

No food in the house?

If you are on social assistance, call your social worker for support:

For Social Assistance call: 1-866-221-5200 / 306-787-3700

After hours call Mobile Crisis: 306-757-0127

Morning Toast and Coffee

All Nation's Hope/Awasiw
2735 5th Avenue, 306-924-8424
Monday – Friday @ 9:30 am – Noon

Indigenous Christian Fellowship
3131 Dewdney Ave, 306-359-1096
Tuesdays – Fridays @ 10 am – Noon

Newo Yotina Friendship Centre
1635 11th Ave., 306-525-5042
Mondays – Friday @ 9:00 am

AIDS Program South Saskatchewan
1325 Albert St.
Tuesday to Friday @ 9:30 a.m.
Sat and Sun @ 11 a.m.

Free Breakfast

Indigenous Christian Fellowship
3131 Dewdney Ave, 306-359-1096
Saturdays @ 10 am

Free Lunches

AIDS Program South Saskatchewan
1325 Albert St.
Thursday to Sat @ 1 p.m. *as available

All Nation's Hope
2735 5th Avenue, 306-924-8424
Mon, Tues, Thurs, Fri @ 1 pm

Carmichael Outreach
1510 – 12th Avenue
Sun-F, 1:00 p.m.

Marian Centre
1835 Halifax Street, 306-757-0073
Monday – Saturday (Closed Thurs),
Noon

Guru Nanak Free Kitchen
Dewdney and Angus St.
Sunday - 12:30 - 3:00 p.m.

Free Lunches

Indigenous Christian Fellowship
3131 Dewdney Ave., 306-359-1096
Wednesday Noon Soup N Bannock

Salvation Army
2240 13th Ave, 306-757-4600
11:00, Thursday

Free Supper

Souls Harbour Rescue Mission
1632 Angus Street, 306-543-0011
Monday – Friday @ 3 pm

Free Bread

Indigenous Christian Fellowship
3131 Dewdney Ave, 306-359-1069

Salvation Army
2240 13th Ave, 306-757-4600

mamaweyatitan centre
3355 6th Ave., 306-359-7919

Rainbow Youth Centre
977 McTavish St., 306-757-9743

North Central Family Centre
2931 5th Ave., 306-347-2552

Food Hampers / Emergency Food

Regina Food Bank
425 Winnipeg Street, 306-791-6533

Salvation Army
2240 13th Avenue, 306-757-4600

Community Fridges

- ☆ 3037 Dewdney Ave.
- ☆ 1510 12th Ave.
- ☆ 2104 Garnet St.