



Free Walk-In Counselling

Mondays from 12-3pm

Sign up starting at 11:30am

Catholic Family Services Regina

160 McIntosh Street

Thursdays from 10:30am-2pm

Sign up starting at 10am

Core Ritchie Neighborhood Centre

445 - 14th Avenue

Fridays from 10:30am-2pm

Sign up starting at 10am

Catholic Family services Regina

160 McIntosh Street



Everyone Welcome!

Open Hearts Open Minds Open Doors

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