PUBLIC AGENDA

Councillor Cheryl Stadnichuk moved, AND IT WAS RESOLVED, that the agenda for this meeting be approved, after adding a communication from Cameron Choquette, respecting CWC21-3 Housing Incentives Policy – Minor Updates as item CWC21-5, as submitted.

MINUTES APPROVAL

Councillor Dan LeBlanc moved that the minutes for the meeting held on February 10, 2021 be adopted, as circulated.

CITY CLERK'S REPORT

CWC21-2 Current Programming and Services

Recommendation

That the Community Wellness Committee receive and file this report.

Laurie Shalley, Director, Parks, Recreation & Cultural Services and Layne Jackson, Director, Fire & Protective Services, made a PowerPoint presentation, a copy of which is on file in the Office of the City Clerk.

Councillor Dan LeBlanc moved that this report be received and filed.

The Clerk called the vote on the motion.

	In Favour	Against
Councillor LeBlanc	✓	
Councillor Shaw	✓	
Councillor Stadnichuk	✓	
Councillor Findura	✓	
Councillor Stevens	✓	
	5	0

The motion was put and declared CARRIED.

Councillor Cheryl Stadnichuk moved, AND IT WAS RESOLVED, that the Committee recess for 15 minutes.

The Committee recessed at 10:27 a.m.

The Committee reconvened at 10:42 a.m.

COMMUNICATION AND ADMINISTRATION REPORTS

CWC21-5 Cameron Choquette: Housing Incentives Policy - Minor Updates

Recommendation

That the Community Wellness Committee receive and file this communication.

Councillor Dan LeBlanc moved, AND IT WAS RESOLVED, that this communication be received and filed.

CWC21-3 Housing Incentives Policy - Minor Updates

Recommendation

The Community Wellness Committee recommends that City Council:

1. Approve minor revisions to the City of Regina *Housing Incentives Policy*, as proposed in Appendix A.
2. Approve these recommendations at its meeting on March 31, 2021.

Charlie Toman, Senior City Planner, Social & Cultural Development, made a PowerPoint presentation, a copy of which is on file in the Office of the City Clerk.

Councillor Dan LeBlanc moved that the recommendation contained in the report be concurred in.

The Clerk called the vote on the motion.

	In Favour	Against
Councillor LeBlanc	✓	
Councillor Shaw	✓	
Councillor Stadnichuk	✓	
Councillor Findura	✓	
Councillor Stevens	✓	
	5	0

The motion was put and declared CARRIED.

CWC21-4 Plan to End Homelessness - Permanent Supportive Housing Operating Grant

Recommendation

The Community Wellness Committee recommends that City Council:

1. Approve the creation of a Permanent Supportive Housing Operating Grant program aligned with the Plan to End Homelessness to fund the ongoing operation of permanent supportive housing in an amount not to exceed \$700,000 annually beginning in 2022.
2. Delegate authority to the Executive Director, City Planning & Community Development to select a qualified Community-Based Organization to operate Permanent Supportive Housing spaces for a term of five years using the process outlined in this report and the criteria established in Appendix A.
3. Delegate authority to the Executive Director, City Planning & Community Development to negotiate, approve and amend any funding agreements needed between the City of Regina and the selected Community-Based Organization.
4. Authorize the City Clerk to execute the necessary agreements after review and approval by the City Solicitor.
5. Authorize the funding for the Permanent Supportive Housing Operating Grant to be provided from the City's Social Development Reserve.
6. Amend the Housing Incentives Policy in Section 8.0 to decrease the maximum amount of funding available annually for capital incentives from \$2,500,000 to \$1,800,000 effective January 1, 2022.
7. Instruct the City Solicitor to amend Schedule A, Section 13.1 and 14 of *The Regina Administration Bylaw*, No. 2003-69 to include payments

through the Permanent Supportive Housing Operating Grant.

8. Delegate authority to the Mayor to write to the provincial government to request that it:
 - a. Fully realize its commitments to helping end homelessness under the Plan to End Homelessness for Regina, including undertaking a review of policy and programs that serve people experiencing chronic homelessness to ensure an evidence-based approach and attention to the unique aspects of Indigenous homelessness.
 - b. Contribute \$1.26 million annually in operational funding for new permanent supportive housing spaces as recommended in the Plan to End Homelessness.
 - c. Work with service providers to supply capital funding and assets to support permanent supportive housing spaces, utilizing new and existing units.
 - d. Support solutions to end homelessness through integrating Housing First programming within policy frameworks, modernizing relevant policies and legislation, and facilitating partnerships to ensure the future success of the project.
9. Remove item MHC20-1 from the list of outstanding items for the Mayor's Housing Commission.
10. Approve these recommendations at its meeting on March 31, 2021.

Kelly Husack, Policy Analyst, Social & Cultural Development, made a PowerPoint presentation, a copy of which is on file in the Office of the City Clerk.

Councillor Dan LeBlanc moved that the recommendation contained in the report be concurred in.

Councillor Cheryl Stadnichuk moved, in amendment, that:

- 1. The dollar amount of \$700,000 noted in item #1 be increased to a maximum of \$1 million to fund the ongoing operation of permanent supportive housing annually beginning in 2022; and**
- 2. Item #6 be written to read as follows: "Amend the Housing Incentive Policy in Section 6.0 to decrease the maximum amount of funding available annually for capital incentives from \$2,500,000 less what is utilized from the allocated funding of \$1 million, as outlined in item #1, effective January 1, 2022."**

The Clerk called the vote on Councillor Stadnichuk's amendment.

	In Favour	Against
Councillor Stadnichuk	✓	
Councillor Shaw	✓	
Councillor LeBlanc	✓	
Councillor Findura	✓	
Councillor Stevens	✓	
	5	0

The motion was put and declared CARRIED.

The Clerk called the vote on the main motion.

	In Favour	Against
Councillor LeBlanc	✓	
Councillor Shaw	✓	
Councillor Stadnichuk	✓	
Councillor Findura	✓	
Councillor Stevens	✓	
	5	0

The main motion, as amended, was put and declared CARRIED.

ADJOURNMENT

Councillor Dan LeBlanc moved that the meeting adjourn.

The meeting adjourned at 11:48 a.m.

Chairperson

Secretary

April 12, 2021

Good day,

As the Pastor of a Lutheran Church in Regina, I would like to express my support of a ban on conversion therapy. This is a harmful, dangerous practice. The full spectrum of LGBTQ2SIA+ people are whole and holy, made in the image of God, just as they are.

Rev. Sarah Dymund
(she/her/hers)
Trinity Evangelical Lutheran Church
Regina

Conversion Therapy Report

Date	April 14, 2021
To	Community Wellness Committee
From	City Manager's Office
Service Area	City Manager's Office
Item No.	CWC21-6

RECOMMENDATION

The Community Wellness Committee recommends that City Council:

1. Direct the Mayor to write to the Federal Government on behalf of Regina City Council in support of Bill C-6.
2. Approve this recommendation at its meeting on April 28, 2021.

ISSUE

Some Provinces and Cities across Canada have taken steps to ban the practice of conversion therapy within their respective jurisdictional spheres of health (provincial) and business regulation (municipal). There is currently a Bill (C-6) before the Federal Government which would criminalize aspects of conversion therapy.

In February 2020, Saskatoon's Governance and Priorities Committee directed its Administration to report on what role the City can play to "ensure conversion therapy is prohibited in Saskatoon" and subsequently, in February 2021, Saskatoon City Council passed a bylaw (attached as Appendix A) to prohibit conversion therapy businesses in Saskatoon. Some members of Regina City Council have expressed a desire for an opportunity to similarly discuss conversion therapy at Committee and Council and to hear from interested parties on the subject.

The intent of this report is to provide Committee members with further background and options to consider regarding Regina's approach to conversion therapy.

IMPACTS

There are no financial, environmental, policy, strategic, accessibility or other implications, or considerations associated with this report. Any impacts resulting from further Council direction will be brought forward in future reports as appropriate.

OTHER OPTIONS

An alternative option would be to direct the Administration to undertake further research and bring back a report following the decision of Parliament as to whether Bill C-6 is approved.

COMMUNICATIONS

A number of community organizations expressed an interest to provide input and perspective on any potential actions the City may pursue. If Council directs the Administration to undertake further research, the Administration will ensure an engagement and communication plan will be developed to solicit community input.

DISCUSSION

Conversion Therapy can be described as a practice that seeks to change a person's sexual orientation to heterosexual, to repress non-heterosexual attraction or behaviors, or to change an individual's gender identity to match the sex they were assigned at birth. The Canadian Psychological Association, Canadian Psychiatric Association and Canadian Paediatric Society have denounced conversion therapy as harmful to LGBTQ2 persons. The Federal Government has taken the position that conversion therapy causes harm to persons, and in particular children; that it causes harm to society because it propagates myths and stereotypes about sexual orientation, gender identity and gender expression, including the myth that these should be changed; and that denouncing conversion therapy is important to protect the dignity and equality of all Canadians (preamble, Bill C-6).

Several levels of government in Canada have taken steps to prohibit conversion therapy within their respective jurisdictional spheres. Cities, such as Edmonton, Calgary, Vancouver and Saskatoon have adopted bylaws prohibiting conversion therapy businesses pursuant to their authority to prohibit businesses from operating within the city. The City has jurisdiction under *The Cities Act* to prohibit a business or class of business from operating within the city. A business is defined by *The Cities Act* as including the following, whether for profit: a commercial activity; the carrying on of a profession, trade, occupation, calling or employment; or an activity providing goods or services. It is unknown if there are currently any conversion therapy businesses operating in Regina.

Provinces, including Ontario, Quebec, P.E.I and Nova Scotia, have amended health legislation to remove conversion therapy as a covered service and to prohibit licensed professionals from offering conversion therapy. The Federal Government has re-introduced

a Bill (C-6, formerly C-8) to amend the Criminal Code to criminalize aspects of conversion therapy.¹

In October 2020, Bill C-6 was introduced, received second reading and was referred to the Standing Committee on Justice and Human Rights. The committee provided its report on December 11, 2020, and the Bill is eligible to receive third reading at any time before the end of the current parliamentary session. The Bill proposes five new *Criminal Code* offences related to conversion therapy as follows:

1. Causing a person to undergo conversion therapy without their consent
2. Causing a minor to undergo conversion therapy
3. Removing a minor from Canada to undergo conversion therapy abroad
4. Advertising an offer to provide conversion therapy
5. Receiving a financial or other material benefit from providing conversation therapy

While a ban on conversion therapy has been widely supported, some groups continue to express concern that the definition of conversion therapy may prevent practices, conversations or therapies which they see as beneficial. The Standing Committee on Justice and Human Rights received 290 briefs, heard from 32 witnesses and as a result, proposed an amended definition in its report on December 11, 2020. The Federal Bill (as amended by committee, Attached as Appendix B) now defines conversion therapy as:

Conversion therapy means a practice, treatment or service designed to change a person's sexual orientation to heterosexual, to change a person's gender or gender expression to cisgender, or to repress or reduce non-heterosexual attraction or sexual behaviour or non-cisgender gender expression. For greater certainty, this definition does not include a practice, treatment or service that relates to the exploration and development of an integrated personal identity without favouring any particular sexual orientation, gender identity or gender expression.

Many of the laws passed at the provincial and municipal level pre-date the introduction of the Federal Bill and, therefore, did not have the benefit of considering the Federal Government's proposed definition or the impact the Bill would have on local laws. If conversion therapy is criminalized, the provincial and municipal laws will continue to apply unless they conflict with the criminal law. Upon receiving a complaint of conversion therapy, law enforcement officials may decide to pursue enforcement activity through criminal laws or municipal bylaws.

¹ More information and background regarding the historical origins of conversion therapy, scientific evidence regarding conversion therapy and the current use of conversion therapy in Canada can be found in the Library of Parliament research paper at the following link: <https://lop.parl.ca/staticfiles/PublicWebsite/Home/ResearchPublications/LegislativeSummaries/PDF/43-2/c6-e.pdf>

DECISION HISTORY

The recommendation in this report require City Council approval.

Respectfully Submitted,



Byron Werry
City Solicitor

Respectfully Submitted,



Chris Holden
City Manager

Prepared by: Leah Goodwin, Senior Communications Strategist

ATTACHMENTS

Appendix A. Bylaw 9747 Saskatoon

Appendix B. Bill C-6 as amended December 11 2020

BYLAW NO. 9747

The Prohibited Businesses Bylaw, 2021

The Council of the City of Saskatoon enacts:

Short Title

1. This Bylaw may be cited as *The Prohibited Businesses Bylaw, 2021*.

Definitions

2. In this Bylaw:
 - (a) **"business"** means any of the following activities, whether or not for profit and however organized or formed:
 - (i) a commercial, merchandising or industrial activity or undertaking;
 - (ii) the carrying on of a profession, trade, occupation, calling or employment;
 - (iii) an activity providing goods or services;
 - (b) **"City"** means the City of Saskatoon;
 - (c) **"person"** includes an individual, proprietorship, partnership, corporation, association, or other legal entity.

Purpose

3. The purpose of this Bylaw is to prohibit certain businesses and business activities in the City.

Prohibited Businesses

4. No person may engage in or operate a business listed in Schedule "A".

Proof of Contravention

5. In a prosecution for a contravention of this Bylaw, proof of either of the following is sufficient to establish that a person engaged in or operated a business:
- (a) proof of one transaction in the business;
 - (b) proof that the business has been advertised.

Offences and Penalties

6. (1) No person shall contravene or fail to comply with any provision of this Bylaw.
- (2) Every person who contravenes subsection (1) is guilty of an offence and liable on summary conviction:
- (a) in the case of an individual, to a fine not exceeding \$10,000.00 and, in the case of a continuing offence, to a further fine not exceeding \$10,000.00 for each day during which the offence continues; and
 - (b) in the case of a corporation, to a fine not exceeding \$25,000.00 and, in the case of a continuing offence, to a further fine not exceeding \$25,000.00 for each day during which the offence continues.
- (3) If a person is found guilty of an offence under this Bylaw, the court may, in addition to any other penalty imposed:
- (a) in the case of a person who holds a licence, suspend the licence for a term of not more than three months; and
 - (b) in the case of a person who did not hold a licence at the time of the conviction, order that the person is ineligible to apply for a licence for a term of not more than three months.
- (4) Offences under this Bylaw are designated as offences for which proceedings may be commenced pursuant to Part III of *The Summary Offences Procedure Act, 1990* by the issuance of a summons ticket.
- (5) A person to whom a summons ticket is issued pursuant to subsection (3) shall, upon the request by the person issuing the summons ticket, provide their name, address and date of birth. A person who fails to provide this information is guilty of an offence and liable on summary conviction to the penalty set out in subsection (2).

Corporations

7. If a corporation commits an offence under this Bylaw, the directors or officers of the corporation who directed, authorized, assented to, acquiesced in or participated in the commission of the offence are guilty of the offence and liable on summary conviction to the penalties mentioned in clause 6(2)(a), whether or not the corporation has been prosecuted or convicted, or both.

Partnerships

8. If a partner in a partnership is guilty of an offence under this Bylaw, each partner in the partnership who authorized, assented to, acquiesced, or participated in the act that constitutes the offence is guilty of the offence.

Administration and Enforcement of Bylaw

9.
 - (1) The administration and enforcement of this Bylaw is delegated to the General Manager of Community Services.
 - (2) The General Manager of Community Services is authorized to further delegate the administration and enforcement of this Bylaw, in whole or in part, to other employees of the City.

Inspections

10.
 - (1) The inspection of property by the City to determine if this Bylaw is being complied with is authorized.
 - (2) Inspections under this Bylaw shall be carried out in accordance with section 324 of *The Cities Act*.
 - (3) No person shall obstruct a person who is authorized to conduct an inspection under this section, or a person who is assisting in the inspection.
 - (4) If a person refuses to allow or interferes with an inspection authorized by this section, or if a person fails to respond to a reasonable request for access to a property, the City may apply for a warrant authorizing entry in accordance with section 325 of *The Cities Act*.

Coming into Force

11. This Bylaw comes into force on the day of its final passing.

Read a first time this 22nd day of February, 2021.

Read a second time this 22nd day of February, 2021.

Read a third time and passed this 22nd day of February, 2021.

"Charlie Clark"
Mayor

"Mike Jordan" "SEAL"
Interim City Clerk

Schedule “A”

Prohibited Businesses

Business	Prohibited Business Activity
Conversion Therapy	<p>“Conversion Therapy” means the following when used for the purpose of changing a person's sexual orientation, gender identity or gender expression, or for the purpose of repressing or reducing non-heterosexual attraction or sexual behaviour:</p> <ul style="list-style-type: none"> (a) the offering or provision of counselling or behaviour modification techniques; (b) any other purported treatment, service, practice or the offering or sale of any goods; <p>but does not include those that relate to a person’s exploration and development of an integrated personal identity without favouring any particular sexual orientation, gender identity or gender expression.</p>

Second Session, Forty-third Parliament,
69 Elizabeth II, 2020

Deuxième session, quarante-troisième législature,
69 Elizabeth II, 2020

HOUSE OF COMMONS OF CANADA

CHAMBRE DES COMMUNES DU CANADA

BILL C-6

PROJET DE LOI C-6

An Act to amend the Criminal Code
(conversion therapy)

Loi modifiant le Code criminel (thérapie de
conversion)

REPRINTED AS AMENDED BY THE STANDING COMMITTEE ON JUSTICE AND HUMAN RIGHTS AS A WORKING COPY FOR THE USE OF THE HOUSE OF COMMONS AT REPORT STAGE AND AS REPORTED TO THE HOUSE ON DECEMBER 11, 2020

RÉIMPRIMÉ TEL QUE MODIFIÉ PAR LE COMITÉ PERMANENT DE LA JUSTICE ET DES DROITS DE LA PERSONNE COMME DOCUMENT DE TRAVAIL À L'USAGE DE LA CHAMBRE DES COMMUNES À L'ÉTAPE DU RAPPORT ET PRÉSENTÉ À LA CHAMBRE LE 11 DÉCEMBRE 2020

MINISTER OF JUSTICE

MINISTRE DE LA JUSTICE

SUMMARY

This enactment amends the *Criminal Code* to, among other things, create the following offences:

- (a)** causing a person to undergo conversion therapy without the person's consent;
- (b)** causing a child to undergo conversion therapy;
- (c)** doing anything for the purpose of removing a child from Canada with the intention that the child undergo conversion therapy outside Canada;
- (d)** promoting or advertising an offer to provide conversion therapy; and
- (e)** receiving a financial or other material benefit from the provision of conversion therapy.

It also amends the *Criminal Code* to authorize courts to order that advertisements for conversion therapy be disposed of or deleted.

SOMMAIRE

Le texte modifie le *Code criminel*, notamment pour créer les infractions suivantes :

- a)** faire suivre une thérapie de conversion à une personne sans son consentement;
- b)** faire suivre une thérapie de conversion à un enfant;
- c)** agir en vue de faire passer un enfant à l'étranger pour qu'il y suive une thérapie de conversion;
- d)** faire de la promotion ou de la publicité en vue d'offrir de la thérapie de conversion;
- e)** bénéficier d'un avantage matériel, notamment pécuniaire, provenant de la prestation de thérapies de conversion.

Il modifie également le *Code criminel* pour autoriser les tribunaux à ordonner que des publicités de thérapie de conversion soient effacées ou qu'il en soit disposé.

BILL C-6

An Act to amend the Criminal Code (conversion therapy)

Preamble

Whereas conversion therapy causes harm to the persons, and in particular the children, who are subjected to it;

Whereas conversion therapy causes harm to society because, among other things, it is based on and propagates myths and stereotypes about sexual orientation, gender identity and gender expression, including the myth that a person's sexual orientation, gender identity and gender expression ought to be changed;

And whereas, in light of those harms, it is important to discourage and denounce the provision of conversion therapy in order to protect the human dignity and equality of all Canadians;

Now, therefore, Her Majesty, by and with the advice and consent of the Senate and House of Commons of Canada, enacts as follows:

R.S., c. C-46

Criminal Code

1 (1) Subsection 164(1) of the *Criminal Code* is amended by striking out “or” at the end of paragraph (d), by adding “or” at the end of paragraph (e) and by adding the following after paragraph (e):

(f) the representation, written material or recording, copies of which are kept in premises within the jurisdiction of the court, is an advertisement for conversion therapy.

PROJET DE LOI C-6

Loi modifiant le Code criminel (thérapie de conversion)

Préambule

Attendu :

que les thérapies de conversion causent des préjudices aux personnes qui y sont soumises, plus particulièrement les enfants;

qu'elles causent des préjudices à la société, notamment parce qu'elles se fondent sur des mythes et stéréotypes qu'elles contribuent à propager au sujet de l'orientation sexuelle, de l'identité de genre et de l'expression de genre, dont le mythe selon lequel l'orientation sexuelle, l'identité de genre et l'expression de genre devraient être modifiées;

qu'il importe, compte tenu des préjudices que causent ces thérapies, d'en décourager et d'en dénoncer la prestation pour protéger la dignité humaine et l'égalité des Canadiens et Canadiennes,

Sa Majesté, sur l'avis et avec le consentement du Sénat et de la Chambre des communes du Canada, édicte :

L.R., ch. C-46

Code criminel

1 (1) Le paragraphe 164(1) du *Code criminel* est modifié par adjonction, après l'alinéa e), de ce qui suit :

f) soit que la représentation, l'écrit ou l'enregistrement, dont des copies sont tenues dans un local du ressort du tribunal, constitue de la publicité de thérapie de conversion.

2018, c. 29, s. 12(2)

(2) Subsections 164(3) to (5) of the Act are replaced by the following:

Owner and maker may appear

(3) The owner and the maker of the matter seized under subsection (1), and alleged to be obscene, child pornography, a voyeuristic recording, an intimate image, an advertisement of sexual services or an advertisement for conversion therapy, may appear and be represented in the proceedings to oppose the making of an order for the forfeiture of the matter.

Order of forfeiture

(4) If the court is satisfied, on a balance of probabilities, that the publication, representation, written material or recording referred to in subsection (1) is obscene, child pornography, a voyeuristic recording, an intimate image, an advertisement of sexual services or an advertisement for conversion therapy, it may make an order declaring the matter forfeited to Her Majesty in right of the province in which the proceedings take place, for disposal as the Attorney General may direct.

Disposal of matter

(5) If the court is not satisfied that the publication, representation, written material or recording referred to in subsection (1) is obscene, child pornography, a voyeuristic recording, an intimate image, an advertisement of sexual services or an advertisement for conversion therapy, it shall order that the matter be restored to the person from whom it was seized without delay after the time for final appeal has expired.

2014, c. 25, s. 46(4)

(3) Subsection 164(7) of the Act is replaced by the following:

Consent

(7) If an order is made under this section by a judge in a province with respect to one or more copies of a publication, a representation, written material or a recording, no proceedings shall be instituted or continued in that province under section 162, 162.1, 163, 163.1, 286.4 or 320.104 with respect to those or other copies of the same publication, representation, written material or recording without the consent of the Attorney General.

(4) Subsection 164(8) of the Act is amended by adding the following in alphabetical order:

2018, ch. 29, par. 12(2)

(2) Les paragraphes 164(3) à (5) de la même loi sont remplacés par ce qui suit :

Le propriétaire et l'auteur peuvent comparaître

(3) Le propriétaire ainsi que l'auteur de la matière saisie dont on prétend qu'elle est obscène, ou qu'elle constitue de la pornographie juvénile, un enregistrement voyeuriste, une image intime, de la publicité de services sexuels ou de la publicité de thérapie de conversion, peuvent comparaître et être représentés dans les procédures pour s'opposer à l'établissement d'une ordonnance portant confiscation de cette matière.

Ordonnance de confiscation

(4) Si le tribunal est convaincu, selon la prépondérance des probabilités, que la matière est obscène, ou qu'elle constitue de la pornographie juvénile, un enregistrement voyeuriste, une image intime, de la publicité de services sexuels ou de la publicité de thérapie de conversion, il peut rendre une ordonnance la déclarant confisquée au profit de Sa Majesté du chef de la province où les procédures ont lieu, pour qu'il en soit disposé conformément aux instructions du procureur général.

Sort de la matière

(5) Si le tribunal n'est pas convaincu que la publication, la représentation, l'écrit ou l'enregistrement est obscène, ou constitue de la pornographie juvénile, un enregistrement voyeuriste, une image intime, de la publicité de services sexuels ou de la publicité de thérapie de conversion, il ordonne que la matière soit remise à la personne de laquelle elle a été saisie, dès l'expiration du délai imparti pour un appel final.

2014, ch. 25, par. 46(4)

(3) Le paragraphe 164(7) de la même loi est remplacé par ce qui suit :

Consentement

(7) Dans le cas où un juge a rendu une ordonnance, en vertu du présent article, dans une province relativement à un ou plusieurs exemplaires d'une publication ou à une ou plusieurs copies d'une représentation, d'un écrit ou d'un enregistrement, aucune poursuite ne peut être intentée ni continuée dans cette province aux termes des articles 162, 162.1, 163, 163.1, 286.4 ou 320.104 en ce qui concerne ces exemplaires ou d'autres exemplaires de la même publication, ou ces copies ou d'autres copies de la même représentation, du même écrit ou du même enregistrement, sans le consentement du procureur général.

(4) Le paragraphe 164(8) de la même loi est modifié par adjonction, selon l'ordre alphabétique, de ce qui suit :

advertisement for conversion therapy means any material — including a photographic, film, video, audio or other recording, made by any means, a visual representation or any written material — that is used to advertise an offer to provide conversion therapy contrary to section 320.104; (*publicité de thérapie de conversion*)

2014, c. 25, s. 46(5)

2 (1) The portion of subsection 164.1(1) of the Act before paragraph (a) is replaced by the following:

Warrant of seizure

164.1 (1) If a judge is satisfied by information on oath that there are reasonable grounds to believe that there is material — namely, *child pornography* as defined in section 163.1, a voyeuristic recording, an intimate image, an advertisement of sexual services or an advertisement for conversion therapy, or *computer data* as defined in subsection 342.1(2) that makes child pornography, a voyeuristic recording, an intimate image, an advertisement of sexual services or an advertisement for conversion therapy available — that is stored on and made available through a *computer system* as defined in subsection 342.1(2) that is within the jurisdiction of the court, the judge may order the custodian of the computer system to

2014, c. 25, s. 46(6)

(2) Subsection 164.1(5) of the Act is replaced by the following:

Order

(5) If the court is satisfied, on a balance of probabilities, that the material is *child pornography* as defined in section 163.1, a voyeuristic recording, an intimate image, an advertisement of sexual services or an advertisement for conversion therapy, or *computer data* as defined in subsection 342.1(2) that makes child pornography, the voyeuristic recording, the intimate image, the advertisement of sexual services or the advertisement for conversion therapy available, it may order the custodian of the computer system to delete the material.

2014, c. 25, s. 46(7)

(3) Subsection 164.1(7) of the Act is replaced by the following:

Return of material

(7) If the court is not satisfied that the material is *child pornography* as defined in section 163.1, a voyeuristic recording, an intimate image, an advertisement of sexual

publicité de thérapie de conversion Tout matériel — enregistrement photographique, filmé, vidéo, sonore ou autre, réalisé par tout moyen, représentation visuelle ou écrit — qui est utilisé pour faire de la publicité en vue d'offrir de la thérapie de conversion en contravention de l'article 320.104. (*advertisement for conversion therapy*)

2014, ch. 25, par. 46(5)

2 (1) Le passage du paragraphe 164.1(1) de la même loi précédant l'alinéa a) est remplacé par ce qui suit :

Mandat de saisie

164.1 (1) Le juge peut, s'il est convaincu par une dénonciation sous serment qu'il y a des motifs raisonnables de croire qu'il existe une matière — constituant de la *pornographie juvénile* au sens de l'article 163.1, un enregistrement voyeuriste, une image intime, de la publicité de services sexuels ou de la publicité de thérapie de conversion, ou des *données informatiques* au sens du paragraphe 342.1(2) qui rendent la pornographie juvénile, l'enregistrement voyeuriste, l'image intime, la publicité de services sexuels ou la publicité de thérapie de conversion accessible — qui est emmagasinée et rendue accessible au moyen d'un *ordinateur* au sens de ce paragraphe, situé dans le ressort du tribunal, ordonner au gardien de l'ordinateur :

2014, ch. 25, par. 46(6)

(2) Le paragraphe 164.1(5) de la même loi est remplacé par ce qui suit :

Ordonnance

(5) Si le tribunal est convaincu, selon la prépondérance des probabilités, que la matière constitue de la *pornographie juvénile* au sens de l'article 163.1, un enregistrement voyeuriste, une image intime, de la publicité de services sexuels ou de la publicité de thérapie de conversion, ou des *données informatiques* au sens du paragraphe 342.1(2) qui rendent la pornographie juvénile, l'enregistrement voyeuriste, l'image intime, la publicité de services sexuels ou la publicité de thérapie de conversion accessible, il peut ordonner au gardien de l'ordinateur de l'effacer.

2014, ch. 25, par. 46(7)

(3) Le paragraphe 164.1(7) de la même loi est remplacé par ce qui suit :

Sort de la matière

(7) Si le tribunal n'est pas convaincu que la matière constitue de la *pornographie juvénile* au sens de l'article 163.1, un enregistrement voyeuriste, une image

services or an advertisement for conversion therapy, or *computer data* as defined in subsection 342.1(2) that makes child pornography, the voyeuristic recording, the intimate image, the advertisement of sexual services or the advertisement for conversion therapy available, the court shall order that the electronic copy be returned to the custodian of the computer system and terminate the order under paragraph (1)(b).

3 Paragraph (a) of the definition *offence* in section 183 of the Act is amended by

(a) adding the following after subparagraph (xlvi):

(xlvi.1) section 273.3 (removal of child from Canada),

(b) adding the following after subparagraph (liii):

(liii.1) section 320.102 (forced conversion therapy),

(liii.2) section 320.103 (causing child to undergo conversion therapy),

2019, c. 25, s. 98

4 Paragraph 273.3(1)(c) of the Act is replaced by the following:

(c) under the age of 18 years, with the intention that an act be committed outside Canada that if it were committed in Canada would be an offence against section 155, subsection 160(2) or section 170, 171, 267, 268, 269, 271, 272, 273 or 320.103 in respect of that person; or

5 The Act is amended by adding the following after section 320.1:

Conversion Therapy

Definition of *conversion therapy*

320.101 In sections 320.102 to 320.106, *conversion therapy* means a practice, treatment or service designed to change a person's sexual orientation to heterosexual, to change a person's gender identity or gender expression to cisgender or to repress or reduce non-heterosexual attraction or sexual behaviour or non-cisgender gender expression. For greater certainty, this definition does not include a practice, treatment or service that relates to the exploration and development of an integrated personal

intime, de la publicité de services sexuels ou de la publicité de thérapie de conversion, ou des *données informatiques* au sens du paragraphe 342.1(2) qui rendent la pornographie juvénile, l'enregistrement voyeuriste, l'image intime, la publicité de services sexuels ou la publicité de thérapie de conversion accessible, il doit ordonner que la copie électronique soit remise au gardien de l'ordinateur et mettre fin à l'ordonnance visée à l'alinéa (1)b).

3 L'alinéa a) de la définition de *infraction*, à l'article 183 de la même loi, est modifié :

a) par adjonction, après le sous-alinéa (xlvi), de ce qui suit :

(xlvi.1) l'article 273.3 (passage d'enfants à l'étranger),

b) par adjonction, après le sous-alinéa (liii), de ce qui suit :

(liii.1) l'article 320.102 (thérapie de conversion forcée),

(liii.2) l'article 320.103 (thérapie de conversion : enfant),

2019, ch. 25, art. 98

4 L'alinéa 273.3(1)c) de la même loi est remplacé par ce qui suit :

c) est âgée de moins de dix-huit ans, en vue de permettre la commission d'un acte qui, s'il était commis au Canada, constituerait une infraction visée à l'article 155, au paragraphe 160(2) ou aux articles 170, 171, 267, 268, 269, 271, 272, 273 ou 320.103;

5 La même loi est modifiée par adjonction, après l'article 320.1, de ce qui suit :

Thérapie de conversion

Définition de *thérapie de conversion*

320.101 Aux articles 320.102 à 320.106, *thérapie de conversion* s'entend d'une pratique, d'un traitement ou d'un service qui vise à modifier l'orientation sexuelle d'une personne pour la rendre hétérosexuelle, à modifier l'identité de genre ou l'expression de genre d'une personne pour la rendre cisgenre ou à réprimer ou à réduire toute attirance ou tout comportement sexuel non hétérosexuels ou toute expression de genre non cisgenre. Il est entendu que la présente définition ne vise pas les pratiques, les traitements ou les services qui se rapportent à

identity without favouring any particular sexual orientation, gender identity or gender expression.

Forced conversion therapy

320.102 Everyone who knowingly causes a person to undergo conversion therapy without the person's consent is

- (a) guilty of an indictable offence and liable to imprisonment for a term of not more than five years; or
- (b) guilty of an offence punishable on summary conviction.

Causing child to undergo conversion therapy

320.103 (1) Everyone who knowingly causes a person who is under the age of 18 years to undergo conversion therapy is

- (a) guilty of an indictable offence and liable to imprisonment for a term of not more than five years; or
- (b) guilty of an offence punishable on summary conviction.

Mistake of age

(2) It is not a defence to a charge under subsection (1) that the accused believed that the person was 18 years of age or older, unless the accused took reasonable steps to ascertain the person's age.

Advertising conversion therapy

320.104 Everyone who knowingly promotes or advertises an offer to provide conversion therapy is

- (a) guilty of an indictable offence and liable to imprisonment for a term of not more than two years; or
- (b) guilty of an offence punishable on summary conviction.

Material benefit from conversion therapy

320.105 Everyone who receives a financial or other material benefit, knowing that it is obtained or derived directly or indirectly from the provision of conversion therapy, is

- (a) guilty of an indictable offence and liable to imprisonment for a term of not more than two years; or
- (b) guilty of an offence punishable on summary conviction.

l'exploration et au développement d'une identité personnelle intégrée sans privilégier une quelconque orientation sexuelle, identité de genre ou expression de genre.

Thérapie de conversion forcée

320.102 Quiconque, sciemment, fait suivre une thérapie de conversion à une personne sans son consentement est coupable :

- a) soit d'un acte criminel passible d'un emprisonnement maximal de cinq ans;
- b) soit d'une infraction punissable sur déclaration de culpabilité par procédure sommaire.

Thérapie de conversion : enfant

320.103 (1) Quiconque, sciemment, fait suivre une thérapie de conversion à une personne âgée de moins de dix-huit ans est coupable :

- a) soit d'un acte criminel passible d'un emprisonnement maximal de cinq ans;
- b) soit d'une infraction punissable sur déclaration de culpabilité par procédure sommaire.

Inadmissibilité de l'erreur

(2) Le fait pour l'accusé de croire que la personne visée au paragraphe (1) était âgée de dix-huit ans ou plus ne constitue un moyen de défense contre une accusation fondée sur ce paragraphe que s'il a pris des mesures raisonnables pour s'assurer de l'âge de cette personne.

Publicité de thérapie de conversion

320.104 Quiconque fait sciemment de la promotion ou de la publicité pour offrir de la thérapie de conversion est coupable :

- a) soit d'un acte criminel passible d'un emprisonnement maximal de deux ans;
- b) soit d'une infraction punissable sur déclaration de culpabilité par procédure sommaire.

Avantage matériel

320.105 Quiconque bénéficie d'un avantage matériel, notamment pécuniaire, qu'il sait provenir ou avoir été obtenu, directement ou indirectement, de la prestation de thérapies de conversion est coupable :

- a) soit d'un acte criminel passible d'un emprisonnement maximal de deux ans;
- b) soit d'une infraction punissable sur déclaration de culpabilité par procédure sommaire.

Coming into Force

30th day after royal assent

6 This Act comes into force on the 30th day after the day on which it receives royal assent.

Entrée en vigueur

Trentième jour suivant la sanction

6 La présente loi entre en vigueur le trentième jour suivant la date de sa sanction.

Age Friendly Cities

Date	April 14, 2021
To	Community Wellness Committee
From	City Planning & Community Development
Service Area	Parks, Recreation & Cultural Services
Item No.	CWC21-7

RECOMMENDATION

The Community Wellness Committee recommends that City Council:

1. Endorse the request of the Age Friendly Regina committee for the City of Regina to become an age friendly community by participating, supporting, promoting, and working to assess and improve inclusion and accessibility for individuals of all ages.
2. Remove item MN20-20 from the List of Outstanding Items for City Council.
3. Approve these recommendations at its meeting on April 28, 2021.

ISSUE

In September 2020, City Council brought forward a motion on Age Friendly Cities (MN20-20, Appendix A), directing Administration to return to Council in Q1 of 2021 with a report that discusses how the City of Regina would partner with the Age Friendly Regina Committee (AFR) to define approaches to becoming an age friendly city.

MN20-20 outlines the need for these approaches in Regina, as seniors and older adults are quickly becoming the fastest growing population in Canada. Inclusive and accessible opportunities to fully participate in civic life are required for individuals of all ages in Regina.

This report outlines the history and progression of AFR, and a proposed approach for Administration to work collaboratively with AFR in supporting its goals.

IMPACTS

Accessibility Impacts

Accessibility and inclusion are vital to age friendly communities. These values are at the forefront of the proposed approach to ensure City services meet Regina residents' diverse ages and needs.

Making commitments to accessibility and inclusion is key in addressing the goals of age friendly communities, and ensures decision-makers are rethinking how people of all stages of life can access and be included in public spaces, programs and services.

Financial Impacts

There are no financial implications associated with this report. However, meeting age friendly objectives will require consideration of accessibility during business and project planning processes, including establishing new structures, programs, and City services. In addition, staff time will be provided to support the partnership with AFR. Financial impacts associated with new projects will be considered in future budget cycles.

If AFR wishes to explore funding or grant options, Administration will provide support in navigating the formalities of:

- Community Investment Grant Program
- Saskatchewan Lotteries Program
- Government of Canada, New Horizons Seniors Program
- Government of Canada, Enabling Accessibility Fund
- Saskatchewan Parks and Recreation
- Community Initiatives Fund
- South Saskatchewan Community Foundation

Policy Impacts

Design Regina: The Official Community Plan Bylaw No 2013-48 (OCP) recognizes that the social and economic gap between residents and communities has widened over time, creating social challenges and issues relating to inequality. Partnering with AFR to address Age Friendly Cities goals will have strategic outcomes relating to section D11 - Social Development of the OCP, including social sustainability, community safety and security, vulnerable and marginalized populations including seniors and older adults, and overall social inclusion.

OTHER OPTIONS

1. Status Quo:
Under this option, Administration would continue sitting at the AFR committee, supporting relevant action items, assisting with capacity building and promoting future projects, but would not pursue the establishment of an age friendly checklist.
2. Development of an Accessibility Plan
Under this option, Administration would return to City Council with a proposed approach and financial implications to develop an accessibility plan for the City of Regina. Age Friendly priorities are aligned with goals that cities need to consider in enhancing meaningful accessibility. Accessibility plans are created to establish steps

for municipalities to prevent and address barriers to accessibility and include considerations on the built environment, transportation, inclusive programming and customer service, accessible communication, and accessible employment opportunities, to name a few.

This option would be an extensive undertaking for Administration and would require additional capacity, resources, and budget to coordinate the work. Similar to the development of the Culture Plan, Recreation Master Plans, and the Community Safety and Well-Being Plan, accessibility plans require comprehensive planning, consultation and engagement. Accessibility plans require endorsement from multiple sectors, as well as commitment from all City departments. Currently, City leadership from various departments continue to engage with the Accessibility Advisory Committee on ensuring city planning and projects are prioritizing accessibility and inclusion.

While the development of an accessibility plan represents a robust and inclusive approach to addressing all areas of accessibility, including barriers faced by older adults, the Government of Saskatchewan is currently undertaking consultations to implement new accessibility legislation for Saskatchewan which may provide more direction for municipalities in this regard. As such, this option is not recommended at this time; instead, it is recommended this option be considered within future business planning and budget cycles to ensure alignment once the provincial accessibility priorities have been finalized. In the meantime, Administration will continue to prioritize accessibility improvements as a part of regular business planning processes.

COMMUNICATIONS

There are no specific communications requirements for this report.

Administration recognized the need to ensure that engagement is accessible broadly and for specific demographics, including seniors and older adults.

DISCUSSION

Defining Age Friendly Communities

What is the Age Friendly Communities concept?

With the senior and older adult population quickly growing across Canada, an age friendly approach ensures programs, services, structures, and policies are inclusive and accessible as residents progress through their lifespan. In an age friendly community, individuals can 'age actively', as the community is set up to support health, well-being, and meaningful engagement.

There are eight domains/priority areas which communities must focus on to become more age friendly:

- Outdoor spaces & buildings

- Transportation
- Housing
- Social participation
- Respect and social inclusion
- Civic participation and employment
- Communication and information
- Community support and health services

Becoming an age friendly community takes a collaborative approach, including municipalities, provincial governments, health sectors, local businesses, and community-based organizations. Age friendly movements are rooted in principles of inclusion and accessibility.

Age Friendly Regina

The City of Regina is one of fifteen communities across Saskatchewan that has coordinated an age friendly committee and has begun the journey to becoming age friendly. Under the guidance of Age Friendly Saskatchewan, with support from Saskatchewan Seniors Mechanism, each community that undertakes the goal of becoming age friendly is required to follow a set of milestones. Regina's progress on the Age-Friendly Milestones is as follows:

Establish an Age Friendly Committee

AFR was established in 2018, with membership including the Regina Senior Citizen Centre, Saskatchewan Seniors Mechanism, Regina Immigrant Women Centre, Eden Care Communities, as well as representatives from City of Regina Administration and City Council, Saskatchewan Health Authority, Regina Police Service, University of Regina's Centre on Aging and Health, and community members from the senior & older adult population. AFR recently established a summary document to further assist with promotion and understanding of their role in our city (Appendix B).

Assessing the Community

To undertake the needs assessment of Regina, AFR developed the Age Friendly Communities Survey (Appendix C) and worked with partners to have it distributed to other networks, community collaboratives, community associations, and organizations that serve and support seniors and older adults.

After the first round of survey distribution, just under 400 responses were gathered. Results highlighted snow removal, access to accessible transportation, access to community services, and community safety as priority needs for the older adult population in Regina.

In December, AFR distributed the survey again with a desire to hear from a more diverse segment of the community. To assist, Administration distributed the survey to the community well-being table, a City-led committee of over 80 service providers from the social development sector. Further, Administration collaborated with the Regina and Region Local Immigration Partnership to have the survey distributed through their network with the goal of reaching seniors and older adults from the newcomer population. The response level to the second round of survey distribution

was just under 300 completed surveys. Administration is committed to working with AFR to identify alternative methods of data collection to continue to understand the priorities of older adults.

Establishment of Age Friendly Work Plan

AFR has developed the Age Well Regina Tool (Appendix D), a document that highlights programs and services in Regina in relation to supported housing and care options, mental health services, and crime prevention and safety.

Administration is committed to supporting the distribution and promotion of the Age Well Tool, which includes a plan to utilize City social media platforms and distribution to community associations and other older adult-serving organizations. The Age Well Regina Tool is now on Regina.ca.

At a recent facilitated session with the Saskatchewan Seniors Mechanism, AFR set four short-term goals for 2021:

1. Add Older Adult/Age-Friendly Lens to City of Regina operations, with an immediate focus on:
 - a. Improving access to information of City of Regina programs and services.
 - b. Improving conditions of sidewalks in winter months.
 - c. Improving conditions around bus stops in winter months.
 - d. Improving consultation and engagement opportunities for older adults.
2. Prepare to present to the City of Regina Council Meeting on the AFR goals and Age Well Tool
3. Have a reliable and valid data set based on 1000 responses of the Age Friendly Regina Community Survey.
4. Implement changes to the AFR Committee structure to increase community representation

Partnership with Age Friendly Regina

Administration is committed to continuing to work with AFR as a partner in ensuring Regina achieves the vision of Age Friendly communities and continues to make meaningful progress in ensuring the accessibility of programs, services and infrastructure. In addition to supporting AFR with the development of resources and a work plan, Administration has developed a draft of an Age Friendly Checklist (Appendix E). The Checklist combines existing provincial and federal age friendly tools, and focuses on areas relevant to the age friendly domains. Administration will use this tool to guide work areas to establish new policy, programs, structures, or services. Administration will continue to work with AFR to finalize the checklist and the process to apply it to City policies and planning.

In addressing the specific priorities identified by Age Friendly Regina, as listed above, the following initiatives are underway:

Improved Engagement & Access to Information

Public Engagement Strategy

Administration is committed to continuous improvement and plans to do further market and audience research, which, among other topics, will explore preferred

ways of communication. In 2022, Administration will be revising the Public Engagement Framework into a more comprehensive Public Engagement Strategy. This will include the latest leading practices for both broad public and stakeholder-specific engagement, including online tools, open houses and idea fairs, the use of panels, and much more.

Strengthened Communications

The City of Regina has a wide variety of communication strategies aimed to reach all residents of Regina, as well as strategies targeted to particular audiences, including seniors and older adults. Administration takes an approach to communicate messages in a wide variety of ways, from printed brochures and bill inserts to paid radio and billboard ads to social media and online advertising. Additionally, the Administration sends hundreds of public service announcements to the media, which results in information being shared in news coverage across print, radio and television.

Winter Sidewalks & Bus Stops

Snow Angels

The Snow Angels program works with community-based organizations and volunteers to clear residential sidewalks for people who require additional assistance. Snow Angels has been in the pilot phase for two seasons, working with Eden Care Communities, Al Ritchie Community Association, and Cathedral Community Association. An evaluation will be completed in Q2 of 2021 and findings will inform the permanent program.

Winter Maintenance Policy & Snow Clearing Bylaw

A report is in development for Q3 of 2021 that reviews the Winter Maintenance Policy and Sidewalk Snow Clearing Bylaw. Within this report, options relating to the implementation of a sidewalk snow clearing bylaw will be considered. Clearing sidewalks adjacent to transit stops has recently been approved by City Council and will be implemented in the 2021/2022 season.

Survey Distribution

Another goal of AFR is to continue the distribution of the age friendly survey. AFR recognizes that although strong efforts have been made to engage seniors and older adults in Regina, this should remain a priority moving forward. Administration will continue to support the distribution, sharing with community partners, non-profit organizations, community associations, and other community collaboratives and networks. To enhance access, Administration can distribute paper copies to a range of community spaces, including neighbourhood centres. Further communication approaches can also be explored alongside the Citizen Experience team, which could include utilizing other public platforms such as social media. Survey data will continue to advise on future goal setting for AFR, and will be valuable to future planning and priority setting for Administration. Survey data will also support the further development of the Age Friendly Checklist, ensuring local priorities are reflected within the document.

DECISION HISTORY

On September 30, 2020, City Council directed Administration to work with the Regina Age-Friendly Steering Committee on an Age-Friendly partnership proposal to present to City Council in Q1 of 2021 (MN20-20).

Respectfully submitted,



Laurie Shalley, Director, Parks, Recreation & Cultural Services

Respectfully submitted,



Diana Hawryluk, Executive Director, City Planning & Community Dev.

Prepared by Dave Slater, Manager, City Projects

ATTACHMENTS

Appendix A - Age Friendly Motion
Appendix B - Age Friendly Summary
Appendix C - AFR Survey
Appendix D - Age Well Tool
Appendix E - Age Friendly Checklist

NOTICE OF MOTION

August 26, 2020

City Clerk
City Hall
Regina, Saskatchewan

Dear Sir:

Please be advised that I will submit the following NOTICE of MOTION at the August 26, 2020 meeting of City Council:

Re: Age-Friendly City

WHEREAS the City of Regina vision statement is to be Canada's most vibrant, INCLUSIVE, attractive, sustainable community where people live in harmony and thrive in opportunity;

WHEREAS Canadian seniors are the fastest growing population and it is projected by 2050 there will be more older people than children for the first time in the world's history;

WHEREAS the Age-Friendly Regina project initiated through the support of the Saskatchewan Seniors Mechanism has explored strategies to create a community where people of all ages can live safely, enjoy good health and stay involved;

WHEREAS the Age-Friendly Regina Steering Committee is an invested group of organizations and individuals whose aim is to identify improvements where all people of all ages can live safely, enjoy good health and stay involved;

WHEREAS members of City of Regina Community Services and several Councillors have been attending Age-Friendly Steering Committee meetings, along with representatives from other Provincial and Community organizations and individuals, to offer assistance as the group initiated an Age Well Tool, a community survey and are working toward an action plan to identify a path toward creating an age-friendly community; and

WHEREAS Age-Friendly Regina has developed a resource tool to support age-friendly communities;

THEREFORE BE IT RESOLVED that the City of Regina Administration:

1. Work with the Regina Age-Friendly Steering Committee to consider an Age-Friendly partnership proposal to present to City Council in Q1, 2021. The proposal to include:

- a. How the Regina Age-Friendly Steering Committee's community survey and future community assessments can act as an age-friendly lens to assist the City with future policies and planning;
 - b. The costs of creating and sustaining the partnership; and
 - c. The availability of funding or grants from governments or organizations;
2. Be directed to engage with Seniors Mechanism, Age-Friendly Saskatchewan and other municipalities to define approaches to becoming an Age-Friendly City; and
3. Coordinate the presentation of the Regina Age-Friendly Steering Committee's Age-Well Tool to City Council with a request to assist in publicizing the tool to the public and the media.

Respectfully submitted,



Barbara Young
Councillor - Ward 1



Andrew Stevens
Councillor - Ward 3



Lori Bresciani
Councillor - Ward 4



Age Friendly Regina Update: April 2021

Age Friendly (AF) is an initiative of the World Health Organization (WHO). Saskatchewan Seniors Mechanism (SSM) responded to the request from the Public Health Agency of Canada to educate and encourage Age Friendly communities throughout Saskatchewan. On behalf of SSM, Age Friendly Saskatchewan (AFS) supports fifteen AF communities in Saskatchewan who have embarked on the AF journey.

The approach of AF is that the concerns of older adults will mirror those of persons of all ages. The life experience of older adults gives them a unique viewpoint.

Age Friendly Regina (AFR)

The vision of AFR is to build an age friendly community where people of all ages can live safely, enjoy good health and remain involved in their community.

The AFR Steering Committee was formed early in 2018. At that time it was composed of individuals and community organization/business representatives. AFR began following the steps of the AF process:

1. Establish the support of municipal government
2. Assess (survey) the community to identify AF gaps and needs
3. Based on the assessment, develop an action plan, implement and publicize.

AFR Status

We developed a survey and distributed it both in hardcopy and online. It was available from January to June 2019. 385 responses were gathered and analysed, and we issued a final report in the fall of 2019. The report identified concerns and needs of the community. However, a high volume of answers were in the "I don't know" category, suggesting that many will only look for this information when the need arises.

From these learnings *Age Well Regina* was developed. This 64-page document outlines:

1. Supported Housing/Care Options
2. Mental "Wealth" and Services
3. Crime Prevention and Safety

All documents are available at: <https://agefriendlysk.ca/regina/>.

An AFR presentation to the community was planned for June 2020, but was cancelled due to COVID-19.

Recently AFR reviewed the structure and workings of the AFR Steering Committee. The new structure is now composed of the Steering Committee itself and a newly defined Stakeholder Interest Group. The Terms of Reference were updated, roles and responsibilities were defined and a planning and priority setting exercise was completed. City of Regina staff participated in the planning exercise. We are now implementing these changes.

AFR short-term goals are:

To request a motion of endorsement from City Council for Regina to become an AF community.

In the AF process there are 4 major milestones for a community to become accredited as Age Friendly. One of these milestones is to “secure the support of municipal government”. This is part of the motion presented today.

To add an AF “lens” to City of Regina planning

Our survey shows many of the concerns expressed fall under the responsibility of the City of Regina. If an AF “lens” is applied throughout planning, the results will more closely address these concerns. The AF “lens” can be achieved through actions such as:

- Adding older adults to advisory panels, commissions etc.
- Ensuring older adults are easily able to participate in town halls (location, time of day, length of session)
- Engaging City of Regina managers in awareness of AFR goals and actions particularly in the AF focus areas (domains)
- Identifying City of Regina departments responsible for specific concerns raised through the survey, follow and publicize results
- Review and evaluate effectiveness of the above actions.

To expand our survey distribution to address shortfalls in representation and to achieve 1000 responses.

Once established, the data from 1000 survey responses will provide a statistically relevant basis that will be useful for a number of years

- Simplify the survey language and include demographics
- Procure a greater number of responses spanning the spectrum of the people of Regina (newcomers, Indigenous, the homeless and lower income older adults)
- Identify gaps and needs, update final report
- Develop action plans to address identified gaps and needs
- Publicize results.

Complete the implementation of the new AFR structure.

AFR has undergone a comprehensive analysis to define efficiencies within the structure of the Steering Committee. A Stakeholders Interest Group has been formed from all our partner organizations, associations and interested individuals, all who are supportive of AF objectives. Actions will be taken to broaden the interest group.

This gives access to a wide range of resources for supporting the AF “lens” and for participating in public City planning initiatives.

AFR long-term goals are:

- Develop a pool of older adults who can consult/work with City Departments
- Focus on the need to assist older adults to more easily locate required services
- Explore potential financial options with partners, Stakeholders and Not-For-Profit organizations.

For more information contact: Andre Nogue, AFR Chair,
nogueag@sasktel.net 306-789-2592

Age Friendly Regina Survey

The Age Friendly Regina Committee would like to assess the supports, and challenges faced by older adults in Regina. An age friendly community is one that provides support for older adults to “age actively” – that is to live in security, enjoy good health and continue to participate fully in society.

The answers to the survey will be shared with the community. All responses are confidential. This survey should take about 20-30 minutes to complete. For more information on the survey, please email agefriendlyregina@gmail.com

If you would like to fill the survey out online: <https://tinyurl.com/agefriendlyregina>

If you are interested in getting more involved with Age Friendly Regina please contact agefriendlyregina@gmail.com.

1. Demographics

Which of the following best describes you? Please check all that apply.

- | | |
|---|--|
| <input type="checkbox"/> Older adult | <input type="checkbox"/> Representative of a non-governmental organization |
| <input type="checkbox"/> Service provider | <input type="checkbox"/> Representative of municipal organization |
| <input type="checkbox"/> Business person/merchant | <input type="checkbox"/> Representative of a governmental organization |
| <input type="checkbox"/> Caregiver to a family member or friend who is an older adult | |

Which gender do you identify with?

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Male | <input type="checkbox"/> Female |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Prefer not to say |

What is your age?

- | | | | | | |
|--------------------------------|--------------------------------|--------------------------------|--------------------------------|--------------------------------|---------------------------------------|
| <input type="checkbox"/> 18-24 | <input type="checkbox"/> 35-39 | <input type="checkbox"/> 50-54 | <input type="checkbox"/> 65-69 | <input type="checkbox"/> 80-84 | <input type="checkbox"/> 95-99 |
| <input type="checkbox"/> 25-29 | <input type="checkbox"/> 40-44 | <input type="checkbox"/> 55-59 | <input type="checkbox"/> 70-74 | <input type="checkbox"/> 85-89 | <input type="checkbox"/> 100 or older |
| <input type="checkbox"/> 30-34 | <input type="checkbox"/> 45-49 | <input type="checkbox"/> 60-64 | <input type="checkbox"/> 75-79 | <input type="checkbox"/> 90-94 | |

Which neighbourhood do you live in?

- | | | |
|--|--------------------------------------|--|
| <input type="checkbox"/> Argyle Park / Englewood | <input type="checkbox"/> Al Ritchie | <input type="checkbox"/> Coronation Park |
| <input type="checkbox"/> Cathedral | <input type="checkbox"/> Uplands | <input type="checkbox"/> Downtown |
| <input type="checkbox"/> Eastview | <input type="checkbox"/> Arcola East | <input type="checkbox"/> Gladmer Park |
| <input type="checkbox"/> Boothill | <input type="checkbox"/> Heritage | <input type="checkbox"/> Dewdney East |

- | | | |
|--|--|---|
| <input type="checkbox"/> North Central | <input type="checkbox"/> Albert Park | <input type="checkbox"/> Dieppe |
| <input type="checkbox"/> Hillsdale | <input type="checkbox"/> McNab | <input type="checkbox"/> Lakeview |
| <input type="checkbox"/> Normanview | <input type="checkbox"/> Whitmore Park | <input type="checkbox"/> Normanview West |
| <input type="checkbox"/> Sherwood / McCarthy | <input type="checkbox"/> Walsh Acres / Lakeridge | <input type="checkbox"/> Rosemont / Mount Royal |
| <input type="checkbox"/> Regent Park | <input type="checkbox"/> Prairie View | <input type="checkbox"/> Twin Lakes |
| <input type="checkbox"/> Other: _____ | | |

What is your marital status?

- | | |
|--|--|
| <input type="checkbox"/> Married | <input type="checkbox"/> Divorced |
| <input type="checkbox"/> Living common law | <input type="checkbox"/> Never married |
| <input type="checkbox"/> Separated | <input type="checkbox"/> Widowed |

What is your residency status?

- | | | |
|---|---|--|
| <input type="checkbox"/> Born in Canada | <input type="checkbox"/> Permanent Resident | <input type="checkbox"/> Refugee |
| <input type="checkbox"/> Other: _____ | | <input type="checkbox"/> Prefer not to say |

What is your ethnicity?

- | | | |
|--|--|---|
| <input type="checkbox"/> Oceania origins | <input type="checkbox"/> European origins | <input type="checkbox"/> Latin, Central or South American origins |
| <input type="checkbox"/> Caribbean origins | <input type="checkbox"/> African origins | <input type="checkbox"/> Asian origins |
| <input type="checkbox"/> Indigenous | <input type="checkbox"/> Prefer not to say | <input type="checkbox"/> Other: _____ |

What is your highest level of education?

- | | | |
|---|---|---|
| <input type="checkbox"/> Some high school | <input type="checkbox"/> High school diploma | <input type="checkbox"/> Some college or university |
| <input type="checkbox"/> College or university bachelor's degree or certification | | <input type="checkbox"/> University master's degree |
| <input type="checkbox"/> Some technical school | <input type="checkbox"/> Technical school certification | <input type="checkbox"/> Doctorate |
| <input type="checkbox"/> Other: _____ | | |

What is your employment status?

- | | |
|--|--|
| <input type="checkbox"/> Employed full time (40+ hours a week) | <input type="checkbox"/> Employed part time (less than 40 hours) |
| <input type="checkbox"/> Unemployed (looking for work) | <input type="checkbox"/> Unemployed (not looking for work) |
| <input type="checkbox"/> Student | <input type="checkbox"/> Retired |
| <input type="checkbox"/> Self-employed | <input type="checkbox"/> Unable to work |
| <input type="checkbox"/> Other: _____ | <input type="checkbox"/> Prefer not to say |

What is your household income?

- | | | |
|--|--|--|
| <input type="checkbox"/> \$Loss to \$09K | <input type="checkbox"/> \$10K - \$19K | <input type="checkbox"/> \$20K - \$29K |
| <input type="checkbox"/> \$30K - \$39K | <input type="checkbox"/> \$40K - \$49K | <input type="checkbox"/> \$50K - \$59K |
| <input type="checkbox"/> \$60K - \$69K | <input type="checkbox"/> \$70K - \$79K | <input type="checkbox"/> \$80K - \$89K |
| <input type="checkbox"/> \$90K - \$99K | <input type="checkbox"/> \$100K - \$149K | <input type="checkbox"/> \$150K and over |
| <input type="checkbox"/> N/A (No income) | <input type="checkbox"/> Prefer not to say | |

2. Transportation

Check the box you most agree with.

	Yes	No	I Don't Know
The transit service is convenient (e.g. shopping, medical services, community centers, religious and cultural events etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The bus stops are convenient (e.g. location, there is a bench, snow is cleared).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
The transportation that is available for individuals with disabilities is sufficient (e.g. Para Transit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public transportation is affordable for older adults (including Para Transit).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Volunteers are available to drive older adults when needed (e.g. neighbours, family, friends, informal networks, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Accessible and affordable commercial transportation options are available (e.g. taxi, private car services, airport taxis, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough parking spaces close to services and stores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough accessible parking spaces close to services and stores.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Comments:

3. Housing

Check the box you most agree with.

Yes

No

I Don't Know

There is enough housing that meets the needs of older adults.

☐☐☐

I know what my housing options are if I am no longer able to live independently on my own.

☐☐☐

Housing is affordable for older adults.

☐☐☐

There is enough subsidized housing for lower-income older adults.

☐☐☐

Wait times to access supportive housing options are fair (e.g. assisted living, long term care homes, group home, personal care homes, etc.).

☐☐☐

Comments:

4. Safety

Check the box you most agree with.

Yes

No

I Do Not Know

Crime and vandalism are a problem in my neighbourhood.

☐☐☐

Older adults feel safe when out alone during the day in my neighbourhood.

☐☐☐

Older adults feel safe when out alone during the night in my neighbourhood.

☐☐☐

Street lighting is enough in my neighbourhood.

☐☐☐

I believe that emergency services will help when needed (fire, police, EMS).

☐☐☐

Comments:

5. Outdoor Spaces and Buildings	Check the box you most agree with.		
	Yes	No	I Do Not Know
Road signs are easy to read and large enough for older drivers.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Sidewalks in my neighbourhood are well maintained (even surfaces or paved, not a lot of cracks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Snow is cleared quickly after a snowfall so walking and driving is safe.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walk lights allow enough time to cross the streets safely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Public washroom signs are easy to see.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough public washrooms in busy areas (e.g. downtown, Wascana Park, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough accessible public washrooms in busy areas (e.g. downtown, Wascana Park, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Most buildings are easily accessible to everybody (e.g. have wheelchair ramps, automatic doors).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Walkways connect neighborhoods to essential services.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:			

6. Respect and Social Inclusion	Check the box you most agree with.		
	Yes	No	I Do Not Know
Older adults are usually treated with respect.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Older adults are included in community consultations and planning processes (e.g. forums, surveys, meetings, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
I have opportunities to share my skills and abilities in my community.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:			

7. Community/Work Force Participation	Check the box you most agree with.		
	Yes	No	I Do Not Know
Older adults have enough opportunities to volunteer.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Older adults have enough paid job opportunities that meet their needs (e.g. part-time work, flexible hours, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:			

8. Social Participation/Recreation	Check the box you most agree with.		
	Yes	No	I Do Not Know
My neighbourhood has enough nice places to walk (e.g. walking trails, parks, well-treed streets).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Parks and walking trails in my neighbourhood are accessible and easy to use (e.g. clear paths, even surfaces, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough resting areas with benches along paths or trails in my neighbourhood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough exercise opportunities mainly for older adults.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough recreation programs for older adults (e.g. card games, arts, crafts).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough learning programs for older adults in (e.g. computer use, gardening, photography, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
There are enough programs and events that bring people of all age's together.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational activities are affordable for older adults (e.g. exercise programs, community events, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Isolated older adults have opportunities to connect with others (e.g. contacted, visited, taken to activities, or are able to access opportunities from their home, etc.).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Comments:			

9. Information/Advocacy

Check the box you most agree with.

Yes No I Do Not Know

Public service directories or automated answering services are easy to use.

☐☐☐

There is enough help available to complete official forms (e.g., filling out government or income tax forms, citizenship papers, etc.).

☐☐☐

There are enough advocacy services for older adults (e.g. Ombudsman, Sask Seniors Mechanism, etc.).

☐☐☐

I can find information about events, programs and services in Regina.

☐☐☐

Comments:

How do you hear about services or events in your community (mark all that apply)?

☐

Facebook

☐

Email

☐

Mail

☐

Poster

☐

Friends/Family

☐

Newsletter

☐

Internet search

☐

Newspaper

☐

Other: _____

How would you like to hear about services or events in your community (mark all that apply)?

☐

Facebook

☐

Email

☐

Mail

☐

Poster

☐

Friends/Family

☐

Newsletter

☐

Internet search

☐

Newspaper

☐

Other: _____

10. Health and Community Services

Check the box you most agree with.

Yes No I Do Not Know

I am able to see a doctor or nurse practitioner when needed.

☐☐☐

If English is not my first language, I am able to find a doctor who speaks my language.

☐☐☐

There are services that help older adults with household jobs (e.g. snow removal, lawn care, taking garbage out, etc.).

☐☐☐

There are enough meal programs available for older adult to attend outside the home (e.g. lunch at a church or senior centre).

☐☐☐

Services that bring meals to the home meet the needs of older adults.

☐☐☐

As an older adult, there is a place to go for help or someone to talk to if I feel sad, lonely, depressed or anxious.

☐☐☐

Worrying about falling stops older adults from taking part in daily living activities.

☐☐☐

Lab services are accessible if and when I need them.

☐☐☐

Comments:

11. Conclusion

What do you think it working well for older adults in this community (e.g. support systems, programs, neighbourhood connections, etc.)?

What are your top three concerns?

- | | | |
|--|--|--|
| <input type="checkbox"/> Housing | <input type="checkbox"/> Transportation | <input type="checkbox"/> Safety |
| <input type="checkbox"/> Outdoor spaces & buildings | <input type="checkbox"/> Information/advocacy | <input type="checkbox"/> Respect & social inclusion |
| <input type="checkbox"/> Social participation/recreation | <input type="checkbox"/> Community/workforce participation | <input type="checkbox"/> Health & community services |
| <input type="checkbox"/> Other: _____ | | |

Is there anything else you would like to tell us?

Thank you for your participation.

AGE WELL REGINA

**A GUIDE FOR NAVIGATING
SUPPORT SYSTEMS IN REGINA**

April 2020

Using this Guide

The Age Well Regina Guide was created by Age Friendly Regina to help older adults (people aged 55+) access information about different health opportunities, programs, resources and services in Regina. This Guide will work as an age-friendly tool that can help reduce the complexity of accessing different services and programs available in the community.

The Guide is broken down into three main sections: **(1) Housing**, **(2) Mental Wealth** and **(3) Crime Prevention and Safety** that have been designed to act as stand-alone documents that can be used individually by older adults. Each of the sections will have their own subcategories with all information of the programs and services provided in the community, as well as programs and services that are provided by private businesses and non-profit organizations. All information provided in the Guide will follow the following format:

Listing Name

Address

Phone number

Fax Number

Website Address

Email Address

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APRIL 2020



HOUSING

Please Note:

While every effort has been made to ensure the accuracy of the information, changes in circumstances after the time of publication may impact the accuracy of the Information.

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How To Use the Guide: Knowing Your Housing Options

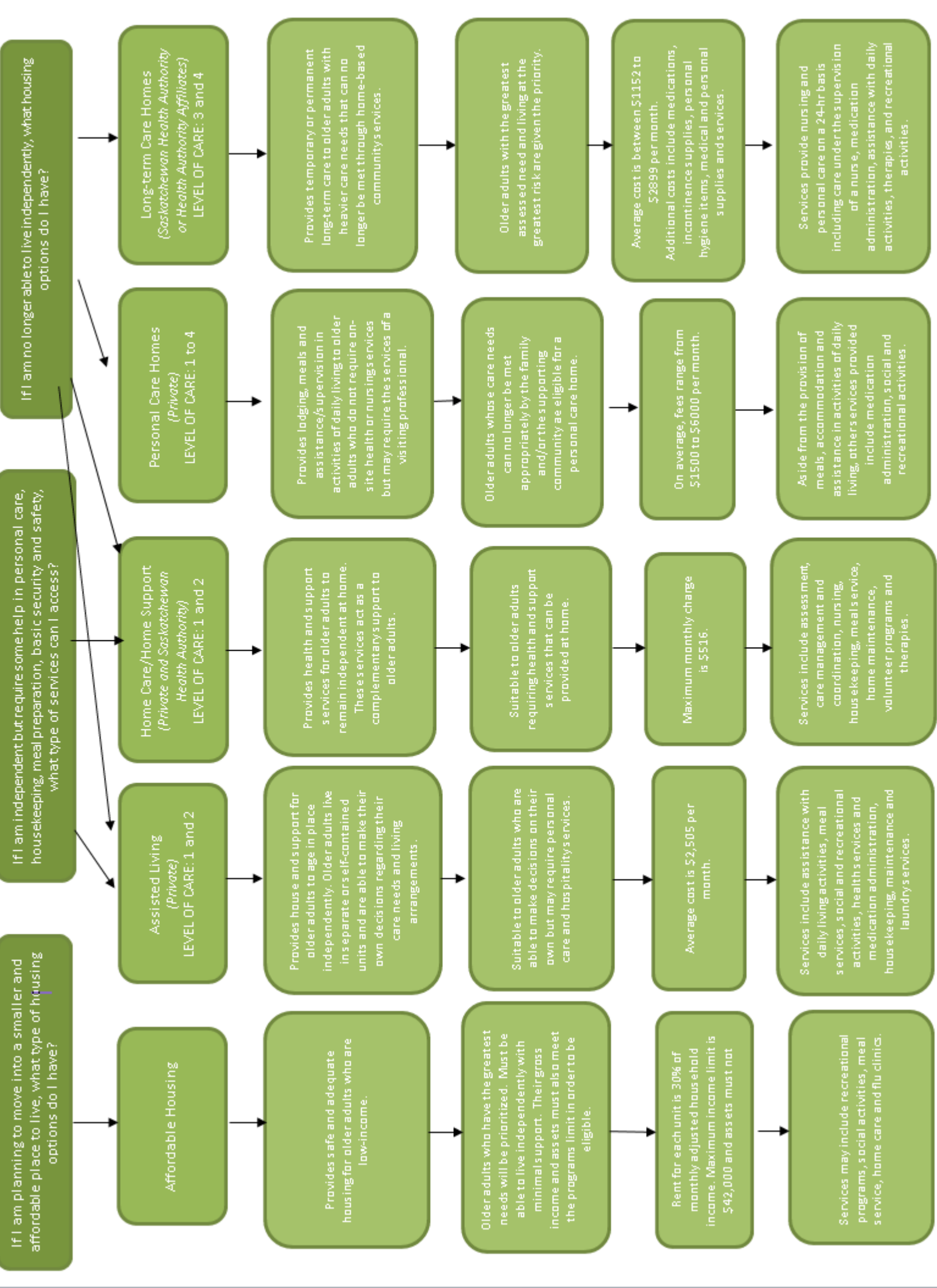
This guide will help older adults and their families learn about housing options in Regina. A description of the needs and associated terms has been provided to help older adults and families to identify the best housing options based on the level of need. The list of housing is divided into the categories used by the province.

To start:

1. The Levels of Care Chart on page 3 describes the varying levels of care (from Level 1 to Level 4) and can be used to identify where you or your family member may fit.
 2. Answer the 3 questions in the Navigating Through your Housing Options Flowchart on page 4. This will help to identify the type of housing options that may fit your needs.
 3. Use the above categories to identify the appropriate services and housing.
-

LEVEL OF CARE CHART

0	1	2	3	4
Independent	Minimum Assist	Stand-By Assist	Hands-On Assist	Total Assist
<ul style="list-style-type: none"> Independent in an emergency (e.g., can use the stairs without any assistance from others during an emergency). Able to do all activities of daily living without any help from staff or family: <ul style="list-style-type: none"> Bathe, dress, groom Use the toilet Take prescribed medication Use telephone and other forms of communication Meal preparation and housekeeping may be helpful. May benefit from participating in activities and being with others. 	<ul style="list-style-type: none"> Able to respond in an emergency. Able to walk or move without any help. Able to follow doctor's instructions and take prescribed medication. Able to control the bowel/bladder. Able to bathe on their own. Meal preparation and housekeeping assistance are helpful. Able to plan social activities on their own. Aware and focused/little memory impairment. 	<ul style="list-style-type: none"> May need assistance in an emergency. May need assistance to be able to walk or move. May need reminders or verbal cues to do activities of daily living. Medication management is helpful. May sometimes need assistance during a loss of bowel/urinary control. Bathing set-up is helpful. Meal services and housekeeping assistance are helpful. May require reminders or encouragement to participate in activities. May sometimes have a hard time focusing/Mild memory impairment. 	<ul style="list-style-type: none"> Needs assistance in an emergency. Assist is usually needed to be able to move. Needs verbal cues or hands-on assistance for activities of daily living. Needs medication management to control involuntary urination/defecation. Bathing assistance is needed. Meal and housekeeping services are needed. Needs encouragement and assistance to participate in activities. Have a hard time focusing/Impaired memory. 	<ul style="list-style-type: none"> Needs supervision in an emergency. Needs mechanical lift/two-person/bedfast to move. Needs hands-on assistance to do activities of daily living. Medication and/or behaviour management is needed. Management of urinary and bowel problems are needed to control multiple episodes of involuntary urination/defecation. Bathing assistance is needed. Verbal cues and hands-on assistance are needed to eat. Needs encouragement and assistance to do activities or one-on-one visits. Needs 24-hour nursing supervision or skilled services such as PT, OT or ST.





HOUSING



Affordable Housing

Eden Care Communities

Address: 1100 Broadway Avenue
Regina, SK S4P 1E3
Phone: 306-352-4993
Website: www.edencare.ca/milton-heights
Email: info@edencare.ca

Gabriel Housing Corporation

Address: 506 Lorne Street Regina, SK S4R 2J7
Phone: 306-775-2905
Fax: 306-949-4446
Website: www.gabrielhousing.ca
Email: gabrielhsg@sasktel.net

Mutchmor Lodge

Address: 328 Century Crescent Regina, SK S4T 6M1
Phone: 306-352-7119
Fax: 306-522-7119
Website: www.mutchmorlodge.com
Email: mutchmor@sasktel.net

Namerind Housing Corporation

Address: 1130 Winnipeg Street Regina, SK S4R 1J6
Phone: 306 525-0147
Fax: 306 525-0111
Website: www.namerindhousing.ca
Email: reception@namerind.com

Regina Housing Authority

Address: 1850 Smith Street Regina, SK S4P 2N3
Phone: 306-525-2377
Fax: 306-347-7812
Website: www.reginahousing.ca
Email: reginahousing@sasktel.net

Revera Renaissance Retirement Residences

Address: 1801 McIntyre Street
Regina, SK, S4P 4WP
Phone: 306-525-8686
Website: www.reveraliving.com

Saskatchewan Housing Corporation

Mailing Address: 11th Floor, 1920 Broad Street
Regina, SK S4P 3V6
Phone: 306-798-3110
Regina Office (Toll Free): 1-800-667-7567
Fax: 306-787-4177
Website:
www.publications.saskatchewan.ca/#/products/101625

Selo Gardens Housing Authority

Address: 1110 McNiven Avenue
Regina, SK S4S 7H2
Business Line: 306-584-1844
Website: www.sgpch.com
Email: lfletcher.sgpch@sasktel.net

Silver Sage Housing Corporation

Address: 4001 3rd Avenue North
Regina, SK S4R 0W8
Phone: 306-721-2909
Toll-Free: 1-866-721-2911
Fax: 306-545-9780
Website: www.silversage.ca
Email: info@silversage.ca



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Affordable Housing

Argyle Park Housing Co-operative

Address: Suite 61-320 Sangster Boulevard
Regina, SK S4R 8M1
Phone: 306-949-9616
Fax: 306-205-3200
Email: aphc@accesscomm.ca

Cornwall Village Co-operative Housing Association

Address: 102-2141 Cornwall Street
Regina, SK S4P 3R1
Phone: 306-569-2663
Email: cornwallvmanager@gmail.com

Lakewood Manor Housing Co-operative

Address: 100 - 1123 Devonshire Drive North
Regina, SK S4X 4H9
Phone: 306-924-0430
Fax: 306-924-0494
Website: www.lakewoodmanor.ca
Email: lkwoodmr@accesscomm.ca

Steward Court Housing Co-operative

Address: 100-1717 Oxford Street
Regina, SK S4N 6K3
Phone: 306-789-7970
Fax: 306-761-0858
Email: stewartcourhousing@myaccess.ca

The George Tayler Housing Co-operative (Oxford Manor)

Address: 1703 Oxford Street
Regina, SK S4N 6J5
Phone: 306-789-3636
Email: oxfordmanor103@gmail.com

Co-operative Housing

Is an independent organization that provides affordable housing for low-income older adults. Individuals who live in these facilities may be required to participate in the operation and management of the co-op.

For more information, visit:
www.chfcanada.coop





HOUSING



Assisted Living

Broadway Terrace

Address: 1150 Broadway Avenue
Regina, SK S4P 4V3
Phone: 306-564-1200
Website: www.edencare.ca/broadway-terrace
Email: info@edencare.ca

College Park I Retirement Residence

Address: 1535 Anson Road, Regina, SK S4P OC2
Phone: 306-565-0515
Website:
www.allseniorscare.com/residence/college-park-retirement-residence
Email: jerriha@allseniorscare.com

College Park II Retirement Residence

Address: 1601 Badham Boulevard
Regina, SK S4P 0L9
Phone: 306-924-0515
Website:
www.allseniorscare.com/residence/college-park-ii-retirement-residence
Email: bhorbach@allseniorscare.com

Harbour Landing Village

Address: 4000 James Hill Road
Regina, SK S4W 0N1
Phone: 306-559-5545
Fax: 306-559-3092
Website: www.harbourlandingvillage.ca
Email: info@hlvillage.ca

Mutchmor Lodge

Address: 328 Century Crescent
Regina, SK S4T 6M1
Phone: 306-352-7119
Fax: 306-522-7119
Website: www.mutchmorlodge.com
Email: mutchmor@sasktel.net

Qu'Appelle House

Address: 1425 College Avenue
Regina, SK S4P 1B4
Phone: 306-522-0335
Website: www.quappellehouse.ca
Email: debbie.deneve@rqhealth.ca

Queen Victoria Estates

Address: 2025 Heseltine Road
Regina, SK S4V 2Z4
Phone: 306-522-3553
Website: www.atriaretirement.ca/retirement-communities/queen-victoria-estates

Regina Lutheran Home

Address: 1925-5th Avenue North
Regina, SK S4R 7W1
Phone: 306- 543-4055
Fax: 306-543-4094
Website: www.edencare.ca/regina-lutheran-home
Email: info@edencare.ca

Regina Pioneer Village

Address: 430 Pioneer Drive Regina, SK S4T 6L8
Phone: 306-757-5646
Fax: 306-757-5001
Website: www.rqhealth.ca/facilities/regina-pioneer-village

Revera Green Falls Landing Retirement Residence

Address: 3850 Green Falls Drive
Regina, SK S4V 3N5
Phone: 306-559-5657
Website: www.reveraliving.com/en/live-with-us/saskatchewan/regina/green-falls-landing



HOUSING



Assisted Living

Revera Marian Chateau Retirement Residence

Address: 3651 Albert Street
Regina, SK S4S 0A3
Phone: 306-584-3030
Website: www.reveraliving.com/en/live-with-us/saskatchewan/regina/marian-chateau

Revera Renaissance Retirement Residence

Address: 1801 McIntyre Street
Regina, SK, S4P 4WP
Phone: 306-525-8686
Website: www.reveraliving.com

Revera The Bentley Regina/Hillsdale Retirement Residence

Address: 3105 Hillsdale Street
Regina, SK S4S 7K8
Phone: 306-584-3333
Website: www.reveraliving.com/en/live-with-us/saskatchewan/regina/the-bentley-regina-hillsdale

Trinity Manor at Westerra

Address: 8351 Canola Avenue
Regina, SK S4Y 0E5
Phone: 306-550-8077
Website: www.trinitymanorregina.ca
Email: fmurphy@sasktel.net

Wintergreene Estates Retirement Residence

Address: 4950 Pasqua Street,
Regina, SK S4S 7L2
Phone: 306- 585-7100
Website: www.verveseniorliving.com/wintergreene-estates
Email: info.wge@verveseniorliving.com





HOUSING



Home Care/Home Support

Bayshore Home Health

Address: 150-1870 Albert Street

Regina, SK S4P 4B7

Phone: 306-352-7144

Regina Office (Toll Free): 1-866-561-1559

Website: www.bayshore.ca/locations/bayshore-home-health-regina-sk

Email: regina@bayshore.ca

Called to Care

Address: 2050 Broad Street Regina, SK S4P 1Y3

Phone: 306-757-2273

Fax: 306-757-2271

Website: www.calledtocare.ca

Email: office@calledtocare.ca

CBI Home Health

Address: 2073 Park St Suite 2

Regina, SK S4N 6S2

Phone: 306-757-4590

Fax: 306-757-4627

Website: www.cbi.ca/web/home-health-regina-park?utm_source=Google&utm_medium=lp&utm_campaign=CBIWeCare

Dove Home Care Services

Address: 2220 Cameron Street

Regina, SK S4T 2V8

Phone: 306-525-0045

Fax: 306-565-2393

Website: www.dovehouse.ca

Email: dovehouse@sasktel.net

Eden Care Communities

Address: B-107 Albert Street Regina, SK S4R 2N3

Phone: 306-206-0260

Website: www.edencare.ca

Email: info@edencare.ca

Life Force Home Health Care

Address: Suite 130 - 2025 Heseltine Road
Regina, SK S4V 2Z4

Phone: 306-501-8598

Website: www.lifeforcehomehealth.com



Accessor Coordinator

An Accessor Coordinator will work with an older adult if he/she has requested to be assessed for his/her health needs. The Accessor Coordinator would then determine the most appropriate care plan for the client and will provide case management in a short term or long-term basis depending on the client's assessed needs.

To access an Accessor Coordinator, contact:
306-766-7200



HOUSING



Home Care/Home Support

Nurse Next Door Home Care Services

Phone: 306-209-0699

Website:

www.nursenextdoor.com/locations/regina-sk

Orange Tree Living Home Care Services

Phone: 306-539-4718

Website: www.orangetreeliving.ca

Email: info@orangetreeliving.ca

Regina Health District Home Care Volunteer Services

Address: 4211 Albert Street #300

Regina, SK S4S 3R6

Phone: (306) 766-7200

Regina Helping Hands Care Home

Address: 226 Hansen Drive Regina, SK S4X 2Y6

Phone: 306-545-7733

Fax: 306-545-7738

Email: HelpingHands@sasktel.net

Regina Senior Citizens' Centre Home Help Services

Address: 2134 Winnipeg Street

Regina, SK S4P 3X6

Phone: 306-525-2154

Fax: 306-525-2155

Website: www.reginaseniorcitizenscentre.ca

Email: cindyrscc@myaccess.ca

Saskatchewan Health Authority: Home Care

Address: 4211 Albert Street Regina, SK S4S 3R6

Phone: 306-766-7200

Hotline: 8-1-1 Healthline

Website:

www.rqhealth.ca/department/community-and-preventative-health/home-care-services

Saskatchewan Health Authority: Home Care Treatment Centre

Address: 1311 Broadway Avenue

Regina, SK S4P 1E2

Phone: 306-766-0370

Hotline: 8-1-1 Healthline

Website:

www.rqhealth.ca/department/community-and-preventative-health/home-care-services

Saskatchewan Health Authority: Seniors House Call Program

Phone: 306-766-6280

Hotline: 8-1-1 Healthline

Website:

www.rqhealth.ca/department/primary-health-care/seniors-house-call-program

Individualized Funding for Home Care

Older adults can receive funding to increase their choice and flexibility in home care. The funding will be based on assessed need and will be used for supportive home care services.

For more information, visit:

<https://www.saskatchewan.ca/residents/health/accessing-health-care-services/care-at-home-and-outside-the-hospital/individualized-funding-for-home-care>



HOUSING



Personal Care Homes

Albert Park Senior Care Home

Address: 4518 Montague Street
Regina, SK S4S 3K7
Phone: 306-586-0689
Fax: 306-586-9827
Website: www.carehomes.ca/albertparksch
Email: elmae82@yahoo.ca

Arbour Oaks Manor

Address: 10 Kyle Street Regina, SK S4R 5Y2
Phone: 306-545-3176
Fax: 306-545-1576
Website: www.carehomes.ca/homes/arbor-oaks-manor
Email: arboroaks@sasktel.net

Ashton Manor Care Home

Address: 27 Sidney Street Regina, SK S4X 1X1
Phone: 306-535-1532
Fax: 306-569-1922
Website: www.carehomes.ca/ashtonmanor
Email: safiasiasang@gmail.com

Autumn Personal Care Home

Address: 3821 Regina Avenue
Regina, SK S4S 0H8
Phone: 306-536-5259
Fax: 306-584-8424
Website: www.carehomes.ca/Autumnpch
Email: autumnpch@sasktel.net

Bethel Manor

Address: 5161 Sherwood Drive
Regina, SK S4R 4C1
Phone: 306-546-3626
Fax: 306-546-3643
Website: www.bethelmanorcanada.com
Email: bonasanya@sasktel.net

Campbell Care Home

Address: 5800 4th Avenue Regina, SK S4P 3C2
Phone: 306-543-9525
Fax: 306-543-9529
Website: www.carehomes.ca/homes/campbell-care-home
Email: premiumhealth.services0@gmail.com

Casa Bella Care Home

Address: 5931 Hague Crescent
Regina, SK S4P 3C2
Phone: 306-543-0816
Fax: 306-543-5798
Website: www.carehomes.ca/homes/casa-bella-care-home
Email: casabella.carehome@gmail.com

Cherished Hearts Personal Care Home

Address: 222 Litzenberger Crescent
Regina, SK S4R 7J4
Phone: 306-949-0777
Fax: 306-949-0992
Website: www.reginaseniorliving.com
Email: cherishedhearts@sasktel.net

College Park I Retirement Residence

Address: 1535 Anson Road Regina, SK S4P 0C2
Phone: 306-565-0515
Website: www.allseniorscare.com/residence/college-park-retirement-residence
Email: jerriha@allseniorscare.com



HOUSING



Personal Care Homes

College Park II Retirement Residence

Address: 1601 Badham Boulevard
Regina, SK S4P 0L9
Phone: 306-924-0515
Website:
www.allseniorscare.com/residence/college-park-ii-retirement-residence
Email: bhorbach@allseniorscare.com

Courtesy Care Home

Address: 2928 Wascana Street Regina, SK S4S 2G8
Phone: 306-586-9888

Dove House Cathedral

Address: 2220 Cameron Street Regina, SK S4T 2V8
Phone: 306-525-0045
Fax: 306-565-2393
Website: www.dovehouse.ca

Dove House Parliament I and II

Address: 4002 & 4008 Montague Street
Regina, SK S4S 3J9
Phone: 306-525-0045
Fax: 306-565-2393
Website: www.dovehouse.ca

Dunsmore Villa

Address: 87 Dunsmore Drive Regina, SK S4R 7G1
Phone: 306-522-0029
Fax: 306-949-8004
Email: dunsmore'svilla@msn.com

Four Seasons Care Home

Address: 4121 Queen Street Regina, SK S4P 3C2
Phone Number: 306-586-8888
Website: www.fourseasonscarehome.ca
Email: jlewis@fourseasonscarehome.ca

Fulton Manor

Address: 174 Fulton Drive Regina, SK S4X 1W4
Phone: 306-543-8613

Gardiner Point Care Home

Address: 2323 E Arens Road Regina, SK S4V 1G3
Phone: 306-585-6333
Website: www.gardinerpointcarehome.com

Golden Heart Care Home

Address: 4238 Dewdney Avenue
Regina SK, S4T 1A7
Phone: 306-501-8702

Golden Years Manor

Address: 2315 E. Arens Road Regina, SK S4V 1G3
Phone: 306-569-9920
Fax: 306-569-9953
Website: www.carehomes.ca/golden
Email: goldenyearsmanor@hotmail.com





HOUSING



Personal Care Homes

Grace Within Care Community

Address: 219 Toronto Street Regina, SK S4R 1M1
Phone: 306-543-8613

Harbour Landing Village

Address: 4000 James Hill Road
Regina, SK S4W 0N1
Phone: 306-559-5545
Fax: 306-559-3092
Website: www.harbourlandingvillage.ca
Email: info@hlvillage.ca

Harvest Haven

Address: 1150 Broadway Avenue
Regina SK S4P 4V3
Phone: (306) 564-1201
Website: www.edencare.ca/harvest-haven
Email: Info@edencare.ca

Highland Park Care Home

Address: 4409 McIntyre Street Regina, SK S4X 0C6
Phone: 306-539-1046
Email: marilynmcrae@gmail.com

Hillsdale Personal Care Home

Address: 45 Anderson Avenue Regina, SK S4S 4R3
Phone: 306-584-8488
Website: www.hillsdalecarehome.ca
Email: hch1@sasktel.net

Home at Kathy's

Address: 330 Black Drive Regina, SK S4X 2V7
Phone: 306-789-3710

Hope and Charity

Address: 101/103 McIntyre Street
Regina, SK S4R 2L5
Phone: 306-949-1294
Fax: 306-949-7076
Website:
www.personalcarehomes.saskatchewan.ca/PersonalCareHomes
Email: charitykumassah@icloud.com

J and C Personal Care Home

Address: 3809 Green Moss Bay
Regina, SK S4V 1P7
Phone: 306-209-1738
Email: tina_dcare@yahoo.ca

JD and C Care Home Inc.

Address: 19 Walden Crescent Regina, SK S4N 1L1
Phone Number: 306-209-5560/306-502-4841
Website: www.jd-and-c-care-home-inc.business.site/?utm_source=gmb&utm_medium=referral
Email: bayatanjenny@yahoo.com

The Personal Care Home Benefit (PCHB)

Older adults who are low-income can apply for this monthly assistance to help with the cost of living in a licensed personal care home.

To apply or learn more about PCHB, visit:

www.saskatchewan.ca/residents/family-and-social-support/seniors-services/seniors-living-in-personal-care-homes



HOUSING



Personal Care Homes

Joyti Care Home

Address: 2135 5th Ave North Regina, SK S4R 0R9

Phone: 306-501-3944

Website: www.carehomes.ca/joyticarehome

Email: joyticarehome@yahoo.ca

Kennedy Manor

Address: 22 Kennedy Crescent Regina, SK S4R 6G4

Phone: 306-502-5894

Fax: 306-757-6583

Email: ebmalang@yahoo.com

Kozy Korner Personal Care Home

Address: 310 18th Avenue Regina, SK S4N 1E2

Phone: 306 585-7444

Fax: 306-585-7445

Email: kozykornerpch@gmail.com

Lyn's Personal Care Home

Address: 5624 5 Avenue Regina, SK S4T 0M5

Phone: 306-545-7874

Majestic Manor Personal Care Home

Address: 239 Williston Drive Regina, SK S4P 3C2

Phone: 306-949-1811

Fax: 306-949-1815

Website: www.carehomes.ca/MajesticManorPCH

Email: majesticmanor@hotmail.ca

Marie Manor

Address: 142 North McCarthy Boulevard

Regina, SK S4R 6A4

Phone: 306-522-2993

Fax: 306-559-1699

Email: bfm@sasktel.net

McMurphy Care Home

Address: 85 & 87 McMurphy Avenue

Regina, SK S4P 3C2

Phone: 306-545-3441

Fax: 306-530-305=0

Website:

www.carehomes.ca/homes/mcmurphy-care-home

Email: onecarehealthservices@gmail.com

Noonan Villa

Address: 126 Noonan Road Regina, SK S4V 0J6

Phone: 306-559-4930

Website: www.carehomes.ca/homes/noonan-villa

Email: noonan.villa@gmail.com

Olga's Care Home

Address: 2719 Corbett Road Regina, SK S4R 8J1

Phone: 306-545-0271

Email: dorisskoberne@yahoo.ca

Parkview Villa

Address: 2915 Pasqua Street Regina, SK S4S 2H4

Phone: 306-539-4718

Website: www.orangetreeliving.ca

Email: info@orangetreeliving.ca

Parliament Place Care Home

Address: 4001 Elphinstone Street

Regina, SK S4P 3C2

Phone: 306-525-3883

Website: www.carehomes.ca/ParliamentPlace

Email: sbentum1@gmail.com



HOUSING



Personal Care Homes

Precious Memories Villa

Address: 2800 23rd Avenue Regina, SK S4S 1E6
Phone: 306-539-4718
Website: www.orangetreeliving.ca
Email: info@orangetreeliving.ca

Princess Villa

Address: 3231 Whitmore Avenue
Regina, SK S4S 1C1
Phone: 306-539-4718
Website: www.orangetreeliving.ca
Email: info@orangetreeliving.ca

Rawlinson Crescent Care Home

Address: 39 Rawlinson Crescent
Regina, SK S4S 6B7
Phone: 306-525-4834

Regina Helping Hands Care Home

Address: 226 Hansen Drive Regina, SK S4X 2Y6
Phone: 306-545-7733
Fax: 306-545-7738
Email: HelpingHands@sasktel.net

Revera Green Falls Landing Retirement Residence

Address: 3850 Green Falls Drive
Regina, SK S4V 3N5
Phone: 306-559-5657
Website: www.reveraliving.com/en/live-with-us/saskatchewan/regina/green-falls-landing

Campbell Care Home

Address: 5800 4th Avenue Regina, SK S4P 3C2
Phone: 306-543-9525
Fax: 306-543-9529
Website: www.carehomes.ca/homes/campbell-care-home
Email: premiumhealth.services0@gmail.com

Riverbend Crossing

Address: 2235 Heseltine Road
Regina, SK S4V 2Y7
Phone: 306-347-7773
Website: www.espritlifestyle.com/locations/riverbend-crossing

Royal Oaks Care Home

Address: 2319 Arens Road Regina, SK S4P 3C2
Phone: 306-790-9026
Fax: 306-586-9176
Website: www.carehomes.ca/royaloaks
Email: lsboychuk@sasktel.net

Selo Gardens Personal Care Home

Address: 1102 McNiven Avenue
Regina, SK, S4S 3X3
Phone: 306-790-4444
Website: www.sgpch.com/index.htm
Email: lfletcher.sgpch@sasktel.net





HOUSING



Personal Care Homes

Shady Pines

Address: 36 & 38 Empress Drive
Regina, SK S4T 6M4
Phone: 306-924-4500

Spruce Lane Care Home

Address: 2047 MacKay Street Regina, SK S4N 2S5
Phone: 306-543-0707
Email: fivekc.contracting@gmail.com

Sunset Place Care

Address: 4501 Queen Street Regina, SK S4P 3C2
Phone: 306-559-3290
Website: www.sunsetplacecareregina.ca
Email: adama@accesscomm.ca

Victoria Park Personal Care Home

Address: 2400 East Arens Road
Regina, SK S4V 3G6
Phone: 306-994-2835
Website: www.seniorlivinginstyle.com/senior-living/sk/regina/victoria-park

Victorian Personal Care Home

Address: 7103 Sherwood Drive
Regina SK, S4X 2V5
Phone: 306-737-3162
Website: www.carehomes.ca/TheVictorianpersonalCareHome
Email: victorianpch@accesscomm.ca

Walsh Acres Manor

Address: 3 Dunsmore Drive Regina, SK S4R 7E9
Phone: 306-775-1334
Email: walshacresmanor@gmail.com

Westhill Manor

Address: 8030 Sherwood Place
Regina, SK S4P 3C2
Phone: 306-949-5457
Fax: 306-569-4919
Website: www.carehomes.ca/westhill
Email: westhillmanor@sasktel.net

Westminster Care home

Address: 3347 Westminster Road
Regina, SK S4V 0S3
Phone: 306- 522-2101
Website: www.carehomes.ca/homes/westminster-care-home
Email: n.grant@myaccess.ca

Wintergreene Estates Retirement Residence

Address: 4950 Pasqua Street
Regina, SK S4S 7L2
Phone: 306- 585-7100
Website: www.verveseniorliving.com/wintergreene-estates
Email: info.wge@verveseniorliving.com





HOUSING



Long-Term Care Homes

Extendicare Elmview

Address: 4125 Rae Street Regina, SK S4S 3A5

Phone: 306-586-1787

Fax: 306-585-0255

Website: www.extendicareelmview.com

Email: cnh_elmview@extendicare.com

Extendicare Parkside

Address: 4540 Rae Street Regina, SK S4S 3B4

Phone: 306-586-0220

Fax: 306-585-0622

Website: www.extendicareparkside.com

Email: cnh_parkside@extendicare.com

Extendicare Sunset

Address: 260 Sunset Drive Regina, SK S4S 2S3

Phone: 306-586-3355

Fax: 306-584-8082

Website: www.extendicaresunset.com

Email: cnh_sunset@extendicare.com

Qu'Appelle House

Address: 1425 College Avenue Regina, SK S4P 1B4

Phone: 306-522-0335

Website: www.quappellehouse.ca

Email: debbie.deneve@rqhealth.ca

Regina Lutheran Home

Address: 1925-5th Avenue North

Regina, SK S4R 7W1

Phone: 306-543-4055

Fax: 306-543-4094

Website: www.edencare.ca/regina-lutheran-home

Email: info@edencare.ca

Regina Pioneer Village

Address: 430 Pioneer Drive Regina, SK S4T 6L8

Phone: 306-757-5646

Fax: 306-757-5001

Website: www.rqhealth.ca/facilities/regina-pioneer-village

Santa Maria Senior Citizens Home

4215 Regina Avenue Regina SK, S4T 6L8

Phone: 639-625-7100

Fax: 639-625-7115

Website: www.santamariaregina.ca

Email: SantaMariaGeneral@rqhealth.ca

Wascana Rehabilitation Centre Extended Care/Veterans Program

Address: 2180—23rd Avenue Regina,
Saskatchewan S4S 0A5

Phone: 306-766-5100

Website: www.rqhealth.ca/facilities/wascana-rehabilitation-centre-extended-care-veterans-program

William Booth Special Care Home

Address: 50 Angus Road Regina, SK S4R 8P6

Phone: 306-543-0655

Fax: 306-543-1292

Website: www.williamboothregina.ca

Email: ivyscobie@sasktel.net

APRIL 2020



MENTAL WEALTH

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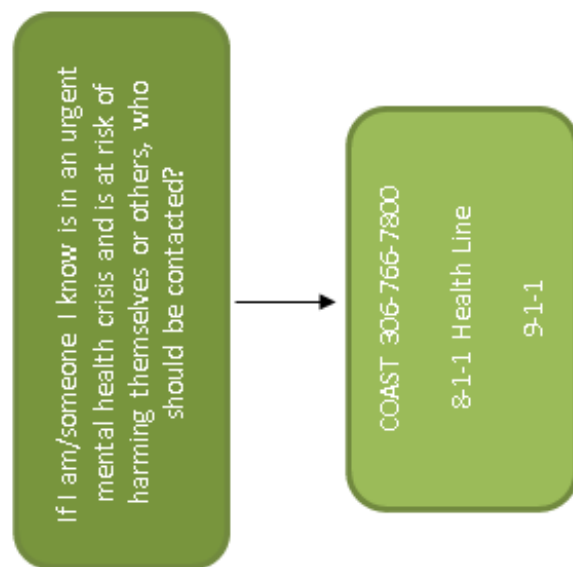
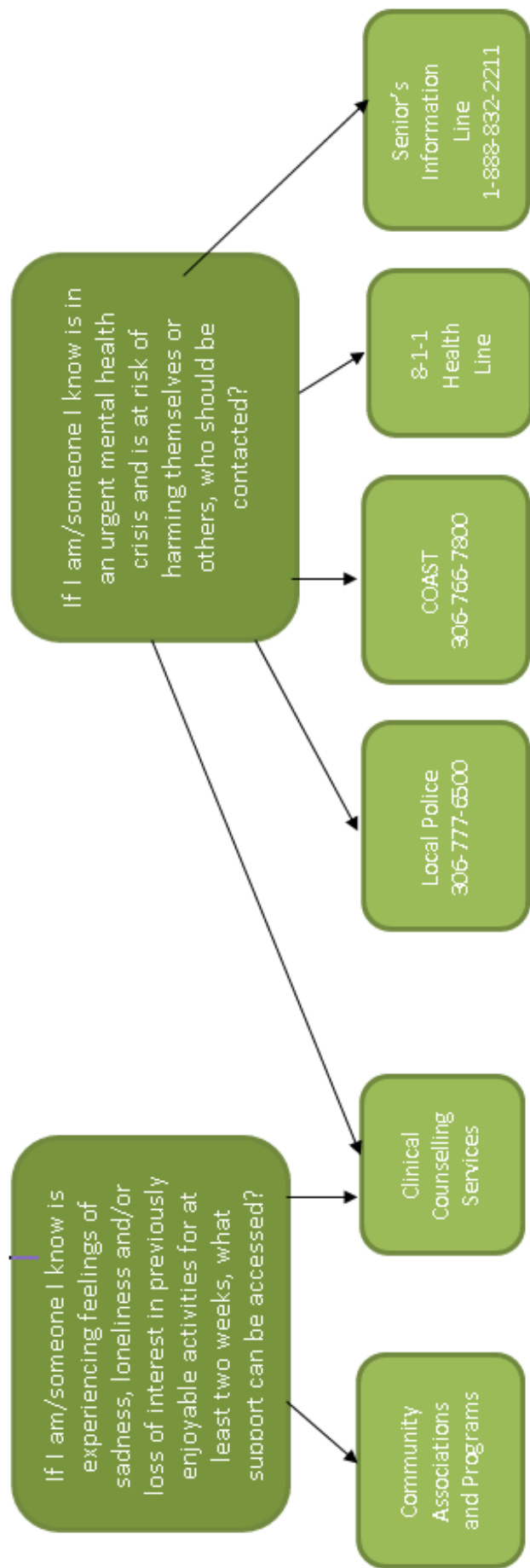
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How To Use the Guide: Knowing Your Support Groups and Services

This guide will help older adults and their families learn about the support services and groups available in Regina.

To start:

1. Answer the 3 questions in the Navigating Through Your Support Groups and Services Flowchart on page 22. This will help to identify the type of services that may fit your current mental state.
 2. Use the above categories to identify the appropriate services.
-





MENTAL WEALTH



Clinical Counselling

Caring Hearts

Address: 2310 Smith Street
Regina, SK S4P 2P6
Phone: 306-523-2780
Fax: 306-523-2787
Website: www.caringheartssk.ca
Email: contactus@caringheartssk.ca

Catholic Family Service of Regina

Address: 160 McIntosh Street
Regina, SK S4R 4Z4
Phone: 306-525-0521
Fax: 306-522-3775
Website: www.cfsregina.ca/counselling-services
Email: cfsregina@cfsregina.ca

Cornerstone Counselling Services

Address: 310-2445 13th Avenue
Regina, SK S4P 0W1
Phone: 306-551-1861
Email: colette.pelletier@sasktel.net

Discover Hope Counselling Services

Address: 4-234 11th Avenue East
Regina SK S4N 6H1
Phone: 306-551-3455
Website: www.discoverhope.ca
Email: symonscounselling@gmail.com

Dynamic Discovery

Address: 100-845 Broad Street,
Regina, SK S4P 8G9
Phone: 306-569-255
Website: www.dynamicdiscovery.ca
Email: admin@dynamicdiscovery.ca

Envision Counselling and Support Centre

Website:
www.envisioncounsellingcentre.com/ask-a-counsellor-2
Email: info@envisioncounsellingcentre.com

Family Service Regina

Address: 200-1440 Broad Avenue
Regina, SK S4P 1E2
Phone: 306-757-6675
Fax: 306-757-0133
Website: www.familyserviceregina.com
Email: info@familyserviceregina.com





MENTAL WEALTH



Clinical Counselling

Foxvalley Counselling Services Inc.

Address: 2060 Broad Street Regina, SK S4P 1Y3
Phone: 306-757-5100
Fax: 306-757-5103
Website: www.foxvalleysk.com
Email: foxvalley5@sasktel.net

Free to Bee Me Counseling and Therapy Services

Address: A4-320 Gardiner Park Court
Regina, SK S4V 1R9
Phone: 306-551-3114
Website: www.freetobeeme.ca
Email: contact@freetobeeme.ca

Gateways Counselling

Address: 209-4401 Albert Street Regina, SK S4S 3R6
Phone: 306-545-6121
Fax: 306-545-5280
Website: www.gatewayscounselling.com/services.php#counselling
Email: gateways@gatewayscounselling.com

Good Therapy with Lola Miller/Lebell and Associates

Address: 2114 College Avenue, Regina SK S4P 1C5
Phone: 306-359-6111
For free consultation, call: 306-527-3238
Website: www.lolatherapy.com

Joshua Tree Learning

Address: 208 – 3988 Albert Street,
Regina, SK S4S 3R1
Phone: 306-546-5674
Website: www.joshuatreelearning.com
Email: stacey@joshuatreelearning.com

MindfulPsync Counselling Services

Address: 2445 Broad Street
Regina, SK S4P 0C7
Phone: 306-359-7792
Website: www.mindfulpsync.ca
Email: mindfulpsync@sasktel.net

Regina Community Clinic

Address: 1106 Winnipeg Street Regina, SK S4R 1J6
Phone: 306-543-7880
Fax: 306-543-5545
Website: www.reginacommunityclinic.ca/counselling/

For a complete list of mental health services: call 2-1-1 or visit www.sk.211.ca.



MENTAL WEALTH



Clinical Counselling

Saskatchewan Health Authority's Adult Mental Health Clinic: Individual Counselling

Address: 2110 Hamilton Street
Regina, SK S4P 2E3

Phone: 306-766-7800

Fax: 306-766-7906

Hotline: 8-1-1 Healthline

Website:

www.rqhealth.ca/department/mental-health/adult-mental-health-clinics

STEPS Counselling

Address: 845 Broad Street Regina, SK S4R 8G9

Phone: 306-985-0170

Website: www.stepscounselling.ca

Student Energy in Action for Regina Community Health

Address: 1504 Albert Street Regina, SK S4P 2S4

Phone: 306-570-6208

Website: www.searchhealthclinic.com

Email: info@searchhealthclinic.com

The Caring Place Regina

Address: 2146 Robinson Street, Regina SK S4T 2P7

Phone: 306-347-2273

Toll-Free: 1-877-522-7464

Website: www.thecaringplace.ca

Email: connect@thecaringplace.ca





MENTAL WEALTH



Community Associations and Programs

Al Ritchie Community Association's Silver Threads Programs

Address: 2250 Lindsay Street
Regina, SK S4N 3C3
Phone: 306-522-3930
Website: www.alritchie.ca/pages/silver-threads-programs

Alberta Park Community Association

Address: 170 Sunset Drive Regina, SK S4S 2S3
Phone: 306-777-7031
Website: www.albertpark.ca
Email: info@albertpark.ca

All Saints Anglican Church

Address: 142 Massey Road Regina, SK S4S 4M9
Phone: 306-586-4420
Website: www.allsaintsregina.ca
Email: allsaints@sasktel.net

Arcola East Community Association

Address: 3860 Buckingham Drive East
Regina, SK S4V 3A9
Phone: 306-525-3401
Website: www.aecaregina.com
Email: contact@aecaregina.com

Argyle North Community Association

Address: 35 Davin Crescent
Regina, SK S4R 7E4
Phone: 306-543-5653
Website: www.ancaregina.ca
Email: office@ancaregina.ca

Avonhurst Pentecostal Assembly

Address: 3200 Avonhurst Drive Regina, SK, S4R 3J7
Phone: 306-543-8333
Fax: 306-543-8355
Website: www.avonhurst.org
Email: avonhurstchurch@sasktel.net

Bethany Gospel Chapel

Address: 1850 Parker Avenue Regina, SK S4S 4S2
Phone: 306-522-6441
Website: www.bethanygospelchapel.ca
Email: info@bethanygospelchapel.ca

Bethlehem Apostolic Church

Address: 3500 Regina Avenue Regina, SK S4S 0H4
Phone: 306-525-2151
Website: www.bacregina.com
Email: admin@bacregina.com

Beit Tzur Regina Messianic Fellowship

Address: 55 Michener Drive Regina, SK S4V 0L1
Phone: 306-522-4605
Email: contact@beittzur.ca
Website: www.beittzur.ca

Blessed Sacrament Parish

Address: 2049 Scarth Street
Regina, SK S4P 2H5
Phone: 306-522-7422
Email: blessed.sacrament@sasktel.net
Website: www.blessedsacramentregina.ca



MENTAL WEALTH



Community Associations and Programs

Bloom Church

Address: 3475 Albert Street Regina, SK S4S 6X6
Phone: 306-591-6299
Website: www.bloomchurch.tv
Email: info@bloomchurch.tv

Bodhi Tree Yoga

Address: 3104-B 13th Avenue
Regina, SK S4T 1P2
Phone: 306-552-9642
Website: www.bodhitreeyoga.com
Email: info@albertpark.ca

Calvary Baptist Church

Address: 190 Rink Ave Regina, SK S4R 7V5
Phone: 306-543-8007
Website: www.cbcregina.com
Email: info@cbcregina.org

Canadian Mental Health Association – Regina Branch

Address: 1810 Albert Street Regina, SK S4P 2S8
Phone: 306-525-9543
Fax: 306-525-9579
Website: www.cmharegina.com
Email: info@cmharegina.com

Canzone Yoga

Address: 101-2445 Broad Street
Regina, SK, S4P 0C7
Phone: 306-525-1099
Website: www.canzoneyoga.com
Email: info@canzoneyoga.com

Cathedral Neighbourhood Centre

Address: 2900 13th Avenue Regina, SK S4T 1N7
Phone: 306-777-7034
Fax: 306-569-8743
Website: www.cathedralvillage.org/programs-services
Email: caca@sasktel.net

Cathedral Area Community Association

Address: 2900 – 13th Avenue Regina, SK S4T 1N7
Phone: 306-569-8755
Fax: 306-569-8743
Website: www.cathedralvillage.org
Email: caca@sasktel.net

Celebration Church

Address: 3130 Renfrew Crescent
Regina, SK S4V 2X6
Phone: 306-789-2727
Website: www.redroof.tv

Chabad Lubavitch of Regina

Address: 31 Daffodil Crescent Regina, SK S4S 5A2
Phone: 306-585-1359
Website: www.jewishregina.org

Christ the King Roman Catholic Church

Address: 3239 Garnet Street Regina, SK S4S 1X8
Phone: 306-586-9020
Fax: 306-584-7633
Website: www.christtheking.ca
Email: secretary@christtheking.ca



MENTAL WEALTH



Community Associations and Programs

College Park I Retirement Residence

Address: 1535 Anson Road
Regina, SK S4P OC2
Phone: 306-565-0515
Website:
www.allseniorscare.com/residence/college-park-retirement-residence
Email: jerriha@allseniorscare.com

College Park II Retirement Residence

Address: 1601 Badham Boulevard
Regina, SK S4P 0L9
Phone: 306-924-0515
Website:
www.allseniorscare.com/residence/college-park-ii-retirement-residence
Email: bhorbach@allseniorscare.com

Cornerstone Baptist Church

Address: 110 Garnet Street North
Regina, SK S4R 3S5
Phone: 306-775-1221
Email: pastor.t.d.friesen@gmail.com
Website: www.cornerstonebaptistchurch.ca

Coronation Park Community Association

Address: 3807 3 Ave N, Regina, SK S4R 4G7
Phone: 306-545-4642
Website:
www.nonprofits.accesscomm.ca/cpcainc/
Email: corpark@sasktel.net

Deeper Life Bible Church

Address: 2900 13th Ave, Regina, SK S4T 1N7
Phone: 306-807-3244
Website: www.dclm-ca.org
Email: info@dclm-ca.org

Dewdney East Community Association

Address: 2626 Dewdney Ave East
Regina, SK S4N 5E3
Phone: 306-789-6559
Website: www.decaregina.ca
Email: info@decaregina.ca

Discovery Baptist Church

Address: 55 Michener Drive
Regina, SK S4V 0L1
Phone: 306-789-4300

Dove House Day Program

Address: 4002 & 4008 Montague Street
Regina, SK S4S 3J9
Phone: 306-525-0045
Fax: 306-565-2393
Email: dovehomecare@sasktel.net

Eden Care Communities' Community Day & Wellness Program

Address: 1100 Broadway Avenue
Regina, SK S4P 1E3
Phone: 306-536-3897
Email: DayandWellness@edencare.ca

Elks Canada

Address: 100-2629 29 Avenue Regina, SK S4S 2N9
Phone: 306-359-9010
Toll Free: 1-888-843-3557
Fax: 306-565-2860
Website: www.elksofcanada.ca
Email: grandlodge@elksofcanada.ca



MENTAL WEALTH



Community Associations and Programs

Evangelical Free Church

Address: 855 N Broad Street
Regina, SK S4R 6C7
Phone: 306-543-2439
Fax: 306-545-2438
Website: www.efcr.ca/index.html
Email: efcr@sasktel.net

Faith Baptist Church

Address: 437 Broadway Avenue East
Regina, SK S4N 0Z8
Phone: 306-569-3444
Website: www.fbcregina.ca
Email: office@fbcregina.ca

First Baptist Church

Address: 2241 Victoria Avenue
Regina, SK S4P 0S4
Phone: 306-359-1450
Website: www.firstbaptistregina.ca
Email: main_fbcregina@sasktel.net

First Presbyterian Church

Address: 2170 Albert Street
Regina, SK S4P 2T9
Phone: 306-522-9571
Fax: 306-522-2178
Website: www.firstpresregina.ca
Email: firstpresregina@sasktel.net

Fountain of Life Church

Address: 2820B Avonhurst Drive
Regina, SK S4R 5R4
Phone: 306-949-8903
Website: www.fountainoflife.church
Email: folcadmin@sasktel.net

French Canadian Associations of Regina

Address: 101-3850 Hillsdale Street
Regina, SK S4S 7J5
Phone: 306-566-6020
Fax: 306-569-2402
Website: www.acfr.ca

Full Life Yoga Studio

Address: 26 Elmwood Place Regina, SK S4S 5M3
Phone: 306-527-2044
Website: www.fulllifeyoga.com
Email: kim@fulllifeyoga.com

Kung Loy Kok Taoist Tai Chi

Address: 3411 Pasqua Street Regina, SK S4S 7K9
Phone: 306-525-9700
Website: www.taoist.org/locations/regina/

Glen Elm Church of Christ

Address: 1825 Rothwell Street Regina, SK S4N 2C3
Phone: 306-757-1825
Website: www.warmwelcome.ca

Good Shepherd Lutheran Church

Address: 3825 Hillsdale Street Regina, SK S4S 3Y5
Phone: 306-586-0299
Fax: 306-586-0035
Website: www.goodshepherdregina.com
Email: gslcregina@sasktel.net

Grace Lutheran Church

Address: 1037 Victoria Avenue Regina, SK S4P 0N6
Phone: 306-522-7621
Website: www.gracelutheranregina.com
Email: gracelc@sasktel.net



MENTAL WEALTH



Community Associations and Programs

Grace Mennonite Church

Address: 2935 Pasqua Street
Regina, SK S4S 2H4
Phone: 306-584-2555
Fax: 306-585-0115
Website: www.gracemennonite.ca
Email: grace.mennonite@sasktel.net

Grow Regina Community Garden

Address: 3500 Queen Street
Regina, SK S4S 7K4
Website: www.growregina.ca

Harbour Landing Village

Address: 4000 James Hill Road
Regina, Saskatchewan S4W 0N1
Phone: 306-559-5545
Fax: 306-559-3092
Website:
www.harbourlandingvillage.ca/activities-at-the-village
Email: info@hlvillage.ca

Heritage Alliance Church

Address: 3575 Hillsdale Street
Regina, SK S4S 3Y4
Phone: 306-789-8330
Website: www.ourheritage.ca
Email: office@ourheritage.ca

Heritage United Church

Address: 1050 North Arnason Street
Regina, SK S4X 4K9
Phone: 306-949-8377
Website: www.heritageunitedchurchregina.ca
Email: heritage.uc@sasktel.net

Hillsdale Baptist Church - Munroe Place

Address: 101 Munroe Place Regina, SK S4S 3E7
Phone: 306-586-2009
Website: www.hillsdaleregina.ca
Email: info@hillsdaleregina.ca

Hillsdale Baptist Church – Grant Road

Address: 336 Durham Drive Regina, SK S4S 4Z7
Phone: 306-910-1426
Website: www.hillsdaleregina.ca
Email: info@hillsdaleregina.ca

Hillsdale Community Association

Website: www.hillsdaleca.ca
Email: website@hillsdaleca.ca

Holy Child Parish

Address: 2636-7th Avenue East
Regina, SK S4N 6A3
Phone: 306-789-8276
Fax: 306-789-2171
Website: www.holychild2019.ca
Email: ten.letksas@dlihcylh





MENTAL WEALTH



Community Associations and Programs

Holy Cross Parish

Address: 315 Douglas Avenue East
Regina, SK S4N 1H7
Phone: 306-757-1325
Fax: 306-757-8641
Website: www.holycrossregina.ca
Email: hc.office@holycrossregina.ca

Holy Family Parish

Address: 1021 McCarthy Boulevard
Regina, SK S4X 3P9
Phone: 306-949-7678
Website: www.holyfamilyregina.com
Email: office@holyfamilyregina.com

Holy Rosary Cathedral

Address: 2104 Garnet Street
Regina, SK S4T 6Y5
Phone: 306-565-0909
Fax: 306-522-6526
Website: www.holyrosaryregina.ca
Email: holyrosary@myaccess.ca

Holy Trinity Roman Catholic Church

Address: 5020 Sherwood Drive
Regina, SK S4R 4C2
Phone: 306- 543-3838
Fax: 306-949-2544
Website: www.holytrinityregina.ca
Email: htrinity@sasktel.net

Iglesia ni Cristo

Address: 70 McNaughton Avenue
Regina, SK S4R 4M3
Phone: 306-565-1914
Website:
www.directory.iglesianicristo.net/locales/regina-saskatchewan

Jesus is Alive Community Church

Address: 2900 13th Avenue Regina, SK S4T 1N7
Phone: 639-590-6001
Website: www.jesusisalivecommunity.org

Jesus is Lord Church Regina

Address: 2046 Broad Street Regina, SK S4P 1X3
Phone: 306-525-3757
Website: www.jilcanada.com/#!/regina/cprn

Kingdom Hall of Jehovah's Witness

Address 1: 7008 Rochdale Boulevard
Regina, SK S4X 3E2
Address 2: 2020 Van Egmond Place
Regina, SK S4N 7L6
Website: www.jw.org/en/





MENTAL WEALTH



Community Associations and Programs

Kings Corner Church of God

Address: 2110 King Street Regina, SK S4T 4G8

Phone: 306-545-2288

Website: www.kingscorner.ca

Email: info@kingscorner.ca

Knox-Met United Church

Address: 2340 Victoria Avenue

Regina, SK S4P 0S6

Phone: 306-525-9128

Website: www.knoxmetregina.org

Email: info@knoxmetregina.org

Lakeview Community Association

Website: www.lcaregina.ca

Email: lcaprograms306@gmail.com

Lakeview United Church

Address: 3200 McCallum Avenue

Regina, SK S4S 0R8

Phone: 306-586-7844

Website: www.lakeviewchurch.ca

Email: lakeviewuc@sasktel.net

Lifelong Learning Centre

Address: 2155 Scarth Street

Regina, SK S4M 0A1

Phone: 306-585-5748

Website: www.uregina.ca/cce/

Little Flower Parish

Address: 420 College Avenue

Regina, SK S4N 0X2

Phone: 306-522-8583

Website: www.littleflowerregina.ca

Email: littleflowerregina@sasktel.net

Living Hope Alliance

Address: 3800 Green Falls Drive

Regina, SK S4V 3T6

Phone: 306-352-4673

Website: www.mylivinghope.ca

Email: info@mylivinghope.ca

Living Spirit Centre

Address: 3018 Doan Drive Regina, SK S4V 1M1

Phone: 306-789-0265

Email: eastsideunited@sasktel.net

Lofty Heights Christian Centre

Address: 1700 Broad Street Regina, SK S4P 1X4

Phone: 306-737-4485

Website: www.loftyheightsglobal.org

Email: info@loftyheightsglobal.org

Mount Sinai Anglican Church Regina

Address: 170 Sunset Drive Regina, SK S4S 3G6

Phone: 306-351-7397

Website:

www.mountsinaianglicanchurchregina.com

Email:

pastor@mountsinaianglicanchurchregina.com

New Apostolic Church

Address: 838 Broadway Avenue East

Regina, SK S4N 1A4

Phone: 1-866-622-7828

Website: www.naccanada.org

Email: info@naccanada.org



MENTAL WEALTH



Community Associations and Programs

New Hope Lutheran Church

Address: 370 McIntosh Street North
Regina, SK S4R 5A1
Phone: 306-543-0118
Website: www.newhopelutheranregina.com
Email: newhopelutheran.regina@sasktel.net

Norman Kennedy Presbyterian Church

Address: 5303 Sherwood Drive
Regina, SK S4R 7E7
Phone: 306-543-9080
Website: www.pccweb.ca/nkpres/
Email: nkpreschurch@gmail.com

Normanview Residents Group

Phone: 306-525-6744
Website: www.nrgi.ca
Email: info@nrgi.ca

North Central Community Association

Address: 3355 6th Avenue Regina, SK S4T 3H7
Phone: 306-791-9888
Fax: 306-757-1052
Website: www.nccaregina.ca
Email: info@nccaregina.ca

Northview Community Church

Address: 744 Sangster Boulevard
Regina, SK S4R 7N8
Phone: 306-775-1234
Website: www.northview.sk.ca
Email: office@northview.sk.ca

Northwest Leisure Centre

Address: 1127 Arnason Street
Regina, SK S4X 3V4
Phone: 306-777-7529
Website: www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/north-west-leisure-centre/
Email: nwlc@regina.ca

Operational Stress Injury Social Support Program (OSISS)

Toll-Free: 1-800-883-6094
Saskatchewan Peer Support Coordinator: 306-244-6588 ext 236
Website: www.osiss.ca/en/index.html
Email: janet.bennett@osiss.ca

OSISS

Provides confidential peer and social support to Canadian Force members, veterans and their families affected by operational stress injury. This includes: Anxiety, Depression or Post Traumatic Stress Disorder resulting from military service.



MENTAL WEALTH



Community Associations and Programs

OSI-CAN's Support Groups Regina

Phone 1: 306-726-5881

Phone 2: 693-999-2112

Website: <http://www.osi-can.ca/peer-support-group.html>

Email 1: l.bishop@sasktel.net

Email 2: cdnjames@gmail.com

OSI-CAN

Peer support meetings are held in various locations throughout the province. Visit the website or call for information meetings close to you.

Our Savior's Lutheran Church

Address: 190 Massey Road
Regina, SK S4S 4N5

Phone: 306- 586-0006

Website: www.oslutheran.ca

Email: oslutheran@sasktel.net

Parliament Community Church

Address: 4011 Pasqua Street
Regina, SK S4S 6C8

Phone: 306-586-0101

Website: www.parliamentchurch.com

Email: info@parliamentchurch.com

Paroisse St. Jean Baptiste

Address: 2517 - 25th Avenue
Regina, SK S4S 4E8

Phone: 306-586-5006

Fax: 306-586-1919

Website:

www.archregina.sk.ca/parish/paroisse-saint-jean-baptiste

Peace Mennonite Church

Address: 3833 Montague Street Regina, SK S4S 3J6

Phone: 306-586-8718

Prairie View Community Church

Address: 1054 Dorothy Street Regina, SK S4X 1E7

Phone: 306-545-7311

Prairie View Community Association

Address: 219 Dunlop Place Regina, SK S4X, Canada

Phone: 306-352-3265

Website: www.pvca.ca

Email: pvca@sasktel.net

Prince of Peace Lutheran Church

Address: 935 McCarthy Boulevard
Regina, SK S4X 3L2

Phone: 306-543-9898

Website: www.princeofpeaceregina.ca

Probus Club of Regina

Website: www.probus.org/16regina.htm

Email: probusregina@gmail.com





MENTAL WEALTH



Community Associations and Programs

RCCG King's Court

Address: 35 Davin Crescent Regina, SK S4T 4S7
Phone: 306-351-1533
Website: www.rccgkingscourtsk.org
Email: info@rccgkingscourtsk.org

Redeemer Reformation Church

Address: 3717 Hill Avenue Regina, SK S4S 0X5
Phone: 306-585-1841
Website: www.redeemerchurch.ca

Regina Apostolic Church

Address: 808 Assiniboine Avenue East
Regina, SK S4V 0K6
Phone: 306-789-1234
Website: www.reginaap.com
Email: reginaap@reginaap.com

Regina Chinese Alliance Church

Address: 3010 Arens Road East
Regina, SK S4V 2P7
Phone: 306-789-0877

Regina Duplicate Bridge Club

Address: 200-1440 Broadway Avenue
Regina, SK S4P 1E2
Phone: 306-584-3443
Website: www.reginabridge.com
Email: info@reginabridge.com

Regina Fellowship Assembly

Address: 1301 Victoria Avenue
Regina, SK S4P 0P2
Phone: 306-525-3447

Regina Food Bank

Address: 425-445 Winnipeg Street
Regina, SK S4R 8P2
Phone: 306-791-6533
Website: www.reginafoodbank.ca
Email: info@reginafoodbank.ca

Regina Food for Learning

Address: 2310 Saskatchewan Drive
Regina, SK S4P 0B5
Phone: 306-565-8632
Fax: 306-347-0943
Website: www.reginafoodforlearning.com

Regina Golf Lessons – Winter

Address: 222 University Park Drive
Regina, SK S4V 1A3
Phone: 306-536-2961
Email: garrett.mc@live.com

Regina Golf Lessons – Summer

Address: 5401 11th Avenue
Regina, SK S4P 3A1
Phone: 306-536-2961
Email: garrett.mc@live.com

Regina Immigrant Women Centre

Address: 1801 Toronto Street Regina, SK S4P 1M7
Phone: 306-359-6514
Website: www.reginaiwc.ca/programs-and-services/empower/newcomer-seniors-in-touch-with-activities-and-recreation-through-supports-newstars
Email: info@reginaiwc.ca



MENTAL WEALTH



Community Associations and Programs

Regina Korean Community Church

Address: 4011 Pasqua Street
Regina, SK S4S 6C8
Phone: 306-400-1656

Regina Musical Club

Address: 2830 McCallum Avenue
Regina, SK S4S 0P9
Phone: 306-584-7270
Website: reginamusicalclub762@gmail.com
Email: reginamusicalclub762@gmail.com

Regina Pioneer Village's Adult Day Support Program

Address: 430 Pioneer Drive Regina, SK S4T 6L8
Phone: 306-757-5646
Fax: 306-757-5001
Website: www.rqhealth.ca/facilities/regina-pioneer-village

Regina Public Library

Address: 2311 12th Avenue Regina, SK S4P 0N3
Phone: 306-777-6000
Email: askalibrarian@reginalibrary.ca

Regina Saskatchewan Temple:

Address: 111 Wascana Gate North
Regina, SK S4V 2J6
Phone: 306-545-8194
Website:
www.churchofjesuschrist.org/temples/details/regina-saskatchewan-temple?lang=eng

Regina Senior Citizens' Centre – Elphinstone Street Centre

Address: 2404 Elphinstone Street
Regina, SK S4T 7S7
Phone: 306-359-3847
Fax: 306-359-3881
Website: www.reginaseniorcitizenscentre.ca

Regina Senior Citizens' Centre – Winnipeg Street Centre

Address: 2134 Winnipeg Street
Regina, SK S4P 3X6
Phone: 306-525-2154
Fax: 306-525-2155
Website: www.reginaseniorcitizenscentre.ca

Resurrection Roman Catholic Church

Address: 3155 Windsor Park Road
Regina, SK S4V 3B1
Phone: 306-352-0800
Fax: 306-352-0999
Website: www.resurrectionparish.ca
Email: office@resurrectionparish.ca

Rosewood Park Church

Address: 1300 N Courtney Street
Regina, SK S4Y 0C5
Phone: 306-543-8233
Website: www.rosewoodpark.ca
Email: info@rosewoodpark.ca



MENTAL WEALTH



Community Associations and Programs

Sandra Schmirler Leisure Centre

Address: 3130 East Woodhams Drive
Regina, SK, S4V 2P9

Phone: 306-777-7529

Website: www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/sandra-schmirler-leisure-centre

Saskatchewan Health Authority: Home Care

Address: 4211 Albert Street Regina, SK S4S 3R6
Phone: 306-766-7200

Hotline: 8-1-1 Healthline

Website:

www.rqhealth.ca/department/community-and-preventative-health/home-care-services

Saskatchewan Health Authority's Adult Mental Health Clinic: Adult Community Program

Address: 2110 Hamilton Street Regina, SK S4P 2E3
Phone: 306-766-7800

Fax: 306-766-7906

Hotline: 8-1-1 Healthline

Website: www.rqhealth.ca/department/mental-health/adult-mental-health-clinics

SHA's Adult Community Program

Entry to the program is either through the referral of your family physician or by calling the clinic yourself. An assessment will be done by the program staff to determine which program best fit your needs—whether it will be a program at the clinic, or one offered by another community agency.

Saskatchewan Seniors Mechanism

Address: 12-2001 Cornwall Street
Regina, SK S4P 3X9

Phone: 306-359-9956

Fax: 306-359-6922

Toll Free: 1-888-823-2211

Website: www.skseniorsmechanism.ca

Email: program@skseniorsmechanism.ca

Sherwood Estates McCarthy Park Community Association

Website: www.semp.ca

Email: semp@sasktel.net

Shiloh Assembly Apostolic Church

Address: 1600 Broadway Avenue
Regina, SK S4P 1E2

Phone: 306-757-5202

Fax: 306-757-5201

Website: www.shilohassemblychurch.com

Email: admin@shilohassemblychurch.com

Sonlight Christian Reformed Church

Address: 139 Cannon Street Regina, SK S4N 4L3
Phone: 306-586-5105

South Leisure Centre

Address: 170 Sunset Drive Regina, SK S4S 2S3
Phone: 306-777-7031

South Zone Recreation Board

Address: 170 Sunset Drive Regina, SK S4T 3C8
Phone: 306-565-1312
Website: www.szrb.ca



MENTAL WEALTH



Community Associations and Programs

Southside Pentecostal Assembly

Address: 41 Birchwood Road Regina, SK S4S 5N2
Phone: 306-584-1442

Sportplex – Fieldhouse & Lawson Aquatic Centre

Address: 1717 Elphinstone Street
Regina, SK S4N 0A1
Phone: 306-777-7529
Website: www.regina.ca/parks-recreation-culture/recreation-facilities/major-recreation-centres/sportplex/index.html

Square & Round Dancing in Regina. Saskatchewan

Address: 425 North Broad Street
Regina, SK S4R 2X8
Phone 1: 306-501-3159
Phone 2: 306-537-8816
Website: www.fundancingencounter.com

St. Anne's Parish

Address: 1701 Cowan Crescent
Regina, SK S4S 4C4
Phone: 306-586-0449
Website: www.stannesregina.com
Email: office@stannesregina.com

St. Antony's Church

Address: 2275 Atkinson Street
Regina, SK S4N 3X2
Phone: 306-522-3363
Website: www.stanthony-regina.ca

St. Athanasius Byzantine-Ukrainian Catholic Church

Address: 55 McMurphy Avenue
Regina, SK S4R 3G3
Phone: 306-543-8008
Website: www.st-athanasius.ca
Email: vasyltymishak@gmail.com

St. James United

Address: 4506 Sherwood Drive Regina, SK S4R 4B4
Phone: 306-543-2626
Website: www.stjamesunitedregina.com
Email: stjames.office@sasktel.net

St. Luke Anglican Church

Address: 3233 Argyle Road Regina, SK S4S 2B5
Phone: 306-586-9355
Website: www.stlukesregina.com
Email: stluke@sasktel.net





MENTAL WEALTH



Community Associations and Programs

St. Mark and St. George Coptic Orthodox Church

Address: 1932 1 Avenue North
Regina, SK S4R 8G6
Phone: 306-543-9322
Email: frsamuelmetry@gmail.com

St. Mark's Evangelical Lutheran Church

Address: 3510 Queen Street Regina, SK S4S 2G2
Phone: 306-586-9811
Email: stmarksoffice@myaccess.ca

St. Martin de Porres Parish

Address: 4720 Castle Road Regina, SK S4S 4X1
Phone: 306-586-5655
Fax: 306-586-1011
Website: www.stmartindeporresregina.com
Email: st.martinsadmin@sasktel.net

St. Mary the Virgin Anglican Church

Address: 3337 15th Avenue Regina, SK S4T 1T3
Phone: 306-522-6052
Website: www.stmarysregina.ca
Email: stmarysanglican@sasktel.net

St. Mary's Roman Catholic Church

Address: 2026 Winnipeg Street
Regina, SK S4P 1G6
Phone: 306-522-3361
Fax: 306-522-9780
Website: www.stmarysregina.com
Email: maryst@sasktel.net

St. Matthew's Anglican Church

Address: 2161 Winnipeg Street
Regina, SK S4P 1G9
Phone: 306-522-5383
Website: www.stmatthewanglican.org
Email: st.matthews@sasktel.net

St. Michael's Ukrainian Orthodox Church Rectory Regina

Address: 2075 McDonald Street
Regina, SK S4N 2Y4
Phone: 306-522-9004

St. Paul's Cathedral

Address: 1861 McIntyre Street Regina, SK S4P 2R2
Phone: 306-522-6439
Website: www.stpaulsregina.ca
Email: office@stpaulsregina.ca

St. Paul's Grace Orthodox Church

Address: 3000 Argyle Road Regina, SK S4S 2B2
Phone: 306-586-6402
Fax: 306-546-4275
Website: <https://gocregina.com>
Email: st.pauls@sasktel.net

St. Peter's Catholic Church

Address: 100 Argyle Street North
Regina, SK S4R 4C3
Phone: 306-545-4411
Fax: 306-949-8929
Website: www.archregina.sk.ca/parish/st-peter-0
Email: stpete@sasktel.net



MENTAL WEALTH



Community Associations and Programs

Sunset United Church

Address: 177 Sunset Drive Regina, SK S4S 6Y7

Phone: 306-586-3613

Website: www.sunsetunited.ca

Email: office@sunsetunited.ca

The Church of Jesus Christ of Latter Day

Address: 550 Sangster Boulevard

Regina, SK S4R 8H1

Phone: 306-949-3345

Website: www.churchofjesuschrist.org

The Compass Church – West

Address: 70 Froom Crescent Regina, SK S4N 1S7

Phone: 306-522-3685

Website: www.compassregina.com

Email: info@compassregina.com

Twin Lakes Community Association

Website: www.tlacommunity.org

Email: twinlakescommunity@gmail.com

Uplands Community Centre

Address: 20 Weekes Crescent

Regina, SK S4R 6X7

Phone: 306-949-5137

Website: www.nonprofits.accesscomm.ca/uca/

URFit

Address: 3737 Wascana Parkway

Regina, SK S4S 0A2

Phone: 306-585-4371

Website: www.uregina.ca/recservices/urfit/

Email: ras@uregina.ca

Vintage Church

Address: 190 Rink Avenue Regina, SK S4R 7A2

Phone: 306-543-8007

Walsh Acres, Lake Ridge, Garden Ridge Community Association

Website: www.walshacres-lakeridge-gardenridge.com

gardenridge.com

Email: walrgr@sasktel.net

Wascana Rehabilitation Centre

Address: 2180 23rd Avenue Regina, SK S4S 0A5

Phone: 306-766-5100

Website: www.rqhealth.ca/facilities/wascana-rehabilitation-centre

Wesley United Church

Address: 3913 Hillside Street Regina, SK S4S 3Y2

Phone: 306-586-5220

Website: www.wesleyunitedregina.ca

Email: wesleyuc@sasktel.net



MENTAL WEALTH



Community Associations and Programs

Westhill Park Baptist Church

Address: 8025 Sherwood Drive
Regina, SK S4Y 1G1
Phone: 306-775-1616
Website: www.westhillchurch.ca
Email: info@westhillchurch.ca

Westminster United Church

Address: 3025 13th Avenue Regina, SK S4T 1P1
Phone: 306-757-6444
Fax: 306-757-2102
Website: www.wucregina.ca
Email: westminsterucregina@sasktel.net

Whitmore Park Community Association

Website: www.whitmorepark.ca

William Booth Special Care Home's Adult Day Support Program

Address: 50 Angus Road Regina, SK S4R 8P6
Phone: 306-564-6212
Fax: 306- 543-1292
Website: www.williamboothregina.ca
Email: lostryzniuk@williamboothregina.ca

YMCA - Downtown

Address: 2400 13th Avenue Regina, SK S4P 0V9
Phone: 306-757-9622
Website: www.regina.ymca.ca

YMCA - Northwest

Address: 5939 Rochdale Boulevard
Regina, SK S4X 2P9
Phone: 306-757-9622
Website: www.regina.ymca.ca

YMCA - East

Address: 1825 Victoria Avenue East
Regina, SK S4N 6E6
Phone: 306-757-9622
Website: www.regina.ymca.ca





MENTAL WEALTH



Local Police/Crisis Management Services

Regina Police Services

Address: 1717 Osler Street Regina, SK S4P 3W3

Phone: 306-777-6500

Fax: 306-757-5461

Website: <https://reginapolice.ca/online-reporting>

The Police and Crisis Team (PACT)

Phone: 306-777-8604

Website: reginapolice.ca/PACT

Veterans Affairs Canada Assistance 24 Hour Crisis Help Line

Toll Free: 1-800-268-7708

Website: www.veterans.gc.ca/eng/contact/talk-to-a-professional

Mental Health Crisis

May involve:

- Depression
- Suicidal feelings, thoughts or plans
- Problems with drug and alcohol use and abuse
- Excessive personal distress
- Delusions and/or hallucinations
- Mood changes, less patience and angry outburst
- Post-Traumatic Stress
- Dementia/Delirium
- Other psychiatric conditions

Mental Health Emergencies

If assistance is required immediately or someone you know is at risk of harming themselves or others, call **911**.

First Nations and Inuit Wellness Help Line

Phone: 1-855-242-3310

Mobile Crisis Services

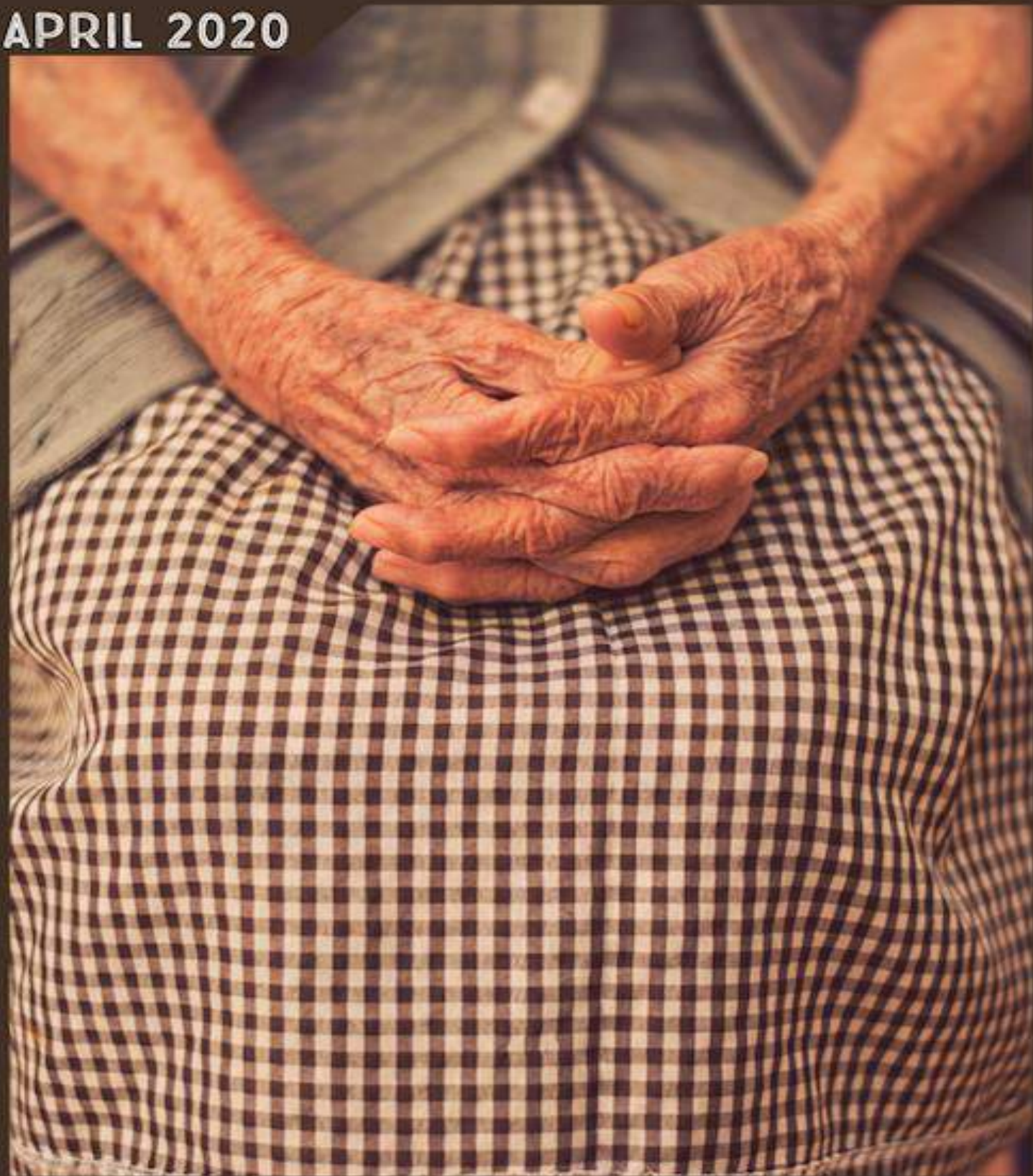
Address/Walk in Services: 1646 11th Avenue
Regina, SK S4P 1V6

Mobile Crisis Helpline: 306-757-0127

Mobile Crisis Suicide Helpline: 306-525-5333



APRIL 2020



CRIME PREVENTION AND SAFETY

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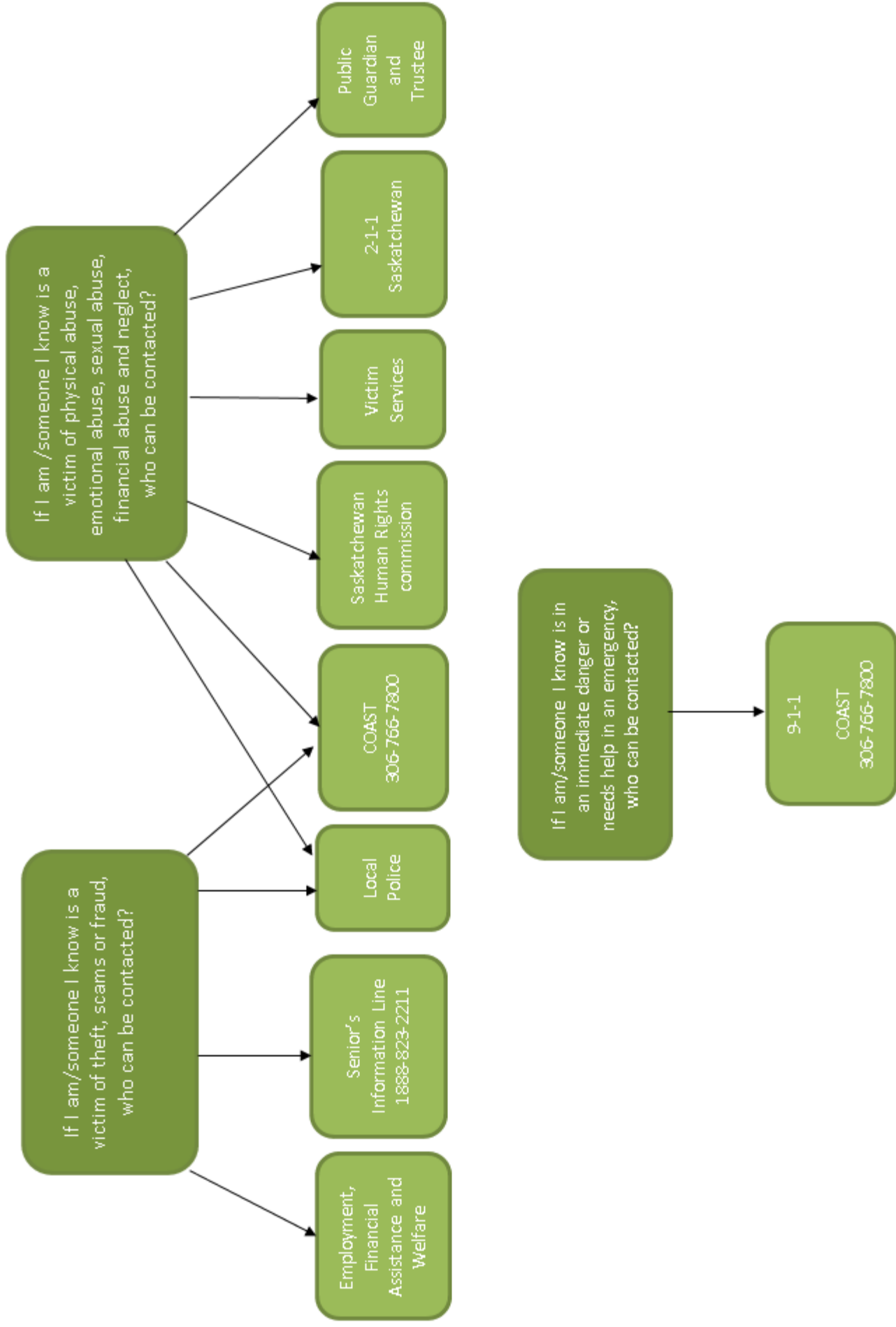
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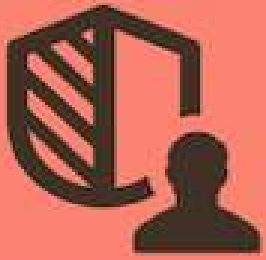
How to Use the Guide: Knowing Your Safety and Prevention Services

This guide will help older adults and their families learn about safety and prevention services in Regina.

To start:

1. Answer the 3 questions in the Navigating Through Your Safety and Prevention Services Flowchart on page 35. This will help to identify the type of services that may fit your current situation.
 2. Use the above categories to identify the appropriate services.
-





CRIME PREVENTION AND SAFETY



Employment, Financial Assistance and Welfare

Better Business Bureau (BBB)

Phone: 1-888-352-7601

Website: www.bbb.org/scamtracker

Email: info@sask.bbb.org

To access the complete list of trustworthy business or Saskatchewan accredited BBB members, visit <https://www.bbb.org>

Canada Revenue Agency

Toll-Free: 1-800-267-2384

Website:

www.canada.ca/en/services/taxes/charities.html

Canadian Anti-Fraud Centre

Toll free: 1-888-495-8501

Website: www.antifraudcentre.ca

Fraud and Scams

The most common types of fraud and scams that target older adults are:

1. Identity theft
2. Online scams
3. Phone and door-to-door scams

To report all fraud and scams, contact your local police or call PhoneBusters at 1-888-495-8501.

For more information, visit Canada.ca/seniors or your local Service Canada office.

Financial and Consumer Affairs Authority of Saskatchewan

Phone: 306-787-5045

Website: www.fcaa.gov.sk.ca

Email: fcaa@gov.sk.ca

Government of Saskatchewan Ministry of Labour Relations and Workplace Safety

Toll-Free: 1-800-667-1783

Website:

www.saskatchewan.ca/government/government-structure/ministries/labour-relations-and-workplace-safety

National Do Not Call List

Toll-Free: 1-866-580-3625

Website: www.LNTE-DNCL.gc.ca

Service Canada

Toll-Free: 1-800-206-7218

Website: www.canada.ca





CRIME PREVENTION AND SAFETY



Human Rights and Public Guardian & Trustee

Saskatchewan Human Rights Commission

Address: 1942 Hamilton Street

Regina, SK S4P 2C5

Phone: 306-787-2530

Toll Free: 1-800-667-8577

Email: shrc@gov.sk.ca



Public Guardian and Trustee (PGT)

Address: 100-1871 Smith Street

Regina, SK S4P 4W4

Phone: 306-787-5424

Fax: 306-787-5065

Toll Free: 1-877-787-5424

Website:

www.saskatchewan.ca/government/government-structure/boards-commissions-and-agencies/office-of-the-public-guardian-and-trustee

Email: pgt@gov.sk.ca

The Role of the PGT on Investigating Financial Abuse

The PGT has the authority to:

1. Administer the property and finances of adults who are incapable of managing their financial affairs
2. Monitor other property guardians
3. Investigate allegation of financial abuse.

For more information on PGT's role in investigating financial abuse, visit:

<https://www.saskatchewan.ca/residents/justice-crime-and-the-law/power-of-attorney-guardianship-and-trusts/investigating-financial-abuse>



CRIME PREVENTION AND SAFETY



Local Police/Crisis Management Services

Regina Police Services

Address: 1717 Osler Street Regina, SK S4P 3W3

Phone: 306-777-6500

Fax: 306-757-5461

Website: <https://reginapolice.ca/online-reporting>

Assaulted Women's Helpline

Toll-Free: 1-866-863-0511

Website: www.awhl.org

Family Service Regina – Older Adult Responsive Service

Address: 200-1440 Broad Avenue

Regina, SK S4P 1E2

Phone: 306-757-6305

Fax: 306-757-0133

Website: www.familyserviceregina.com/seniors-programs

Email: info@familyserviceregina.com

Isabel Johnson Shelter

Phone: 306-525-2141

Website:

www.ywcaregina.com/programs/violence

Email: ij@ywcaregina.com

Regina Mobile Crisis Services for Seniors Abuse and Neglect

Phone: 306-757-0127

Regina Transition House

Phone: 306-757-2096

Emergency Line: 306-569-2292

Website: www.reginatransitionhouse.ca

Email: staff@reginatransitionhouse.ca

SOFIA House

Phone: 306-565-2537

Website: www.sofiahouse.ca

Email: office@sofiahouse.ca

Seniors Information Line by the Saskatchewan Seniors Mechanism

Provide information and/or assistance on a variety of issues, including financial abuse, mental or physical abuse, scams, health and other matters. All calls are answered by an individual who is able to refer the caller to the proper channels. If you any assistance, call 1-888-823-2211.



CRIME PREVENTION AND SAFETY



Victim Services

Family Service Regina Violence Victim Services

Address: 200-1440 Broad Avenue

Regina, SK S4P 1E2

Phone: 306-757-6675

Fax: 306-757-0133

Website: www.familyserviceregina.com

Email: info@familyserviceregina.com

Free to Bee Me Counseling and Therapy Services

Address: A4-320 Gardiner Park Court Regina, SK
S4V 1R9

Phone: 306-551-3114

Website: www.freetobeeme.ca

Email: contact@freetobeeme.ca

Regina Police Service's Indigenous Resource Officer Program

Address: 1717 Osler Street Regina, SK S4P 2Z8

Phone 1: 306-777-6583

Phone 2: 306-777-6296

Fax: 306-777-6387

Regina Police Service's Victim Services Unit

Address: 1717 Osler Street Regina, SK S4P 3W3

Phone: 306-777-8660

Website: www.reginapolice.ca/about-us/community-services-division/victim-services

Regina Sexual Assault Centre

Address: 1830 MacKay Street Regina, S4N 6R4

Phone: 306-522-2777

Fax: 306-522-5070

Crisis Line: 306-352-0434

Toll Free: 1-844-952-0434

Website: www.reginalsexualassaultcentre.ca

Email: rsac@sasktel.net

Victims of abuse and neglect need safety, shelter and access to their financial resources. They also need support services such as housing options, emotional support, counselling and community associations.

To know more about accessing the appropriate support groups and services for you or your family member, see the [Mental Wealth](#) section of the Age Well Regina Guide.

If you or your family member is in an immediate danger or have an emergency, call 9-1-1.



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Age Friendly Checklist

1. Outdoor Spaces and City Buildings

☐ Outdoor Spaces

- Adequate public green spaces are maintained, clean and safe.
- Benches or seating are available along sidewalks, paths and trails.
- Sidewalks are wide, well maintained, and have dropped marked curbs to road level.
- Sidewalks and public walkways are clear of snow and ice.
- Adequate pedestrian crossings are accessible.
- Both pedestrian and cycle paths are available.
- Public accessible toilets are available.
- Safety is promoted in outdoor spaces.

☐ City Buildings

- Buildings include accessible components.
- Public accessible toilets are available.
- Parking and drop-off areas are safe, sufficient in number and conveniently located.
- Priority parking and drop-off spots for people experiencing barriers to mobility are available.

2. Transportation

☐ Public Transportation

- Public transportation costs are consistent and affordable.
- Public transportation is reliable and frequent, including at night, weekends and holidays.
- Public transportation routes have good connections and well-marked routes which include all City services and health centres.
- Public transportation stops are conveniently located, clean, sheltered, and accessible.
- Public transportation vehicles are clean, well maintained, accessible, have priority seating, and an adequate number of seats.
- Public transportation vehicles stop at all locations and allow adequate time for embarking and disembarking.
- Specialized transportation is available for people experiencing a disability.

☐ Roadways

- Traffic flow is well regulated.
- Roads are well maintained, with covered drains and good lighting.
- Roadways are free of obstructions that block drivers' vision.
- Traffic signs and intersections are visible and well placed.

3. Housing

- Sufficient, affordable housing is available in areas that are safe and close to services and the rest of the community.
- Sufficient and affordable home maintenance and support services are available.
- Housing is well constructed and provides safe and comfortable shelter from the weather.
- Interior spaces and level surfaces allow freedom of movement in all rooms and passageways.
- Home modification options and supplies are available and affordable, and providers understand the needs of older adults.
- Public and commercial rental housing is clean, well maintained and safe.
- Sufficient and affordable housing for older adults that experience disability, with appropriate services, is provided locally.
- Housing is located close to services
- Affordable supports are available to help older adults stay in their residences
- Affordable long-term care options are available
- Affordable services such as yard maintenance and snow clearing are available for older adults
- Information on financial assistance programs for home modification and maintenance is readily available to seniors

4. Social Participation

- ☐ Programming
 - Age-specific needs and preferences are considered when planning programs.
 - Programs are held at times convenient for older adults.
 - Programs can be attended alone or with a companion.
 - A variety of programs are offered to appeal to a diverse population of older adults.
 - Programming occurs in various accessible locations around the City.
- ☐ Cost
 - Activities are affordable to varying income levels.
 - Costs of programs and services are clearly defined.

5. Respect and Social Inclusion

- ☐ Consultation
 - Older adults have opportunity to provide input into City consultation.
- ☐ Marketing
 - Older adults are visible in and depicted positively without stereotype in marketing materials.
- ☐ Outreach
 - Programming options include older adults at risk of social isolation.
- ☐ City Staff Interactions
 - Service staff are courteous and helpful.

6. Civic Participation and Employment

- ❑ Volunteer Opportunities
 - Older adults have opportunity to provide input into City consultation.
- ❑ Employment
 - Older adults are not discriminated against during the hiring, retention, promotion, and training of employees.
 - Workplaces are adapted to meet the needs of workers.

7. Communication and Information

- ❑ Communication Systems
 - Communication systems provide consistent messaging in multiple mediums (written and oral).
 - Customer service support is available in person or via telephone.
 - Communications are shared with partner organizations to assist with distribution.
 - Communication is user friendly, clear, and simple.
 - Where appropriate, information is shared about community events and activities.

8. Community Support and Health Services

- ❑ Community Health
 - Opportunities are available for community health initiatives to be supported.
 - Where appropriate, information is shared about health and social services.
- ❑ City Planning
 - Sufficient space is allocated for burial sites. Access to burial sites is accessible.
 - Emergency planning includes considerations for older adults.
 - Communities have access to basic services that are situated together.