

Resource List - City of Regina

HIV/AIDS Service Organizations

All Nations Hope AIDS Network

Provides holistic support services, education, food, healing circles, men's & women's support groups, AA meetings, residential school support services, everyone is welcome.

Red Ribbin Place, 2735 5th Avenue, Regina, SK, S4T 0L2

(306) 924-8424

Website: <http://allnationshope.ca>

TransSask Support Services

Support groups and resource network for transgendered persons.

Box 3911 Regina, SK, S4P 3R8

Email: info@TransSask.org

Website: <http://www.transsask.org>

University of Regina Pride Centre for Sexuality and Gender Diversity

Provides and promotes health, wellness, and social support services to all of southern Saskatchewan.

3737 Wascana Parkway, Room 225, Regina, SK, S4S 0A2

(306) 586-811 x207

Website: <http://www.urpride.ca>

Needle Exchange

AIDS Programs South Saskatchewan

Testing, needle exchange, advocacy, support, education, food, housing, financial support, health care support, HIV testing.

2911 5th Avenue, Regina, SK, S4T 0L4

(306) 924-8420

Website: <http://www.aidsprogramssouthsask.com>

Carmichael Outreach

Housing support programs, food security, free clothing, needle exchange, anonymous substance use support group, healing circle.

1925 Osler St, Regina, SK, S4P 1W3

(306) 757-2235

Website: <http://carmichaeloutreach.ca>

Regina-Based Sexual Health Clinics with Anonymous HIV Testing

AIDS Programs South Saskatchewan

Testing, needle exchange, advocacy, support, education, food, housing, financial support, health care support, HIV testing.

2911 5th Avenue, Regina, SK, S4T 0L4

(306) 924-8420

Website: <http://www.aidsprogramssouthsask.com>

Regina Sexual Health Clinic

Health promotion and health services including an STI clinic.

2110 Hamilton Street Regina, SK, S4P 2E3

(306) 766-7782

Website: http://www.sk.211.ca/service/15324600_9742655/sexual_health_clinic

Carmichael Outreach

Housing support programs, food security, free clothing, needle exchange, anonymous substance use support group, healing circle.

1925 Osler St, Regina, SK, S4P 1W3

(306) 757-2235

Website: <http://carmichaeloutreach.ca>

Services for reproductive health care

Planned Parenthood Regina

Provides discount birth control, physician and nurse services, education, resources, and referrals.

1431 Victoria Avenue, Regina, SK, S4P 0P4

(306) 522-0902

Website: <http://www.plannedparenthoodregina.com>

Distress centre hotline

Distress centre hotlines provide individuals with information about mental health services, to help them to work out solutions to mental health crises. You can call the number below anytime, any day of the week.

Regina Mobile Crisis Services

Child welfare services, financial assistance, mental health services, mental health, substance use, domestic violence, sexual, and relationship counseling services.

(306) 757-0127

Website: <http://www.mobilecrisis.ca>

Interpartner violence support services

Family Service Regina

Assists women, men and transgendered people with interpartner violence.

200 - 1440 Broadway Avenue Regina, SK, S4P 1E2

(306) 757-6675

Website: <http://familyserviceregina.com>

Regina Sexual Assault Centre

Free counseling for men and women who are the victims of sexual assault and interpartner violence.

1830 MacKay Street, Regina, SK, S4R 6N4

(306) 352-0434 (crisis line)

306-522-0434

Website: <http://www.reginalsexualassaultcentre.ca>

Community Health Centres and Other Health Centres

Regina Community Clinic

A health cooperative providing health, social, and educational services.

1106 Winnipeg Street, Regina, SK, S4R 1J6

(306) 543-7880

Four Directions Community Health Centre

Provides primary health and support services.

3510 5th Ave, Regina, Saskatchewan, S4T 0M2

Phone: 305-766-7540 Fax: 306-766-7534

Website: www.rqhealth.ca

HIV Medical Clinics

HIV medical clinics serve people who have already received an HIV diagnosis. They require a referral from another doctor, and provide HIV viral load monitoring, and information about appropriate medications. Many offices include a social worker or other support services. A health card is required to access their services without a fee. They do not typically do testing.

Regina Qu'Appelle Health Region Infectious Diseases Clinic

Provides outpatient care for patients in southern Saskatchewan with HIV, hepatitis, and complex infections on a referral basis. Team includes physicians, nurses, a social worker, pharmacists, and a dietician.

1440 14th avenue, Regina SK, S4P 0W5

306-766-3915

<http://www.rqhealth.ca/specialized-ambulatory-care/rqhr-infectious-diseases-clinic>