

Extreme Weather Spaces

Multiple locations throughout Regina offer extreme weather spaces during times of excessive heat, cold, rain, wind or smoke.

Drop-in Locations		2025-2026
Organization & Location:	Hours	What is offered?
All Nations Hope Network & Awasiw 3115 – 5th Ave	Monday-Friday: 9 a.m. -12 p.m. & 1 p.m.-5 p.m. (closed from 12-1 p.m.)	<ul style="list-style-type: none">• Breakfast and lunch daily• Coffee and water all day• Housing support• Cultural programming and support groups• Access to Elders, ceremonies, and medicines• Public washroom• Public telephone and Wi-Fi• Navigation to care, treatment, and support, On site addiction worker, Status card help, STBBI testing, Access to harm reduction supplies Food donations
Carmichael Outreach 1510 – 12th Ave	Monday-Friday: 9 a.m.-4 p.m.	<ul style="list-style-type: none">• Water, coffee, and snacks are available• Lunch at noon• SHA Street Project Van• Public Washrooms• Showers available 12-4 p.m. Mon., Wed., Fri.• Outdoor/Indoor water stations• Emergency Essentials available 5 days a week, including feminine products and hygiene kits
Circle Project Assoc. Inc. 3433 5th Ave	Monday-Friday: 8:30 a.m.-4:30 p.m.	<ul style="list-style-type: none">• Bagged lunches, coffee and water available from 11a.m.-1 p.m. or while supplies last. Extended hours for lunch service in extreme weather.• Cooling space and other supports• Summer clothes and hygiene kits (when available)• Hand out Narcan kits
City of Regina *Multiple Locations	Recreation Facilities Neighbourhood Centres Hours vary by location.	<ul style="list-style-type: none">• Water bottle fill station• Bathrooms
	Neil Balkwill Civic Arts Centre 2420 Elphinstone St Monday-Thursday: 8:30 a.m.–4:45 p.m. and 6:30-10 p.m. Friday and Saturday: 8:30 a.m.–4:45 p.m. Sunday: 12:30 p.m.–4:45 p.m.	<ul style="list-style-type: none">• Water cooler and water bottle fill station
	City Hall Monday-Friday: 8 a.m.–4:45 p.m.	West side of building (beside cafeteria): <ul style="list-style-type: none">• Water fountain & water bottle fill station• Bathrooms
John Howard Society 1801 Toronto Street	Monday-Friday: 5:30.-10:30 p.m.	<ul style="list-style-type: none">• Youth Drop-In (Ages 12 to 21) Pro-social activities• Food and drink• Caseworkers• Life skills development
Queen City Wellness Pharmacy 1725 - 11th Ave	Monday-Friday: 9 a.m.-5 p.m. Saturday: 10 a.m.-3 p.m.	<ul style="list-style-type: none">• Coffee until 11 a.m.• Snacks and water• First aid supplies
Regina Public Library *Multiple Locations	Hours vary by location.	<ul style="list-style-type: none">• Water bottle fill stations• Public washrooms• Free public phones, Wi-Fi, computers, phones• Feminine Hygiene products in washrooms (Central Library, Regent Place, and Glen Elm branches only)• Smudging• Naloxone kits• Outreach workers at Central Library Monday 1 p.m. to Saturday 5 p.m. (housing, food insecurity, filling forms)
Salvation Army Community Services 2240 – 13th Ave	Monday-Thursday: 9 a.m.-12 p.m. & 1-4 p.m. Friday: 9 a.m.-12 p.m.	<ul style="list-style-type: none">• Water• Snacks (as available)
SWAP 1355 Albert St	Monday -Friday: 9 a.m.-5 p.m.	Drop-in Centre: phone, coffee, cooling space and other supports
YWCA Regina 2817 12th Avenue	Community Hub Open from 7 a.m .to 9 p.m.	Available before 10 p.m.: <ul style="list-style-type: none">• Coffee/water• Essential needs• Food



Pick-up Locations

2025-2026

Organization & Location:	Hours	What is offered?
Al Ritchie Heritage Community Health Centre 1550 – 14th Ave (Halifax St doors)	8:30 a.m.-4 p.m.	<ul style="list-style-type: none">• Water, bread, and low-cost food
Canadian Mental Health Association - Regina Branch 1810 Albert Street	Monday-Friday: 9 a.m.-4 p.m.	<ul style="list-style-type: none">• Water
City of Regina *Multiple Locations	Regina Fire & Protective Services 24/7	<p>Bottles of water available from seven fire stations throughout the City when heat warnings are in effect.</p> <p><i>Note: Bottles can be found in bins located outside building when RFPS staff are offsite.</i></p>
John Howard Society 1801 Toronto Street	Monday-Thursday: 10 a.m.-4 p.m.	<ul style="list-style-type: none">• Water, snacks, & coffee• Hygiene products• Phone• Clothing• Food hampers when available
Mobile Crisis Services 107 B Albert Street	24/7	<ul style="list-style-type: none">• Water
Newo-Yotina Friendship Centre 1635 – 11th Ave	N/A	Lunch: Mon-Fri at 3:30 p.m.
Regina Food Bank 445 Winnipeg St	Monday-Friday: 9 a.m.-4 p.m.	Food provided by appointment (unless have not used RFB services in 180 days or more, then eligible for a same day order)
Street Culture Project - Youth Emergency Shelter 1314 – 11th Ave	24/7 Ring buzzer at the door and staff members will assist.	<ul style="list-style-type: none">• Bagged lunch until 9 p.m.• Bottled water• Feminine hygiene products (while supplies last)

