Hours of Operation:

Tues-Thurs 10am-8pm Fri-Sat 10:00am - 9:00pm

2817 12th Ave
Regina, Saskatchewan
S4T 1J4

November 2026

Core Services Schedule

- Mental Health
- Peer Support
- Physical Health
- Social & Community
- Cultural & Traditional
- Education, Employment & Training

Partners for success
Mon - Fri 9:00am - 2:50pm
For more information email: schenk9467@saskpolytech.ca

Queer Support Group
Every Monday from 7:00pm - 9:00pm
For more information & Registration: courtney@ppregina.com

Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1 Closed
3 10-7:30 Drop In 10-7:30 Peer Support 10-12:30 Youth Wellness Clinic 1-3 Walk in Counselling	**4** 10-7:30 Drop In 10-7:30 Peer Support 10-3 Post Majority Connection 1-3 Walk in Counselling 4-7 Big Boost	**5** 10-8:30 Drop in 10-8:30 Peer Support 1-3 Walk in Counselling 12-4 APSS drop in support	**6** 10-8:30 Drop in 10-8:30 Peer Support 1-3 Walk in Counselling 4:30-8 Dungeon & Dragons 6-8 Level Up (Game Night)	**7** 10-8:30 Drop in 10-11 Cozy Mornings 10-8:30 Peer Support 6-8 Movie Night	**8** Closed
10 10-7:30 Drop In 10-7:30 Peer Support 10-12:30 Youth Wellness Clinic 1-3 Walk in Counselling 4-5 Diamond Arts	**11** Closed for Remembrance Day	**12** 10-7:30 Drop In 10-7:30 Peer Support 1-3 Walk in Counselling 12-4 APSS drop in support	**13** 10-8:30 Drop In 10-8:30 Peer Support 1-3 Walk in Counselling 4:30-8 Dungeon & Dragons 6-8 Level Up (Game Night)	**14** 10-8:30 Drop In 10-11 Cozy Mornings 10-8:30 Peer Support 6-8 Movie Night	**15** Closed
17 10-7:30 Drop In 10-7:30 Peer Support 10-12:30 Youth Wellness Clinic 1-3 Catching up with Kokum	**18** 10-7:30 Drop in 10-7:30 Peer Support 10-3 Post Majority Connection 1-3 Walk in Counselling 4-7 Big Boost	**19** 10-7:30 Drop In 10-7:30 Peer Support 1-3 Walk in Counselling 12-4 APSS drop in support	**20** 10-8:30 Drop In 10-8:30 Peer Support 1-3 Walk in Counselling 4:30-8 Dungeon & Dragons 6-8 Level Up (Game Night)	**21** 10-8:30 Drop In 10-11 Cozy Mornings 10-8:30 Peer Support 1-3 Catching up with Kokum 6-8 Movie Night	**22** Closed
24 10-7:30 Drop in 10-7:30 Peer Support 10-12:30 Youth Wellness Clinic 1-3 Walk in Counselling 4-5 Diamond Arts	**25** 10-7:30 Drop in 10-7:30 Peer Support 10-3 Post Majority Connection 1-3 Walk in Counselling 4-7 Big Boost	**26** 10-7:30 Drop In 10-7:30 Peer Support 1-3 Walk in Counselling 12-4 APSS drop in support	**27** 10-7:30 Drop In 10-7:30 Peer Support 1-3 Walk in Counselling 4:30-8 Dungeon & Dragons 6-8 Level Up (Game Night)	**28** 10-7:30 Drop In 10-11 Cozy Mornings 10-7:30 Peer Support 3-4:30 She Builds The Future Presentation 6-8 Movie Night	**29** Closed

Description of Core Services at HOMEBASE Regina

November

HOMEBASE Contact:
306-537-4669 or homebase@ywcaregina.com
www.homebasesask.ca

Peer Support: Drop in and hang out with our Peer Support staff! Chat about life, get support, or learn about services available at the Hub or out in the community. No pressure just real conversations and support when you want it.

Youth Counsellor: Need someone to talk to? Our drop in-counselling is here for youth and supports mental health needs like stress, anxiety, depression, substance use, self-esteem, relationships and more. It's a safe, supportive space to talk things out a d get help when you need it. Appointments and walk ins available. Check out our monthly calendar.

Physical Health Services:Need a check-in? The Nest will be at Homebase every Wednesday. Come see the nurse in a chill, private, no-judgment space. Drop in, ask questions, take care of yourself.

Drop In: Come hang out! Youth can drop in, relax, and do their own thing. Play on the Nintendo Switch, use the 3D printer, get creative in the arts & crafts room, grab something from the coffee bar or join activities with our Peer Support staff. No pressure, just good vibes.

Cultural & Traditonal Services: Want to learn how to smudge or connect more with Culture? Stop by and meet our Peer Support Worker. Come join us for beading classes, cultural teachings. If your looking to connect with an Elder, come catch up with kokum.

Education, Employment Training: Check out our job board for local jobs and low-barrier, low-cost training programs. Laptops are available during open hours to help with job searching, resumes, and more. A Peer Support Worker is also available for 1:1 support if you want help while programming is being developed.

Social and Community: Fun, community and creativity come together at Homebase. Learn collaborate and express yourself in a welcoming space for all. Learn about the resources that are out their when you need it the most.

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www.homebasesask.ca

- **Partners for Success is a Sask Polytech:** program designed to support youth in exploring education, building skills, and working toward their future goals. The program runs Monday to Friday from 9:00 AM–2:50 PM and provides a supportive environment where youth can learn, grow, and connect with opportunities for their future.

📧 For more information: schenk9467@saskpolytech.ca

- **Queer Support Group** is a welcoming and supportive space for 2SLGBTQIA+ youth to connect, build community, share experiences, and access support in a safe and inclusive environment. The group meets every Monday.

📧 **For more information:** courtney@ppregina.com

- **Catching up with kokum:** is a welcoming space where youth gather to listen, learn, and connect through stories, conversations, and cultural teachings shared by Kokum. This service promotes community, relationship-building, and the sharing of knowledge across generations in a respectful and supportive environment.
- **Dungeons & Dragons:** is a creative and collaborative storytelling game where participants work together to explore imaginary worlds, solve challenges, and complete quests. Guided by a game leader, youth build teamwork, problem-solving, and communication skills while using their imagination in a fun, inclusive, and supportive group setting.
- **Cozy Morningz:** Is a welcoming, low-pressure space where youth can ease into their day with a warm cup of coffee or tea, relaxing lo-fi music, and a little quiet time. This program offers an opportunity to slow down, recharge, and connect with others in a calm, comfortable environment without the pressure to participate in structured activities or conversations. Youth are welcome to enjoy a warm drink, listen to music, work on something independently, chat with peers, or simply take a moment for themselves. Cozy Morningz encourages mindfulness, emotional wellness, connection, and the importance of creating small moments of comfort and calm in everyday life.
- **Post-Majority Connections:** provides a welcoming and supportive space for youth who have aged out of the care system and are navigating the transition into adulthood. This drop in support connects youth with support to help build independence, confidence, and stability as they work toward their personal goals. Youth can receive assistance with job applications, resume building, housing searches, and navigating available resources and services. Whether youth are looking for employment, working toward stable housing, or simply need guidance figuring out their next steps, support is available in a safe, understanding, and non-judgmental environment.

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- **Movie Night:** is a fun and relaxing program that brings people together to enjoy a featured film in a comfortable and welcoming environment. Participants can unwind, socialize, and share the movie experience while building connections with others in the community.

- **Level Up (Game Night):** An exciting gaming social where Nintendo and Xbox players come together to connect, compete, and have fun. Enjoy friendly matches, discover new games, build teamwork, and make new friends in a welcoming and inclusive environment. Whether you're a casual player or a seasoned gamer, Level Up Night is the perfect place to share your passion for gaming and level up your connections.

- **APSS Drop-In Support:** Our partners at APSS join us at Homebase to provide youth with accessible education, wellness, and safety information in a welcoming and supportive environment. Youth can stop by to ask questions, learn about topics that impact their health and well-being, access helpful supplies, and connect. This drop-in opportunity is a great way for youth to get information, build connections, and access support in a comfortable, youth-friendly space.

- **Big Boost:** is a supportive, welcoming space where youth can access on-site tutoring and homework assistance to help them build confidence and succeed in their education. Whether youth need help understanding an assignment, preparing for a test, completing schoolwork, or strengthening their learning skills, tutors are available to provide guidance and encouragement along the way. This program offers youth an opportunity to ask questions, work through challenges, and learn at their own pace in a comfortable, judgment-free environment. Big Boost encourages curiosity, celebrates progress, and recognizes that everyone learns differently. Whether you're catching up on schoolwork, working toward your goals, or just need a little extra support, Big Boost is here to help you feel more confident in your learning journey. Bring your homework, ask questions, and give yourself a boost!