

Affordable Housing

Regina Housing

1850 Smith Street

Regina- (306) 525-2377

Silver Sage Housing

4001 3rd Ave N

Regina- (306)721-2909

Gabriel Housing

506 Lorne Street

Regina- (306)775-2905

Namerind Housing

1121 Winnipeg Street

Regina- (306)525-0147

Mews Corporation

200-1102 8th Ave

Regina- (306)359-1484

Other Supports/ Information

Sask Legal Aid

200-1871 Smith Street

Regina- (306)787-8760

- ◇ Provides legal services to low income individuals in the area of family and criminal law

For DNA testing information
visit:

www.reginapaternitytesting.com

www.genetrack.com

www.maxxam.ca

Planned Parenthood Regina

1920 B Francis St.

Regina, SK

Phone: (306) 522-0902

www.PlannedParenthoodRegina.com

[Facebook.com/plannedparenthoodregina](https://www.facebook.com/plannedparenthoodregina)

[@PlannedRegina](https://twitter.com/PlannedRegina)

Programs & Supports

Community Programs & Supports

PLANNED
PARENTHOOD
REGINA

PH: (306)522-0902

Financial Supports

Sask Assistance Program

1-866-221-5200

Regina- (306)-787-3700

- ◇ *Any person in financial need may apply for assistance.*

Sask Employment and Rental Housing Supplement

1-888-488-6385

Regina-(306)-787-4723

- ◇ *Extra money for lower-income families with children. It is a monthly payment that adds to income from a job, farming, or self-employment*

Child Care Subsidy

1-800-667-7155

Regina- (306)-787-4114

- ◇ *Child care subsidy is a monthly subsidy that helps families meet the costs of licensed child care.*

Pregnancy Supports

Baby's Best Start Program

(306) 766-7660

325 Victoria Ave, Regina

(Al Ritchie Health Action Center)

And

Healthiest Babies Possible

(306) 766-7540

3510 5th Ave Regina

(Four Directions Health Centre)

These programs provide support for pregnant women and their families.

Services include:

- ◇ *Prenatal information sessions*
- ◇ *Milk and vitamin vouchers*
- ◇ *Transportation and childcare*
- ◇ *Breastfeeding support*
- ◇ *Home visits*
- ◇ *Parenting classes*
- ◇ *Help to find food and housing*
- ◇ *Referrals to other programming*

And much more.....

Women's Supports

Women's Health Centre

(306)766-0586

(Located at the Regina General Hospital)

- ◇ *Is an outpatient clinic that offers a variety of medical services including:*
- ◇ *Colposcopies*
- ◇ *Hysteroscopy*
- ◇ *Therapeutic abortions- medical and surgical*
- ◇ *Dilation & Curettage (D&C)*
- ◇ *Endometrial Ablation*

Professional counselors are also available to explore your reproductive choices (pregnancy options and counselling). This is a self-referred program and all information given in confidential.