

United Way of Regina's Funded Partner Directory

"Circle of Care"

It takes more than one program or service to move people from dependence to independence. Our "Circle of Care" connects a wide range of people and organizations that work together to find comprehensive solutions to important social issues.



United Way
of Regina

***Community Engagement...
Focusing on People***

***Community Leadership...
Encouraging Innovation***

***Community Investment...
Supporting Solutions***

United Way Funded Partners

AIDS Programs South Saskatchewan

Phone: 924-8421

E-mail: [chrissmith@ sasktel.net](mailto:chrissmith@sasktel.net)

Website: www.aidsresourcesask.ca

Mission: To support community health and well-being through sharing HIV/AIDS information and resources.

Primary Programs: Ribbons of Hope, Positive Living (Client Services Program), Harm Reduction/Needle Exchange Program, Community Development Services, Education Services, Prevention Services

Canadian Mental Health Association - Regina Branch

Phone: 525-9543

E-mail: [cmha.regina@ sasktel.net](mailto:cmha.regina@sasktel.net)

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

Mission: To enhance the quality of life for persons with mental illness through public education and programming. Our aims are to expand community-based rehabilitation and support services for person's with psychiatric and emotional disorders, to change attitudes toward mental illness, to promote mental health and work for the prevention of mental illness through research and social change.

Primary Programs: Assisting in the recovery process; moving the individual from withdrawal to engagement and active participation in life; The Member's Club; Pre-Vocational Programs that are designed to encourage involvement; recreational outings; computer orientation; opportunity for sports and culture events; one-to-one support; crisis management and advocacy; Daily Lunch Program; Lifeskills course; Vocational Counseling Program

Canadian Paraplegic Association

Phone: 584-0101

E-mail: regina@canparaplegic.org

Website: www.canparaplegic.org/sk

Mission: To assist persons with spinal cord injuries and other physical disabilities to

achieve independence, self reliance and full community participation.

Primary Programs: Peer Support, Rehabilitation Counseling, Educational/Employment Counseling, Community Advocacy, Case Management/Service Coordination, Information Services

Canadian Red Cross - South Sask. Region

Phone: 721-1600

E-mail: cindy.fuchs@redcross.ca

Website: www.redcross.ca/main.asp?id=002971

Mission: The Canadian Red Cross mission is to improve the lives of vulnerable people by mobilizing the power of humanity in Canada and around the world.

Primary Programs: Disaster Services, Family Links, First Aid, Water Safety Services, Homecare Services, RespectED: Violence and Abuse Prevention, Health Equipment Loan Programs

Catholic Family Services

Phone: 525-0521

E-mail: cfsregina@sasktel.net

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

Mission: To bring about healing, stability and wholeness on the lives of families and individuals.

Primary Programs: Family Counseling, Parenting and Marriage Preparation Programs, Adolescent-Parent Support, Families First Program, Family Support Services

Circle Project Association

Phone: 347-7515

E-mail: ann.perry@sasktel.net

Mission: The Circle Project provides support and programs based on the Aboriginal vision of wholeness, balance and healing. By promoting positive human development,

we encourage people to help themselves through education, cultural awareness, family and community.

Primary Programs: Outreach and home visits, men's and women's healing circles using traditional Aboriginal models, assessing clients' needs and providing individual and group counseling, referring clients to other resources when necessary, holding workshops and seminars about family violence for clients and for the community, Food Bank referrals, Food Bank delivery to shut-ins, Fine Option Placement, Community Relations, Advocacy and support for clients, Elder consultations/referrals, Detox referrals, Program satellites

Cornwall Alternative School

Phone: 522-0044

E-mail: eunice.ca@sasktel.net

Mission: Our vision is to assist students in a holistic approach to gain the confidence and educational skills to return to the regular system as life long learners by addressing the various needs of the individual (physical, emotional, social, and intellectual).

Primary Programs: Grade seven to nine academic programs; Survival Skills; individual, group and family counseling to provide support to students to stay in school and assist with personal/social problems; traditional Feasts, Sweats, Cultural activities and a Family Christmas; daily lunch program; The Outreach Worker program.

Early Childhood Intervention Program (ECIP), Regina Region Inc.

Phone: 347 - 5020

E-mail: ecip.rr@sasktel.net

Mission: To promote child development and family empowerment through a family-focused, child-centered approach to home visiting.

Primary Programs: Regular home visits by an Early Childhood Interventionist, identifying realistic goals for your child, programming of activities specific to your child's needs, promoting awareness of appropriate community services and how to access them, assistance with referrals to other agencies and programs as necessary, toy, equipment and resource lending library

Regina Early Learning Centre

Phone: 757-3744

E-mail: regina_elc@accesscomm.ca

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

Mission: The Regina Early Learning Centre is a Child and Family Development Centre which works cooperatively with low income families to provide programs that foster the healthy development of children from prenatal to age five years.

Primary Programs: KidsFirst; referrals to other community resources, annual development screens, toy/book lending library; Parents As Teachers; Preschool Program; Family Outreach; family literacy programs, parenting programs, women's support group, health initiatives, clothing and household goods exchange, craft evenings, cultural fair

Family Service Regina

Phone: 757-6675

E-mail: fsr@sasktel.net

Website: www.familyserviceregina.com

Mission: Family Service Regina helps families and individuals successfully meet changing needs to achieve their potential.

Primary Programs: Counseling for families, couples and individuals, Employee and Family Assistance Program (EFAP), Teen & Young Parent Programs, Family Violence Programs, Family Education, Marriage Preparation, Balancing Work and Family Seminars, Event speakers, workshop presentations, and consultations, Life Skills Program, Families and Schools Together Program, Community volunteer opportunities

Girl Guides of Canada

Phone: 352-8057

E-mail: raggc@sasktel.net

Website: <http://www.girlguides.sk.ca/>

Mission: Girl Guides of Canada-Guides du Canada is a Movement of girls and women that challenges Members in their personal development and empowers them to be responsible citizens.

Primary Programs: Universality – no girl is turned away; subsidized memberships, uniforms, weekly dues and/or camp fees in order that all girls may belong and fully participate in the program; Training and Assistance for all volunteer leadership; "Toadstool n' Trefoil" is published "in house" six times a year and sent to each adult and junior leader volunteers in order to keep them abreast of Guiding activities being planned for them, to aid them with up-to-date program ideas which they may use, and to keep them informed of activities taking place in areas of the city other than their own

John Howard Society

Phone: 757-6657

E-mail: gregfleet.jhs@sasktel.net

Website: <http://www.regina.johnhoward.ca/>

Mission: The John Howard Society of Saskatchewan is an independent voluntary organization composed of citizens who accept responsibility for understanding and dealing with the problems of crime and the criminal justice system in a creative, humane and progressive manner. The Society fulfils this responsibility through reform, advocacy, direct service and public education.

Primary Programs: Justice Literacy Website; Primary Crime Prevention Program for Elementary School Students; Young Offender/Victim Mediation Services; Stop-Lift; Youth Community/Personal Service Order Program; The Next Step Program; Institution/Visitation Program; The Community Program; Fine Option Program; Adult Community Service Order Program

Mobile Crisis Services

Phone: 757-7809

E-mail: mobilecrisis@accesscomm.ca

Mission: Regina Mobile Crisis Services Inc. provides 24 hour comprehensive crisis response to our community.

Primary Programs: 24-hour Crisis Intervention Services, Child Protection Services, Emergency Financial Assistance Services (after-hours), Mental Health Services (after-hours), Domestic Violence Services, Counseling Services, Substance Abuse Services, Gambling Services, Elderly Services, Disaster Services

Rainbow Youth Centre

Phone: 757-9743

E-mail: rainbow@accesscomm.ca

Website: www.rainbowyouth.com

Mission: To involve youth 11-25 years old in creating a safe, caring, healthy and adaptive community of support by sharing responsibility for recognizing, accepting and developing personal skills.

Primary Programs: YouthCARE Work; The Hot Supper Program; Anger Management Education Program; Substance Use and Abuse Education Program; Young Parent Program; Road to Employment Program; Youth Week; KidsFirst Homevisiting Program; Home Visitors

Regina Education and Action on Child Hunger (REACH)

Phone: 347-3224

E-mail: reach1@sasktel.net

Website: www.reachinregina.ca

Mission: Every Regina citizen has a right to safe, nutritious, culturally acceptable and affordable food and the opportunity to obtain it through non-emergency sources.

Primary Programs: Child Nutrition Program; Good Food Box; Family Basket; Community 'R' Mobile Stores; Convenience Meals; 'R' Healthy Food Store; Community Kitchens; What's Cooking; Kids Cooking; Bulk Food Buying

Regina Association for Community Living

Phone: 790-5680

E-mail: rdacl@sasktel.net

Mission: Ensuring that people with intellectual disabilities can participate fully as valued citizens in our community.

Primary Programs: Information Evenings for families and the general public; Supported Decision Making Workshop; Creative Facilitation Training; Social Sexual Training for professionals, parents and people who have a disability; Level 1 Training for new employees in services for people with an intellectual disability; Presentation on communicating with people who have an intellectual disability for Police College students; The Trust associations newsletter; Library information; Respite Registry; Best Buddies; Parent Support Group; Family Picnic; Sir Dancelot, a semi-monthly social for people who have an intellectual disability; Person Centered Planning; PLAN; Personal Support

Big Brothers of Regina

Phone: 757-3900

E-mail: executivedir@accesscomm.com

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

Mission: The major goal of the Regina Big Brother Association is to provide mentors for at-risk children who come from absent parent homes.

Primary Programs: Our Child Safety Program; Pre-teen age appropriate sexual abuse prevention program; Adolescent Safety Program; Parent/Guardian information; Mentor Safety Program; the actual matching of at-risk children to stable mature adults; Case Management follow-up

Regina Home Economics for Living Project Inc. (H. E. L. P.)

Phone: 347-7877

E-mail: rehelp@sasktel.net

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

Mission: HELP contributes to the well-being of the community through programs with an emphasis on empowering at-risk individuals to help themselves.

Primary Programs: Participatory workshops; one-to-one counseling; Banking Fundamentals; Basic Budgeting; Basic Nutrition; Nutrition regarding various diseases (diabetes, obesity); Consumer Awareness; Dealing With Debt; Food Preparation At Low Cost; Wills and Estate planning; Money Management; Obtaining and Using Credit; Rental Awareness; On-line Banking and Security; Shopping Skills; Ways To Cut Food Costs

Regina Native Youth & Community Services Ltd.

Phone: 949-9600

E-mail: regna@sasktel.net

Mission: To stabilize resident behaviors, develop individualized treatment plans, bridge the importance of school, community and family; as well as build realizable hope for the future.

Primary Programs: Group meetings, individual counseling, family contact, positive peer relationship building, psychological counseling, grief counseling, victim resolution, addressing court obligations, and daily routine programming.

Regina Open Door Society Inc. (RODS)

Phone: 352-3500

E-mail: exdir@rods.sk.ca

Website: www.rods.sk.ca

Mission: The Regina Open Door Society (RODS) is a non-profit organization that provides settlement and integration services to refugees and immigrants in Regina. RODS is committed to meeting the needs of newcomers by offering programs and services that enable them to achieve their goals and participate fully in the larger communities.

Primary Programs: RAP-Resettlement Assistance Program; ISAP-Immigrant Settlement and Adaptation Program; Host and Volunteer Program; Interpretation/Translation Services; LINC-Language Instruction for Newcomers to Canada; RODS Child Care Centre; Employment Services; FIT-Families in Transition; KidsFirst Regina; Summer Programs for Refugee and Immigrant Children and Youth

Regina Senior Citizens Centre Inc.

Phone: 525-2154

E-mail: pierrerscc@accesscomm.ca

Mission: The mission of the Regina Senior Citizens Centre Inc is to foster, develop and deliver programs and services that encourage and facilitate people fifty-five years of age and over to sustain independent, healthy and active lifestyles and to strive to enhance their interest and participation in community activities.

Primary Programs: Home help service; Noon meal service; Wellness clinics; Life skills seminars; Computer literacy training; Exercise classes; Art and craft; Competitive sports; Bingo; Dancing; Special events (dinners, flea markets, dances, socials, art shows, fashion shows, special celebrations); Facility rentals

Regina Transition Women's Society

Phone: 757-2096

E-mail: thouse@accesscomm.ca

Mission: The mission of Regina Transition Women's Society is to provide shelter, education, support, counseling and advocacy for women and children fleeing any form of abuse by operating a safe shelter with a supportive environment offering a range of services.

Primary Programs: Counseling and Support; Children's Programming; Outreach Program; Public Education and Awareness; Educational presentations

Regina Work Preparation Centre

Phone: 757-9096

E-mail: workprep@sasktel.net

Mission: The Regina Work Preparation Centre provides personal and vocational counseling services to individuals who are having difficulty finding or keeping employment.

Primary Programs: One on One Counseling; Contemporary Women's Program;

Eight Weeks to Self Esteem; Quality Employee Training; SMART (Self Management and Recovery Training; Youth Employment Outreach Initiative; Health Careers Entrance Program; Life Skills for Work

Saskatchewan Abilities Council

Phone: 569-9048

E-mail: regina@abilitiescouncil.sk.ca

Website: www.abilitiescouncil.sk.ca

Mission: The Saskatchewan Abilities Council works with people of varying abilities to enhance their independence and participation in the community through vocational, rehabilitation and recreational services.

Primary Programs: Vocational Evaluation; New Opportunities for Work (NOW); Supported Employment Services; Training Centre; Life Enrichment

Saskatchewan Deaf and Hard of Hearing Services Inc. (SDHHS)

Phone: 665-6575

E-mail: regina@sdhhs.com

Website: www.sdhhs.com

Mission: To promote the independence of Deaf, Late-Deafened and Hard of Hearing persons by providing services which enhance their quality of life.

Primary Programs: Community Services; Vocational Rehabilitation Counseling Services; Communications Services; A Consulting Service and Resource Library; Sign Language Training; A Discount Hearing Aid Battery program; Sale of Listening and Signaling Devices

SCEP Centre

Phone: 543-6944

E-mail: scepcentre@sasktel.net

Mission: SCEP Centre was created in 1968 as a remedial, professional service for young children with Socialization, Communication and Education problems. Integral to SCEP's approach are services for the children's caregivers. The approach is holistic and based on respect for each child as an evolving, striving young person with a unique history, with individual needs, abilities, and limitations.

Help for the children is to be provided in a carefully monitored and enriched social and physical environment that is subjectively and objectively safe. The development of genuine emotional bonds and of honest and tolerant two-way communication and

language are seen as the keystones to socialization and education.

Primary Programs: Intensive therapeutic and educational program; Group and individual work; SCEP CENTRE Parent Services; SCEP Centre staff members assist the community in improving the environment of young children. Among many efforts, staff members train volunteers (nursing students, university students and others), give lectures and organize and present workshops.

Schizophrenia Society of Saskatchewan

Phone: 584-2620

E-mail: sssprov@sasktel.net

Website: <http://www.schizophrenia.sk.ca/home.htm>

Mission: To improve the quality of life for those affected by schizophrenia and psychosis through education, support programs, public policy and research.

Primary Programs: Individual and Family Crisis counseling; family support group meetings; updated public awareness and education information; public education programs; provision of reading and audio-visual resources; access to informational website on the Internet; advocacy support where the S.S.S. Inc. speaks on behalf of families when they are unable to do so themselves

Scott Infant and Toddler Care Centre

Phone: 791-8421

E-mail: tammy.pedersen@rbe.sk.ca

Mission: SITC is dedicated to providing high school students who are parents, quality childcare, life skill training, adequate nutrition and supports to help them maintain a healthy and safe home environment.

Primary Programs: Literacy Program; Transportation Program; Lunch Program; Transportation and Doctor Accompaniment; Home Visits; Crisis Intervention and Referrals; Parent Support Sessions; Individualized Programs

SOFIA House

Phone: 565-2537

E-mail: sofiahouse@accesscomm.ca

Mission: We provide safe and affordable housing as well as on-site counseling and weekly programming to women and children who are leaving violent homes.

Primary Programs: Housing Program; Family Program; Provide assessment, counseling, and referrals to community resources; Women and children participate in

weekly, informational group sessions. Children are given support and assistance as they strive to deal with the after effects of witnessing violence. Families are given the opportunity to receive both information and acquire life skills in a community environment, as they transition from crisis into a life that is functional and free from violence.

Street Culture Kidz Project

Phone: 565-6206

E-mail: streetculture@sasktel.net

Mission: To create environments where participants, mentors and volunteers can choose to strengthen their personal support networks, advance personal skills and abilities and contribute to our community.

Primary Programs: The Street Culture Café; sCOOL Kidz; The Community Project III; Work Experience Placement; Receiving referrals from schools; community agencies and justice programs; Building Agency Capacity Program; Boys and Girls Clubs of Regina; CanSask Career & Employment Services; Sponsored skills development; Meal Program; Team Meetings; Aboriginal Services; Environmental/Recycling Programming

Street Workers' Advocacy Project, Regina Inc. (SWAP)

Phone: 525-1722

E-mail: swap@sasktel.net

Mission: The Street Worker's Advocacy Project belongs to the people we serve, providing unconditional acceptance and a healthy and safe environment, and providing support services working holistically with individuals and families who are or have been affected by street prostitution leading to healthier lifestyles and healing.

Primary Programs: Alternative Education/Life Skills Program, Street Outreach Program, Drop-In Centre, Youth Program: providing youth with positive alternatives to the street, Primary Health Care Outreach Services: mostly in the areas of health promotion and disease prevention, with some treatment of common illness

YMCA of Regina

Phone: 757-9622

E-mail: rklassen@regina.ymca.ca

Website: <http://regina.ymca.ca/>

Mission: The YMCA of Regina is a charitable association open to all, dedicated to developing leadership and to enriching our community and people at every stage of life.

Primary Programs: Early Childhood Programs: Playschool, Kiddie Care, Indoor Playground, Toddler & Baby Rock classes, Kinder Gym, Parent & Baby; Wellness Programs; Youth Programs: Summer Camp Experience, Leaders Program, Aquatics, Summer Day Camp, Achievement Plus Tutoring, Summer Y's, Young Adventurers' Club, Girls Growing Strong, Campbell Special Needs Class, Junior Lifeguard Club; Community Development: Supported Independent Living Program

YWCA of Regina & Big Sisters

Phone: 525-2141

E-mail: reginaywca@ywca.regina.sk.ca

Website: <http://www.ywcaregina.com/bigisters.html>

Mission: The YWCA Regina exists to support the diverse needs of women in the realization of their full potential.

Primary Programs: Isabel Johnson Shelter; YWCA Day Care/Kermit Club; Residence; Children Who Witness Violence; Between Generations; Wellness Centre; Supervised Access Program; Big Sisters of Regina; Supervised Independent Living Program for Teen Girls; Day Parole; Supervised Justice Program; Women of Distinction; Internet Depot; General Administration; Maintenance