

# Looking for Settlement, Language and Employment Services in Regina?



**CECS**  
Conseil économique et  
coopératif de la Saskatchewan



1440 - 9th Avenue North  
[www.cecs-sk.ca](http://www.cecs-sk.ca)

306-566-6000

**Rooted Connections**



160 McIntosh Street  
[www.rootedconnections.ca](http://www.rootedconnections.ca)

306-525-0521

**CM**  
Collège Mathieu



3304 Dewdney Avenue  
[www.collegemathieu.sk.ca](http://www.collegemathieu.sk.ca)

306-384-2722

**IWS/LARC**  
Regina Assessment Centre



Newcomer Orientation,  
Settlement  
&  
Language Assessment

100 - 2445 13th Avenue  
[www.iwssaskatoon.org](http://www.iwssaskatoon.org)

306-525-5272

**RIWC**  
Regina Immigrant Women Centre



Newcomer Registration  
&  
Language Services

#16B - 3806 Albert St  
(Golden Mile)  
[www.reginaiwc.ca](http://www.reginaiwc.ca)

306-359-6516

**RODS**  
Regina Open Door Society



Newcomer Language, Employment  
&  
Settlement Services

2314 - 11th Avenue  
[www.rods.sk.ca](http://www.rods.sk.ca)

306-352-3500

**SAIF-SK**  
Service d'accueil et d'inclusion  
francophone-SK



1440 - 9th Avenue North  
[www.saif-sk.ca](http://www.saif-sk.ca)

306-924-8548

**SPT**  
Saskatchewan Polytechnic



4500 Wascana Parkway  
[www.saskpolytech.ca](http://www.saskpolytech.ca)

306-775-7500

**Ukrainian Canadian Congress  
of  
Saskatchewan**



1860 Lorne Street (Room 105)  
[www.ucc.sk.ca](http://www.ucc.sk.ca)

306-652-5850  
Toll-free 1-888-652-5850

**U of R**  
University of Regina



ESL/LINC Department  
3737 Wascana Parkway  
[www.uregina.ca](http://www.uregina.ca)

306-585-4136

- Agencies can be contacted directly to learn about their programs and services.
- For assessments and referrals to local programs and services, see other side.
- To receive language services in Regina, you must be assessed first.

# Assessment and Referral Services in Regina

## **\*Non-Permanent Residents**

Settlement advising & action planning support

**IWS/LARC Regina Assessment Centre** Call 306-525-5272 or Visit #100-2445 13th Avenue

**RIWC Newcomer Registration and Language Services** Call 306-359-6516 or Visit #16B 3806 Albert St (Golden Mile)

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## **\*Permanent, Non-Permanent and Canadian Citizens (Francophone Clients)**

Newcomer Orientation, settlement, & referrals to LINC and CLIC language assessments

**SAIF-SK** Call 306-992-9120 or Visit #208 - 1440, 9e Avenue Nord

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## **\*Work Permits and Canadian Citizens**

Language assessments

## **\*All Newcomers to Sask/18 or Older**

Information, orientation & referrals (Pathways Program Tier 1)

## **\*Newcomers to Sask/18 or Older; Been in Sask 5 Years or Less; Eligible to Work in Sask**

Settlement advising (Pathways Program Tier 2)

## **\*Permanent Residents**

LINC language assessments

**IWS/LARC Regina Assessment Centre** Call 306-525-5272 or Visit #100-2445 13th Avenue

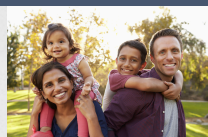
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## Examples of Local Programs and Services:



### **Canadian Life Skills**

- Budgeting
- City Transit
- Driving Education
- Nutrition/Cooking
- Volunteer Programs
- Citizenship Preparation
- Registration for Utilities and Other Basic Services



### **Social Support Programs**

- For Women
- For Men
- For Families
- For LGBTQ
- For Seniors



### **Employment**

- Resume and Cover Letter Development
- Preparing for Interviews
- Credential Assessment
- Job Preparation
- Job-Specific Language
- Job Mentorship



### **Youth**

- English Practice
- Homework Help
- Summer Camps
- Employment Programs
- Leadership Training
- Emotional Support



### **Language**

- English Classes
- French Classes
- Literacy Classes
- Practice Groups
- English Assessments
- French Assessments



### **Emotional Health**

- Individual Counselling
- Family Counselling
- Parenting Support
- Domestic Violence Support
- Support Groups
- Case Management