

Community Resources

Red Deer & Area

**Prepared by Red Deer Catholic Regional Schools
Family School Enhancement Counsellors**

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**For further information, or additional copies, please contact:
Red Deer Catholic Regional Schools #39
5210 61 St, Red Deer, AB T4N 6N8**

Inclusion of organizations in this guide does not represent endorsement of programs, nor does exclusion indicate disapproval. This guide will grow and evolve as community services expand and change. Please contact us if you have an edit to suggest.

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RDCRS [Family School Enhancement Counsellors](#) are here to support all students and their families through life's challenges. Please contact your school to connect. For more information visit rdcrs.ca/schools/fsec or facebook.com/familiesofrdcrs.



Housing

Tips and Tricks:

Apartments are often listed in the yellow pages of the phone book. Try checking the apartments' website for local listings, rent prices and who is accepted. Phoning each apartment building to ask for vacancies is a great place to start. Often landlords know of upcoming units available or have open units before they are ever listed. Taking the initiative and phoning before waiting for a listing gives you a head start.

Some Real Estate companies also have rental units or are aware of rental agencies in the area. Try looking up some local Real Estate agencies in the yellow pages or online and phoning to ask if they deal with rental units also.

Online postings are also a great way to find out about available rental units, try Kijiji, rentboard.ca, gottarent.com and reddeer.rentspot.com

The Red Deer Housing Team puts out a weekly housing package with a list of rentals available. You can pick this up from The Women's Outreach, Canadian Mental Health, and Family Services of Central Alberta.

Affordable Housing & Supports

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

RDHA administers 309 community housing units located in Red Deer, Sylvan Lake and Innisfail, as well a rent supplement programs for Red Deer, Sylvan Lake, Rocky Mountain House, Innisfail and surrounding areas.

The Rent Supplement Programs have been established by Federal and Provincial Governments to help address the housing need throughout Alberta. The amount of assistance is based on household size requirements. Subsidy maximums are listed are their website. To qualify, applicants must be Canadian Citizens, independent landed immigrants, or government sponsored landed immigrants. Assets and belonging cannot exceed \$25,000. The program is open to people who are renting a legal suite (e.g.



apartment, duplex, townhouse). Total household income cannot be more than the maximum income limits permitted under the program (see website for table). Applicants must provide verification of their current income and proof of their rent (i.e. lease agreement). You will be placed on a waiting list based on priority of need.

You can find the application on their [website](#).

reddeerhousingauthority.ca | Location: #302 4719-48 Avenue, Red Deer, AB T4N 3T1

The Bethany Group.....1-780-679-2000

Through their Community Housing program, The Bethany Group manages 435 spaces in Bentley, Bowden, Camrose, Innisfail, Lacombe, Millet, Ponoka, Red Deer, Rimbey, and Wetaskiwin. Community Housing is a subsidized rental program providing housing to families and individuals who have a low or modest income. Program funding comes from the federal, provincial, and municipal governments and is based on a provincial point-scoring criteria to ensure housing opportunities are provided to those most in need. Need is determined by income, assets, and current housing condition and based on the area’s service centre.

thebethanygroup.ca | Location: 4612 53 Street Camrose AB T4V 1Y6

Program to Assist the Homeless (PATH).....587-273-0225

This program is intended to stabilize housing and improve self-sufficiency for individuals at imminent risk of homelessness. This includes individuals or families facing breakdown in family relationships, eviction or with poor rental history. Services may include housing financial assistance, move-in support, and orientation to the neighbourhood.

bredin.ca | Location: 500, 5010 43 Street, Red Deer, AB T4N 3Z6

Safe Harbour.....403-347-0181

Safe Harbour provides a variety of options and support for the most vulnerable in our community who have the most difficulty accessing and sustaining housing, often due to mental health and addiction concerns. These include both emergency shelter and long-term options like the Supported Recovery Housing program, a medically supported Detox and Harbour House for those who identify the desire to recover from addiction. In these instances case managers work directly on the care of the tenants and case plans are developed to support their sobriety and help help them maintain their housing.

safeharboursociety.org | Location: 5246 53 Ave, Red Deer, AB T4N 5K2



Native Friendship Centre 403-340-0020
Offers a few housing programs designed to support Aboriginal people living off reserve.
rdnfs.com | **Location: 4808 51 Ave., Red Deer, AB, T4N 4H3**

Shining Mountains Living Community Services.....403-346-9794
Provides a wide range of community services for Aboriginal people at risk for and who are living with HIV/AIDS and/or HCV, homelessness, domestic violence, and addictions. The housing program “WICOHKAMAWEW” (They are Helping One Another) offers an alternative way of service delivery that assists Aboriginal Women (and their children) by promoting a sense of community and self-identity-“women helping women and/or helping each other.” The program includes a safe residential environment, counselling (etc) and referrals to community resources.
shiningmountainslcs.ca | **Location: 4925 46 St, Red Deer, AB T4N 1N2**

Habitat for Humanity..... 403-309-6080 ext. 2
Habitat for Humanity helps families build strength, stability, and self-reliance through affordable homeownership. Working alongside Habitat Red Deer, families have the opportunity to own a home while repaying an affordable mortgage carried by Habitat for Humanity.

There are various eligibility requirements to be selected to purchase a home, including: Canadian citizenship or 3 years Permanent Residency, a household annual income between \$37,000-\$58,000, ability to pay a mortgage and homeowner expenses (insurance, taxes, maintenance, etc.), and the willingness to partner with Habitat Red Deer to contribute 500 hours of volunteer work as sweat equity.

habitatreddeer.ca/for-families.php | **26-7875 48th Avenue, Red Deer AB T4P 2K1**

Salvation Army.....403-346-2251
One-time assistance with utility bills with qualifying intake.
Location: 4857 54 Street, Red Deer, AB T4N 5E9



Emergency Shelters

Central Alberta Women’s Emergency Shelter (CAWES).....1-888-346-5643 (24/7)

Free emergency accommodation is provided for a maximum stay of 21 days. Food, personal items, non-prescription drugs, and transportation are also provided for woman and/or her children.

In addition to emergency shelter services, CAWES provides a wide variety of services to assist families find and adjust to permanent and safe housing outside of the shelter.

cawes.com | Location: address released after phone call

Central Alberta Women’s Outreach Society.....403-347-2480

Provides support, information and referrals to individuals and families who are in search of affordable and safe housing. While there is no housing available at the Outreach Centre, Julietta's Place is a housing option for families fleeing domestic violence that is accessible through the society. This facility provides 10 affordable secure suites, while occupants participate in intensive programming to learn how to live life free from violence. The Outreach Centre also provides access to programs and services through the Red Deer Housing Team to support individuals and families seeking safe and secure housing in the surrounding community.

womensoutreach.ca | Location: 4101 54 Ave, Red Deer, AB T4N 7G3

MATS.....403-347-2480

The Mat program is an overnight program operating from 8pm to 8am, 365 days a year. MATS provides a supervised environment for up to 26 adults who are under the influence of substances and extremely vulnerable on the streets.

safeharbourociety.org | Location: 5246 53rd Ave

People’s Place.....403-347-2480

This is a sober facility which offers emergency shelter for 35 adults with no other means available, who are not under the influence of alcohol or drugs. This option is for those in the process of connecting back to the community. Services include crisis intervention, sleeping accommodations, community service referral, showers, laundry facilities, free clothing and food and are offered from 7pm to 7am 365 days a year.

[Website](#) | Location: 6002 54 Ave, Red Deer, AB T4N 0J1

49th Street Youth Shelter403-341-3190

This program designed to assist youth between 12 to 17 years old who do not have an appropriate place to stay. Youth are provided with support in a caring and safe environment. Services by the shelter are provided 24 hours per day, 7 days a week, 365 days a year. Community Based Programs are also available to support youth, young adults, and families

youthhq.ca | Location: 4633-49th Street, Red Deer, AB

McMan Youth Family & Community Services.....403-309-2002

The Arcadia program is for youths between 15 and 24 who have been homeless for three months or have a history of episodic homelessness that spans a significant portion of the last few years.

Referrals are accepted based on: youth without a permanent place of residence; living on the street, in shelters or places not intended or suitable for permanent residency; “couch surfing”, or living off others for short periods of time. An interview with the youth/family being served is also part of the process. Prioritization includes reviewing all available information, discussions with referral sources and information obtained for admission and screening reports.

mcmancentral.ca/arcadia | Location: 103, 5214 47th Avenue Red Deer, AB T4N 3P7

Landlord and Tenant

Service Alberta.....1-877-427-4088

Call to receive information on the Landlord and tenant Act and landlord/tenant issues such as rental agreements, eviction questions and damage deposits etc...

Can also assist with filing a dispute against a landlord.

servicealberta.ca | Location: Service Canada Centre #101, 4901 46 St, Red Deer, AB

Central Alberta Community Legal Clinic403-314-9129

Able to provide assistance with landlord/tenant questions, issues and disputes. Call to complete an over the phone intake to qualify for their free services.

communitylegalclinic.net | Location: #301, 5008 50 St, Red Deer, AB T4N 1Y3



Feeding Yourself and Your Family

Ways to save:

Meal Planning. Planning out your meals in advance and creating a grocery list for the items you need can save you loads of money. This makes sure you are buying foods that have a purpose, saving you from buying items you don't need. Try to plan meals that share similar ingredients so one item can make several meals. When you are making your grocery list, look in flyers and try estimating how much each item will cost so you have a rough idea of how much you will be spending. It also lets you make adjustments to your shopping list to fit your budget before you get to the grocery checkout.

Try to buy less prepackaged foods. You often get more bang for your buck buying the ingredients to make the meal yourself, you will most likely end up with leftover ingredients that you can put towards making another meal.

Make food a priority! Food should always be at the top of your list when planning where to spend your money. Food is more important than a cell phone bill, cable bill, cigarettes or other items that you could live without. You can't live without food, it's a fact.

R-Own Food Co-op403-347-2480

Join a food co-op! The Outreach Centre has a monthly food co-op for \$25 a month. Here's how it works, you give them your \$25 and they do all the shopping. On the pick-up date you get a food hamper that contains 3 fresh vegetables, 2 fresh fruits, a starch, and 3 lbs hamburger, pork and chicken. Because they buy in bulk and then split it up between all the people who order, you end up with more food than you would usually get for \$25 at the grocery store. Pick up between 11am-2pm at the Salvation Army Church (4837 54 Street). Dates vary for pick-up call, [email](#) or see their website.

womensoutreach.ca/services/r-own-food-co-op/ | **4101-54 Ave, Red Deer, AB T4N 7G3**

Despite the delivery charge online shopping can alleviate the need for transportation to and from the grocery store allowing shoppers to access sales and food otherwise unavailable in their area.

Sobeys Village Mall Grocery Delivery403-347-4600

Call in your order and it will be delivered in Red Deer with a \$6 delivery charge.

sobeys.com/en/stores/sobeys-village-mall | **200, 6380 - 50 Avenue Red Deer T4N 4C6**

The Golden Circle Grocery Delivery.....403-343-6074

If you need to use our grocery delivery program a home assessment is done to get you connected to our services. Delivery provided at \$5/delivery. Service offered on Fridays.

goldencircle.ca/outreach/grocery-delivery/ | Location: Red Deer Co-op 5118 - 47th Ave

Real Canadian Superstore Grocery Delivery.....403-350-3527

Order through the Superstore website or through their mobile app. The store staff will collect your groceries for pick up for a small charge (determined by cost of groceries).

This can make thoughtful shopping much easier and faster for those who find grocery shopping difficult due to physical limitations, tight schedules and/or busy children who would prefer time in the park instead of the grocery store aisles.

Shop.superstore.ca | Location: 5016 51 Ave a, Red Deer, AB T4N 4H5

Sinnott’s Your Independent Grocers.....403-342-1265

Order through the online store. Store staff will collect your groceries. Pick-up at Clearview location; fees are generally between 3\$-5\$.

yourindependentgrocer.ca | Location: 3 Clearview Market Way, Red Deer, AB

Yes there are places like the food bank where you can go for food that doesn’t cost you anything, but these are for emergency situations. If you find yourself using the food bank on a regular basis, that’s a sign you may need to make some changes to your income, expenses or spending habits. Don’t be scared to ask for help to make these changes.

Emergency Food Assistance and Meals

The Red Deer Food Bank.....403-346-1505 (hamper request)

Call during [office hours](#) to have your needs assessed. Eligibility is determined on a case by case basis and will require proof of income, number of people in household and personal ID. If approved, clients are given a hamper pick up time. At first pick-up, clients are required to provide photo i.d., proof of income and proof of address. For children, bring Alberta Health Care card or birth certificate. Subsequent pick ups will only require ID. Keep in mind, the Food Bank is only a supplementary service intended to augment the grocery bill for individuals and families. As such, food hampers will not provide all necessary groceries for a family and the number of hampers per clients is limited.

reddeerfoodbank.com | Location: Bay 12, 7429 49 Ave. Red Deer, Alberta

Sacred Heart Catholic Church.....403-346-2618

The friendship meal is prepared and served by volunteers at no cost to the public on the third and fourth Sunday of every month from 12:30 to 1:30.

sacredheartrd.ca | Location: 5508 48A Avenue, Red Deer

Salvation Army Community Services.....403-346-2251

Daily bread, food hampers, Christmas meal

salvationarmy.ca/need-help | Location: 4857 54 Street, Red Deer

The Mustard Seed.....403-347-1844

Open from 12-3pm on Tuesday and Thursday for fellowship and snacks; open from 5-7pm Monday, Wednesday and Friday for a hot meal at no cost, dairy and bread products are available when donated. The Mustard Seed also offers the school lunch program which delivers free lunches to schools for children who are unable to bring a lunch from home.

The Mustard Seed is now a satellite food bank location on Tuesdays and Thursdays from 11-3. Clients of the food bank can request to have their hamper be available for pickup at our location.

theseed.ca | Location: 6002 - 54 Ave, Red Deer, AB T4N 4M8

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, as well as nutritional and food prep workshops. Food cards can be used at Sobeys South. Referral needed from Cosmos, FSCA or Gaetz Memorial United Church. More info at Foodforfriendsrd.com.

facebook.com/FoodForFriendsRedDeer | Krystal.FoodForFriends@gmail.com

Living Stones Church..... 403-347-7311

Benevolence Ministry offers encouragement and grocery hampers to individuals and families in need. Please note that all benevolence is at the discretion of the Benevolence Committee. | Location: 2020 40 Ave, Red Deer, AB T4R 0T5

Potter's Hands Ministries: The Kitchen.....403-309-4246

Offers 1 to 2 free meals per day, on a drop in basis. Click the schedule link below for dates and times: [Schedule of Meals](#)

pottershandministries.org | Location: 4935 – 51 Street, Red Deer, AB

7 th Day Adventist Centre.....403-782-6777

Provides free meals on Thurs. from 4:30pm-5:30pm and on Sat. from 4:30pm – 5:30pm.

Location: 5014-49 St, Red Deer, AB

Financial Assistance

Where will the money come from?

Not having enough money to cover your bills or even your basic needs can be a very scary and stressful thing. There are some one time emergency assistance that can help you get through times when money is tight. There are also strategies and resources you can use to prevent yourself from getting in a financial bind over and over again:

Pay attention to where you are spending your money. Write down everything you spend money on for a month and see where you are actually spending. You may be surprised at how much you are spending on non-necessity items such as smoking or taxis.

Make a plan. Write down where you plan on spending your money. It's important to make sure you take care of your costs for rent, utilities, food and transportation before planning to spend money anywhere else.

What happens if there is no money left over after paying rent, bills and groceries? Or what if there isn't even enough money to pay rent? There are only two things you can do...try to make more money or choose to lower your living costs.

Get creative! Sometimes increasing the amount of money you have means you need to be creative. Sell things you don't use or need, do odd jobs for people such as yard work or babysitting or try collecting bottles.

Ask for help. Find a friend, family member or agency that can help you brainstorm ways to change your financial situation and provide tips on how to manage your money.

Filing your taxes up to date can also provide you with additional income from GST cheques, Child Tax credits and other government benefits. **Your online guide to Government benefits:** for a customized list of federal, provincial and territorial programs and services visit: www.CanadaBenefits.gc.ca

Canada Revenue Agency Tax Preparation Clinics

Deacon's Outreach.....403-346-5659

Golden Circle.....403-341-4534

The John Howard Society of Red Deer..... 403-343-1770

cra-arc.gc.ca/tx/ndvdl/vlntr/clncs/reddeer-ab-eng.html | See website for hours.

Income Support.....1-877-644-9992

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

Albertans in four general situations may qualify for Income Support:

- Cannot work due to chronic health problems or other barriers to employment (Barriers to Full Employment);
- Looking for work, working but not earning enough, or temporarily unable to work (Expected to Work);
- Need training so they can get a job (Learners);
- Faced with an unexpected, one-time Emergency that's no fault of their own, e.g., sudden eviction due to fire (Emergency Allowance).

The level of assistance varies depending on each person's situation including financial resources, ability to work and the number of children in the family. For more information go to <https://myalbertasupports.humanservices.alberta.ca/CitizenPortal/application.do>

[Website](#) | Location: 4911 51 Street, Red Deer

Emergency Income Support1-866-644-5135

A one-time emergency allowance may be provided for food, accommodation, replacement clothes, unpaid utility bills, repairs to home or major appliances (etc.) when:

- The situation is beyond the control of the household unit, and
- An applicant or a recipient or a member of the household unit is in a situation that presents a serious health or safety risk, and
- The person cannot wait until the next payment date, access other available resources, or make alternative arrangements

Clients in an emergency situation may also be issued Child Care and/or Transportation benefits for safety reasons if they are otherwise eligible for these benefits. For a list of rates allotted per expense see the website listed below.

[Website](#) | Location: Red Deer Alberta Works, Provincial Building, 4920 51 St #109

Budgeting and Money Management Skills

Stretch Your Dollar Budgeting Basics alis.alberta.ca/pdf/cshop/stretchyourdollars.pdf

Money Mentors.....1 888-294-0076

A credit counselling service offering free consultations, money coaching and financial fitness classes to assist with budgeting for everything from debt repayment to retirement. Credit counsellors will review income, expenses, assets and debts to determine the clients needs. Money Mentors is also the exclusive provider of the Orderly Payment of Debts program which combines all unsecured debts into one monthly payment at a guaranteed interest rate of 5%.

moneymentors.ca | Location: 4811 48 St, Red Deer, AB T4N

Debt Solutions Red Deer.....587-797-2308

Offers 1 free consultation [Debt FAQs](#) as well as [Tools to Manage Debt](#).

debt solutions-reddeer.ca/debt-help | Location: 4909 49th Street Red Deer, AB

Bredin Centre for Learning Red Deer.....1-877-273-3461

The programs and services are no cost to you and are designed to help Albertans reach their career and education goals. The WorkSource and PATH programs offer budgeting workshops and support. To be eligible for the WorkSource program, you must be unemployed, or be currently on or have been on (EI) Employment Insurance and are seeking full time employment. To be eligible for the PATH program, you must be experiencing homelessness.

www.bredin.ca | Monday-Friday 8:00am - 4:30pm

Red Deer College Budgeting for Students

rdc.ab.ca/future-students/costs-financing/budgeting/budgeting

Financial Help for Extra-Curricular Activities

Red Deer Fee Assistance Program.....403-358-7532

For Individuals who are experiencing financial difficulties, you can apply for a fee assistance card to cover the cost of using the city’s recreation facilities. It also provides subsidies for some activities listed in the community program guide.

If you are receiving support from any of the following you are automatically qualified; AISH, Income Support, Alberta Works, have refugee status, are a tenant of Red Deer Housing Authority, or are approved for Red Deer Public School District Fee Waiver Program. If you are not a part of any of these programs, you can still apply by phoning the [Collicutt Centre](tel:403-358-7532) 403-358-7532, [G.H. Dawe Community Centre](tel:403-406-8600) 403-406-8600, [Recreation Centre](tel:403-309-8411) 403-309-8411, [Michener Aquatic Centre](tel:403-342-2853) 403-342-2853, [Culture Services Centre](tel:403-309-4091) 403-309-4091.

YMCA North Side Community Centre.....403-967-9622

The YMCA’s opportunity fund

Northernalberta.ymca.ca | 6391 76 Street, Red Deer, AB T4P 3E9

JumpStart Canadian Tire Program.....1-877-616-6600

Provides assistance with paying for child’s extra-curricular activity. Each child can apply for assistance, multiple times. To apply, call the number above and you will be given your area’s contact. You may need a letter confirming that you would benefit from assistance from a social worker, teacher or other agency that with whom you are involved.

[Website](http://www.jumpstart.canadiantire.ca) | www.jumpstart.canadiantire.ca

KidSport.....1-888-914-5437

You can apply to receive financial help with the costs of enrolling your child in a registered sport. Applicants may receive up to \$250 per calendar year towards the enrollment of a sport. To apply, you can print off the application online at www.kidsport.ab.ca or you can contact KidSport to have an application mailed to you.

Community Recreation

Red Deer Public Library..... 403-346-4576

There's always something happening at Red Deer Public Library. RDPL offers programs for all ages. Check out our [calendar of events](#) to see what's going on! Memberships (library cards) for children and teens are free. Adult memberships are free until the end of 2017 in celebration of Canada's 150.

www.rdpl.org | **Locations: Downtown Branch, Dawe Branch, Timberlands Branch**

Red Deer Museum and Art Gallery.....403-309-8405

First Fridays are free (donations welcome). The galleries will be open from 5-8 pm. MAGnificent Saturdays, led by artists, connects exhibits with an art making activity. Participants of any age are welcome! \$5 per person or \$10 for family. Frequent participant? All MAGnificent Saturdays drop-ins are included in a MAG Annual family membership for \$30/yr or grandparent membership \$25/yr.

redeermuseum.com | **Location: 4525-47a Avenue, Red Deer, AB T4N 6Z6**

Youth HQ.....403-342-6500

Boys & Girls Clubs located in Red Deer, Springbrook, Penhold, Bowden, Elnora, Benalto Delburne, Spruce View and Innisfail.

Big Brothers Big Sisters program offers community and in-school mentoring.

youthhq.ca | **Location: 4633 49th Street Red Deer AB T4N 1T4**

Waskasoo Environmental Education Society.....403-346-2010

The Kerry Wood Nature Centre and Fort Normandeau (seasonal) offer many low-cost weekly drop-in and pre-registration programs and events. Visit their website to see what's new and upcoming! The Kerry Wood Nature Centre is open year-round, 10 a.m. until 5 p.m. Fort Normandeau is open Victoria Day to Labour Day.

waskasoopark.ca | **Location: (KWNC) 6300 45 Ave, Red Deer, AB T4N 3M4**

AHS Move Your Mood.....403-340-5274

8 week exercise program to promote good mental health for youth ages 17 and under. Referral needed from AHS Children's Mental Health Therapists. There is also a community Move Your Mood family challenge (no referral needed). Contact Denise at 403-340-5274 for more information.

Clothing and Household Necessities

Some suggestions...

Try looking online for free or cheap clothing and household items, popular places to look are [Kijiji](#), [Freecycle.org](#), trader’s post on the radio and online buy and sell facebook groups. Don’t get discouraged if you don’t find your items posted, try posting a “Wanted” ad asking for what you need.

Red Deer has designated “Kick it to the Curb” days where people are encouraged to place unwanted items on their front lawns for anyone to pick up for FREE. Look on the city of Red Deer website for the next [Kick it to the Curb day](#).

Think about if it’s an item you need to have or if it’s an item you would be able to borrow. If it’s an item you will only need for a limited time, try asking friends or posting online to borrow. Red Deer has a facebook page where people can request to borrow a specific item from community members; neigh*borrow red deer on facebook.

St. Vincent De Paul Society.....403-597-3030

Located at Sacred Heart Parish. Gently used household linens and furniture available.

Victory Church Clothing Zone403-343-2484

Open Wednesdays (1p-3p), Thursdays (9a-12p), Fridays (1p-3p).

Provides used clothing and footwear free of charge.

Coats for Kids and Families Red Deer is also hosted at Victory Church Clothing Zone.

[Website](#) | **Location: 98 Oberlin Ave, Red Deer, AB T4N 5A4**

Canadian Mental Health Central Alberta Region.....403-342-2266

Canadian Mental Health has a voucher system (which means items are free) for individuals in need of clothing for any member of their family or for household necessities such as dishes or bedding. A person in need simply comes into our office, lets us know they are in need, and then they are given a voucher for Mission Thrift Store. Vouchers come in \$30 amounts and can be issued to each member of the family. Children 12 and older must be present at time of shopping to redeem voucher. Vouchers may be issued every 3 months.

[reddeer.cmha.ca](#) | **Location: 5017 50 Ave, Red Deer, AB T4N 4B2**

Mission Thrift Store403-340-2522

Gently used clothing and household furniture available at low prices. Check out their [facebook page](#) for deals of the week. Open Monday-Saturday, 10:30am-4:00pm.

missionthriftstore.com | **Location: 2823 Bremner Ave, Red Deer**

Salvation Army Thrift Store.....403-340-0625

Gently used clothing and household furniture available at low prices. Visit the [coupon corner](#) on their website for more deals! Open 9am-9pm Mon. to Fri. and 9am-6pm Sat.

thriftstore.ca/alberta/red-deer | **Location: 2325 50 Ave, #132 Red Deer**

ReNew Thrift Store.....587-272-2226

Gently used clothing, household items and small furniture all available at affordable prices. All profits from reNew Thrift Store stay in Red Deer. Check out their [facebook page](#) for more information and specials throughout the week.

Open 9:30am-5pm Mon. to Fri. and 9:30am-4:30pm Sat.

renewthriftstore.org | **Location: 4608 50 Ave, Red Deer, Alberta T4N 3Z8**

Dress for success.....403-597-8769

We want you to feel your best while job searching and in the first few weeks of employment. Once you've scheduled an interview, obtain a referral to visit your local Dress for Success boutique. Our volunteers will work with you to help you choose an interview outfit and will also provide guidance and support for the upcoming interview.

dressforsuccess.org/centralalberta | **Location: #4, 4917 – 48 Street, Red Deer, Alberta**

John Howard Society.....403-343-1770

Will provide work boots, hard hats and mens work wear as it is available to them.

Habitat for Humanity Re-Store.....403-309-6080 ext.1

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.

www.habitatreddeer.ca/restore.php | **4732 78a St Close, Red Deer, AB T4P 2J2**

Finding Employment

There are several steps to finding meaningful, long-term employment that suits you best and fulfills your needs; career planning, job search, cover letter and resume building, as well as interviewing.

Career Assistance Network403-341-7811

Offers free workshops, career and employment programs as well as fee-for-services training and individual services. Open M-TH 8:30-4:30 / F: 8:30-3:00.

rdcan.ca/ | **Location: #102, 5214 - 47 Avenue, Red Deer, AB T4N 1X2**

Bredin Centre for Learning587- 273-0225

Employment counsellors offer help with education and career planning, resumes and cover letters, interview skills, stress management, and job searches.

bredin.ca/unemployed-albertans | **Location: 4406 50 (Gaetz) Ave, Red Deer, AB**

Alberta Supports Centre403-340-5353

Help connecting to work or training. Offers job fairs, workshops, information sessions and region-specific labour market information.

Location: 2nd Floor First Red Deer Place 4911-51 Street, Red Deer AB T4N 6V4

Career Centre (Dress for success).....403-597-8769

Women meet regularly to support and encourage each other through building confidence, networking and discussing workplace-related topics. These meetings help participants stay motivated and optimistic.

[Website](#) | **Location: Lower level, #4, 4917 – 48 Street, Red Deer, Alberta T4N 1S8**

Employment Placement and Support Services (EPSS)403-343-6249

Youth Employment Services (YES) offers individualized assistance to youth with planning for their careers, gaining job search skills, obtaining and maintaining employment.

Eligibility: Youth between the ages of 14 & 21 referred by: Family Support for Children with Disabilities, Children’s Services, Community & Social Services - Disability Related Employment Supports as well as youth living with some type of barrier such as mental health, learning disability, physical disability etc.

Epsreddeer.com | **Location: #220, 4315 55 Ave, Red Deer, AB T4N 6B5**

Career Planning Websites and Interactive Tools:

CAREERinsite is your one-stop guide to career planning that helps you to assess your interests and skills, explore occupations and create an action plan for achieving your employment goals. <http://careerinsite.alberta.ca>

Occinfo offers information on a variety of occupations including wage information, education required and skills needed. <http://alis.alberta.ca/occinfo/>

Job Search Websites :

Kijiji: www.kijiji.ca Workopolis: <http://workopolis.com/> Monster: <http://monster.ca/>
careerJET: <http://careerjet.ca/> Job Bank: www.jobbank.gc.ca
Government of Alberta Jobs: www.jobs.alberta.ca

Cover Letter Online Tips, Templates and Examples:

ALIS: <http://alis.alberta.ca/ep/eps/tips/tips.html?EK=154>

Resume:

ALIS Online Tips, Templates and Examples

<https://alis.alberta.ca/worksearch/resumes.html>

e-Resume Review Service: Free resume review service, submit resume online for review and feedback : <https://alis.alberta.ca/ep/eps/hotline/resume.html>

Interview Skills How to Prepare for an Interview - Tip Sheets:

ALIS: <https://alis.alberta.ca/worksearch/io/expect.html>

Finding Childcare and Child Care Subsidy

Finding safe, suitable and affordable childcare isn't always as easy as it seems. There are a few steps you can take to help you find the childcare you need and apply for financial help with paying the costs of child care.

Step 1: Determine what type of childcare you are most comfortable with. Some people may choose to have a babysitter, friend or family member come into their home, or others prefer a dayhome or a daycare. Whatever method you choose is up to you, however there are a few things to consider if you would like to apply for child care subsidy.

Only approved dayhomes, licensed daycares, licensed out-of school care, licensed preschools and kin care will qualify for subsidy. So this means, in order for you to apply for daycare subsidy, your child's place for care needs to be licensed or approved. Or if you choose a babysitter, you will only qualify for subsidy if the babysitter is a relative (this is called Kin Care).

What is the difference between a daycare and a dayhome? Basically there isn't a lot of difference in the care provided between a quality licensed daycare and a quality approved dayhome. A dayhome is run out of the providers home, snacks, meals and daily activities are planned and provided. A daycare is run out of a facility or centre and also plans meals, snacks and daily activities. A dayhome usually has one staff, the person whose home it is while a daycare typically has several staff. This is because a dayhome usually has fewer kids than a daycare. The more kids, the more staff that's needed.

Step 2: Now that you know what you are looking for it's time to start looking for childcare. Think of what is important to you, when looking for a childcare provider. Does your child have special needs? Is it important to you that they have nap time? Healthy snacks? Make a list of what you feel your child needs and what you would like the child care to provide for your child.

Look at the list of needs and wants you created for childcare and make a list of questions you could ask when researching your childcare options.

To find childcare, try a Google search! Try searching Red Deer Daycares or Red Deer Dayhomes. You can also look in the phone book or on Kijiji. Keep in mind they need to be licensed or approved in order for you to receive subsidy.

You can also contact your local Child and Family Services office for a list of places (403) 340 – 5400 or go online to <http://www.humanservices.alberta.ca/oldfusion/ChildCareLookup.cfm> Here you can search for childcare, and view any incident or inspection reports the daycare/dayhome has had.

Step 3: You probably have a few options now that you are considering and places to call. Phone the child care provider and ask your list of questions, the monthly fees and if they have a spot open. They will want to know the ages of your children and when you plan on starting care. If they have no spots open, ask to be put on the waitlist.

It's a good idea to phone several providers and place your child on several lists, this will increase your chances of an open spot becoming available for child care. Make it a habit to phone the providers back every few weeks to see if a spot has become available.

Once a spot becomes available, ask about the registration process and fees needed up front to hold your child's spot. **AFTER** your child is registered you can then apply for subsidy. Let the provider know that you will be applying for daycare subsidy.

Step 4: Apply for subsidy. Your child needs to be registered in a daycare/dayhome and have a start date **BEFORE** applying for subsidy. However you can go online to: <http://www.humanservices.alberta.ca/financial-support/15104.html> and have an estimate of how much subsidy you may be eligible for at any time.

You can apply for subsidy online, by mail or submit your application in person. To get an application form go to: <http://humanservices.alberta.ca/financial-support/15669.html> or go to the office and pick one up: **4826 Ross St, Red Deer, AB**

You may need to provide the following information with your application: Identification for yourself, your spouse and all children under the age of 18. Notice of Assessment from last years tax return, don't worry if your income info has changed, this can be taken into consideration. Proof of income and confirmation of employment or confirmation of registration as a student.

Step 5: Waiting to be approved. Once you have submitted your application, your application should be processed in approximately 10 business days. You will receive a letter in the mail stating whether you've been approved or denied, the daycare subsidy start and end dates and the amount of subsidy you are eligible for.

If you have been approved to receive subsidy, the subsidy office will pay the amount you've been approved for directly to your childcare provider. You will be responsible for paying the remaining costs. For example: Tammy's daycare fees for 1 month are \$700. She has been approved for \$400 of daycare subsidy. The subsidy office will pay this \$400 directly to the daycare. Tammy is responsible for paying the daycare the remaining \$300.

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

RDCC offers a range of child care options. Parents can choose from day homes throughout the city, daycares, play school program and school age programs, which are located in numerous elementary schools across the city.

Subsidy is available in all programs to qualifying families.

reddeerchildcare.ca | Mailing Address: #2 5571 45 Street Red Deer, Alberta T4N 1L2

RDCC School Age Programs.....403-347-7973

Operates before and after school, mornings from 6:45 am and after school until 6:00 pm, for children ages 4.5 to 12 (grades K – 6). Full day programs are offered during all Professional Development Days. Programs are located in elementary schools in Red Deer in both the Public and Catholic school systems. Full day holiday programs are also available during school breaks. reddeerchildcare.ca/school-age-program

Health and Medical

There are several health and medical care supports available. There are supports that will assist with immediate medical needs and care as well as some supports that can assist you with more ongoing support.

Health Link1-866-408-5465

Can give a list of service providers and tips on what to do and where to go next.

myhealth.alberta.ca | For health advice 24/7, call 811.

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

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. Programs and groups are also offered to improve access to care, health promotion, chronic disease management and coordination of care.

The website has a search tool to find clinics/doctors. You can search which doctors are taking new patients, what language the doctors speak, as well as after hours availability.

reddeerpcn.com | Location: 5120 47 Street, Red Deer, AB

Alberta Works.....1-877-469-5437

Low-income residents of Alberta can apply for a free extended health coverage that provides assistance with dental, eyeglasses and prescriptions. Children living in low-income families also qualify. To apply, print off an application online or get one from your nearest health care provider. You can mail your completed application to the address provided.

Health Benefits Contact Centre, P.O Box 2222 Station Main, Edmonton, AB, T5J 5H3

Street Clinic.....403-340-3593

Provides non-urgent care for the vulnerable population. Have to be over the age of 18. You DO NOT need Alberta Health Care in order to receive care. They can help you get your Health Care Number.

Monday - Friday: 9:00am - 12:00pm & 1:00pm - 3:15pm

Mental Health Drop In: Wednesday 1:00pm - 3:30pm

reddeerpcn.com | Location: 5017 49 Street, Red Deer, AB

Red Deer 49th Street Community Health Care.....1-888-346-9414

Provides birth control information/prescriptions, sexually transmitted disease testing/treatment, HIV testing, and pregnancy testing. You DO NOT need Alberta Health Care to access these services

Albertahealthservices.ca | Location: 4755 49 Street, Red Deer, AB

The Lending Cupboard.....403-356-1678

Lends medical equipment and daily living aids serving people recovering from illness, surgery e.g. hip & knee or injury and those in need of end of life care. There is no charge for the equipment loaned to people in Central Alberta; there is a \$10 processing fee with processing applications.

Picking up and delivering service is available for people that are homebound for a small fee. The Lending Cupboard is open Mon/Wed/Fri between 9:00 am – 4:30 pm..

lendingcupboard.ca | Location: 5406 43 Street, Red Deer, AB

Turning Point Society of Central Alberta.....403-346-8858

Provides support services and assistance for individuals living with HIV as well as provides supplies for safer sex and harm reduction.

turningpoint-ca.org | Location: 4611 50 Ave, Red Deer, AB

The Salvation Army.....403-346-2251

Can assist you with paying for antibiotics prescriptions. To receive support, bring in your prescription to them and request help.

Location: 4857 54 Street, Red Deer, AB

DOoR Program.....403-356-6300

Provides urgent dental treatment for children with visible tooth decay, pain, broken teeth and signs of infection.

albertahealthservices.ca/info/service.aspx?id=7496 | 300 Jordan Parkway, Red Deer

Start School Smiling.....1-800-843-3848

This Alberta Dental Association program entitles all grade one students in Alberta to receive a free exam, including bitewing X-rays, from participating dental clinics across Alberta from **September 1 to October 31, 2019.**

dentalhealthalberta.ca/patients-general-public-protection/awareness-campaigns/start-school-smiling/ | Alberta

Eye See... Eye Learn.....1-800-272-8843

The Alberta Association of Optometry’s Eye See . . . Eye Learn program is for kindergarten-aged children in Alberta. Any child who has a comprehensive eye exam by a doctor of optometry and requires eyeglasses will be provided with a free pair.

No forms are necessary, just book an appointment with your optometrist and tell them you would like to take part in Eye See . . . Eye Learn. A child is eligible from the September they begin kindergarten to when they begin Grade One.

optometrists.ab.ca/@AAO/ESEL | Alberta

Legal Assistance

Alberta Law Line1-866-854-3425

Provides free legal information, referrals and advice. To receive free legal information, you will need to meet their eligibility requirements. This will be determined when you phone. Operates M-F, 9am - 4pm, Wednesdays 9am - 2:30pm.

Dial-A-Law.....1-800-332-1091

24 hour access to legal information via the web and a pre-recorded legal information service from a touch tone phone, with operator assistance if needed during regular business hours. Service offers: pre-recorded information, written transcripts, and audio files on legal issues, giving general information on consumer law, criminal law, employment law, family law, real estate law, wills and estate law, youth and the law

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

Provides legal information, referral advice and representation to low-income individuals who cannot afford a lawyer and do not qualify for Legal Aid. They provide services throughout Central Alberta. Call to find out if you qualify. Can provide photo ID notarized by a lawyer. The ID is intended to help you access local services but does not replace government-issued identification. ID clinics are held on the third Thursday of each month.

communitylegalclinic.net | Location: #301, 5008 Ross Street, Red Deer, AB

Law Information Centre.....403-340-7187

Provides information regarding small claims and civil matters and can assist with filling out documentation and accessing appropriate documents. Support is provided on a walk-in basis.

[Website](#) | Location: Red Deer Court House, 4909 48 Ave, Red Deer, AB

Legal Aid Alberta.....1-888-845-3425

Provides legal assistance for those who cannot afford to retain a lawyer. Payment is still required for your legal fees. However this is on a payment arrangement basis.

Depending on your legal situation and financial eligibility, you could be eligible to receive: legal advice, information, referrals, limited or full representation. You can apply for Legal Aid in person or over the phone.

legalaid.ab.ca | Location: Millennium Centre, 3502, 4909 49 Street, Red Deer, AB

Child Support Services.....403-340-7896

Provides free assistance to parents who have a limited income, are on Income Support, AISH or are learners/attending training. They can assist with filling out the child support application, filing the order and serving the papers. To determine eligibility, you can call their main line **403-340-5485** to complete a phone intake.

[Website](#) | Location: #109, Provincial Building, 4920-51 Street, Red Deer, AB

Resolution Services.....403-340-7187

Provides information on family law issues such as child/spousal support, custody, maintenance enforcement, guardianship, divorce, family violence protection, and restraining orders. Support provided on a walk-in basis.

[Website](#) | **Location: Red Deer Court House (2nd floor) 4909 48 Ave, Red Deer, AB**

Family Court Counselor.....403-340-7187

Court counselors can assist with filling out paperwork for family court issues (\$50 fee). They can also accompany an individual to court. However they DO NOT provide legal advice. To meet with a court counselor, you will need to be screened either over the phone or in person at the front desk.

[Website](#) | **Location: Red Deer Court House (2nd floor) 4909 48 Ave, Red Deer, AB**

John Howard Society.....403-343-1770

Provides outreach support that assists with pre-release planning, post-release planning, pardon applications, provisioning of tax forms, family contacts, and referrals.

jhsrd.ca | **Location: 4916 50 Street, Red Deer, AB**

Choice Solutions.....403-343-1135

Provides you with options when dealing with family law matters such as divorce, common law separation, child support, access, parenting time, spousal/partner support, division of property, guardianship, and grandparent concerns. Provides assistance to those people who can't afford a lawyer, but don't qualify for legal aid. Competitive pricing.

Location: 4819 48 Ave, Red Deer, AB

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

Provides access to court workers who are able to work with Aboriginal families or individuals who have had action taken against them by Children Services authorities. Services are free and are status blind. Court workers can help by providing support, counselling, understanding your rights and responsibilities, explain court process, speak on your behalf, act as a liaison and can explain agreements, court orders, service plans and custody agreements.

ncsa.ca | **Location: 4814 Street, Red Deer, AB**

Alberta Human Rights Commission403-297-8407

Complaint resolution

Women’s Outreach.....403-347-2480

Able to assist you with understanding the court process; give you information regarding your situation and your options. If needed, support workers are able to accompany you to your appointments with Child and Family Services Authority and Income Support. They partner with Central Alberta Community Legal Clinic to offer the Court Prep information on protocol. You will also become familiar with the court process. Once both parties have completed the intake process, they can offer a monitored exchange service to provide safe neutral exchanges of a child from one parent to another.

womensoutreach.ca | Location: 4101 54 ave, Red Deer, AB

Domestic Violence

Domestic Violence is a pattern of abusive behaviours by one partner against another in an intimate relationship such as a past or present marriage, dating, cohabitation or family. Domestic Violence has many forms including physical aggression or assault (hitting, kicking, biting, pushing, pinching, restraining, slapping, strangling, throwing objects) or threats thereof; sexual abuse; emotional abuse; controlling or domineering; intimidation; stalking; harassment; passive/covert abuse (neglect); and financial abuse.

Central Alberta Women’s Emergency Shelter403-346-5643

CAWES provides emergency shelter and basic needs support in crisis, as well as crisis intervention and counselling.. They also have a child support program as well as outreach and follow up supports.

cawes.com | Location: address released after phone call

Family Violence Info Line.....310-1818

Talk to trained staff over the phone toll-free 24 hours a day, 7 days a week in more than 170 languages at 310-1818.

Alberta Works1-866-644-5135

Provides emergency funding to those fleeing abusive relationships. To apply call 1.877.644.9992 on weekdays 8:15 am - 4:30pm, or call 1.866.644.5135 on weekends or after hours. [Fact sheet](#) and [Alberta Human Services Supports and Services](#)

Humanservices.alberta.ca | Provincial Building, 4920 51 St #109, Red Deer, AB

Women’s Outreach.....1-866-347-2480
Call to speak to a domestic violence support worker.

Programs include Safe Visitation, Monitored Exchange, Domestic Violence 101 for women 18+ who have been affected by domestic violence, Men’s Group for victims of violence in an intimate partner relationship as well as Kid Power, a program for children affected by domestic violence, with a concurrent parent group.

womensoutreach.ca | Location: 4101-54 Avenue

Substance Abuse

Addiction Services Helpline.....1-866-332-2322

Alberta Health Services (Addiction and Mental Health).....403-340-5466

Short-term outpatient treatment services include individual, family and group counselling for those with alcohol, tobacco and other drug or gambling concerns. All counselling services are strictly confidential and free.

Kids and Drugs: A Parent’s guide to Prevention: Program to help parents learn strategies to prevent their school age children (ages 8-15) from abusing alcohol and other drugs.

albertahealthservices.ca | Location: 4733 49 Street, Red Deer, AB

AL-ANON403-346-0320

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems.

Please visit the website to find meetings occurring in your area.

Al-anon.ab.ca | Location: 4406 51 Street, Red Deer, AB

Alateen.....403-346-0320

Alateen is a fellowship of young Al-Anon members, usually teenagers, whose lives have been affected by someone else’s drinking. Members meet in church halls, school rooms or other suitable places to share experiences, strength and hope with each other. Please visit the website to find meetings occurring in your area.

al-anon.ab.ca/alateen/ | Location: 4406 51 Street, Red Deer, AB

Protection of Children Abusing Drugs Program (PchAD).....403-340-5274

The PchAD program allows parents/guardians to apply for a protection order if their child’s use of alcohol/drugs is likely to cause significant psychological or physical harm to themselves or others. This Court order would permit a child to be taken to a protective safe house to begin to be treated for the effects of detoxification, to receive services to assist in stabilization, and to allow counsellors to assess the child’s substance use and offer voluntary treatment recommendations to follow once discharge from program occurs.

albertahealthservices.ca/amh/Page2547.aspx | 104-4920 51 Street

Alcoholics Anonymous.....403-347-8650

AA is a fellowship of men and women who share their experience, strengths and hope with each other that they may share their common problem and help others to recover from alcoholism. The only requirement is a desire to stop drinking. Please visit the website to find meetings occurring in your area.

area78.org/ | Location: 5 Shamrock Close, Red Deer, AB

Narcotics Anonymous.....Information Line: 403-896-4178

N.A is a nonprofit fellowship of recovering addicts who meet regularly to help each other stay clean. The program is of complete abstinence from all drugs and uses simple principles to allow change towards a clean future. See website to find meetings.

alsaskrsc-na.org/central-alberta-area/ | Helpline 1-877-463-3537

Safe Harbour403-347-0181

Safe Harbour offers a medically supported Detox Program with capacity for 20 adults as they withdraw from substance. Detox is typically a 7-10 day stay. While people are there, the staff help to set up next steps; treatment, employment, medical care etc.

Safeharboursociety.org | Location: 5246 53 Ave, Red Deer, AB

Naloxone Kits.....

Many pharmacies across Alberta can supply naloxone, a drug that can temporarily reverse a deadly fentanyl overdose and has been proven to save lives. Contact your pharmacy in advance to ensure availability. Below is a listing of pharmacies offering kits.

albertahealthservices.ca/assets/healthinfo/mh/hi-amh-thn-pharmacies.pdf

Canadian Mental Health Association403-342-2266

WRAP (Wellness Recovery Action Planning) Program. WRAP™ is a self-management and recovery system that helps people incorporate wellness strategies into their lives.

[Website](#) | **Location: 5017 50 Ave., Red Deer, AB, T4N 4B2**

Turning Point.....403-346-8858

Support clients in harm reduction through access to safe injection sites, overdose prevention, and peer support group for current and former drug users. Naloxone kit are accessible from M-F (9:15am - 5:00pm). Night Reach Team can be contacted by phone or text 403.896.3879 for harm reduction materials, support and referrals for help.

turningpoint-ca.org | **Location: 4611 50 Ave, Red Deer, AB**

Celebrate Recovery403-347-6425

Hosted at CrossRoads church, this program focuses on fellowship and celebrating God’s healing power in our lives through the 8 Recovery Principles and the 12 Steps. Dinner is provided for a small fee followed by a 1 hour session. Child care is provided after supper. Crossroads is located on the SW Corner of 32 Street and Highway 2.

Concurrently - Celebration Place is available so while adults explore topics that bring healing and wholeness, kids discover the same truths in age-appropriate ways!

Check out the [Celebration Place website](#) for more info!

crossroadschurch.ca/celebraterecovery | **38105 Range Road 275, Red Deer County**

Celebrate Recovery 403-347-7311

Hosted at Living Stones Church, Celebrate Recovery is a Christ-centered 12-Step program for those who are ready to embark on a journey of real and lasting change and spiritual growth while enjoying fellowship and celebrating God's healing power in our lives. Become free from destructive behaviors; create peace, joy and most importantly, a stronger relationship with God and others. Tuesdays at 7pm.

livingstones.ab.ca/CelebrateRecovery | **2020 40 Ave, Red Deer, AB T4R 0T5**

Alberta Gamblers Anonymous.....

Alberta Gamblers Anonymous meets regularly to help members recover from compulsive gambling. Guides are the 12 Steps of Recovery and the 12 Steps of Unity of Gamblers Anonymous. This group is hosted on Wednesday s from 7:00-8:30 pm at the Red Deer Regional Hospital, South Complex, in Lower Level Room 503.

albertaga.net/ZRedDeer.php | **3942 - 50A Avenue - South Complex Room 503**

Counselling & Supports

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

Kids Help Phone is Canada's 24-hour, bilingual and anonymous phone counselling, web counselling and referral service for children and youth Kidshelpphone.ca.

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

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

First Nations and Inuit Hope for Wellness Help Line.....1-855-242-3310

AHS Adult Addiction and Mental Health Services.....403-340-5466

Includes programs for adults (18 years and older) who are having emotional and mental problems that are affecting their lives (depression, schizophrenia, anxiety, bipolar, suicide) as well as older adults (65 years and older) who need assessment, treatment, and rehabilitation for thought and mood disorders or dementia

albertahealthservices.ca | Location: 4733 49 Street, Red Deer, AB T4N 1T6

AHS Child and Adolescent Addiction and Mental Health Services.....403-340-5274

Offers mental health assessment, addiction treatment as well as help during a crisis and treatment for children (under 18 years) who have mental health issues that are affecting their daily life. Youth can apply to access Voluntary Detox and Stabilization.

Walk-in intakes are available Monday through Friday 8:00 am - 4:00 pm.

Albertahealthservices.ca | Location: 4920 51 Street, Red Deer, Alberta T4N 6K8

Vantage Community Services.....403-340-8995

Individuals, couples, and families can access the walk-in clinic without a referral and at no cost to them (T/Th 1pm-8pm, W/F 1pm-4pm). Clients are welcome to make multiple visits, though they may see a different therapist each time. Fee-for-service (sliding scale) appointments are also available and can be schedule with a therapist of choice.

vantagecommunityservices.ca | Location: 4920-54 Street, Red Deer, AB

Catholic Social Services.....403-347-8844

This program provides therapeutic counselling to individuals, couples, and families by a qualified therapist. If there is no coverage, this program uses a sliding fee scale. Call to book an appointment, messages are returned within 24 hours.

cssalberta.ca | Location: 5104 - 48 Avenue, Red Deer, AB

Family Services of Central Alberta (FSCA).....403-343-6400

FSCA’s counselling program offers individuals, couple and family counselling. Counseling Fees are based on net family income and a sliding scale.

fsc.ca/counselling/ | **5409 - 50th Avenue, Red Deer, AB T4N 4B7**

Disordered Eating Consultation (49 Street Community Health Centre)....403-340-5466

Helps people find the service that offers treatment for their eating disorder.

albertahealthservices.ca | **Location: 4733 49 Street, Red Deer, AB T4N 1T6**

Shalom Counselling.....403-342-0339

Offers counselling for individuals, couples and families. We believe that all those who need help regardless of faith, creed, race, gender, lifestyle, or financial ability should have access to counselling. Fees are on a sliding scale based on household income.

shalomcounselling.com | **Location: 5515 27 Avenue, Red Deer, AB, T4P 0E5**

Canadian Mental Health Association403-342-2266

Offers parenting workshops and groups such as The Art of Friendship, Living Life to the Full, as well as Caregiver Connections, a group for those supporting children and young adults with mental illness.

cmha.ca | **Location: 5017 50 Ave., Red Deer, AB, T4N 4B2**

Women’s Outreach..... 1-866-347-2480

Boundaries: 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. Childcare is provided for the morning & afternoon sessions (for 1-6 year olds). Must pre-register. Registration fee is \$25.

womensoutreach.ca | **Location: 4101-54 Avenue, Red Deer, AB**

Grief and Loss Supports

Sacred Heart Parish.....403-346-2618

Provides grief ‘listening’ and they also host a bereavement support group.

sacredheartrd.ca | **Location: 5508 48a Ave, Red Deer, AB T4N 3V6**

CrossRoads Church403-347-6425

Grief Share meets weekly at CrossRoads Church to help those who have lost a spouse, child, family member, or friend. We meet Tuesdays at 7pm in Room 108. You are welcome to begin attending GriefShare at any session, as each one is self-contained and doesn't need to occur in sequence. You will find encouragement and help whenever you begin. Crossroadschurch.ca | **38105 Range Road 275, Red Deer County, Alberta**

Living Stones Church.....403-347-7311

Divorce Care Begins September 10, 2019 and runs every Tuesday @ 6:30 pm. END DATE : TBD. \$20 fee for the workbook. Contact Christina @ christinab@livingstones.ab.ca

Divorce Care 4 Kids Begins September 10, 2019 and runs every Tuesday @ 6:30 pm. END DATE : TBD. Contact Christina @ christinab@livingstones.ab.ca for dates. Fee of \$20 for workbook.

Grief Share Our group is led by caring people who have experienced grief and have successfully rebuilt their lives. Begin attending our GriefShare group at any point. . Begins September 10, 2019 and runs every Tuesday @ 6:30 pm. END DATE : TBD. \$20.00 per workbook. For further information please contact Christina at christinab@livingstones.ab.ca.

livingstones.ab.ca/RecoveryMinistries1 | **Location: 2020 40 Ave, Red Deer AB T4R 0T5**

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

Open bereavement group held every Wednesday from 5:00pm- 6:45pm. Must register through intake office.

Location: 4755 49 St, Red Deer, AB T4N 1T6

Red Deer Regional Hospital Centre.....403-343-4715 Ext. #2.

Offer "Grief Groups" approximately two times per year.

Red Deer Hospice.....403-309-4344 Ext. #105

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.

Reddeerhospice.com | **Location: 99 Arnot Avenue, Red Deer, AB T4R 3S6**

A Gathering Place.....403-309-7772
Provides peer support and bereavement groups for individuals with mental illness.
reddeer.cmha.ab.ca | Location: 5021 Ross St., Red Deer, AB T4N 1Y2

Golden Circle Senior’s Centre.....403-343-6074 Ext. #105
Offer bereavement support groups for people over age 50. The group meets on the 1st and 3rd Friday of every month, from 1:30PM to 4:00PM.
goldencircle.ca/outreach/support-groups/ | Location: 4620 – 47A Avenue Red Deer

Widowed Support Network.....403-755-0977
Widowed Support Network is a community based support group that provides a safe place for men and women who have lost their spouse through death, to interact with and mutually support each other.
We meet the 1st Friday of the month at a local restaurant to share a meal, and the 3rd Friday of the month at the First Christian Reform Church, located at 16 McVicar Street in Red Deer AB. Notices are either e-mailed or phone calls made to inform people on our list what the activity of the month is.
For more information please phone or email: 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.
reddeerhospice.com | Location: 2845 Bremner Ave, Red Deer, AB T4R 1S2

Perinatal Bereavement Program.....403-343-4596
Hospital intervention for inpatients and public health follow-up for parents whose baby has died because of miscarriage, stillbirth, or early neonatal death.
albertahealthservices.ca | Location: 3942 50A Avenue, Red Deer, Alberta T4N 4E7

Family and Parenting Supports

Alberta Children’s Services Helpline.....1-866-347-2480

Family Services of Central Alberta (FSCA).....403-343-6400

Offers many family programs including playgroups, home visitation programs, as well as parenting support groups such as [Active Parenting](#), [Taming the Worry Dragons](#), [Infant Preschool Wellness Program](#), [Goodbye Mealtime Struggles](#) and [Triple P Parenting](#).
fsca.ca/families/ | **5409 – 50th Avenue Red Deer, Alberta T4N 4B7**

Family Services of Central Alberta (FSCA).....403-343-6400

Focus on Communication in Separation (FOCIS) is a 6hour, skill-based course teaching parents how to communicate effectively while co-parenting. Parents attend separate groups. A certificate of completion is provided. Runs Mon/Wed 6:00pm–9:00pm.
fsca.ca/focus-on-communication-in-seperation/ | **5409 - 50th Avenue, Red Deer, AB**

Parenting After Separation.....

This course is for parents or guardians who are separating or getting a divorce. Take the course online or in person. pas.albertacourts.ab.ca/PAS-course

Catholic Social Services.....403-347-8844

Family Enrichment Program: The program provides parent education, consultation, and support to improve parent-child interactions. Parents may access programs such as Triple P and Systematic Training for Effective Parenting of Teens. A nominal fee will be charged for program sessions and or groups.
cssalberta.ca | **Location: 5104 - 48 Avenue, Red Deer, AB**

Native Friendship Centre 403-340-0020

Four Directions Family Support Program provides in-home and office supports to families/individuals focusing on programs and supports that meet each family’s needs.

The Traditional Parenting Program provides culturally sensitive parenting workshop’s, children’s programs, and helps to keep connections to cultural events and activities.
rdnfs.com | **Location: 4808 51 Ave., Red Deer, AB, T4N 4H3**

Central Alberta Child Advocacy Centre.....587-876-7288

CAC is a not for profit organization that works in an integrative partnership with the Central Region Child Services, Alberta Health Services, Alberta Justice, Alberta Education and the RCMP to better service children, youth and families impacted by sexual abuse and the most serious/complex cases of physical abuse and neglect. Referrals can be submitted using the [online form](#). Please note it is your legal duty to report suspected child abuse to Children’s Services and the RCMP.

centralalbertacac.ca | **Location: 304 – 4820 Gaetz Ave. (50th Ave) Red Deer AB.**

RDCRS Family School Enhancement Counselling.....

Red Deer Catholic Regional Schools Family School Enhancement Counsellors (FSECs) support the social, emotional, and mental wellness of students and families within their home, school and community. FSECs meet with children, youth, parents and families to go over issues affecting student success, supporting them to look for options, develop strategies and find solutions.

rdcrs.ca/schools/fsec | **Contact your local school for more information.**

RDCRS Family Oriented Programing (FOP).....

FOP offers opportunities for the family and caregivers to engage in fun activities together. There are many sessions all designed to enhance a child’s classroom experience by supporting the family in key areas. For children in pre-kindergarten and kindergarten. For more information, view the [Family Oriented Programming brochure](#).

RDPSD Community Liaison Workers.....

The Red Deer Public Schools Community Liaison Workers (CLWs) serve children, youth and young adults within their home, school and community. The goal of our CLW is to support the wellness of students and their families so they can succeed in school.

rdpsd.ab.ca/documents/general/Community%20Liaison%20Worker%20Brochure.pdf

RDPSD Community Programs..... 403-342-1059

Family Oriented Programing provides an opportunity for parents and children to learn and spend time together! The sessions are designed to enhance the children’s learning and help them in achieving their developmental milestones. rdpsd.ab.ca

Family Educational Supports

Math Shack..... 403-406-3102
Sound Connections.....403-347-3050
Learning Disabilities Association of Alberta.....403-340-3885
Open to anyone (no disability or formal diagnosis needed). Provides tutoring, parenting support, summer camps, and “Think Social.” Yearly membership fee applies (\$30 or \$50 depending on commitment to volunteer time).
ldreddeer.ca | **Location: Lower level of 3757 43 Ave. Red Deer, AB**

Family Disability Supports

Central Alberta FASD Network.....403-342-7499
This province-wide network of community and government agencies works to promote FASD prevention, and to provide services to families and individuals. Please contact the agency for information, education, and ways you can become involved.
centralfasd.org | **#5 3608 - 50 Avenue Red Deer, Alberta T4N 3Y6**

Autism Society of Red Deer.....1-877-777-7192
Offers Parent Support Group Meetings monthly in Red Deer.
autismalberta.ca/regions/red-deer | info@autismalberta.ca

Catholic Social Services.....403-347-8844
Provides both residential and community based supports for children and adults with disabilities. Contact the office for intake and information 5104 - 48 Avenue, Red Deer.
cssalberta.ca/Our-Ministries/Supports-for-Children-Adults-with-Disabilities

Aspire Special Need Resource Centre.....403-340-2606
Group programs open up doors for children with special needs. Meet new friends, learn new skills and adapt each activity to the level of your child, and most of all; have fun!
aspirepecialneeds.ca/resources/aspire-programs | 4826 47th Street Red Deer AB

Family Supports for Children with Disabilities (FSCD).....1-403-340-5003

FSCD provides a wide range of family-centered 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. A letter from a doctor or psychiatrist outlining how your child’s disability impacts their daily living is required as part of the [application process](#).

humanservices.alberta.ca/disability-services/14855.html | Intake Line: 1-855-440-5478

Location: 7th Floor 5010 Centre 5010-43 Street Red Deer AB T4N 6H2

McMan Youth Family & Community Services.....403-309-2002

McMan’s Life Skills Coaching provides hands-on training and education. 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.

mcmancentral.ca/copy-of-prevention-groups | **103, 5214 47th Avenue Red Deer, AB**

Alberta Human Services Resources.....

[Positive Behaviour Supports for Children](#) is a series of five websites intended to assist anyone who is raising, caring for or supporting children with disabilities and their families. [The Children’s Mental Health Learning Series](#) provides caregivers, families and professionals with helpful information to increase knowledge and help support children and youth with mental health concerns.

Supports for Dads

Male Mentoring Program403-343-1611

Toll-free number1-844-343-1611

This free program offers support to men who are experiencing an unplanned pregnancy, as well as offers counseling for miscarriage, post adoption and post abortion. There are no age restrictions or special requirements. Meetings with a counselor are by appointment only, appointments are scheduled for Wednesdays between 6:00 pm and 8:00 pm. To book an appointment, phone the centre at the number provided.

pregnancycare.ca/for-guys | **Location: 5116 - 47 Street, Red Deer, Alberta T4N 1R9**

24/7 Dads Program1-844-343-1611

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

pregnancycare.ca/for-guys | Location: 5116 - 47 Street, Red Deer, Alberta T4N 1R9

Daddy and Me.....403-343-6400

Tuesday 6-7pm, drop-in, ages 0-6, the cost is \$2.00 per person or \$5.00 per family. No family will be turned away for financial reasons. Dads, grandpas, uncles come hang out and play with your kids.

fsca.ca | Location: Kinsmen Play Place in the Parkland Mall, 4747-67 St, Red Deer, AB

Men's Domestic Violence Support Group.....403-347-2480

This free group is offered to male victims of violence in an intimate partner relationship. This course runs for 8 weeks and pre-registration is required. For more information or to register, you can go to Women's Outreach or phone the number provided.

womensoutreach.ca/programs/mens-group | Location: 4101-54 Ave, Red Deer, AB

Pregnancy Supports

Building Incredible Babies.....403-343-6400

BIB is a no cost, home visitation program helping pregnant teens and young women experience a healthy pregnancy and deliver a healthy weight baby. In addition to providing pregnancy and infant care information, BIB outreach workers also provide life skills coaching and financial literacy information. When needed a grocery gift card is also provided to supplement their food budget.

reddeerpcn.com | Location: 5409 - 50 Ave. Red Deer, AB T4N 4B7

Central Alberta Pregnancy Care Centre.....403-343-1611

Provides compassionate support and education for individuals and families impacted by unexpected pregnancy and related issues. All services are free, confidential, and are offered in a safe non-judgmental environment regardless of age, gender, race, or religion. You can drop in or arrange an appointment. Their 24 Hour Help Line is

1-844-343-1611

pregnancycare.ca | Location: 5116 - 47 Street, Red Deer, Alberta T4N 1R9



FSCA.....403-309-5647

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.

fsca.ca/prenatal-classes-for-teens-and-young-women | 5409 50 Ave. Red Deer, AB

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

The primary goal of PCAP is to prevent further births of alcohol/drug exposed children. This home visitation programs aims to 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.

fsca.ca/parent-and-child-assistance-program-pcap | Contact: chenderson@fsca.ca

Central Alberta Diaper Bank.....

This is a group with the goal of helping out families who could use an extra hand with diapers and formula. You can post donations here, arrange pick up, or ask for help for you or someone you know. This will be run by the honour system. If you feel you are struggling to buy diapers, then you qualify.

Donations can be made by messaging an admin on Facebook or by dropping off in the box located at Serena Rohrer's Sun Life Financial location at 4728 50 St, Red Deer

[Facebook Page](#) | CentralAB.DiaperBank@gmail.com

Birth and Babies (AHS).....

Free online course available through AHS Calgary Zone

<http://www.birthandbabies.com/category/101-a-healthy-pregnancy/>

Settlement Support

Central Alberta Immigrant Women’s Association (CAIWA).....403-341-3553

CAIWA has a variety of educational programs offered free of charge or for very low cost to CAIWA clients. These include: family and youth programs, employment/skill training, employment preparation and educational programs

caiwa.ca | **Location: 110-5017 49th St. Red Deer, AB T4N 1V4**

Home Instruction for Parents of Preschool Youngsters (HIPPY).....403-341-3553

Transportation for new Canadians can be tricky, making attendance at preschool/pre-k sometimes difficult. HIPPY home visitors provide mothers (immigrant/permanent residents) with free, structured lessons and practical information that develop their own and their children’s personal skills, ensuring both children and families a better opportunity to succeed in school and society.

caiwa.ca/hippy | **Location: 110-5017 49th St. Red Deer, AB T4N 1V4**

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

[Engage Immigrant Youth Program](#) is a fun after school program designed for immigrant and refugee youth ages 10-19.

Summer program: [SNAP Immigrant Youth Program](#) fun activities for immigrant youth entering grades 6-12. Registration is required.

[Website](#) | **#202, 5000 Gaetz Avenue, Red Deer, AB T4N 6C2**

Settlement Support in Schools & Libraries.....403-346-8818

Provides the immediate essential support for a smooth transition into the Canadian school setting within Red Deer and surrounding areas. Services include assistance with the initial school registration process, assessment of student and family needs of students and development of an appropriate action plan in coordination with the school. The action plan is then supported by SSSL care workers who offer parenting guidance, culturally sensitive counselling, translation, service referrals and home visits to ensure immigrant and refugee families enjoy a smooth transition while also assisting them with the immigration process.

[SSSL Website](#) | **Location: Contact C.A.R.E for the location nearest you**

Catholic Social Services.....403-346-8818

Our 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 licenses will not be accepted.

cssalberta.ca | 202, 5000 Gaetz Avenue, T4N 6C2

Institute for Canadian Citizenship 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 1,300 of Canada’s premier cultural attractions and discounts on travel.

culturalaccesspass.ca | ICC’s CAP Program Email: cap@icc-icc.ca

Senior’s Resources

Alzheimer Society AB and NWT..... 403-342-0448

We bring awareness to Alzheimer’s Disease and other dementias. We help alleviate the personal and social consequences of the disease; provide education and support programs; promote/fund research into the cause, prevention and cure.

alzheimer.ab.ca | #1 5550-45th St. Red Deer T4N 1L1