

# COMMUNITY RESOURCES

## Red Deer & Area

### Eq-ui-ty

*The quality of being fair and impartial  
“equity of treatment”*



# What Do You Need Help With?

<b>24 HOUR EMERGENCY NUMBERS</b>	<b>2</b>
<b>QUICK REFERENCE RESOURCES (not all 24 hour)</b>	<b>3</b>
<b>AFFORDABLE HOUSING AND SUPPORTS</b>	<b>4</b>
<b>CHILD CARE AND SUBSIDY</b>	<b>6</b>
<b>CLOTHING AND HOUSEHOLD NEEDS</b>	<b>7</b>
<b>COUNSELLING SERVICES</b>	<b>8</b>
<b>DISABILITY SUPPORTS</b>	<b>10</b>
<b>DOMESTIC VIOLENCE</b>	<b>12</b>
<b>EMERGENCY SHELTERS</b>	<b>13</b>
<b>EMPLOYMENT AND TRAINING</b>	<b>15</b>
<b>FAMILY SUPPORT SERVICES</b>	<b>16</b>
<b>FINANCIAL MANAGEMENT</b>	<b>20</b>
<b>FINANCIAL SUPPORT FOR EXTRACURRICULAR ACTIVITIES</b>	<b>21</b>
<b>FOOD ASSISTANCE AND MEALS</b>	<b>22</b>
<b>GRIEF AND BEREAVEMENT SUPPORT</b>	<b>24</b>
<b>HEALTH AND MEDICAL CARE</b>	<b>26</b>
<b>IMMIGRATION AND SETTLEMENT SERVICES</b>	<b>28</b>
<b>INCOME SUPPORT</b>	<b>29</b>
<b>LANDLORD AND TENANT</b>	<b>30</b>
<b>LEGAL SUPPORT SERVICES</b>	<b>31</b>
<b>PREGNANCY SUPPORTS</b>	<b>34</b>
<b>SUBSTANCE ABUSE</b>	<b>36</b>
<b>SUPPORTS FOR FATHERS</b>	<b>39</b>

## 24 HOUR EMERGENCY NUMBERS

<b>Fire, Police, Ambulance</b> 911	<b>HEALTHLink Alberta</b> 811 or 1-866-408-5465 <a href="http://www.myhealth.alberta.ca">www.myhealth.alberta.ca</a>
<b>Addiction Helpline</b> 1-866-332-2322	<b>Indian Residential Schools Resolution Health Support Program</b> 1-866-925-4419
<b>Alberta Children’s Service Help Line</b> 1-800-387-KIDS (5437)	<b>Kids Help Line</b> 1-800-668-6868 <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
<b>Bullying Helpline</b> 1-888-456-2323 <a href="http://www.bullyfreealberta.ca">www.bullyfreealberta.ca</a>	<b>Mental Health Help Line</b> 1-877-303-2642 (toll free within Alberta)
<b>Central Alberta Women’s Emergency Shelter</b> 403-346-5643/1-888-346-5643	<b>Native Youth Crisis Hotline</b> 1-877-209-1266
<b>Child Abuse Hotline</b> 1-800-387-5437	<b>RCMP Complaint Line</b> 403-343-5575
<b>Crisis Support Centre</b> 780-482-HELP (4357)	<b>Sexual Assault Crisis Line</b> 1-866-956-1099
<b>Distress Line</b> 1-800-SUICIDE	<b>24-Hour Emergency Income Support</b> 1-866-644-5135 (toll free)
<b>Family Violence Info Line</b> 310-1818 (toll free)	

## QUICK REFERENCE RESOURCES

(not all 24 hour)

<b>49th Street Youth Shelter</b> 403-341-3190	<b>Red Deer Food Bank</b> 403-346-1505
<b>Addiction &amp; Mental Health Services</b> 403-340-5466	<b>Mental Health Clinic (AHS Walk In Counselling)</b> 403-340-5466
<b>Alberta Supports</b> 1-877-644-9992 (Toll Free) <a href="https://www.alberta.ca/alberta-supports.aspx">https://www.alberta.ca/alberta-supports.aspx</a>	<b>Parkland Family Centre (Walk In Counselling)</b> 403-340-8955
<b>Canadian Mental Health Associations</b> 403-342-2266	<b>Police &amp; Crisis Team (PACT)</b> 403-406-2505
<b>Central Alberta AIDS Network Society</b> 403-346-8858	<b>Suicide Information &amp; Education Services</b> 403-342-4966
<b>Family Services of Central Alberta</b> 403-343-6400	<b>Youth Phone Line</b> 403-358-3674
<b>RCMP Complaint Line</b> 403-343-5575	<b>Victim Services</b> 403-406-2345

# AFFORDABLE HOUSING AND SUPPORTS

## **Coordinated Entry Housing Assessment** 403-347-0181

*5246 53 Avenue, Red Deer*

A program through Safe Harbour, this is a single place for individuals experiencing homelessness to access housing and support services. The goal of this system-wide program is to meet the needs of the most vulnerable while ensuring all individuals and families who come into contact with the homeless system are assessed and provided with appropriate supports to exit homelessness.

<https://safeharboursociety.org/get-help/#emergency>

## **Habitat For Humanity** 403-309-0998

*4731 74A Street Close, Red Deer*

Building homes in Red Deer and the surrounding areas to offer them to select low-income working families through a no-down payment, interest-free mortgage program.

<http://www.habitatreddeer.ca/index.php>

## **Harbour House** 403-347-0181

*5246 53 Avenue, Red Deer*

Based on a Housing First model this housing program is designed to provide housing and support for eight individuals who are considered to be the most vulnerable in our community and who have the most difficulty accessing and sustaining housing. It is not necessary for them to give up their addiction to maintain this type of housing. Individuals with the greatest need are “screened in” rather than “screened out” due to the complex needs of the tenants, Harbour House operates with a 24-hour staffing model. As always, our emphasis is about reducing the harm to improve health. Harm reduction strategies provide a realistic health approach for this group of people.

<https://safeharboursociety.org/get-help/#emergency>

## **Living Stones Church** 403-347-7311

*2020 40 Avenue, Red Deer*

Assistance with damage deposits. Contact Kim at the church for intake.

<https://www.livingstones.ab.ca/>

## **Native Friendship Centre** 403-340-0020

*4808 51 Avenue, Red Deer*

Offers housing programs designed to support Aboriginal peoples living off the reserve and serves people who are at risk of losing their housing.

<http://rdnfs.com/>

**Potter's Hand Ministries** 403-396-7536

*4935 51 Street, Red Deer*

Providing affordable housing to over 300 individuals and families at The Buffalo, Covenant Park, Riverside Meadows and The River Valley.

<http://pottershandsministries.org/housing/>

**Red Deer Housing Authority (RDHA)** 403-343-2177

*4719 48 Avenue, Red Deer*

The Red Deer Housing Authority's mission is to provide affordable housing and subsidies to low income individuals and families with core housing needs. Its vision is to be seen as the leader in non-market and social housing in Red Deer and surrounding area.

<http://www.reddeerhousingauthority.ca/>

**Safe Harbour** 403-347-0181 (Open 24hrs)

*5246 53 Avenue, Red Deer*

Providing support for the most vulnerable people in our community who don't have access to sustaining housing from mental health and/or addiction concerns. Safe Harbour works with community partners for emergency shelter services, support services and housing services.

<https://safeharboursociety.org/>

**Salvation Army** 403-340-0625

*4837 54 Street, Red Deer*

One time assistance with utility bills with qualifying intake.

<https://salvationarmyreddeer.com/>

**Shining Mountains Living Community Services** 403-346-9794

*4925 46 Street, Red Deer*

Providing wide range of services for people at risk for and who are living with HIV/AIDS, homelessness, domestic violence, and addictions.

<http://www.shiningmountainslcs.ca/>

# CHILD CARE AND SUBSIDY

## **Child Care Subsidy**

The Ministry of Children's Services provides financial assistance to eligible lower-income families using:

- Licensed day care centres
- Licensed group family child care
- Approved family day homes
- Licensed out-of-school care centres
- Licensed pre-schools and
- Approved early childhood development programs

<http://www.humanservices.alberta.ca/financial-support/15104.html>

**Red Deer Child Care Society** 403-347-7973

*#2, 5571 45 Street, Red Deer*

Offering day care, day home, play school and school age programs located around the city of Red Deer. Subsidy is available in all programs for individuals who qualify.

<http://www.reddeerchildcare.ca/>

# CLOTHING AND HOUSEHOLD NEEDS

## **Dress For Success** 403-597-8769

*#4, 4917 48 Street, Red Deer*

Providing each client with professional attire to secure employment. Besides physically equipping the client with apparel and accessories, these programs furnish clients with a confidence that will carry forever and the knowledge to actively define life, and direction for success means to each individual.

<https://centralalberta.dressforsuccess.org/>

## **Habitat For Humanity ReStore** 403-309-6080

*4732 78A Street Close, Red Deer*

Habitat ReStores are retail stores that accept donations of quality new and gently used building materials and resell the items at a fraction of the regular retail price. Every item in the ReStore is donated and the profits go towards Habitat for Humanity Red Deer Region Society's homebuilding program and restoring hope to low-income working families.

<http://www.habitatreddeer.ca/restore.php>

## **Mission Thrift Store** 403-340-2522

*2823 Bremner Avenue, Red Deer*

Offering quality new and gently used clothing, furniture, books, toys, and other household goods. By going to Canadian Mental Health office, a person can ask for a voucher to Mission Thrift Store. Vouchers are in \$30 amounts and can be issued to each member of a family.

<https://missionthriftstore.com/>

## **Salvation Army Thrift Store** 403-340-0625

*#132, 2325 50 Avenue, Red Deer*

Provides gently used clothing and household items for individuals on a budget.

<http://www.thriftstore.ca/>

## **Value Village** 403-343-3000

*2235 50 Avenue, Red Deer*

Offering incredible selection of pre-loved items such as apparel, shoes for all sizes, housewares from everyday dishes to fine China, accessories, books, electronics and much more.

<https://stores.savers.com/ab/reddeer/valuevillage-thrift-store-2028.html>



# COUNSELLING SERVICES

## 24/7 TOLL FREE PHONE SERVICES:

**Alberta Help/Distress Line** 1-800-779-5057

**First Nations and Inuit Hope for Wellness Helpline** 1-855-242-3310

**Kids Help Phone** 1-800-668-6868

**Mental Health Helpline** 1-877-303-2642

**Addiction & Mental Health Services** 403-340-5466

*4733 49 Street, Red Deer*

Addiction services include assessment, treatment and referral for clients with alcohol, tobacco and other drug or gambling concerns. Short-term outpatient treatment services include individual, family and group counselling. Mental Health Services are provided for individuals with mental health issues, including helping people access the best service for them as quickly as possible (centralized access).

<https://www.albertahealthservices.ca/info/facility.aspx?id=1025052&service=7648>

**Catholic Social Services** 403-347-8844

*5104 - 48 Avenue, Red Deer*

Providing counselling and parent programs.

<https://www.cssalberta.ca/>

**Eating Disorder Services (49th Street Community Health Centre)** 403-340-5466

*4733 49 Street, Red Deer*

Helps people find the service that offers treatment for their eating disorder. Healthcare providers, educators, and the public are offered education and consultation about treating eating disorders.

<https://www.albertahealthservices.ca/info/facility.aspx?id=1025052&service=1024109>

**Family Services of Central Alberta** 403-343-6400

*5214 47 Avenue, Red Deer*

The counselling program assists families and individuals to resolve personal, marital and family problems. We help you to generate alternatives and find your own unique solution.

<https://fsca.ca/counselling/>

**Shalom Counseling** 403-342-0339

*5515 27 Avenue, Red Deer*

Offers a full range of counselling for individuals, couples, teens and families.

<https://www.shalomcounselling.com/>



**Women's Outreach** 403-347-2480

*4101 54 Avenue, Red Deer*

This program supports women wanting to learn about creating healthy boundaries. In a group atmosphere, our qualified facilitators will teach the skills necessary to maintain healthy relationships.

<http://www.womensoutreach.ca/programs/boundaries-groups/>

**Vantage Community Services - Walk In Clinic** 403-340-8995

*4920 54 Street, Red Deer*

Anyone may face overwhelming times in life when distress, anxiety, or pressure becomes too much to navigate. Learning how to cope is paramount for those seeking counselling, whether the issue is a family-related problem, loneliness, financial distress, grief, exposure to a traumatic event, or another stressor. Receiving prompt support without being placed on a waiting list is equally crucial. Individuals, couples, and families can access Vantage's walk-in clinic without a referral and at no cost to them. Clients are welcome to make multiple visits, though they may see a different therapist each time.

<http://www.vantagecommunityservices.ca/programs-services/walk-in-clinic/>

## DISABILITY SUPPORTS

### **Aspire Special Needs Resource Centre in Central Alberta** 403-340-2606

*4826 47 Street, Red Deer*

Support staff visit families in their homes, provide assessment and intervention services, consult for children in the school systems, work closely with other community providers and agencies and provide training to teachers and Educational Assistants in schools all over Western Canada.

<http://aspirepecialneeds.ca/home>

### **Assured Income for the Severely Handicapped (AISH)** 1-877-644-9992

*109, 4920 51 Street, Red Deer*

Providing financial and health benefits to eligible Albertans with a disability.

<https://www.alberta.ca/aish.aspx>

### **Autism Society of Red Deer** 1-877-777-7192 (Toll Free)

Offering support meeting to families in Central Alberta.

<https://autismalberta.ca/>

### **Catholic Social Services** 403-347-8844

*5104 48 Avenue, Red Deer*

Family supports for children with disabilities provides help in private homes or community-based settings that recognize the importance of family; Disability supports for adults are offered in community-based settings and must be individualized to meet a range of needs or complexities of our clients.

<https://www.cssalberta.ca/Our-Services/Supports-for-Children-Adults-with-Disabilities>

### **Central Alberta Fetal Alcohol Spectrum Disorder Network** 403-342-7499

*206, 33 McKenzie Crescent, Red Deer County*

This province-wide network of community and government agencies works to promote FASD prevention, and to provide services to families and individuals.

<http://www.centralfasd.org/>

### **Disability Related Employment Support (DRES)** 1-800-661-3753 (Toll Free)

Individuals with disabilities can get supports to help them succeed in school and find rewarding careers. Funding is also available to pay for supports that help overcome barriers to education or employment caused by a disability.

<https://www.alberta.ca/disability-related-employment-supports.aspx>



**Family Support for Children with Disabilities (FSCD) 403-340-5003**

*7th Floor, 5010 43 Street, Red Deer*

Providing a wide range of family-centred supports and services. Services are meant to help strengthen families' ability to promote their child's healthy development and encourage their child's participation in activities at home and in the community.

<http://www.humanservices.alberta.ca/disability-services/14855.html>

**McMan Youth Family and Community Services 403-309-2002**

*#103, 5214 47 Avenue, Red Deer*

McMan's Life Skills Coaching provides hands-on training and education. This coaching is aligned with the specific needs of individuals who struggle with addiction and/or mental health issues. Its focus is on individuals who struggle with addiction and/or mental health issues along with the criteria for eligibility for Disability Services through the Government of Alberta.

<https://www.mcmancentral.ca/copy-of-prevention-groups>

# DOMESTIC VIOLENCE

## **24/7 Family Violence Info Line 403-310-1818**

Talk to professionals over the phone, 24/7.

## **Central Alberta Sexual Assault Support Centre 403-340-1124**

*A201, 5212 48 Street, Red Deer*

Educates, supports and empowers individuals, families and communities regarding all aspects of sexual abuse and sexual assault. Crisis and short-term counseling services are available to victims of sexual assault and their families. Individual sessions are designed to support personal coping skills and accelerate recovery in people who are experiencing the after-effects of a trauma. Regardless of the length of time since the assault, all victims can benefit from appropriate supportive intervention.

<http://casasc.ca/>

## **Central Alberta Women's Emergency Shelter 403-346-5643**

*5301 47 Avenue, Red Deer*

Offering safe refuge, personal counseling, and community support for families experiencing family violence.

<http://cawes.com/>

## **Central Alberta Women's Outreach Centre 403-347-2480**

*4101 54 Avenue Red Deer*

Striving to improve the safety, social and emotional needs of women and their families through one-on-one discussions, information, and public awareness. Outreach workers assist with supporting individuals and families in identifying their needs and concerns, accessing support services related to individual needs, supporting women and families experiencing the effects of domestic abuse/violence, legal support, supporting women who are leaving the Women's Emergency Shelter, crisis intervention & support and meeting basic needs.

<http://www.womensoutreach.ca/>

## **Supports for Albertans Fleeing Abuse 1-866-644-5135 (Toll Free)**

Albertans fleeing abusive situations like domestic or family violence can get help 24 hours a day, 7 days a week. Alberta Works financial benefits are available to assist eligible Albertans who are fleeing violent situations.

<https://www.alberta.ca/alberta-supports.aspx>

## EMERGENCY SHELTERS

**49th Street Youth Shelter** 403-341-3190 (24 Hour Crisis Line) / 403-358-1517 (Text Crisis Line)

*4633 49 Street, Red Deer*

Offers a safe place to stay with supportive staff who can help youth figure things out and get pointed in the right direction. Youth safety is our number one priority, and we want to make sure our youth have the support they need to move into a better situation.

<http://youthhq.ca/organization/49th-street-youth-shelter/>

**Central Alberta Women's Emergency Shelter (CAWES)** 403-346-5643

*5301 47 Avenue, Red Deer*

The Central Alberta Women's Emergency Shelter offers safe refuge, personal counseling, and community support for families experiencing family violence.

<http://cawes.com/>

**Central Alberta Women's Outreach Centre** 403-347-2480

*4101 54 Avenue Red Deer*

Striving to improve the safety, social and emotional needs of women and their families through one-on-one discussions, information, and public awareness. Outreach workers assist with supporting individuals and families in identifying their needs and concerns, accessing support services related to individual needs, supporting women and families experiencing the effects of domestic abuse/ violence, legal support, supporting women who are leaving the Women's Emergency Shelter, crisis intervention & support and meeting basic needs.

<http://www.womensoutreach.ca/>

**Day Support** 403-347-0181

*5246 53 Avenue, Red Deer*

A program through Safe Harbour, this program operates daily and serves the most vulnerable in the community who are either too ill or too intoxicated to be outside all day. Through the winter, hours are extended to provide this service on the weekends as well as keeping it open longer until the shelters are open for the night.

<https://safeharboursociety.org/get-help/#emergency>

**MATS** 403-347-0181

*5246 53 Avenue, Red Deer*

A program through Safe Harbour, this is an overnight shelter for 26 adults who are under the influence of substances. The Mat program provides a supervised environment for its guests who are extremely vulnerable on the streets and in the elements.

<https://safeharboursociety.org/get-help/#emergency>

**McMan Youth Family and Community Services** 403-309-2002

*#103, 5214 47 Avenue, Red Deer*

A diverse range of programs and services accessible through local offices across Alberta to anyone who needs help. We believe that help from someone who cares should never be out of reach. Programs in Red Deer are Arcadia, Family Development, Foster Care, Life Skills Coaching, Prevention Groups and Substance Abuse Services.

<https://www.mcmancentral.ca/>

**Mustard Seed** 403-347-1884

*6002 54 Avenue, Red Deer*

Meeting the immediate needs of men and women experiencing homelessness by providing emergency shelter, food, clothing, hot showers and hygiene supplies.

<https://theseed.ca/>

**People's Place** 403-347-0181

*6002 54 Avenue, Red Deer*

A program through Safe Harbour, this overnight emergency shelter is for 35 adults who have no other means available to them. They are living in poverty and are in the process of connecting back to the community. They are ready for an element of stability in their lives and are building their resources to that end. The staff at People's Place help the guests with goal setting and resource referrals. From November to March they increase the capacity of this shelter to 46 people to reduce the chances of turning anyone away through the winter months.

**Winter Warming Centre** 403-347-0181

*5246 53 Avenue, Red Deer*

A program through Safe Harbour, The Warming Center operates from November 1 to April 30 and its purpose is to keep the homeless people from freezing to death outside during the winter months. Simply put it is a place for people to come in to thaw out.

<https://safeharboursociety.org/get-help/#emergency>

## EMPLOYMENT AND TRAINING

### **Alberta Works Centre (Red Deer) 403-340-5439**

*#109, 4920 51 Street, Red Deer*

Helping individuals with financial support, employment services and career resources. Alberta Works also offers job fairs, workshops, information sessions and region-specific labour market information. Alberta Supports can connect you to benefits and services for seniors, disabilities, low income, bullying, family violence, homelessness and more.

<https://www.alberta.ca/alberta-supports.aspx>

### **Bredin Centre For Learning 587-273-0228 or 1-877-273-3461**

*4406 50 Avenue, Red Deer*

Employment counsellors offers to help individuals upgrade education and find employment that matches their skills.

<http://www.bredin.ca/reddeer-employment-centre>

### **Career Assistance Network 403-341-7811**

*#102, 5214 47 Avenue, Red Deer*

Offering a wide range of services, in a variety of formats, for a diverse spectrum of clients. Most of our services are provided for free through funding from the Government of Alberta and Government of Canada. To find out how we can help you meet your career and employment goals, please check out the sections below, highlight the various supports we can offer.

<http://www.rdcn.ca/>

### **Lifelong Learning Council 403-343-1322**

*200, 4315 55 Avenue, Red Deer*

Providing leadership in supporting equitable learning and literacy opportunities and removing barriers to both by funding a multitude of programs for adult learners, ranging from English as a second language to foundational skills training.

<http://www.learningrd.ca/>

### **Rupertsland Institute 403-342-6636**

*1, 5015 48 Street, Red Deer*

Rupertsland Institute is an affiliate of the Métis Nation of Alberta and holds a triple mandate in education, training and research. We offer programs, services and information to Métis people in these areas through a network of offices across Alberta.

<http://www.rupertsland.org/>



# FAMILY SUPPORT SERVICES

## **Addiction & Mental Health Services** 403-340-5466

*4733 49 Street, Red Deer*

Addiction services include assessment, treatment and referral for clients with alcohol, tobacco and other drug or gambling concerns. Short-term outpatient treatment services include individual, family and group counselling. Mental Health Services are provided for individuals with mental health issues, including helping people access the best service for them as quickly as possible (centralized access).

<http://www.albertahealthservices.ca/info/facility.aspx?id=1025052&service=7648>

## **Alberta Child Health Benefits** 1-877-469-5437

Eligible individuals and families with limited incomes can access free health benefits through several government programs.

<http://www.humanservices.alberta.ca/documents/health-benefits-brochure.pdf>

## **Canadian Mental Health Association** 403-342-2266

*5017 50 Avenue, Red Deer*

Offering parenting workshops and groups such as Caregiver Connections, Decision Making Assistance, Family Enrichment Workshop, Art of Friendship, Straight Talk, Tattered Teddies and Friendship Circle.

<https://reddeer.cmha.ca/programs-services/>

## **Catholic Social Services** 403-347-8844

*5104 - 48 Avenue, Red Deer*

Providing counselling and parent programs.

<https://www.cssalberta.ca/>

## **Christmas Bureau** 403-347-2210

*#16, 7428 49 Avenue, Red Deer*

The Red Deer Christmas Bureau is a non-profit organization that supports children and families in need at Christmas through mobilization of community volunteer and financial resources. Also runs Coats for Kids program.

<http://reddeerchristmasbureau.com/>

**Family Services of Central Alberta** 403-343-6400

*5409 50 Avenue, Red Deer*

Provides a wide variety of preventive, supportive, and early intervention services for families throughout Central Alberta.

<https://fsca.ca/>

**Gathering Place** 403-343-6249

*200, 4315 55 Avenue, Red Deer*

This Clubhouse strives to support people living with a mental illness improve their quality of life and promote dignity and respect. The Clubhouse encourages: active participation in clubhouse programs, community inclusion, sustainable employment for members, self advocacy, personal growth and empowerment.

<http://epsreddeer.com/services/gathering-place>

**Hope Mission** 587-877-9678

*5217 50 Avenue, Red Deer*

Exists to serve, strengthen and uplift men, women, youth and children through the life changing gospel of Jesus Christ.

<https://hopemission.com/>

**Keys to Your Parenting** 403-343-1619

*5116 47 Street, Red Deer*

The thought of becoming a parent can be overwhelming at any time, especially if the news of your pregnancy is unexpected. Caring for a new life is indeed a big responsibility but it can also be one of life's most rewarding experiences. This free 10 week group program a closed group and provides information on both parenting and life skills.

<https://www.pregnancycares.ca/parenting/>

**Mustard Seed** 403-347-1844

*6002 54 Avenue, Red Deer*

Adults experiencing poverty and homelessness have their basic needs met, are growing hope and are supported toward sustainable life change and integration into the broader community.

<https://theseed.ca/>

**Native Friendship Centre** 403-340-0020

*4808 51 Avenue, Red Deer*

Four Directions Family Support and In Home Parenting Services provides support to families and individuals through Aboriginal Culture and traditions.

<http://rdnfs.com/>

### **Parenting After Separation (PAS)**

Parenting After Separation is a six hour seminar when taken in person or approximately a 3 hour eCourse. PAS offers information to parents about the separation and divorce process, the effects of separation and divorce on children, techniques for communication and legal information that affects parents and children. To sign up, please visit the website.

<http://pas.albertacourts.ab.ca/>

### **Red Deer Housing Authority 403-343-2177**

*#302, 4719 48 Avenue, Red Deer*

Provides affordable housing and subsidies to low income individuals and families with core housing needs.

<http://reddeerhousingauthority.ca/>

### **Salvation Army 403-340-0625**

*4837 54 Street, Red Deer*

Providing a backpack program for student who go without food on weekends.

<https://salvationarmyreddeer.com/>

### **Sexual Assault Centre 403-340-1124**

*A201, 5212 48 Street, Red Deer*

Educates supports and empowers individuals, families and communities regarding all aspects of sexual abuse and sexual assault.

<http://casasc.ca/>

### **Shalom Counseling 403-342-0339**

*5515 27 Avenue, Red Deer*

Offers a full range of counselling for individuals, couples, teens and families.

<https://www.shalomcounselling.com/>

### **SPCA 403-342-7722, ext. 208**

*4505 77 Street, Red Deer*

This free program is designed to aid people in caring for their pets in the event of an emergency or crisis situations. Must be referred by an agency or professional and meet criteria to quality.

<https://cahumane.com/>



**Vantage Community Services** 403-340-8995

*4920 54 Street, Red Deer*

Anyone may face overwhelming times in life when distress, anxiety, or pressure becomes too much to navigate. Learning how to cope is paramount for those seeking counselling, whether the issue is a family-related problem, loneliness, financial distress, grief, exposure to a traumatic event, or another stressor. Receiving prompt support without being placed on a waiting list is equally crucial. Individuals, couples, and families can access Vantage's walk-in clinic without a referral and at no cost to them. Clients are welcome to make multiple visits, though they may see a different therapist each time.

<http://www.vantagecommunityservices.ca/programs-services/walk-in-clinic/>

**Youth HQ** 403-342-6500 or 403-341-3190 (24 Hour Crisis Line)

*4633 49 Street, Red Deer*

Their primary objective is the healthy growth and development of every young person who comes through the doors. They aim to address the unique individual needs of youth in our community. Whether those needs are to develop social skills, life skills, work skills, or self-esteem, we work with each youth where they are at. This is done by applying a collective, unified approach to all our programs and services that inspires youth empowerment.

<http://youthhq.ca/>

# FINANCIAL MANAGEMENT

**Bredin Centre For Learning** 403-587-273-0225

*4406 Gaetz Avenue, Red Deer*

Programs and services to individuals unemployed or currently on Unemployment Insurance to support budgeting, career and education goals.

<http://www.bredin.ca/>

**Debt Free Solutions** 587-797-2308

*4909 49 Street, Red Deer*

The licensed debt help professionals will listen carefully as you describe your situation and explain every available option that can help you pay off debt to give you a fresh start financially. The local team includes credit counsellors, proposal administrators and Licensed Insolvency Trustees (LITs) that are trained and licensed by the federal government to address your debt concerns.

<https://debtsolutions-reddeer.ca/>

**Money Mentors** 1-888-294-0076

*4811 48 Street, Red Deer*

Money Mentors is the only Alberta-based, not-for-profit credit counselling agency. Through a number of services, they help families and individuals recover from financial crisis and move forward. From credit counselling and money coaching to retirement planning and community financial literacy, we're creating a healthier financial future for the entire province.

<https://moneymentors.ca/>

# FINANCIAL SUPPORT FOR EXTRACURRICULAR ACTIVITIES

## **Jumpstart** 1-844-YES-PLAY

When families need a little financial boost to get kids involved in a sport, dance team or other active program, they need to fill out an application. This needs to be done before the fees are due, as the money goes right to the organization. Applications for assistance can typically be submitted from January 15 to November 1; with the goal for funding to be equitably distributed over Spring/Summer and Fall/Winter activities.

Your family meets our financial need requirements and your kid is registered, but what about the skates/cleats/racquets/gloves/helmets/uniforms they need to play? Not to worry. Jumpstart has you covered. The application asks for equipment details. Funds can also be provided for adaptive equipment to help kids with special needs.

<http://jumpstart.canadiantire.ca/content/microsites/jumpstart/en/apply.html>

## **KidSport** 403-314-4737

*Box 33054, Red Deer*

By applying online through an application process you can receive up to \$200 per child, per calendar year towards sport registration fees.

<http://www.kidsportcanada.ca/alberta/red-deer/apply-for-assistance/>

## **Red Deer Fee Assistance Program** 403-309-8411

The Fee Assistance Program offers financial support to people who are currently facing some financial challenges and want to use City-operated recreation facilities or take part in City offered Recreation, Parks or Culture programs or activities. Pending available funding, the program provides up to \$200 per year to each eligible person for City Recreation, Parks and Culture program registrations, plus access to recreation facilities.

<http://www.reddeer.ca/recreation-and-culture/recreation/facility-admission-fees--pass-prices/fee-assistance-program/>

## FOOD ASSISTANCE AND MEALS

### **Food For Friends** 403-350-5946

Provides financial services to those needing emergency food support. The service includes basic financial support in the form of a food card, and if desired education to teach people how to choose nutrient dense foods and training on how to best utilize that food.

<http://foodforfriendsrd.com/>

### **Golden Circle Grocery Delivery** 403-343-6074

*4620 47 Avenue, Red Deer*

To use the grocery delivery program, a home assessment is done to get you connected to the services. Cost for delivery is \$5. Contact the Outreach Team for information.

<http://www.goldencircle.ca/outreach/grocery-delivery/>

### **Golden Circle Meal Program** 403-343-6074

*4620 47 Avenue, Red Deer*

The Golden Circle Home Style Meals service offers a wide selection of affordable, nutritious and ready-to-eat meals which are packaged and frozen ready to be heated. Delivery available for additional charge. Please contact for details.

<http://www.goldencircle.ca/outreach/home-style-meals/>

### **Potter's Hand Ministries: The Kitchen** 403-396-7536

*4935 51 Street, Red Deer*

Providing free meals (1-2 per day) on a drop in basis. Breakfast is served daily Monday to Saturday, soup lunch on Mondays, supper on Tuesdays and Brunch on Sundays. Schedule available on their website, or by calling.

<http://pottershandsministries.org/the-kitchen/>

### **Mustard Seed** 403-347-1884


*6002 54 Avenue, Red Deer*

Meeting the immediate needs of men and women experiencing homelessness by providing emergency shelter, food, clothing, hot showers and hygiene supplies. Drop in snack time on Tuesdays and Thursdays from 12pm - 3pm, offers supper meals on Mondays, Wednesdays, and Fridays from 5pm - 7pm. Is a satellite location for the food bank and offers school lunch programs based on school requests.

<http://theseed.ca/reddeer/#directorsMessage>

### **Red Deer Food Bank** 403-342-5355

*7429 49 Avenue, Red Deer*



Providing emergency food requirements and Hampers for those in need in the Red Deer and surrounding area.

<http://www.reddeerfoodbank.com/home.html>

**R-Own Food Co-Op** 403-347-2480

*4101 54 Avenue, Red Deer*

R-Own Food Co-op is a member driven food co-op enabling members to purchase basic food necessities at a reduced cost. With the buying power of the co-op we are able to keep the costs at a below retail cost, giving everyone the opportunity to benefit from bulk buying. Anyone is able to sign up for the food co-op giving us the ability to reduce the pricing even more.

<http://www.womensoutreach.ca/services/r-own-food-co-op/>

**Salvation Army** 403-340-0625

*4837 54 Street, Red Deer*

Providing daily bread and food hampers.

<https://salvationarmyreddeer.com/>



# GRIEF AND BEREAVEMENT SUPPORT

**Alberta Health Services 49th Street Clinic** 403-340-5466

*4755 49 Street, Red Deer*

Open bereavement group held every Wednesday from 5:00 pm - 6:45 pm. Must register through intake office. Also provides counseling and referral services. Single-session, 50 minute counseling appointments available on Tuesdays for walk-in clients.

<https://www.albertahealthservices.ca/>

**CrossRoads Church** 403-347-6425

*38105 Range Road 275, SW Corner of 32 Street and Highway 2*

This group meets weekly to help those who have lost a spouse, child, family member, or friend. Meetings are held on Tuesdays at 7pm in Room 108.

<http://www.crossroadschurch.ca/hope>

**Golden Circle Senior's Centre** - 403-343-6074 Ext. #105

*4620 47 Avenue, Red Deer*

Offer bereavement support groups for people over age 50.

[www.goldencircle.ca](http://www.goldencircle.ca)

**Native Friendship Centre** 403-340-0020

*4808 51 Avenue, Red Deer*

Family Health Liaison takes a holistic approach to healing and encourages self care for families and individuals.

<http://rdnfs.com/>

**Red Deer Regional Hospital Centre** 403-343-4596

*3942 50A Avenue, Red Deer*

Hospital intervention for inpatients and public health follow-up for parents whose baby has died because of miscarriage, stillbirth, or early neonatal death. Also runs a Grief Group approximately two times per year. For more information call RDRHC - Volunteer Resources Department.

<http://www.reddeervsu.ca/pdfs/resources-grief-support.pdf>

**Red Deer Hospice** 403-309-4344, ext. 105

*99 Arnot Avenue, Red Deer*

Offers Grief Groups approximately two times per year, and various Loss Lectures to assist people through difficult times such as the holidays, special occasions and seasonal changes.

<http://www.reddeerhospice.com/>



**Widowed Support Network** 403-755-0977

Open support group for widows that provides a safe place for people who have lost their spouses through death. The meetings are held on the 3rd Friday of the month from 7:00 pm - 9:00 pm at the New Life Fellowship Church. For more information please call or email: [widowedsupportnetwork@gmail.com](mailto:widowedsupportnetwork@gmail.com)

**H.E.A.R.T.S. (RD Hospice)** - 403-309-4344 Ext. #105

H.E.A.R.T.S. "Helping Empty Arms Recover Through Sharing" is a baby loss support program designed to help families through the loss of their baby, including stillborn and miscarriage. Group meets the 2nd Thursday of the month (September to June) at the Bremner Avenue Community Health Centre. 403-309-4344 Ext. #105.  
[www.reddeerhospice.com](http://www.reddeerhospice.com)

## HEALTH AND MEDICAL CARE

### **Alberta Works** 403-340-5439

*#109, 4920 51 Street, Red Deer*

Through Alberta Works, people eligible for Income Support, the Alberta Adult Health Benefit, and the Alberta Child Health Benefit receive a Health Benefits Card (Health Benefits) that provides coverage for themselves and/or their dependents, unless they receive coverage through the Government of Canada. Through the Alberta Adult Health Benefit, a Health Benefits Card is also available to women during pregnancy and to households with high ongoing prescription drug needs, if their household income meets eligibility levels.

Health benefits include:

- prescription drugs and essential over the counter medications
- eye exams and glasses
- dental care
- emergency ambulance services
- essential diabetic supplies

<http://www.humanservices.alberta.ca/financial-support/2073.html>

### **Canadian Red Cross** 403-346-1241

*105 - 5301 43 Street, Red Deer*

The Canadian Red Cross Short Term Health Equipment Loan Program allows people to return home from hospital earlier and gives independence and dignity to those in palliative care. Individuals can receive aids such as wheelchairs, walkers, bath seats, benches, commodes and toilet seats, crutches and canes, bed handles and other durable medical equipment. For the referral form, please [visit here](#).

### **DOoR Program** 403-356-6300

*300 Jordan Parkway, Red Deer*

Free dental treatments and preventative services for people ages 5 to 18 years. Eligibility is determined by take home income for family size.

<https://www.albertahealthservices.ca/info/service.aspx?id=1073506>

### **Healthlink** 8-1-1

List of service providers and 24/7 health advice.

<https://myhealth.alberta.ca/>

**One Sight Program** 403-342-7060

*4900 Molly Bannister Drive, Red Deer*

LensCrafters provides eye exams and eyewear at no cost for children who do not have access to or cannot afford care for vision. Financial need is based on the absence of any vision benefits, including AISH, social assistance, Alberta Works, First Nations cover and any other government programs.

<http://www.lenscrafters.ca/onesight>

**Red Deer 49th Street Community Centre** 403-314-5225

*4755 49 Street, Red Deer*

Provides sexual health information include sexually transmitted infection information and testing, birth control, and pregnancy testing. You do not need Alberta Health Care to access these services.

<https://www.albertahealthservices.ca/default.aspx>

**Red Deer Primary Care Network** 403-343-9100

*5120 47 Street, Red Deer*

Red Deer Primary Care Network (RDPCN) is a partnership between Family Doctors and Alberta Health Services. Health professionals such as psychologists, social workers, nurses and pharmacist work in clinics alongside family doctors. In addition, programs and groups are offered at the RDPCN central location. This improves access to care, health promotion, chronic disease management and coordination of care. RDPCN is proud of the patient care offered, the effective programs it has designed and the work it does with partners in health care and the community.

<http://reddeerpcn.com/Pages/default.aspx>

**Street Clinic** 403-340-3593

*5017 49 Street, Red Deer*

The Street Clinic provides service to the vulnerable population including those who are homeless in Red Deer and others who are residents of housing projects.

<http://reddeerpcn.com/Programs/Pages/Street-Clinic.aspx>

**The Lending Cupboard** 403-356-1678

*5406C 43 Street, Red Deer*

Providing a variety of medical equipment to those who need for short or long term durations.

<http://lendingcupboard.ca/services/>

**Turning Point** 403-346-8858

*4611 50 Avenue, Red Deer*

Providing support services for individuals living with HIV.

<https://turningpoint-ca.org/>

# IMMIGRATION AND SETTLEMENT SERVICES

## **C.A.R.E** 403-346-8818

*5000 Gaetz Avenue, Red Deer*

Central Alberta Refugee Effort (CARE) provides settlement support to newcomers in Central Alberta through numerous programming available for all families.

<http://immigrant-centre.ca/>

## **Catholic Social Services** 403-346-8818

*5104 48 Avenue, Red Deer*

Services are free and offered in English, French and more than 50 other languages. For access to services, immigration documents are required, as driver's license will not be accepted.

<https://www.cssalberta.ca/Our-Services/Immigrant-Refugee-Support>

## **Cultural Access Pass** 1-888-359-6998

New Canadian citizens explore, travel, and discover Canada during their first year of citizenship with the ICC's Cultural Access Pass ©® (CAP). The only program of its kind in the world, CAP provides members with free admission to more than 1,400 of Canada's premier cultural attractions and discounts on travel.

<https://www.icc-icc.ca/site/program/cultural-access-pass/>

## **Settlement Support in Libraries** 403-346-8818

The SSIL Program aims to make settlement services more accessible in a very visible and public place. The presence of the program has expanded in our community, developing and strengthening relationships with other programs including our main partner Red Deer Public Library (RDPL). For more information phone or email [librarysupport@care2centre.ca](mailto:librarysupport@care2centre.ca).

<http://immigrant-centre.ca/our-services/settlement-support-in-schools-libraries-ssisl/>

## **Settlement Support in Schools** 403-346-8818

Our Settlement Support Workers assist immigrant and refugee students and their families. We provide the immediate essential support for a smooth transition into the Canadian school setting within Red Deer and surrounding areas. We aim to strengthen the student's ability to cope with the many challenges of adjusting in a new school setting. For more information, please call or email [schoolsupport@care2centre.ca](mailto:schoolsupport@care2centre.ca).

<http://immigrant-centre.ca/our-services/settlement-support-in-schools-libraries-ssisl/>

# INCOME SUPPORT

## **Emergency Income Support** 1-866-644-5135

*#109, 4920 51 Street, Red Deer*

If you are facing an unexpected emergency, you can apply for emergency financial assistance.

You can get help when:

- a situation is caused by unforeseeable circumstances beyond your control, and
- it presents a severe health risk, and
- you cannot access other resources or wait until your next pay-cheque or Income Support benefit cheque.

The allowance covers costs for food, clothing, child care, transportation, damage deposits, temporary accommodations, utility arrears, eviction payments.

<https://www.alberta.ca/emergency-financial-assistance.aspx>

## **Income Support** 403-340-5353

*2 Floor, 4911 51 Street, Red Deer*

Income Support provides financial assistance to Albertans who do not have the resources to meet their basic needs, like food, clothing and shelter.

<https://www.alberta.ca/alberta-supports.aspx>

# LANDLORD AND TENANT

**Central Alberta Community Legal Clinic** 403-314-9129

*5008 50 Street, Red Deer*

Provides free legal services to people who do not qualify for Legal Aid and who cannot afford a lawyer. Service is provided through appointments booked in advance and legal advice is not given over the phone.

<http://www.communitylegalclinic.net/>

## **Laws for Landlords and Tenants in Alberta**

Learn about the laws that apply when renting a place to live in Alberta.

<https://www.landlordandtenant.org/>

**Service Alberta** 310-0000 then 780-644-3000 (Toll Free)

*101, 4901 46 Street, Red Deer*

Receive information on the Landlord and Tenant Act as well as issues residential tenancy disputes.

<https://www.servicealberta.ca/landlord-tenant-disputes.cfm>

# LEGAL SUPPORT SERVICES

## **Alberta Law Line** 1-866-845-3425 (Toll Free)

This program provides free legal information, referrals, and advice to Albertans over the phone. All calls are confidential.

## **Central Alberta Community Legal Clinic** 403-314-9129

*301, 5008 Ross Street, Red Deer*

Offers free legal services to people who do not qualify for Legal Aid and who cannot afford a lawyer. Service is provided through appointments booked in advance and legal advice is not given over the phone.

<http://www.communitylegalclinic.net/>

## **Child Support Services** 403-340-7896

*109, 4920 51 Street, Red Deer*

Support staff work collaboratively with parents, who are on income support or AISH to ensure that their children get the support that they need. They will assist you in filling out child support applications, filing an order and serving papers. Please call to determine eligibility.

<https://www.alberta.ca/help-receiving-child-support.aspx>

## **Dial-A-Law** 1-800-332-1091

The topics in the Dial-A-Law series provide general information on a wide variety of legal issues in the Province of Alberta. This service is provided by Calgary Legal Guidance with funding in part from the Alberta Law Foundation.

<http://www.communitylegalclinic.net/programs-services/dial-a-law/>

## **Family Court Assistance** 403-340-7187

*2nd Floor, 4909 48 Avenue, Red Deer*

Court counselors help individuals who don't have a lawyer prepare for court, navigate your family law matter through the Provincial Court, discuss your issues, explore your options and get you referrals, get a court order prepared and filed with the Court of Queen's Bench and then have copies sent to the other party – after a parenting-related hearing, review your divorce before its submitted to the Court of Queen's Bench.

<https://www.alberta.ca/family-court-assistance.aspx>



**John Howard Society of Red Deer** 403-343-1770 or 403-343-1841

*4916 50 Street, Red Deer*

Provides support and services with a focus on criminal justice and crime prevention. Our programs are focused on prevention, community engagement and education to foster community safety.

<http://www.jhsrd.ca/>

**Law Information Centre** 403-340-7187

*4909 48 Avenue, Red Deer*

Provides information about civil and criminal matters to help understand Alberta's court processes.

**Legal Aid Alberta** 1-866-845-3425

*200, 4802 51 Avenue, Red Deer*

Offers legal services to people who can't afford a lawyer. Payment is still required based on individual financial situations and must be pre-arranged.

[www.legalaid.ab.ca](http://www.legalaid.ab.ca)

**Native Counselling Services of Alberta** 403-347-4377

*4814 50 Street, Red Deer*

Court Workers help Aboriginal families or individuals who have been charged with a crime, are under 18 and in trouble with the law, or are involved with Children's Services. Court workers go to court with you, help you understand court matters, help with completing and filing documents, connect you with programs and organize restorative conferences.

<http://www.ncsa.ca/>

**Resolution Services** 403-340-7187

*2nd Floor, 4909 48 Avenue, Red Deer*

Resolution and Court Administration Services (RCAS) is a group of programs and services offered by the Government of Alberta, Justice and Solicitor General in collaboration with the courts of Alberta. Support staff help find solutions for legal issues, offer programs at no cost or a nominal charge, provide services across Alberta, and provide administrative support to all the courts within the province.

<https://www.alberta.ca/rcas.aspx>

**Women's Outreach** 403-347-2480

*4101 54 Avenue, Red Deer*

This program provides legal information and referrals to individuals as they navigate through the legal and judicial system. Staff assist clients to identify legal issues and prioritize legal needs and to help with their understanding of the legal process.

<http://www.womensoutreach.ca/services/legal-information-referral/>

# PREGNANCY SUPPORTS

## **Alberta Health Services 403-356-6300**

*300 Jordan Parkway, Red Deer*

AHS offers support programs know as Better Beginnings Prenatal Education, Childbirth Education, Early bird Classes, Perinatal Education, Prenatal Classes, Prenatal Education. These programs offer education and support in nutrition, labour and delivery, getting to know your baby. For more information, please call the centre.

## **Building Incredible Babies (BIB) 403-309-5647**

*5409 50 Avenue, Red Deer*

This free program offered through Family Services of Central Alberta which is home visitation program helping pregnant moms to experience a healthy pregnancy and deliver a healthy weight baby. Trained outreach workers visit expecting mothers in their own homes to provide pregnancy and infant care information. Also provide life skills coaching and financial literacy information. When needed a grocery gift card is provided to supplement their food budget. This program welcomes teen and young adult women.

<https://fsca.ca/building-incredible-babies-bib/>

## **Central Alberta Diaper Bank**

This groups helps families in need of help with purchasing diapers, wipes or formula. This is run by an honour system. If you're struggling for buy these items, you will qualify. Information can be found on their Facebook page, or by emailing [CentralAB.DiaperBank@gmail.com](mailto:CentralAB.DiaperBank@gmail.com)

## **Central Alberta Pregnancy Care Centre 403-343-1611 (main office); 403-343-1619 (24/7 Help Line); 1-844-343-1611 (Toll Free)**

*5116 47 Street, Red Deer*

Providing compassionate support and education for individuals and families impacted by unexpected pregnancy and related issues. Programs and services are free, confidential, and are offered in a safe and non-judgmental environment regardless of age, gender, race, or religion.

<http://www.pregnancycare.ca/>

## **Family Services of Central Alberta 403-309-5647**

*5409 50 Avenue, Red Deer*

Prenatal Classes for teens and young women is a one day class that is specifically designed to provide non-judgmental support and information to pregnant teens and women up to age 21. Classes are offered in small, comfortable groups and your partner and/or other supportive persons are invited to attend. This class will prepare you for pregnancy, birth, feeding and caring for your infant. Lunch & Snacks are provided.

<https://fsca.ca/prenatal-classes-for-teens-and-young-women/>

**Native Friendship Centre** 403-340-0020

*4808 51 Avenue, Red Deer*

The Parent Child Assistance program is designed to assist women of childbearing years what are ask risk of giving birth to a baby that has been exposed to alcohol during pregnancy.

<http://rdnfs.com/>

**Parent Child Assistance Program (PCAP)** 403-309-5647

*5409 50 Avenue, Red Deer*

This program is for women who are capable of having children, who have self-reported use of alcohol and/or drugs OR women with a FASD diagnosis themselves or delivered a child with FASD. The goal of PCAP is to prevent further births of alcohol/drug exposed children. We either motivate women to stop drinking/using drugs during pregnancy or help women who cannot stop using to avoid becoming pregnant. PCAP is a 3 year voluntary program for women.

<https://fsca.ca/parent-and-child-assistance-program-pcap/>

**Primary Care Network** 403-343-9100

*5120 47 Street, Red Deer*

This program supports anyone planning a pregnancy, expecting a baby, parenting a baby, or wanting information and support to have a healthy pregnancy and baby. A referral from your RDPCN family doctor OR if your family doctor is part of the RDPCN you can self-refer by calling to speak with a Triage Nurse.

<http://reddeerpcn.com/Programs/Pages/Pregnancy--Babies.aspx>

# SUBSTANCE ABUSE

## **Addiction Services Helpline** 1-866-332-2322 (Toll Free 24/7)

This is a toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services and operates 24/7.

## **Alberta Health Services (Addiction & Mental Health)** 403-340-5466

*4733 49 Street, Red Deer*

Outpatient services which include individual and family counselling for those with alcohol, tobacco, and other drug or gambling concerns. Programming to learn strategies to prevent school age children from drug and alcohol abuse also offered.

<https://www.albertahealthservices.ca/>

## **Al-Anon** 403-346-0320

*4406 51 Street, Red Deer*

Al-Anon is made up of people who are, or have been affected by someone else's drinking. They are actively working the Twelve Steps of Recovery and part of that process is sharing their experience, strength and hope, with others; in particular, people new to Al-Anon.

<https://al-anon.ab.ca/>

## **Alateen** 403-346-0312

*4406 51 Street, Red Deer*

Alateen is an Al-Anon group for adolescent tweens and teens. The meeting format is the same as an Al-Anon meeting. Alateens meet for the same purpose, and use the same Steps and Traditions. The only difference is that Alateen requires an Adult Al-Anon Sponsor, who is at least 21 years of age, to be present at every meeting.

<https://al-anon.ab.ca/alateen/>

## **Alcoholics Anonymous** 403-347-8650

A fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements. Membership is open to anyone who wants to do something about his or her drinking problem. Check website for locations and times.

<http://area78.org/>

**Canadian Mental Health Association 403-342-2266**

*5017 50 Avenue, Red Deer*

Wellness Recovery Action Plan (WRAP), is a self-designed prevention and wellness process that anyone can use to get well, stay well and make their life the way they want it to be. It is used extensively by people in all kinds of circumstances, and by health care and mental health systems all over the world to address all kinds of physical, mental health and life issues.

<http://mentalhealthrecovery.com/>

**Celebrate Recovery - CrossRoads Church 403-347-6425**

*38105 Range Road 275, SW Corner of 32 Street and Highway 2*

Hosted by CrossRoads Church, the purpose of Celebrate Recovery is to fellowship and celebrate God's healing power in our lives through the 8 Recovery Principles and the 12 Steps. As we progress through the program we discover personal, loving and forgiving faith.

<http://www.crossroadschurch.ca/celebraterecovery>

**Celebrate Recovery - Living Stones Church 403-347-7311**

*2020 40 Avenue, Red Deer*

Hosted by Living Stones Church, this is a Christ-centered, 12-step program for adults who are ready to embark on a journey of real, lasting change and personal growth. Find freedom from addictive, compulsive and dysfunctional behaviours. Celebrate Recovery meets you where you are at; helping address your hurts, habits and hang-ups step by step in a safe, caring community.

<https://www.livingstones.ab.ca/celebrate-recovery/>

**Gamblers Anonymous**

*503, 3940 50A Avenue, Red Deer*

Gamblers Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem through a 12 Step program. Group meets Wednesdays from 7pm - 8:30pm.

<http://www.albertaga.net/ZRedDeer.php>

**Narcotics Anonymous 403-896-4178**

A nonprofit fellowship or society of men and woman for whom drugs had become a major problem. We are recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only requirement for membership, the desire to stop using. We suggest that you keep an open mind and give yourself a break. Our program is a set of principles written so simply that we can follow them in our daily lives. The most important thing about them is that they work. Check website for meeting locations and times.

<https://www.centralalbertaina.com/>

### **Naloxone Kits**

Naloxone is a drug that can temporarily reverse an opioid (such as Fentanyl) overdose, so long as it is given right away and followed up by emergency medical care. You can get a Naloxone Kit to carry with you, when using drugs. Naloxone kits are available free of charge to anyone at risk of opioid overdose (i.e. current or previous users of opioids). If you get a kit at a community walk-in clinic or Pharmacy you do not need ID or a prescription. Family and friends can also get a kit. Contact the local pharmacy or walk in clinic for information.

<https://www.albertahealthservices.ca/info/Page15586.aspx>

### **Native Friendship Centre 403-340-0020**

*4808 51 Avenue, Red Deer*

Wellbriety is a Medicine Wheel and Twelve Step program to support those seeking sobriety.

<http://rdnfs.com/>

### **Protection of Children Abusing Drugs (PchAD) 403-340-5274**

*104, 4920 51 Street Red Deer*

The PChAD Act helps children under 18 years of age whose use of alcohol or drugs is likely to cause significant psychological or physical harm to themselves or physical harm to others. The PChAD program allows you, as a legal guardian, to ask the Court for a protection order. This order will mean your child can be taken to a protective safe house for up to 10 days, even if he/she does not want to go. During this period, your child will be provided with a structured and protective setting in which to begin detoxification, while providing parents an opportunity to get involved in the process. The time spent in the protective safe house also allows counsellors a chance to assess your child's substance use and offer treatment recommendations to follow once they have been discharged from the program.

<https://www.albertahealthservices.ca/amh/Page2547.aspx>

### **Safe Harbour 403-347-0181**

*5246 53 Avenue, Red Deer*

Offering a variety of support services such as Detox program. As part of this program, individuals learn about treatment options and medical care.

<https://safeharboursociety.org/>

### **Turning Point 403-346-8858**

*4611 50 Avenue, Red Deer*

Supporting individuals through harm reduction, safe injection sites and overdose prevention. Naloxone kits are also available through the Night Reach Team.

<https://turningpoint-ca.org/>

# SUPPORTS FOR FATHERS

## **Daddy and Me** 403-343-6400

*5409 50 Avenue, Red Deer*

Run by Family Services of Central Alberta, every Tuesday evening the Kinsmen Family Play Space comes alive with the shrieks and giggles of young kids (age 0-6) spend the evening with the full attention of their dad. This drop-in program was created with father friendliness in mind, creating a comfortable and safe atmosphere for fathers to interact positively with their kids.

<https://fsca.ca/daddy-and-me/>

## **24/7 Dad Program** 403-343-1619

*5116 47 Street, Red Deer*

Offered through The Pregnancy Care Centre, this parenting program is just for Dads! If you are already parenting or if you are going to be a dad soon, this might be just the program for you.

<https://www.pregnancycare.ca/parenting/>

## **Male Mentorship Program** 403-343-1611 / 1-844-343-1661 (Toll Free)

*5116 47 Street, Red Deer*

This free support and counselling program offered to men who are expecting an unplanned pregnancy. There is no age restrictions or requirements. Please call to book your appointment.

<http://www.pregnancycare.ca/for-guys/>

## **Men's Support Group** 403-347-2480

*4101 54 Avenue, Red Deer*

This free program is offered to male victims of violence in an intimate partner relationship. It is a program that focuses on therapeutic change for men who want to be part of a healthy relationship and have a non-abusive future. The 8 week program addresses issues of abuse in intimate relationships and offers methods of coping with its effects.

<http://www.womensoutreach.ca/programs/mens-group/>