

SAFER SEX. SAFER DRUGS.

SEXUAL HEALTH AND SUBSTANCE ABUSE

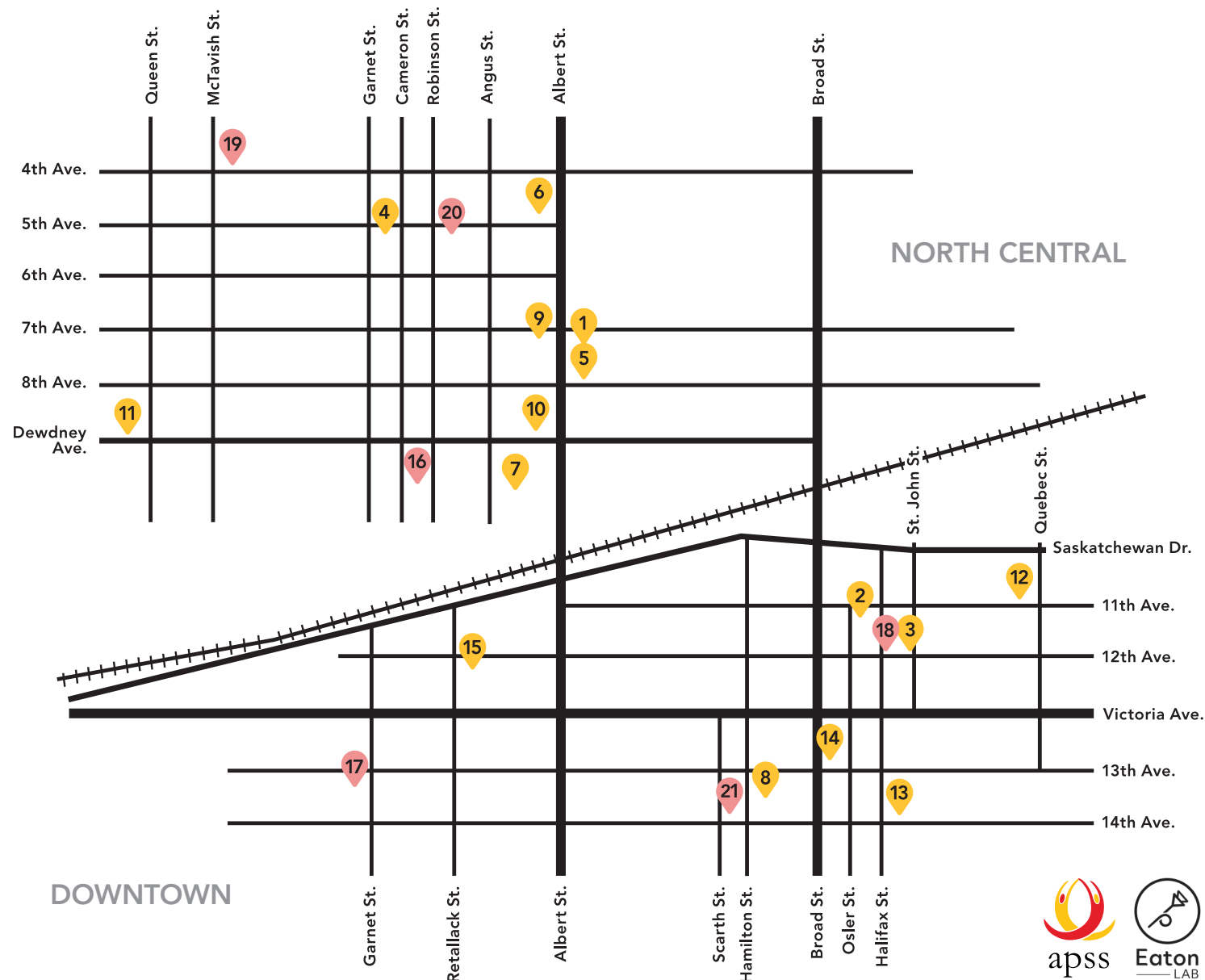
- 1 APSS - Needle Exchange
1325 Albert St. / (306) 924-8420
- 2 Nēwo-Yôtina Friendship Centre
(Safe Injection Site)
1635 11th Ave. / (306) 525-5042
- 3 Carmichael Outreach
1510 12th Ave. / (306) 757-2235
- 4 All Nations Hope Network
3115 5th Ave. / (306) 924-8424
- 5 Swap
1355 Albert St. / (306) 525-1722
- 6 Harm Reduction Methadone Clinic
1048 Albert St. / (306) 766-6350

HEALTHCARE

- 7 Four Directions Community
Health Centre
1504 Albert St. / (306) 766-0200
- 8 Sexual Health Clinic
2110 Hamilton St. / (306) 766-7788
- 9 Regina Urgent Care Centre
1320 Albert St.
- 10 YQR Pharmacy
1420 Albert St. / (306) 347-5777
- 11 The Medicine Shoppe Pharmacy
3934 Dewdney Ave. / (306) 522-5300
- 12 Queen City Wellness Pharmacy
1120 11th Ave. / (306) 522-2266
- 13 Al Ritchie Heritage Community
Health Centre
1550 14th Ave. / (306) 766-6320

SOCIAL ASSISTANCE

- 14 Social Income Assistance (SIS/SAID)
2045 Broad St. / (306) 787-3700
- 15 YWCA
2817 12th Ave. / (306) 525-2141



Use this map to find safe spaces and helpful resource locations in Regina, SK.

COMMUNITY FRIDGES

- 16 3037 Dewdney Ave.
- 17 2104 Garnet St. / Cathedral Fridge is located on east parking lot of Holy Rosary Cathedral
- 18 1510 12th Ave.

YOUTH RESOURCES

- 19 Rainbow Youth Centre / 977 McTavish St. / (306) 757-9743
- 20 North Central Family Centre / 2931 5th Ave. / (306) 347-2552
- 21 Street Culture Project / 2151 Scarth St. / (306) 565-6206