

Counselling/Psychology Agencies and Supports

Community Outreach and Support Team (COAST)

(306) 766-7800
Mon-Fri 5 PM to midnight
Sat-Sun and STAT 1 PM to 9 PM

Regina Sexual Assault Centre

Crisis: (306) 522-2777 / Info: (306) 352-0434
1830 Mackay St
rsac@sasktel.net

Family Services Regina

(306) 757-6675
#200-1440 Broadway Ave
info@familyserviceregina.com

Catholic Family Services

(306) 525-0521
160 McIntosh St
cfsregina@cfsregina.ca

The Caring Place

(306) 347-2273
1350 Osler St
tcp@myaccess.ca

Ehrlo Counselling Services

(306) 751-2467
1951 Francis St
www.ehrlo.com/counselling

Caring Hearts (Bereavement)

(306) 523-2780
2310 Smith St
contactus@caringheartssk.ca
www.caringheartssk.ca

PAR Counselling Services

(306) 352-0680
2353 Smith St
par.regina@sasktel.net

Ardent Psychology (Psychologist)

(306) 992-0101
hello@ardentpsychology.ca
www.ardentpsychology.ca

Prairie Psychology (Psychologist)

(306) 584-3876
2230 Lorne St
www.prairiepsychology.com

Bloom Counselling

(306) 570-7189
320 Gardiner Park Court
info@bloomcounsellingyqr.ca

Open Skies Therapy

(306) 581-4036
2168 McIntyre St
openskiestherapy@gmail.com
www.openskiestherapy.com

Living Sky Counselling and Consulting

(306) 551-0371
1357 Cornwall St
livingskycounselling@gmail.com
www.livingskysk.ca

Heart Change Counselling Services

(306) 535-0287
4038 Dewdney
heartchange@kirk@gmail.com

Discover Hope Counselling Services

(306) 551-3455
Room #4, 234 11th Ave East
symonscounselling@gmail.com

Live Free Counselling and Healing

(306) 530-7497
#400 - 1118 Broad St
info@livefreecounsellinghealing.com

Fox Valley Counselling Services

(306) 757-5100
2060 Broad St
foxvalley@sasktel.net

Hope Counselling Regina

(306) 550-8386
621 Murray Ave
www.hopecounsellingregina.com

Garnet Counselling

(306) 519-7360
3018 Doan Drive
garnetcounselling@gmail.com

** If you have access to benefits, please contact them **first** as they will connect you with appropriate counselling agency for your specific needs.