



Free Walk-In Counselling

Regina

Mondays from 12-3pm

Catholic Family Services Regina
160 McIntosh Street

Thursdays from 10:30am-2pm

Core Ritchie Neighborhood Centre
445 - 14th Avenue

Fridays from 10:30am-2pm

Catholic Family services Regina
160 McIntosh Street

Southey

Tuesdays from 10:30am-2pm

Primary Health Care Centre
280 Burns Avenue

Indian Head

Wednesdays from 10:30am-2pm

Regional Health Centre
719 Grand Avenue



*Everyone Welcome!
Open Hearts Open Minds Open Doors*

For more information, email cfsregina@cfsregina.ca or call 306.525.0521