

















RENT AID

Resource Guide

Regina, SK

Service	Telephone	Address
 Rent Bank		
Regina Housing Authority Assistance with rent arrears  regina@skhousing.ca  reginahousing.ca/	306-525-2377	1850 Smith Street, Regina
 Utility Bank		
SaskPower - Low-Income Support Program Assistance with utility arrears  contactus@saskpower.com  saskpower.com/	306-383-2424	2025 Victoria Ave, Regina
 Food Bank		
Regina Food Bank Assistance with food  info@reginafoodbank.ca  reginafoodbank.ca/	306-791- 6533	445 Winnipeg Street, Regina
 Clothing Bank		
The Salvation Army Regina Thrift store  info@can.salvationarmy.org  salvationarmy.ca/		1975 McIntyre St, Regina
 Job Bank		
Government of Canada Assistance with job search  www.on.jobbank.gc.ca/home		
 Health Resources		
Regina Senior Citizens Centre Health Service  rscc@accesscomm.ca	306-525-2154	2134 Winnipeg Street, Regina



RENT AID

Resource Guide

Regina, SK

Service

Telephone

Address



Mental Health Resources

Saskatchewan Health Authority

Mental Health resources

✉ mentalhealthservices@saskhealthauthority.ca

🌐 saskhealthauthority.ca/



Resource Directory

211 Saskatchewan

Source of Information for Services

✉ info@211sk.ca

211



hazelview
PROPERTIES

1133 Yonge Street, 2nd Floor, Toronto ON M4T 2Y7
1-866-898-8868 hazelviewproperties.com