

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

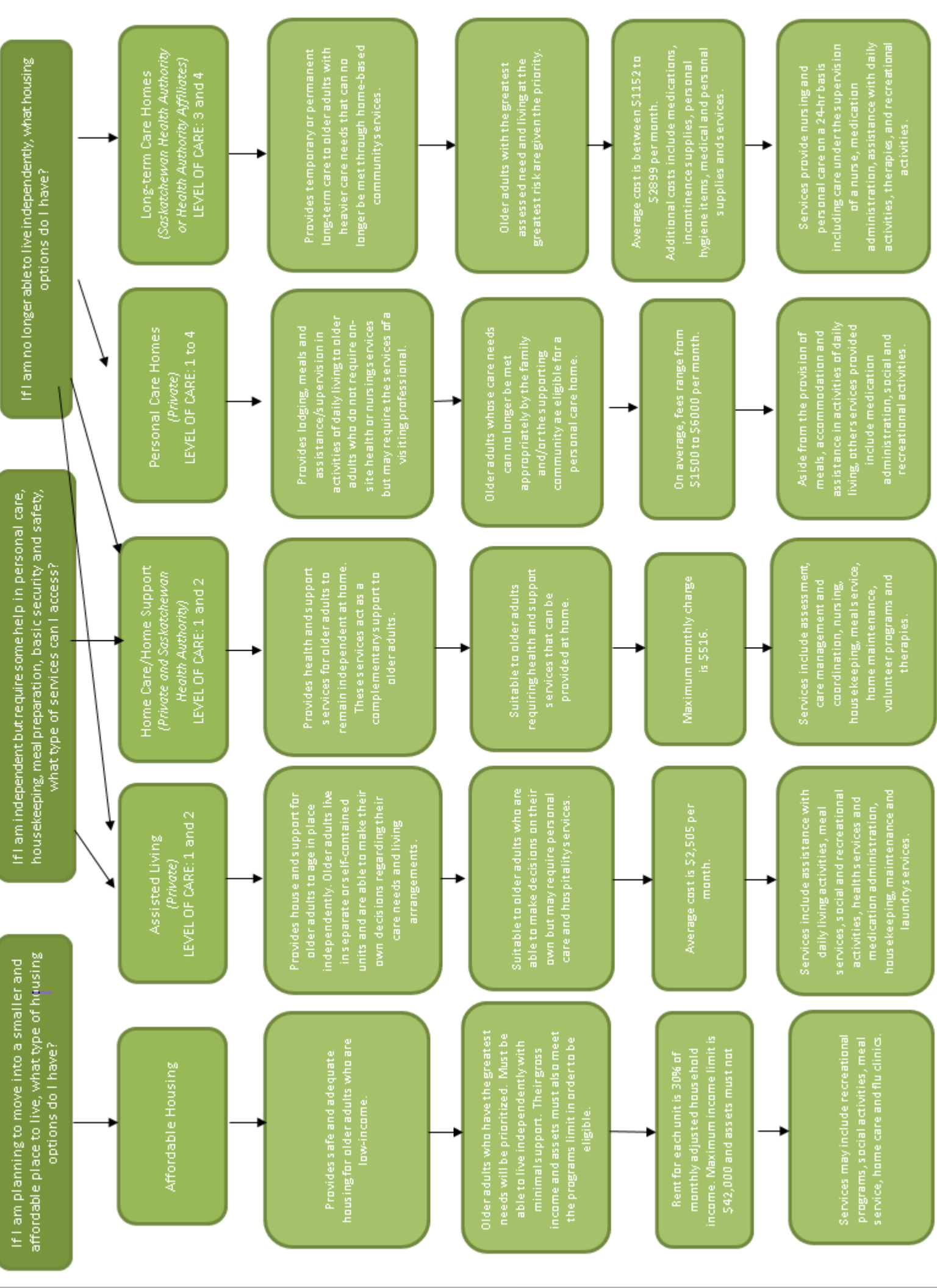
This guide will help older adults and their families learn about housing options in Regina. A description of the needs and associated terms has been provided to help older adults and families to identify the best housing options based on the level of need. The list of housing is divided into the categories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



If I am planning to move into a smaller and affordable place to live, what type of housing options do I have?

Affordable Housing

Provides safe and adequate housing for older adults who are low-income.

Older adults who have the greatest needs will be prioritized. Must be able to live independently with minimal support. Their gross income and assets must also meet the program's limit in order to be eligible.

Rent for each unit is 30% of monthly adjusted household income. Maximum income limit is \$42,000 and assets must not

Services may include recreational programs, social activities, meal service, home care and flu clinics.

If I am independent but require some help in personal care, housekeeping, meal preparation, basic security and safety, what type of services can I access?

Home Care/Home Support (Private and Saskatchewan Health Authority)
LEVEL OF CARE: 1 and 2

Provides health and support services for older adults to remain independent at home. These services act as a complementary support to older adults.

Suitable to older adults requiring health and support services that can be provided at home.

Maximum monthly charge is \$515.

Services include assessment, care management and coordination, nursing, housekeeping, meal service, volunteer programs and therapies.

Personal Care Homes (Private)
LEVEL OF CARE: 1 to 4

Provides lodging, meals and assistance/supervision in activities of daily living to older adults who do not require on-site health or nursing services but may require the services of a visiting professional.

Older adults whose care needs can no longer be met appropriately by the family and/or the supporting community are eligible for a personal care home.

On average, fees range from \$1500 to \$6000 per month.

Aside from the provision of meals, accommodation and assistance in activities of daily living, other services provided include medication administration, social and recreational activities.

Long-term Care Homes (Saskatchewan Health Authority or Health Authority Affiliates)
LEVEL OF CARE: 3 and 4

Provides temporary or permanent long-term care to older adults with heavier care needs that can no longer be met through home-based community services.

Older adults with the greatest assessed need and living at the greatest risk are given the priority.

Average cost is between \$1152 to \$2899 per month. Additional costs include medications, incontinence supplies, personal hygiene items, medical and personal supplies and services.

Services provide nursing and personal care on a 24-hr basis including care under the supervision of a nurse, medication administration, assistance with daily activities, therapies, and recreational activities.



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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 Taylor 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



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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=lpm&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



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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/Autumpch
Email: autumpch@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



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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, SKS4X 0C6
Phone: 306-539-1046
Email: marilynmccrae@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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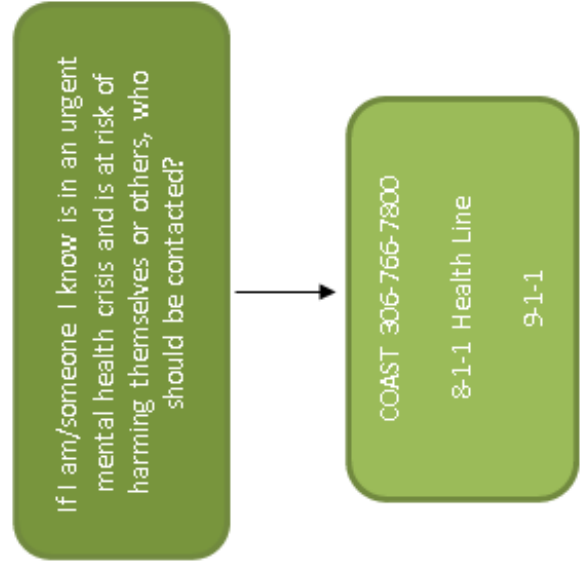
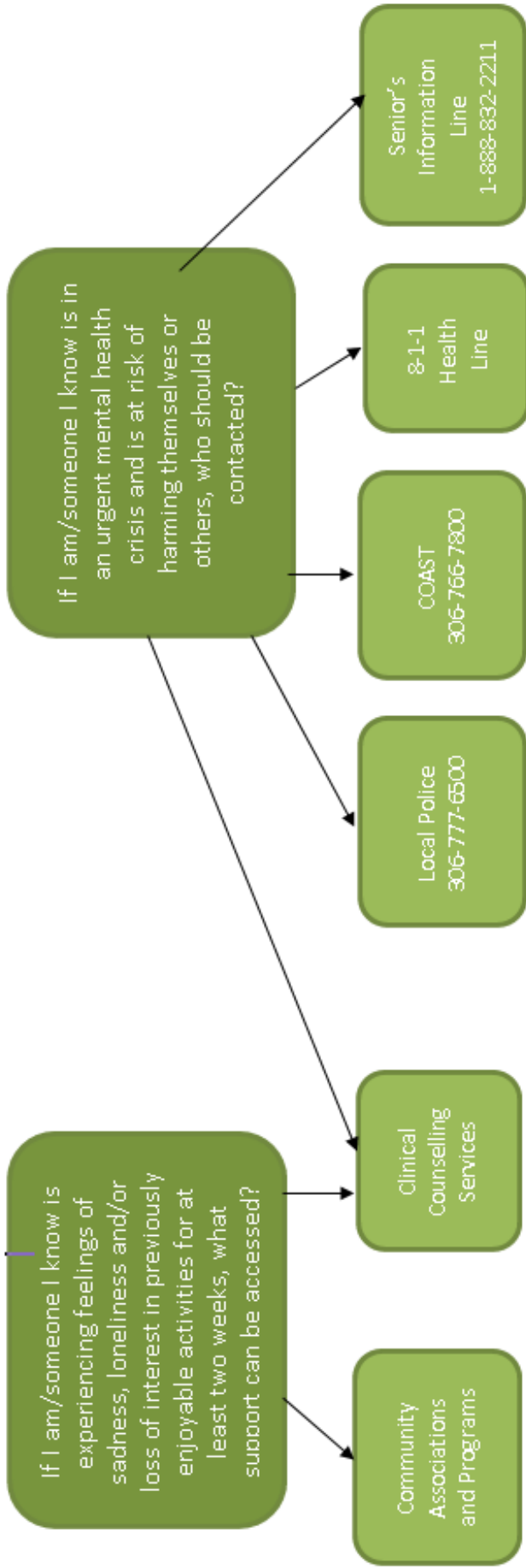
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How To Use the Guide: Knowing Your Support Groups and Services

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@dlihcyloh





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@hollyfamilyregina.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.rccgkingcourtsk.org
Email: info@rccgkingcourtsk.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.stmartindepordesregina.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
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 Hillsdale 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

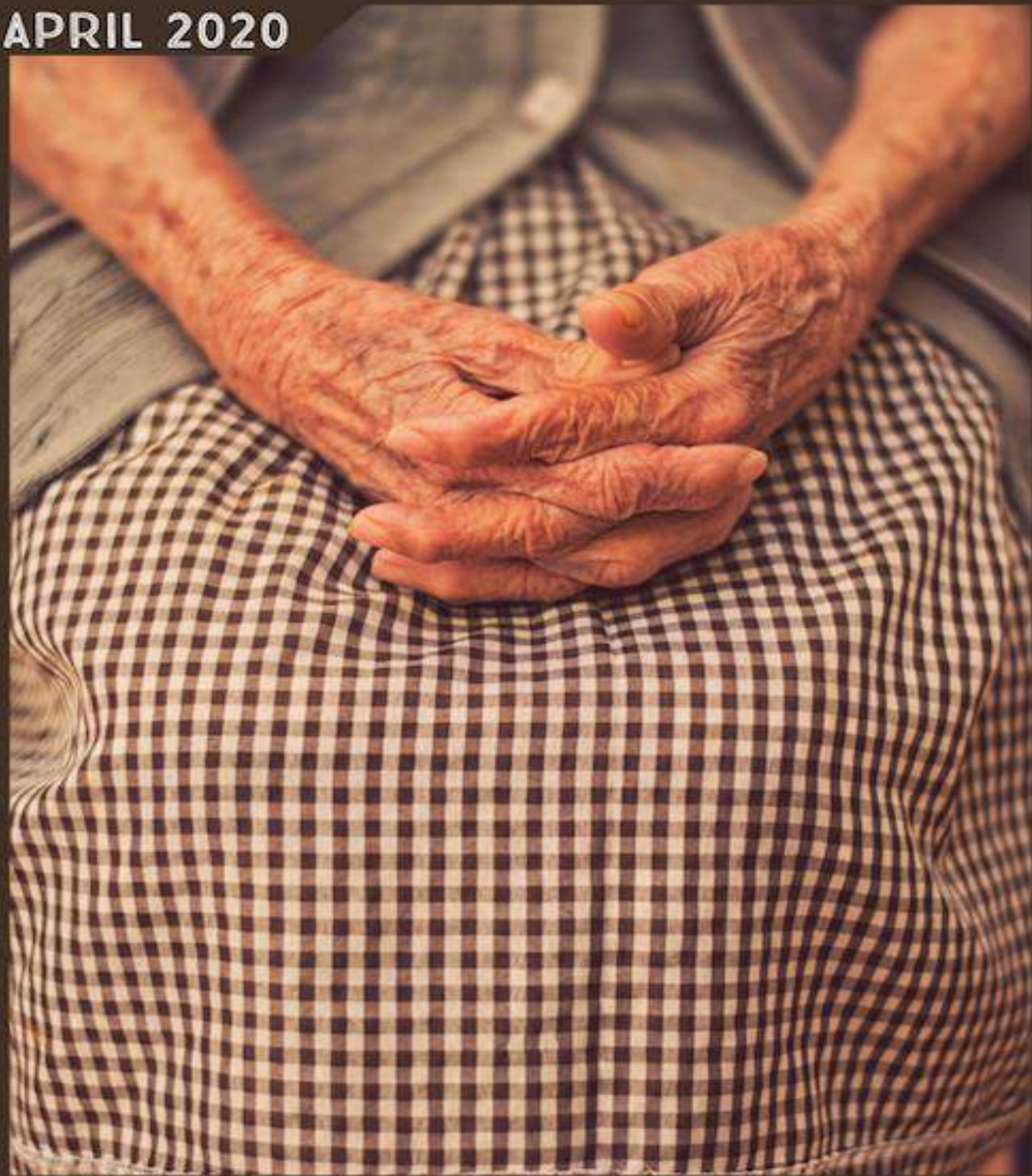
Phone: 1-855-242-3310

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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Crime Prevention and Safety

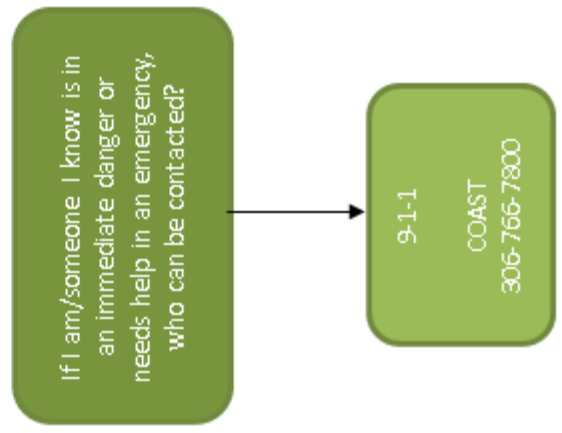
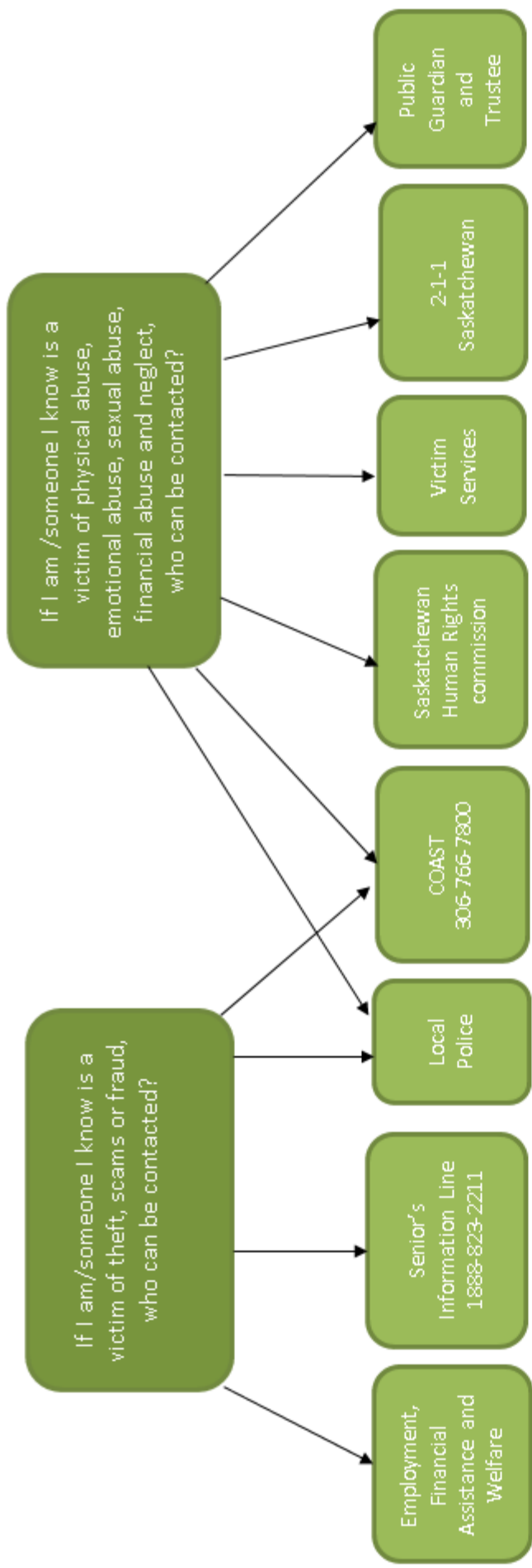
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How to Use the Guide: Knowing Your Safety and Prevention Services

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.LNNT- 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: ijs@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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