COMMUNITY RESOURCE GUIDE

2014/2015

Family & Community Support Services
High River, Okotoks, Black Diamond, Turner Valley, MD Foothills
THIS PROJECT WAS FUNDED BY:

Alberta Rural Development Network

Bow Valley College
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ADDICTIONS

ADDICTION 24 HOUR HELP LINE

ALBERTA HEALTH SERVICES RURAL ADDICTION & MENTAL HEALTH CLINICIS

AL-ANON

AL-ANON/ALATEEN 24 HOUR LINE

ALCOHOLICS ANONYMOUS HIGH RIVER & OKOTOKS

LANDER TREATMENT CENTRE

NARCOTICS ANONYMOUS HELP LINE

PCAP (PARENT CHILD ASSISTANCE PROGRAM)

RENFREW RECOVERY CENTRE
ADDICTION 24 HOUR HELP LINE
www.albertahealthservices.ca
1-866-332-2322

- The Addiction Helpline is a toll free confidential service which provides alcohol, tobacco, other drugs and problem gambling support, information and referral to services
- The Addiction Helpline operates 24 hour a day, seven days a week and is available to all Albertans

ALBERTA HEALTH SERVICES RURAL ADDICTION & MENTAL HEALTH CLINICS
Okotoks, High River, Black Diamond
www.albertahealthservices.ca
Intake Line: 1-877-652-4700

- A range of community mental health and addiction services are provided, including: prevention, promotion, consultation, assessment, individual and group therapy, community outreach, and psychosocial interventions
- Appointments are offered at Clinics in High River, Okotoks, and Black Diamond
- Adults and youth services are available and include treatment services for individuals involved with drugs, alcohol, and gambling; prevention work including presentations to adolescents, parents and professionals; information and resource material to increase awareness of issues related to addictions

AL-ANON
www.al-anon.ab.ca
(403) 266-5850

- Support groups offering strength and hope for friends and families of problem drinkers

AL-ANON/ALATEEN 24 HOUR LINE
Calgary Area
www.al-anon.ab.ca
(403) 266-5850

- Al-Anon and Alateen are self-help recovery programs for people who believe their lives may have been affected by someone else's drinking
- We come together to find help and support in dealing with the effects of alcoholism on our lives
- The single purpose of these programs is to help families and friends of alcoholics, whether the alcoholic is drinking or not
ALCOHOLICS ANONYMOUS HIGH RIVER & OKOTOKS
www.calgaryaa.org
High River: (403) 266-5850
Okotoks: (403) 938-2246

- Alcoholics 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 alcoholism
- The only requirement for membership is a desire to stop drinking
- 24 hour helpline 403-777-1212

LANDER TREATMENT CENTRE
221 – 42 Ave West, Claresholm, AB
Main Line (403) 625-1395 or Admissions (403) 625-5600

- 48 bed residential treatment facility for adults recovering from addictions
- An intensive 18-day residential program for individuals experiencing problems as a result of their alcohol use, drug use and/or gambling.
- The Lander Treatment Centre is a Tobacco Free program.
- Contact the Centre for more information on programming and services provided.

NARCOTICS ANONYMOUS HELP LINE
www.chinookna.org
(403) 991-3427

- The Chinook Area of Narcotics Anonymous covers the southern part of Alberta and South eastern British Columbia.
- This Area has approx. 50 meetings, 7 days a week at various times serving 11 Cities and towns

RENFREW RECOVERY CENTRE
403-297-3337

- An around the clock service that provides assistance with the detoxification from alcohol and other drugs in a safe and controlled setting
PCAP (PARENT CHILD ASSISTANCE PROGRAM)
207 Stockton Avenue S.E., Okotoks, AB
www.McManCalgary.ca
Supervisor: Pam van Vugt
(403)590-3285
pam.vanvugt@mcman.ca
Staff: Christine Rachar
(403) 650-9042
christine.rachar@mcman.ca

- PCAP is a voluntary program for women who at intake are either pregnant or up to 6 months post-partum who acknowledge drug and/or alcohol use during this pregnancy.
- The primary goal of PCAP is to prevent the birth of further children who are affected by drugs and/or alcohol.
- Mothers are connected to a Parent Advocate. These committed and highly skilled staff provide education and long term support-3 years.
- Referrals can come from self, other community agencies, other clients or CFSA
CHURCHES

ANGLICAN CHURCH OF ST. PETER’S
31 Riverside Drive, Okotoks, AB

BIG ROCK BAPTIST CHURCH
304 Cimarron Blvd, Okotoks, AB (403) 938-3063

BLACK DIAMOND GOSPEL
212 Centre Avenue W, Black Diamond, AB

CHURCH OF JESUS CHRIST LATTER DAY SAINTS
384 Banister Drive, Okotoks & 909 9th Street SW, High River

CHRISTIAN REFORMED
145 Macleod Trail SW, High River, AB

FOOTHILLS VICTORY
1 21 Elizabeth Street, Okotoks, AB

OKOTOKS ALLIANCE CHURCH
322183 15 Street E, Okotoks, AB

GOD’S HOUSE PENTECOSTAL
132 Cimmaron Drive, Okotoks, AB

GOOD SHEPHERD LUTHERAN
910 12 Ave SW, High River, AB

GRACE LUTHERAN
114 Waldron Avenue, Okotoks, AB

HIGH RIVER ALLIANCE
1318 9 Avenue SE, High River, AB

HIGH RIVER BAPTIST
119 5 Ave SE, High River, AB

HIGH RIVER FULL GOSPEL
1802 9 Avenue SE, High River, AB

HIGH RIVER UNITED CHURCH
145 Macleod Trail SW, High River, AB

HOLY CROSS LUTHERAN
20 Banister Gate, Okotoks, AB

JEHOVAH’S WITNESSES
119 6 Ave SE, High River AB & 213 Government Rd S Blk DMD, Turner Valley, AB

LEWIS MEMORIAL UNITED CHURCH
125 Royal Avenue, Turner Valley, AB

MENNONITE CENTRAL COMMITTEE
Suite 210-2946 32 St NE, Calgary, AB

NEW LIFE VALLEY FELLOWSHIP
Black Diamond, AB

OILFIELDS COMMUNITY CHURCH
130 Sunset Blvd NW, Turner Valley, AB

OKOTOKS EVANGELICAL FREE
28 Westland Rd, Okotoks, AB

ST. BENEDICT ANGLICAN CHURCH
3 Street SW, High River, AB

ST. GEORGE’S ANGLICAN CHURCH
Turner Valley, AB

ST. JAMES CATHOLIC CHURCH
338th Ave & 32nd St E, Okotoks, AB

ST. MICHAEL’S CATHOLIC CHURCH
402 Government Road, Black Diamond, AB

THE SHEEP RIVER FELLOWSHIP
Okotoks, AB
COUNSELING SERVICES

ALBERTA HEALTH SERVICES
CALGARY COMMUNITIES AGAINST SEXUAL ABUSE (CCASA)
CALGARY FAMILY THERAPY CENTRE
DISTRESS CENTRE
FOOTHILLS DISPUTE RESOLUTION
FOOTHILLS REGIONAL VICTIM SERVICES ASSOCIATION
HIGH RIVER COUNSELING SERVICES
REAL CONSULTING
SCHOOL COUNSELORS
**Addictions Counselling** (403) 297-3071 or (403) 652-8340  
 Issues surrounding drug, alcohol, tobacco use, and gambling

**Change-Oriented Therapy** 1-877-652-4700  
Scheduled appointments available with therapists at:  
- Okotoks Health and Wellness Centre  
  11 Cimarron Common, Okotoks  
- High River Mental Health Clinic  
  2nd floor, 310 McLeod Trail, High River  
- Oilfields Hospital  
  717 Government Rd, Black Diamond

**Walk-In Counseling**  
Single sessions available for immediate concerns with no appointment or referral needed:  
- South Calgary Health Centre:  
  (403) 943-9374  
  31 Sunpark Plaza, S.E. Calgary  
  Monday to Thursday: 4:00pm – 7:00pm  
  Sunday: Noon – 3:00pm  
  *closed stat holidays and long weekends*

**Mental Health Urgent Care**  
Walk-in, single sessions available for anyone with an urgent mental health issue  
- South Calgary Health Centre Urgent Care:  
  8:00am to 10:00pm daily  
- South Health Centre, referral for clients age 13 years or older through the Emergency Room  
  4448 Front Street, Calgary  
  24 hrs/day 7 days/week  
- Psychiatric Response Team (PORT Mobile) can be accessed via the Distress Centre:  
  (403) 266-4357

**Couple or Family Therapy**  
- South Calgary Health Centre, referrals to this service are through Access Mental Health  
  (403) 943-1500

**Social Work Services**  
Walk-in, single session assessment for anyone needing immediate assistance with a significant life stressor  
- Okotoks Health and Wellness Centre  
  (403) 995-2701  
  11 Cimarron Common, Okotoks  
- Oilfields Hospital, Black Diamond  
  Louise Wall, Social Worker, louise.wall@albertahealthservices.ca  
- High River Hospital  
  (403) 603-5745

**Grief Support Program** (403) 955-8011
CALGARY COMMUNITIES AGAINST SEXUAL ABUSE (CCASA)
(403) 237-6905

- Confidential support and counselling for anyone affected by the various forms of sexual abuse and sexual assault
- 24-hour support/information line (403) 237-5888

CALGARY FAMILY THERAPY CENTRE
#600, 1816 Crowchild Trail NW, Calgary
www.familytherapy.org
ocftc@ucalgary.ca
(403) 802-1680

- Multi-disciplinary counselling services for families who are experiencing emotional or behavioral problems with their children 18 years and younger
- Office Hours: Monday - Friday, 8:30am - 4:30pm

DISTRESS CENTRE
24 hour Crisis Line
(403) 266-HELP (4357)

- For all crisis and distress issues, 24 hours/day, 7 days/week

FOOTHILLS DISPUTE RESOLUTION
(403) 982-1400

- Trained professional volunteer mediators can assist with dispute intervention (neighbourhood, sports, community, boards) mediation and facilitation

FOOTHILLS REGIONAL VICTIM SERVICES ASSOCIATION
(403) 652-2359

- Trained volunteers working with RCMP detachments can provide practical assistance and emotional support to victims of crime and trauma
HIGH RIVER COUNSELING SERVICES
(403) 691-5991

- Foothills residents of all ages can self-refer to this service (Note: residents may be charged fees on a sliding scale according to income)

REAL CONSULTING
1844 High Country Drive N.W., High River
Kim Rieger
(403) 601-3088 or (403) 601-5183

- Family and business counseling, coaching and mediation services

SCHOOL COUNSELORS

- Foothills school division and Christ the Redeemer School Division have Family School Liaison Counselors and Guidance Counselors to assist families, contact your child’s school
EDUCATION & EMPLOYMENT SERVICES

BOW VALLEY COLLEGE, FOOTHILLS
COMMUNITY FUTURES HIGHWOOD
DARE WORKS FOOTHILLS SOCIETY
DEVELOPING HARMONY (RURAL CHILD CARE TRAINING)
FOOTHILLS CONTINUING EDUCATION COUNCIL
LITERACY FOR LIFE FOUNDATION
MCBRIDE CAREER GROUP INC.
RENFREW EDUCATIONAL SERVICES
SNAPS H.I.R.E, FOOTHILLS
As Calgary and region’s Comprehensive Community College, our new campuses in High River and Okotoks offer relevant courses focused on foundational learning, career programs, workplace training, and professional development along with useful services to meet the post-secondary education needs of community members.

Bow Valley College is here to provide assistance to prospective students wanting to navigate the post-secondary education system, access assistive learning technology and support and other learner focused services that enhance learning.

Partnerships and collaborations with other post-secondary institutions and local community organizations help to establish a wide range of education opportunities right here in the Foothills.

Business and Agricultural loans for start-up, purchase, or expansion.

Business loan programs for entrepreneurs with disabilities and students or youth under 30 years of age.

Business plan coaching and evaluation.

Leasing furnished business offices with high speed internet service.

Board/meeting room space for rent.

Provider of the drug abuse resistance education program to grade five students in the Foothills School Division schools and to grade six students at Strathcona Tweedsmuir School.
DEVELOPING HARMONY (RURAL CHILD CARE TRAINING)
136, 1st Ave S.E., High River
www.developingharmony.ca
info@developingharmony.ca
(403) 601-3044 or (403) 336-1178

- Our services enable childcare professionals to further their knowledge and improve their practice
- Developing Harmony & their team of expert trainers will come to your day care centre to enhance your child care practice

FOOTHILLS CONTINUING EDUCATION COUNCIL
Room 242, 229 Woodhaven Drive, Okotoks
www.foothillscontinuinged.org
payned@fsd38.ab.ca
(403) 938-6116 ext.: 14246
Cell: (403) 850-2187

- Identifies, promotes and supports lifelong learning through courses available to adults in the MD of Foothills
- Publishes a Course & Program Guide twice a year with a Fall issue and Winter- Summer issue which is distributed throughout the MD of Foothills
- Being community based we are aware of community needs and do our best to respond to them by offering ways for people to become involved in lifelong learning

LITERACY FOR LIFE FOUNDATION
3-1204, 10 Street S.E., High River
www.litforlife.com
info@litforlife.com
(403) 652-5090

- Parent/Child oral language group programs
  - (High River, Okotoks and Sheep River Libraries)
- Dog Tales Program
- Building Blocks: In home literacy/skill building program
- GED preparation classes
- Adult introductory computer workshops
- English Language Learning classes
  - volunteer Learning Coach support
MCBRIDE CAREER GROUP INC.
6-28, 12 Avenue S.E., High River & 3, 87 Elizabeth Street, Okotoks
www.mcbridecareergroup.com
achapman@mcbridecareergroup.com
(403) 601-2660 or (403) 995-4377

- Provides unemployed and underemployed Albertans with resources, such as resume writing and cover letters, development of interview skills, career assessments and career planning, availability of local job postings, computers & publications to aid in their job search.

RENFREW EDUCATIONAL SERVICES
2050 - 21 Street N.E., Calgary
www.renfreweducation.org
renfrew@renfreweducation.org
(403) 291-5038

- Offer a comprehensive range of community services to more than 4000 students in other Calgary area schools, and share Renfrew's philosophy and expertise through our comprehensive range of professional development workshops.
- Offers a broad range of specialized programs and is an acknowledged leader in program development for children with all kinds of special needs.
- Known for its preschool programs where typically developing children play and learn alongside children with special needs.

SNAPS H.I.R.E, FOOTHILLS
125 4th Avenue SW, High River
www.fsnaps.org/SNAPS
office@foothillssnaps.org
(403) 603-3232

- SNAPS is an organization that assists with making connections in the communities for families and community members who are involved with persons with special needs.
- SNAPS currently have an office space in High River full time and a visiting space in Nanton once a month. Staff and volunteers provide the connections necessary for an inclusive community life for those requiring the service of Foothills SNAPS.
- SNAPS provides opportunity for coming together through events: “Connecting the Dots” conference held once a year, various workshops held through-out the year and “Family Summit” held in the fall each year to which we partner with Family Voices and are participating hosts.
- SNAPS has four library resource stations that are currently hosted through-out the region in Okotoks, High River, and Nanton.
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<tr>
<th>School Name</th>
<th>Location</th>
<th>Phone Number</th>
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<tr>
<td>Big Rock Elementary School</td>
<td>Okotoks</td>
<td>(403) 938-6666</td>
</tr>
<tr>
<td>Blackie School</td>
<td>Blackie</td>
<td>(403) 731-1524</td>
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<tr>
<td>Christ the Redeemer Catholic Schools</td>
<td>Okotoks</td>
<td>(403) 938-2659</td>
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<tr>
<td>C.I. McLaren School</td>
<td>Black Diamond</td>
<td>(403) 938-7295</td>
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<tr>
<td>Cayley School</td>
<td>Cayley</td>
<td>(403) 731-2702</td>
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<tr>
<td>Dr. Morris Gibson Elementary</td>
<td>Okotoks</td>
<td>(403) 938-6221</td>
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<tr>
<td>Ecole Beausoleil</td>
<td>Okotoks</td>
<td>(403) 995-1160</td>
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<td>Ecole Good Shepherd School</td>
<td>Okotoks</td>
<td>(403) 938-4318</td>
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<td>Ecole Okotoks Junior High School</td>
<td>Okotoks</td>
<td>(403) 938-4426</td>
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<tr>
<td>Education Plus</td>
<td>High River</td>
<td>(403) 731-4640</td>
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<tr>
<td></td>
<td>Black Diamond</td>
<td>(403) 938-4973</td>
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<tr>
<td>Foothills Composite High School</td>
<td>Okotoks</td>
<td>(403) 938-6116</td>
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<td>Good Shepherd Kindergarten</td>
<td>Okotoks</td>
<td>(403) 938-4318</td>
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<tr>
<td>Heritage Heights</td>
<td>Dewinton</td>
<td>(403) 938-1400</td>
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<td>Highwood High School</td>
<td>High River</td>
<td>(403) 731-5500</td>
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<td>Holy Trinity Academy</td>
<td>Okotoks</td>
<td>(403) 938-2477</td>
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<td>Holy Spirit Academy</td>
<td>High River</td>
<td>(403) 938-2889</td>
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<td>Joe Clark School</td>
<td>High River</td>
<td>(403) 938-2020</td>
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<td>John Paul II Collegiate</td>
<td>Okotoks</td>
<td>(403) 938-4600</td>
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<td>Longview School</td>
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<tr>
<td>Millarville Community School</td>
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<td>(403) 938-7832</td>
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<td>Notre Dame Collegiate</td>
<td>High River</td>
<td>(403) 938-2231</td>
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<td>Oilfields High School</td>
<td>Black Diamond</td>
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<td>Percy Pegler Elementary</td>
<td>Okotoks</td>
<td>(403) 938-4449</td>
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<td>Red Deer Lake School</td>
<td>Calgary</td>
<td>(403) 938-5984</td>
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<td>Senator Riley</td>
<td>High River</td>
<td>(403) 938-2346</td>
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<td>Spitzee Elementary</td>
<td>High River</td>
<td>(403) 938-2376</td>
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<td>St. Luke's Outreach Centre</td>
<td>Okotoks</td>
<td>(403) 938-7598</td>
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<td>St. Mary's Kindergarten</td>
<td>Okotoks</td>
<td>(403) 938-8048</td>
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<td>Turner Valley School</td>
<td>Turner Valley</td>
<td>(403) 938-7359</td>
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<tr>
<td>Westmount School</td>
<td>Okotoks</td>
<td>(403) 938-6666</td>
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EMERGENCY, BASIC & FINANCIAL NEEDS

AWO-TAAN NATIVE WOMEN'S SHELTER SOCIETY

CRISIS LINE (24 HOUR LINE)

EMERGENCY SHELTER TOLL FREE LINE

EMPLOYMENT INSURANCE INFORMATION LINE

GOVERNMENT OF CANADA, BENEFITS

MONEY MENTORS

OILFIELDS FOOD BANK

OKOTOKS FOOD BANK ASSOCIATION

ROWAN HOUSE EMERGENCY SHELTER

ST. VINCENT DE PAUL SOCIETY

THE SALVATION ARMY FOOTHILLS CHURCH & COMMUNITY MINISTRIES
AWO-TAAN NATIVE WOMEN’S SHELTER SOCIETY  
www.awotaan.org  
awotaan@awotaan.org  
(403) 531-1972 or (403) 531 1976

- 24 hour crisis lines  
- Emergency accommodation for women and children, Paediatric & Wellness Clinic  
- We offer programs & support to address immediate & long-term needs of individuals affected by family violence & all abuse

CRISIS LINE (24 HOUR LINE)  
Suite 300, 1010 - 8th Avenue S.W., Calgary  
www.distresscentre.com  
help@distresscentre.com  
(403) 266-4357

- Calls to Distress Centre are confidential and non-judgemental. We offer free 24-hour crisis intervention, professional counselling and referral services to help you overcome crisis  
- Whether it’s the stress of a new job, struggling with drugs or getting over a recent break-up, our volunteers and professional staff are always there when you need someone to talk to  
- Emails are responded to within 24-48 hours (not an immediate response) so if the issue is urgent, please call the crisis line

EMERGENCY SHELTER TOLL FREE LINE  
Calgary Area  
1-866-331-3933

- Connects the caller with the closest shelter

EMPLOYMENT INSURANCE INFORMATION LINE  
www.servicecanada.gc.ca  
1-800-206-7218

GOVERNMENT OF CANADA, BENEFITS  
1-800-277-9914

- CPP, Disability Benefits, Death Benefits, Children’s Benefits, Survivor’s Pension
MONEY MENTORS
www.moneymentors.ca
1-888-294-0076

- Not for profit credit cancelling and money coaching organization
- Mission is to educate Albertans in personal money management and the wise use of credit as well as to provide alternative for individuals and families facing financial crisis
- Sole provider of the Orderly Payment of Debts program on behalf of the Government of Alberta

OILFIELDS FOOD BANK
Turner Valley
www.unitedchurchinthevalley.ca
(403) 933-4114

- Serves Black Diamond, Turner Valley, Longview, Millarville, Priddis and the MD surrounding those communities

OKOTOKS FOOD BANK ASSOCIATION
Bay 7, 109 Stockton Pt., Okotoks
www.okotoksfoodbank.ca
okotoksfoodbank@gmail.com
(403) 651-6629

- Providing Emergency Food Assistance to local families in need

ROWAN HOUSE EMERGENCY SHELTER
www.rowanhouse.ca
director@rowanhouse.ca
Administration: (403) 652-3316
24hr Helpline: (403) 652-3311

- Emergency housing and support for women fleeing domestic violence; outreach support for women living in the community; public education on domestic violence prevention
ST. VINCENT DE PAUL SOCIETY
Okotoks, Black Diamond, Turner Valley
www.ssvp.ca/English
(403) 938-0562 Okotoks & High River
(403) 933-4955 Black Diamond & Turner Valley

- International Catholic organization of lay person that seeks person-to person involvement to serve those who are in need

THE SALVATION ARMY FOOTHILLS CHURCH & COMMUNITY MINISTRIES
119 Centre Street, High River
www.salvationarmyfoothills.ca
kelly_fifield@can.salvationarmy.org
(403) 652-2195

- Food Bank, Social Financial assistance, Christmas toy hamper programs
GOVERNMENT & COMMUNITY SERVICES

ALBERTA WORKS, INCOME SUPPORT
CONNECT CARE/VOLUNTEERS
FAMILY & COMMUNITY SUPPORT SERVICES, HIGH RIVER
FAMILY & COMMUNITY SUPPORT SERVICES, MD OF FOOTHILLS
FAMILY & COMMUNITY SUPPORT SERVICES, OKOTOKS
FAMILY & COMMUNITY SUPPORT SERVICES, TURNER VALLEY
FAMILY & COMMUNITY SUPPORT SERVICES, BLACK DIAMOND
HIGH RIVER CENTENNIAL LIBRARY
OKOTOKS FAMILY RESOURCE CENTRE
OKOTOKS VOLUNTEER SERVICES
SHEEP RIVER LIBRARY TURNER VALLEY
THE HIGH COUNTRY WELLNESS COALITION
VOLUNTEER, HIGH RIVER
WELCOME WAGON, CALGARY AREA
WELCOME WAGON
YOUTH JUSTICE COMMITTEE
ALBERTA WORKS, INCOME SUPPORT
Dee: (403) 297-2707
Bev: (403) 297-2492

- Provides financial benefits to individuals and families who do not have the resources to meet their basic needs like food, clothing, and shelter
- Works in coordination with Employment and Training services, Health Benefits and Child Support Services to ensure individuals have the tools, resources, and community supports they need
- Provides intake services at the FCSS High River office and the Okotoks Family Resource Centre
- Appointments are booked through the intake workers, Dee and Bev

CONNECT CARE/VOLUNTEERS
Black Diamond, High River, Okotoks
Grace Ledoux: grace.ledoux@albertahealthservices.ca
Robin Carnegie: robin.carnegie@albertahealthservices.ca
(403) 652-0113 or (403) 933-6564

- Place volunteers in at High River Hospital, Okotoks Health and Wellness Centre and Oilfields General Hospital in a variety of volunteer activities.

FAMILY & COMMUNITY SUPPORT SERVICES, HIGH RIVER
101-9 Avenue S.W., High River
www.highriver.ca
fcss@highriver.ca
(403) 652-8620

- Information, resources and referral
- Senior’s independent living program
- Funding and support for community agencies
FAMILY & COMMUNITY SUPPORT SERVICES, MD OF FOOTHILLS
309 Macleod Trail, High River
fcss@mdfoothills.com
(403) 603-6229

- Subsidized Transportation for seniors (65 years or older) & disabled MD residents for medical appointments
- This service is available through existing taxi services and the High river Handibus for trips once per week to a maximum of four times per month

FAMILY & COMMUNITY SUPPORT SERVICES, OKOTOKS
99 Okotoks Drive, Okotoks
www.okotoks.ca
fcss@okotoks.ca
(403) 938-8935

- Enhancing well-being among individuals, families and the community
- FCSS is mandated to provide social programs that are locally driven and preventive in nature to promote and enhance well-being for our citizens. We do that by providing services, funding, and engaging the community to provide locally driven preventive social programming for the residents of Okotoks and area
- Volunteer Resource Centre, Interagency Coordination, Community Grants, Community Development, Okotoks Family Resource Centre, United Way/Okotoks Partnership, Healthy Okotoks Coalition, member of The Foothills Children’s Wellness Network

FAMILY & COMMUNITY SUPPORT SERVICES, TURNER VALLEY
www.turnervalley.ca
fcss@turnervalley.ca
(403) 933.4944

- Turner Valley Family and Community Support services provide financial support to organizations delivering direct services in the community
- Direct referrals are made to the Okotoks Family Resource Centre (most programs are available to Turner Valley and Black Diamond residents)
- Contact (403) 995-2626 or visit www.ohfrc.org
FAMILY & COMMUNITY SUPPORT SERVICES, BLACK DIAMOND
Town Office, 301 Center Avenue West
fcss@town.blackdiamond.ab.ca
(403) 933-4348

- Black Diamond is available to provide direction and/or referrals to residents of the Diamond Valley area; as well as to assist with community development/enhancement around social issues and community needs
- Residents seeking programs that are not available directly in the towns of Turner Valley or Black Diamond are referred to either High River or Okotoks, although some facilitators may be available locally at specific days/times
- Through interagency meetings and contacts, FCSS strives to facilitate community engagement by providing assistance with volunteer placement and the provision and connection to needed services

HIGH RIVER CENTENNIAL LIBRARY
909-1st St S.W., High River
Temporary Location: 1225-1st St. S.E., High River,
www.highriverlibrary.ca
director@highriverlibrary.ca
(403) 652-2917

- Hours: Mon-Fri 10am-8pm, Sat 10am-4pm. Closed on holidays
- Free public library services, free WiFi internet access, free programming for all ages
- Access to printers, photocopiers, faxes (charges may apply)

OKOTOKS FAMILY RESOURCE CENTRE
11 Cimarron Common, Okotoks
www.ohfrc.org
familyresources@okotoks.ca
(403) 995-2626

- Information and referrals to community services and problem-solving assistance and support
- Parent Support Education, TLC Parenting for toddlers, coordination of the Parent Support Association (Okotoks group) Income-based support programs (Recreation Fee Assistance, Holiday Helpers, school supplies, summer camp registration) Community Volunteer Income Tax Preparation
- Office space available for professionals providing service from outside the community
- Community Events such as Teddy Bear Picnic
- Volunteer Driver Program (serving Okotoks residents needing transport to medical appointments)
OKOTOKS PUBLIC LIBRARY
7 Riverside Drive West, Okotoks
www.okotokslibrary.ca
lgrunow@okotokslibrary.ca
(403) 938-2220

- Services include print, digital, and multimedia materials
- Public access computers and printing as well as free WiFi
- Free informational programming on various subjects for all age groups

OKOTOKS VOLUNTEER SERVICES
99 Okotoks Drive, Okotoks
www.okotoks.ca
volunteer@okotoks.ca
(403) 938-8936

- Our volunteers are on the front lines of all of our community services - community health care, heritage and arts, maintenance of green space, disaster relief, volunteer firefighting, minor sports, special events, local non-profits, schools, churches - the list is endless
- Monday - Friday 8:30 a.m. – 4:30 p.m.

SHEEP RIVER LIBRARY TURNER VALLEY
www.sheepriverlibrary.ca
abdsrlibrary@marigold.ab.ca
(403) 933-3278

- Wide offering of services and programs, community rental space available, helpful and knowledgeable staff, volunteer opportunities.

THE HIGH COUNTRY WELLNESS COALITION
Oilfields Hospital
Black Diamond
cabates@uvic.ca
(403) 933-7016

- Strive to inspire healthy and active lifestyles by promoting and supporting wellness through community partnerships, initiatives, and education
- Membership open to any interested and committed individuals
- Meetings: first Tuesday of every month (Sept – June) 7 p.m. at Oilfields Hospital
VOLUNTEER, HIGH RIVER
www.highriver.ca
(403) 652-8620

- Volunteering is a great opportunity for all ages to: learn new skills, meet new people, support a cause, develop a sense of accomplishment and self-worth, contribute to our community, share skills and abilities

WELCOME WAGON, CALGARY AREA
www.welcomewagon.ca
info@welcomewagon.ca
(403) 938-2532

- We greet people who are undergoing lifestyle changes with a friendly visit including moving to a new neighbourhood, planning a wedding, expecting a baby, a new executive, manager or professional or new grandparents

WELCOME WAGON
Black Diamond and Turner Valley
www.welcomewagon.ca
(403) 651-6694

YOUTH JUSTICE COMMITTEE
(403) 536-8947

- We work to give youth, aged 12 – 17, who have committed crimes, a second chance.
- We realize that you make mistakes and want to give them opportunity to be held accountable for the crime or offence they may have committed but to avoid having a permanent record
- We engage the services of local agencies to help our youth give back to their community, either by donations or community service
HEALTH

ALBERTA HEALTH SERVICES
ALBERTA HEALTH SERVICES FLUORIDE VARNISH CLINIC
ALBERTA HEALTH SERVICES PSYCHIATRIC RESPONSE TEAM (PORT)
ALBERTA HEALTH SERVICES RURAL SOUTH COMMUNITY MENTAL HEALTH INTAKE LINE
ALBERTA MONITORING FOR HEALTH
CALGARY HEALTH LINK 24 HOUR ADVICE LINE
CANADIAN CANCER SOCIETY INFORMATION SERVICE
EARLY PSYCHOSIS MENTAL HEALTH PROGRAM
FOOTHILLS COUNTRY HOSPICE SOCIETY, OKOTOKS
HEALTHY MOMS/HEALTHY BABIES
HIGH RIVER GENERAL HOSPITAL
HIGH RIVER PUBLIC HEALTH & PREGNANCY INFORMATION
MEALS ON WHEELS
OILFIELDS GENERAL HOSPITAL
OKOTOKS HEALTH & WELLNESS CENTRE
PCN PRESCHOOL ORAL HEALTH CLINIC
### ALBERTA HEALTH SERVICES

617 1 Street W, High River
www.informalberta.ca
(403) 652-8340

- Adult Addiction Services including individual counselling, residential, detoxification, shelters, ODP and education

### ALBERTA HEALTH SERVICES FLUORIDE VARNISH CLINIC

High River, Vulcan, Black Diamond
www.albertahealthservices.ca
1-855-943-1300

- Free for eligible children 12 to 42 months old
- Fluoride Varnish is a coating that is painted on the teeth. The application takes less than one minute.
- Fluoride varnish is safe for young children because it will set immediately onto the teeth; the chance of ingesting any is minimal

### ALBERTA HEALTH SERVICES PSYCHIATRIC RESPONSE TEAM (PORT)

- Mobile crisis intervention and assessment services
- Available from 9:30am to 9:30pm for assessment of clients aged 13 and older
- Clients access this service via the Distress Centre at (403) 266-4357
- Professionals can contact (403) 860-7293

### ALBERTA HEALTH SERVICES RURAL SOUTH COMMUNITY MENTAL HEALTH INTAKE LINE

Foothills Area
www.albertahealthservices.ca
1-877-652-4700

- Services provided include accessible, community-based, change-oriented brief psychotherapy services (1-10 sessions) including mental health assessment, intervention, information, referral and follow-up for individuals and/or groups of all ages and therapeutic programs and services to promote mental wellness for individuals and their support networks
- Individuals and their families experiencing mental health difficulties and/or illness
ALBERTA MONITORING FOR HEALTH
www.informalberta.ca
1-800-267-7532

- Helping people with diabetes live healthy lives while working to find a cure.
- Coverage includes costs for lancets, test strips, pen needles and syringes depending on subsidy level, coverage between $100 - $550 subject to prorating and subsidy level as long as clients have no other funding for diabetic supplies
- Promotion of health of Canadians through diabetes research, education, service and advocacy

CALGARY HEALTH LINK 24 HOUR ADVICE LINE
Calgary Area
www.albertahealthservices.ca
(403) 943-5465

- Healthlink Alberta is a 24 hours a day, seven days a week telephone health advice and health information service answered by registered nurses that anyone in Alberta can access
- Our goal is to give health care consumers a greater role in managing their own health so they can make informed decisions about their health situations and what healthcare resources to use from their own homes
- Highly trained registered nurses will provide you with advice and information about health symptoms and concerns that you or a member of your family may be experiencing

CANADIAN CANCER SOCIETY INFORMATION SERVICE
www.cancer.ca
1-888-939-3333

- Our Information Service is a national, bilingual, toll-free service available to cancer patients, their families, the general public and healthcare professionals
- Our service is available Monday to Friday 9 a.m. to 6 p.m. in English and French. For other languages, we can access an interpreter service
**EARLY PSYCHOSIS MENTAL HEALTH PROGRAM**
Black Diamond, Okotoks, High River
Sherri.Gussman@albertahealthservices.ca
(403) 944-4824

- Patients (referred from anywhere, including self-referrals) come and meet with a psychiatrist and a nurse at the Foothills Hospital for a full assessment. Check-ups are available with telehealth from Okotoks Health and Wellness Centre, High River Hospital, Black Diamond Oilfields Hospital.
- This is a three year out-patient program for people who are suffering from their first episode of psychosis and have been treated with medication for less than three months.
- Provide psychiatric evaluation, medication, education, family support, counselling.

**FOOTHILLS COUNTRY HOSPICE SOCIETY, OKOTOKS**
www.countryhospice.org
executivedirector@countryhospice.org
(403) 995-4673

- Dedicated team of palliative care providers will attend to the physical, spiritual and emotional needs of those nearing the end of their life.
- Unique, community supported, purpose built, 8 bed, rural hospice.
- Mission is to provide compassionate, holistic care to persons with a terminal illness and the people they love.

**HEALTHY MOMS/HEALTHY BABIES**
High River & Okotoks
Contact Name: Amber Wold
(403) 813-9933

- Providing enhanced support to expected mothers living on a limited income.

**HIGH RIVER GENERAL HOSPITAL**
560 9 Avenue S.W., High River
www.albertahealthservices.ca
(403) 652-2200

- The High River General Hospital has acute care beds and long-term care beds. Services offered include surgical services, obstetrical services low risk clinic, X-Ray and mental health.
HIGH RIVER PUBLIC HEALTH & PREGNANCY INFORMATION
(403) 652-5450

MEALS ON WHEELS
Okotoks Area
(403) 938-6404
Black Diamond/ Turner Valley Area
(403) 933-6515

- Meals are delivered by volunteers to people who are unable to cook for themselves

OILFIELDS GENERAL HOSPITAL
717 Government Road, Black Diamond
www.albertahealthservices.ca
(403) 933-2222

- The Oilfields General Hospital in Black Diamond has acute care beds and long-term care beds. Services include public health, home care and mental health

OKOTOKS HEALTH & WELLNESS CENTRE
11 Cimarron Common, Okotoks
www.albertahealthservices.ca
(403) 995-2600

- Homecare, Public Health, Sexual Health, Speech Language Pathologist, Community Care Services, Rehabilitation, Teen Clinic

PCN PRESCHOOL ORAL HEALTH CLINIC
Okotoks Health & Wellness
(403) 995-2662

- Free for children 12-35 months of age
- Children must live within the town of Okotoks
- Clinics are offered on two Saturdays a month
HOUSING & SHELTER

FOOTHILLS FOUNDATION
HI-WOOD MEADOWS HOUSING CO-OP
MAIN STREET VILLAGE
MUNDY PARK HIGH RIVER
SKOTOKO HOUSING COOPERATIVE
FOOTHILLS FOUNDATION
101 Centre Court, Okotoks
833 – 9th Street S.W., High River
www.foothillsfdtn.org
ccadmin@foothillsfdtn.org
Okotoks: (403) 938-6404, Black Diamond: (403) 933-4028, High River: (403) 652-8600

- Seniors supportive and independent living
- Family Housing Program, Affordable Housing Program, Rent Supplement Program for low income families, the physically challenged, and those with special needs
- Pets are not permitted

HI-WOOD MEADOWS HOUSING CO-OP
100, 1400-9 Avenue S.E., High River
www.hiwoodmeadows.com
(403) 652-4025

- There are 62 units in the housing Co-op, of which 41 units are two and three bedroom townhouse units and 21 units are one and two bedroom units in a 50+, three-storey apartment complex
- The residents are members of the Co-operative Corporation, which owns the whole property. Members do not individually own the units they occupy, but enter into a Housing Agreement with the Co-op
- Members pay a monthly housing charge to cover the cost of the mortgage, taxes, and operating expenses

MAIN STREET VILLAGE
202-2nd St S.E., Black Diamond
www.diamondrealestate.ca
debrown@telus.net
(403) 466-0203

- Provides affordable housing to low-medium income individuals and families
- 28, 1-3 bedroom units
- Pets are not permitted

MUNDY PARK HIGH RIVER
(403) 619-0402

- Affordable housing for individuals, seniors, and families
- One, two, or three bedroom suites with private entrances
SKOTOKO HOUSING COOPERATIVE
39 Skotoko Place, Okotoks
(403) 938-5520

- Manages condos for families, individuals and seniors
- Mon/Wed/Friday 11am-3pm
- Some units may be eligible for subsidy
LEGAL SERVICES

CALGARY LEGAL GUIDANCE

DIAL-A-LAW

FAMILY LAW INFORMATION CENTRE

LEGAL AID SOCIETY OF ALBERTA
CALGARY LEGAL GUIDANCE
100, 840 - 7th Avenue SW, Calgary
www.clg.ab.ca
(403) 234-9266

- Calgary Legal Guidance exists to provide legal assistance and information to disadvantaged persons who would not otherwise have access to such services
- Monday – Thursday: 8:30am to 4:30pm, Friday: 8:30am to 4:00pm

DIAL-A-LAW
100, 840 - 7th Avenue SW, Calgary
www.clg.ab.ca
clg@clg.ab.ca
(403) 234-9022

- Dial-A-Law is a free information service that provides pre-recorded legal information from a touch tone phone 24 hours per day and operator assistance during regular business hours to help select recordings
- Monday-Thursday: 8:30am to 4:30pm, Friday: 8:30am to 4:00pm

FAMILY LAW INFORMATION CENTRE
7th Floor, Calgary Courts Centre, 601 - 5 Street S.W., Calgary
www.albertacourts.ab.ca
(403) 297-6981

- The Family Law Information Centres can provide you with information about: The Child Support Guidelines (including the tables for each province), how to calculate child support
- Also information on how to apply for or change a Queen's Bench Order in Alberta in various family law matters, such as child support, spousal support and child custody or access, and how to oppose an family law application in the Court of Queen's Bench of Alberta

LEGAL AID SOCIETY OF ALBERTA
Standard Life Tower, 1800, 639 5 Avenue S.W., Calgary
www.legalaid.ab.ca
(403) 297-2260 or 1-866-845-3425

- To improve access to justice for Albertans by providing a continuum of quality, innovative, and cost effective services that enable our clients to achieve lasting resolutions to their legal issues
- Provides timely quality legal information and advice that enables clients to decide on appropriate actions
SERVICES FOR CHILDREN & FAMILIES

ABORIGINAL FAMILY SUPPORT SERVICES LTD.
BIG BROTHERS BIG SISTERS
BOYS & GIRLS CLUB OF DIAMOND VALLEY
CALGARY & AREA CHILD & FAMILY SERVICES
CHILD ABUSE HOTLINE
CHILD FIND
CHILD INTERVENTION SERVICES INTAKE 24 HOUR LINE
CHRIST THE REDEEMER SCHOOL DIVISION, CONNECTIONS PROGRAM
FOOTHILLS CHILDREN'S WELLNESS NETWORK
FOOTHILLS COMMUNITY IMMIGRANT SERVICES
FOOTHILLS FETAL ALCOHOL SOCIETY
FOOTHILLS YOUTH FOUNDATION, HIGH RIVER
FOSTER CARE PROGRAM
HIGH RIVER & DISTRICT PARENT LINK CENTRE
JUMPSTART
JUNIOR ACHIEVEMENT SOUTHERN ALBERTA
KIDSPORT SOCIETY OF ALBERTA
MCMAN JOURNEYS FAMILY DEVELOPMENT PROGRAM
OKOTOKS FAMILY RESOURCE CENTRE
MCMAN RESPITE CARE CONNECTION
STRIVE YOUTH SOCIETY
WILD ROSE COMMUNITY CONNECTIONS
YOUTH WITH A MISSION
ABORIGINAL FAMILY SUPPORT SERVICES LTD.
121 Woodbend Way Okotoks
www.afss.info
m_afss@telus.net
(403) 995-6565

- All requests for services come from social workers that have Delegated First Nation Authority (DFNA) statues to access beds in our group care program or to request services such as transports, supervised visits, youth work or family support work
- We deal exclusively with Aboriginal families that have child welfare through the DFNA
- Connect local services with the needs of the youth in the group care program

BIG BROTHERS BIG SISTERS
High River: (403) 909-7507, Okotoks: (403) 909-7507
http://www.bbbscalgary.com
okotoks@bigbrothersbigsisters.ca
highriver@bigbrothersbigsisters.ca

- Donor supported, volunteer-driven organization recognized for our mentoring programs for children and youth in schools and communities throughout Calgary, Airdrie, Chestermere, Cochrane, High River, Okotoks, Rocky View County and surrounding areas
- We match young people with caring volunteers in a variety of mentoring programs
- We also provide training for both the volunteer and young person as well as ongoing professional support to foster success of mentoring relationships
- Mentoring programs are available to children and youth 6 to 18 years of age from diverse backgrounds that are referred to us by schools, parents, guardians or other community professionals. Youth can also self-nominate themselves to a program. Our vision is that every child has a mentor

BOYS & GIRLS CLUB OF DIAMOND VALLEY
611, 3rd Street Black Diamond
www.bgcdvd.com
exdirect@telus.net
(403) 933-4066

- Provide Preschool, after school programs, teen programs and full day summer camp in Black Diamond
CALGARY & AREA CHILD & FAMILY SERVICES
701 Centre Street, High River
calgaryareacfsa.info@gov.ab.ca
(403) 652-8360

- Provides a wide range of services to strengthen families and keep children and youth safe and protected
- Early Intervention; Child Intervention Services (Family Enhancement and Core Protection); Child Care Licensing, Monitoring and Subsidy; Foster Care; Adoption and Permanency Planning; Protection of Sexually Exploited Children (PSECA); and Prevention of Family Violence and Bullying

CHILD ABUSE HOTLINE
Calgary Area
1-800-387-5437

- Protects children from abuse or neglect through a 24 hour toll free telephone number where suspected cases of child neglect or abuse can be reported

CHILD FIND
110 105 12 Ave SE, Calgary
www.childfind.ab.ca
1-800-561-1733 or (403) 270-3463

- Non-profit organization that provides education and prevention on missing and exploited children
- Child Find Alberta has delivered presentations and services to children, parents and the community to teach strategies to keep children safe from abduction and exploitation

CHILD INTERVENTION SERVICES INTAKE 24 HOUR LINE
Calgary Area
(403) 297-2995

- If you suspect a child may be at risk of abuse or neglect
CHRIST THE REDEEMER SCHOOL DIVISION, CONNECTIONS PROGRAM
1 McRae Street
dhamilton@redeemer.ab.ca
(403) 938-2659

- Program is for Christ the Redeemer students who are at risk of becoming disengaged from school, and/or becoming involved in the school discipline
- Focus is to connect youth with positive adult mentors, a healthy peer group, and with recreational and social opportunities within the school and/or community

FOOTHILLS CHILDREN'S WELLNESS NETWORK
Health & Wellness Centre, Okotoks
http://www.foothillsnetwork.ca
Joyce.kooistra@albertahealthservices.ca
(403) 995-2706

- Strengthen the abilities of parents, caregivers and the community to raise happy, healthy children
- Assist families to catch concerns early and get help quickly
- Guide parents and caregivers to know where to go and what to do when they have concerns

FOOTHILLS COMMUNITY IMMIGRANT SERVICES
8- Bay 2, 87 Elizabeth Street, Okotoks & 1B-609 Centre St, High River
Okotoks: (403) 938-4699 & High River: (403) 652-5325

- Okotoks Office hours: 10-2 Tuesdays and Thursdays or call for an appointment.
- High River Office hours: Monday-Friday 9am-12pm, 1pm-5pm
- Providing comprehensive settlement and integration services throughout the MD Foothills and Southern Alberta to meet the diverse needs of immigrants, refugees and community partners

FOOTHILLS FETAL ALCOHOL SOCIETY
120-6th Avenue, S.W., High River
www.foothillsfas.com
(403) 652-4776

- Serve our community with education in the areas of prevention and awareness and we provide support for individuals and families who live with FASD
FOOTHILLS YOUTH FOUNDATION, HIGH RIVER
www.foothillsyouth.ca
fyouthf@hotmail.ca
(403) 652-5210

- A safe place for children ages 9-16 to come have fun. There are pool tables, video games, computers and other fun activities. There is also a food concession for a dollar
- Located across from Highwood High School. Hours: Monday-Thursday 3:30pm - 7:00pm, Friday 2:30 – 10:00pm, Saturday 12:20-10:00pm. Hours are subject to change

FOSTER CARE PROGRAM
(403) 508-7664

HIGH RIVER & DISTRICT PARENT LINK CENTRE
106, 303-9 Avenue S.W., High River
www.highriver.ca
parentlinkcentre@highriver.ca
(403) 652-8633

- Drop in/Stay and Play/Circle Time
- Children’s Crafts and Fun Learning Activities
- Parenting Programs and Resources

JUMPSTART
Okotoks (403) 995-2626 & High River (403) 603-3507

- Canadian Tire Jumpstart helps financially disadvantaged kids ranging in age from 4 to 18.
- Program recipients are approved through local chapters.

JUNIOR ACHIEVEMENT SOUTHERN ALBERTA
Foothills Area
www.jasouthalberta.org
tshorr@jasouthalberta.org
(403) 601-5834

- Provide free programs to local students from grades 4-12
- Focusing on work readiness, entrepreneurship and financial literacy
- Opportunity for local volunteers to mentor the future of our community-our youth
**KIDSPORE SOCIETY OF ALBERTA**  
Okotoks  
www.kidsport.ab.ca  
kidsport_okotoks@yahoo.ca  
(403) 831-7529

- Provides support to children in order to remove financial barriers that prevent them from playing organized sport
- Advocating the importance of all kids having access to sport programs and advocate the value and benefit of kids playing sport in the pursuit of lifelong health and wellness

**MCMAN JOURNEYS FAMILY DEVELOPMENT PROGRAM**  
206 Stockton Avenue, Okotoks  
(403) 995-5473

- To support & encourage individuals & families to achieve their full potential as members of their community
- An in home family development program serving families with children aged 0-18 through the Foothills and Willow creek area
- Provides strength based one to one support and education to families who are struggling with various issues in their lives, these may include domestic violence, addictions, poverty, communication and parenting

**MCMAN RESPITE CARE CONNECTION**  
(403) 508-0452

**OKOTOKS FAMILY RESOURCE CENTRE**  
11 Cimarron Common, Okotoks  
www.ohfrc.org  
familyresources@okotoks.ca  
(403) 995-2626

- Information and referrals to community services and problem-solving assistance and support
- Parent Support Education, TLC Parenting for toddlers, coordination of the Parent Support Association (Okotoks group) Income-based support programs (Recreation Fee Assistance, Holiday Helpers, school supplies, summer camp registration) Community Volunteer Income Tax Preparation
- Office space available for professionals providing service from outside the community
- Community Events such as Teddy Bear Picnic
- Volunteer Driver Program (serving Okotoks residents needing transport to medical appointments)
STRIVE YOUTH SOCIETY
1304-10 Avenue S.E., High River
www.furyinthefoothills.com
dtretiak@shaw.ca
(403) 601-4553

- We create events in Rural Southern Alberta that will assist our children & youth to identify their gifts, talents & passions. It will give them the ability to participate in activities & events at a low cost. It will also create opportunities for the youth to acquire skills by volunteering, creating & participate in planning additional events & opportunities in the communities in Southern Alberta
- We want to assist youth to inspire each other to make a difference in their communities. We will do this by creating a newsletter/online magazine to highlight youth in rural areas that are making a difference & living out their passions

WILD ROSE COMMUNITY CONNECTIONS
509-1 Street SW, High River
www.wildrosecommunityconnections.com
wrcc@live.ca
(403) 601-2910

- "First Year for Families" In-Home Support
- Early Intervention for families with children 0-6 years
- Parenting skills; child development; connecting to community resources; crisis support
SERVICES FOR PEOPLE WITH DISABILITIES

ALBERTA AIDS TO DAILY LIVING

CAUSE & EFFECT FOUNDATION, HIGH RIVER

FOOTHILLS ADVOCACY IN MOTION (AIM)

FOOTHILLS SNAPS, HIGH RIVER

FOOTHILLS THERAPEUTIC RIDING ASSOCIATION

LIVING WELL WITH A CHRONIC CONDITION

SERVICES FOR PEOPLE WITH DISABILITIES DIRECTORY
ALBERTA AIDS TO DAILY LIVING
High River: (403) 652-0173, Okotoks: (403) 995-5412, Black Diamond: (403) 933-6505

- AADL Program helps Albertan with a long-term disability, chronic illness or terminal illness to maintain their independence at home, in lodges or group homes by providing financial assistance to buy medical equipment and supplies

CAUSE & EFFECT FOUNDATION, HIGH RIVER
www.causeandeffectfoundation.com
leslie@causeandeffectfoundation.com or bonnie@causeandeffectfoundation.com
(403) 652-1503

- Early Intervention Service for Preschool children (Ages 2.5-6 years) with special needs
- Provide direct therapy Support in the home, preschool and community environments
- Financially supported by PUF (educational funding) and FSCD (social services funding)

FOOTHILLS ADVOCACY IN MOTION (AIM)
#126 - 9th Avenue SE, High River
www.faims.org
(403) 652-4161

- An agency that supports adults with developmental disabilities to live and work in their community
- Individuals are supported both residentially (through support home scenarios, outreach and respite) as well as during the work week through employment supports and community access

FOOTHILLS SNAPS, HIGH RIVER
www.foothillssnaps.org
admin@foothillssnaps.org
(403) 603-3232

- Community support network for families, including one-to-one support, referrals, connection to other resources
- Provide information, education, and a resource library
- Many programs offered, such as Respite Connections, Sibshops, and Transition Action Planning
FOOTHILLS THERAPEUTIC RIDING ASSOCIATION
Agriplex, Okotoks
www.foothillstherapeuticriding.com
FTRA@shaw.ca
(403) 652-4029

- The FTRA is a registered non-profit charitable organization that offers therapeutic riding programs for “special needs” children
- 2 sessions a year – spring/fall, each session is 6 weeks
- Open to school aged (5 – 18) special needs children from the entire Foothills area

LIVING WELL WITH A CHRONIC CONDITION
www.albertahealthservices.ca/livingwellcalgary.asp
(403) 943-2584

- A program for people with diabetes, high blood pressure, heart disease, lung disease, chronic pain and other long term illnesses.
- Program may include supervised exercise classes, education classes and self-management workshops.
SERVICES FOR PEOPLE WITH DISABILITIES DIRECTORY

ABILITY SOCIETY
info@abilitysociety.org
(403) 262-9445

ACCESSIBLE HOUSING SOCIETY
info@ahscalgary.org
(403) 282-1872

ALBERTA AMPUTEE SPORTS & RECREATION
ASSOCIATION
info@aasra.ab.ca
(403) 201-0507

ALBERTA ASSOCIATION OF COMMUNITY LIVING
www.aacl.org
(403) 717-0361

ALBERTA COUNCIL OF DISABILITY SERVICES
acds@acds.ca
(403) 250-9495

ALS SOCIETY OF ALBERTA
info@alsab.ca
(403) 228-3857

ASSOCIATION FOR REHABILITATION OF THE
BRAIN INJURED
info@arbi.ca
(403) 242-7116

ASSURES INCOME FOR THE SEVERELY
HANDICAPPED
www.seniors.alberta.ca/aish
(403) 297-7116

BETWEEN FRIENDS
info@betweenfriends.ab.ca
(403) 269-9133

BRACEWORKS
www.braceworks.ca
(403) 240-9100

CANADIAN MENTAL HEALTH ASSOCIATION
info@cmha.calgary.ab.ca
(403) 297-7100

CANADIAN PARAPLEGIC ASSOCIATION
calgary@cpa-ab.org
(403) 228-3001

CEREBRAL PALSY ASSOCIATION OF ALBERTA
admin@cpalberta.com
(403) 543-1161

CHAMPIONS CAREER CENTRE
info@championscareercentre.org
(403) 265-5374

DEAF & HARD OF HEARING SOCIETY
info@dhhs.ca
(403) 284-6200

DEVELOPMENT DISABILITIES RESOURCE CENTRE
info@ddrs.ca
(403) 240-7326

LIFEMARK HEALTH
info@lifemark.ca
1-800-665-9947

PERSONS WITH DEVELOPMENTAL DISABILITIES
www.seniors.alberta.ca/PDD
(403) 297-5011

PROGRESSIVE ALTERNATIVES SOCIETY OF
CALGARY
info@pasc-calgary.org
(403) 262-8515

PROSPECT HUMAN SERVICES
www.prospectnow.ca
(403) 273-2822

UNLIMITED BRAIN, OKOTOKS
kim@unlimitedbrain.com
SERVICES FOR SENIORS

ALBERTA AIDS TO DAILY LIVING
ADULT DAY SUPPORT PROGRAM
ALBERTA HEALTH SERVICES HOME CARE
ALBERTA SENIOR’S INFORMATION LINE
DREAMS TRANSPORTATION LTD.
ELDER ABUSE 24 HOUR RESOURCE LINE
FOOTHILLS HOME SERVICES, HIGH RIVER
GRIFFITH MEMORIAL CENTRE
HIGH RIVER SENIOR’S FRIENDSHIP CENTRE
LIVING WELL WITH A CHRONIC CONDITION
OKOTOKS COMMUNITY ACCESS PROGRAM
OKOTOKS & DISTRICT SENIORS CLUB
VALLEY NEIGHBOURS CLUB (SENIOR’S CENTRE), TURNER VALLEY
ALBERTA AIDS TO DAILY LIVING
Assessment for the program is available through Home Care
High River: (403) 652-0173, Okotoks: (403) 995-5412, Black Diamond: (403) 933-6505

- AADL Program helps Albertan with a long-term disability, chronic illness or terminal illness to maintain their independence at home, in lodges or group homes by providing financial assistance to buy medical equipment and supplies

ADULT DAY SUPPORT PROGRAM
High River Hospital
#560 - 9 Ave. S.W., 2nd Floor, West Wing, High River
sherryl.gehring@albertahealthservices.ca
(403) 652-0883

- Service provides respite for caregivers
- Social/Recreational opportunities for Adults requiring increased support due to cognitive/physical disability
- Health monitoring/foot care provided

ALBERTA HEALTH SERVICES HOME CARE
www.albertahealthservices.ca
Okotoks: (403) 995-2600, High River: (403) 652-0173, Black Diamond (403) 933-6505

- With the help of home care, many seniors are able to remain in their own homes for a very long time
- Your Home Care RN has access to a team of local health-care professionals ready to assist you – including your family physician, physiotherapists, pharmacists, health care aides and many others
- A Home Care Registered Nurse will meet with you to discuss your needs

ALBERTA SENIOR’S INFORMATION LINE
1-800-642-3853

- Class the Seniors Information Line to get a copy of the Seniors Programs and Services Information Guide
- Seniors may get help from income-based programs provided by Alberta Seniors and Community Supports.
DREAMS TRANSPORTATION LTD.
104, 1530-27 Avenue N.E., Calgary
www.dreamstransportation.ca
info@dreamstransportation.ca
(403) 590-7433

- Anyone is able to use our service but we specialize in transportation for individuals with special needs and seniors
- We can go anywhere in Alberta for groups or single riders
- Private company so there is a fee for service

ELDER ABUSE 24 HOUR RESOURCE LINE
(403) 705-3250

FOOTHILLS HOME SERVICES, HIGH RIVER
www.foothillshomeservices.ca
foothillshomeservices@shaw.ca
(403) 652-4292

- Providing home care, housekeeping, and companionship to areas surrounding High River

GRIFFITH MEMORIAL CENTRE
Government Road, Black Diamond
(403) 933-3549

- Community Senior’s centre

HIGH RIVER SENIOR'S FRIENDSHIP CENTRE
504 7 St S.W., High River
(403) 652-4149
LIVING WELL WITH A CHRONIC CONDITION
www.albertahealthservices.ca/livingwellcalgary.asp
(403) 943-2584

- A program for people with diabetes, high blood pressure, heart disease, lung disease, chronic pain and other long term illnesses.
- Program may include supervised exercise classes, education classes and self-management workshops.

OKOTOKS COMMUNITY ACCESS PROGRAM
www.okotoks.ca
fcss@okotoks.ca
(403) 995-2773

- The Town of Okotoks wishes to ensure that Okotoks residents who are seniors (60 years of age and over) and persons with disabilities are able to remain active participants in the community
- A subsidy is provided to the taxi companies for each trip taken, to provide users with a reduced taxi fare
- Taxi users who qualify for this reduced rate must have a current Community Access Program Identification Card

OKOTOKS & DISTRICT SENIORS CLUB
204 Community Way
www.okotoksseniors.ca
oktosen1@telus.net
(403) 995-4107

VALLEY NEIGHBOURS CLUB (SENIOR’S CENTRE), TURNER VALLEY
(403) 933-4445
SUPPORT GROUPS

BOSOM BUDDIES, HIGH RIVER
CANADIAN HARD OF HEARING ASSOCIATION, HIGH RIVER
CANCER SUPPORT GROUP, OKOTOKS
CAREGIVER SUPPORT GROUP, FOOTHILLS
DIVORCE CARE
FAMILIES SUPPORTING ADOPTION, OKOTOKS
FOOTHILLS REGIONAL VICTIM SERVICES, HIGH RIVER
GRIEF SHARE
GRIEF SUPPORT GROUP
GRIEF SUPPORT PROGRAM
OKOTOKS DAYHOME PROVIDERS
OKOTOKS NEWCOMERS CLUB
SINGLE & PARENTING
SISTERS OF SOLACE, WIDOWS GROUP
SUPPORT GROUP FOR PEOPLE WITH VISION LOSS, OKOTOKS
SUPPORT MEETINGS FOR PERSONS WITH MOOD DISORDER, ANXIETY, DEPRESSION
TEENS OF DIVORCE
BOSOM BUDDIES, HIGH RIVER
www.highriverunitedchurch.org
(403) 652-3168 or (403) 652-4226

- A group of women of various ages, 40’s – 80’s, whose lives have been affected by cancer, either
directly or through a loved one
- We gather once a month in each other’s homes, usually on the last Saturday morning of every
month, for breakfast. We also phone each other for support whenever needed
- We simply listen and share our stories to encourage each other where ever we are on our
journey

CANADIAN HARD OF HEARING ASSOCIATION, HIGH RIVER
(403) 652-1667

- Provide advice and support to people suffering from hearing loss
- Meeting in the boardroom of the High River hospital on the second Tuesday of every month

CANCER SUPPORT GROUP, OKOTOKS
sadu4@telus.net
(403) 938-4350

- Offers support to people who currently have, or have had, cancer. People who have dealt with
cancer through a loved one are also invited
- Meetings are at the Health and Wellness Centre on the last Tuesday of every month from 7pm-
9pm. There is also a meeting for breakfast on the second Saturday of every month
- There are occasionally guest speakers. The meetings run from September-June (approx.)

CAREGIVER SUPPORT GROUP, FOOTHILLS
High River: (403) 652-0192, Okotoks: (403) 995-2652

- Provide an environment to share situations and resources with other people who are also taking
care of a loved one
- Works in conjunction with the Adult Day Support Program to provide a place for your loved one
to be taken care of while you attend a caregiver support meeting
- High River meetings are the first Wednesday of every month from 12:30-2:30pm in the High
River Library. Okotoks meetings are the fourth Tuesday of every month from 10:00am –
11:30am at the Okotoks Health & Wellness Centre
DIVORCE CARE
28 Westland Road, Okotoks
(403) 938-3311

- Eleven weeks of meetings helping people cope with divorce

FAMILIES SUPPORTING ADOPTION, OKOTOKS
(403) 938-9442

FOOTHILLS REGIONAL VICTIM SERVICES, HIGH RIVER
www.foothillsvictimservices.com
fhvs@rcmp-grc.gc.ca
(403) 652-2359

- Support, Information and Referrals for victims of crime and trauma

GRIEF SHARE
28 Westland Road, Okotoks
(403) 938-3311

- Eleven weeks of meetings helping people cope with the loss of a loved one

GRIEF SUPPORT GROUP
(403) 931-2364

GRIEF SUPPORT PROGRAM
High River United Church, 123 Macleod Trail S.W., High River
www.highriverhealthfoundation.ca
(403) 860-3189

- Provides ongoing support through loss and grief, both individually and in a group setting
- Meets on the second and fourth Monday of every month 7:00pm to 9:00pm
- Offers support, caring, friendship and understanding in the journey of loss and bereavement
OKOTOKS DAY HOME PROVIDERS
www.okotoksdayhomeproviders.com
questions@okotoksdayhomeproviders.com
(403) 938-8139

- Day home providers who provide assistance to other day home providers
- Volunteer to help and support other day home providers by organizing field-trips and educational workshops
- Help guide and support people who want to open up a day home

OKOTOKS NEWCOMERS CLUB
(403) 938-6049

- Encourages women of all ages who are new to Okotoks and area to make new friends and learn about the town

SINGLE & PARENTING
28 Westland Road, Okotoks
(403) 938-3311

- Eleven weeks of courses/meetings to help people cope with and understand single parenting

SISTERS OF SOLACE, WIDOWS GROUP
(403) 652-4795

- A support group for widows that meet twice a month to organise activities such as theatres, travelling, and other fun activities

SUPPORT GROUP FOR PEOPLE WITH VISION LOSS, OKOTOKS
(403) 938-4396

- Meet at the Okotoks Library of the fourth Thursday of every month from Sept-June.
- Speakers on different topics depending on the concerns of the group members.
- Offers a supportive environment to share personal experiences surrounding vision loss
SUPPORT MEETINGS FOR PERSONS WITH MOOD DISORDER, ANXIETY, DEPRESSION
Sheldon M. Chumir Health Centre, 3rd Floor, 1213 4 Street SW, Calgary
www.informalberta.ca
obad@obad.ca
(403) 263-7408

- Support groups for individuals and their families affected by Bipolar Affective Disorder, Depression and Schizoaffective Disorder
- Depression/Peer Support groups for individuals who are affected by the above disorders as well as their family members, friends and caregivers
- Opportunity for anyone interested in learning more about mental health to attend these meetings

TEENS OF DIVORCE
28 Westland Road, Okotoks
www.tanyahansencounselling.com
tanyahansen@shaw.ca
(587) 891-2577

- These seminars are intended for teenagers aged 12-19 whose parents are experiencing either divorce or separation. It is intended that one or both parents would attend with their teenager(s), although this is not required
- Each seminar will consist of a one hour presentation followed by a thirty minute discussion/or Q &A depending upon group size
TOWN OF HIGH RIVER
FLOOD RECOVERY

HIGH RIVER COMMUNITY SUPPORT WORKSHOPS
HIGH RIVER FREE COUNSELLING CENTRE, MENTAL HEALTH SUPPORT
SALVATION ARMY DISASTER ASSISTANCE CENTRE
TRANSPORTATION, HIGH RIVER
The Town of High River continues to work with the Government of Alberta and our partners to rebuild and recover from the June flood. Residents, business owners and property owners are encouraged to Town of High River website often for information and news related to flood recovery, mitigation and renewal programs, services and initiatives.

**HIGH RIVER COMMUNITY SUPPORT WORKSHOPS**

Bow Valley College, High River Campus  
710, Centre Street, High River  
www.bowvalleycollege.ca/foothills  
highriverevents@bowvalleycollege.ca  
(403) 441-2399

- High River is facing unprecedented challenges. To better support the community, Bow Valley College, in partnership with Alberta Human Services, are facilitating ongoing workshops and information seminars at the High River Campus.
- Through these FREE workshops, we aim to provide strategies for stress management, grief and loss, financial wellness and more to help rebuild in High River.

**HIGH RIVER FREE COUNSELING CENTRE, MENTAL HEALTH SUPPORT**

Unit 101, 122 4 Ave S.W., High River  
www.highriver.ca  
(403) 691-5991

- Clients are welcome to drop-in during office hours or book an appointment through the call centre.
  - Hours of Operation:
    - Wednesday: 10:00am to 6:00pm
    - Thursday: 10:00am to 6:00pm
    - Saturday: 9:00am to 1:00pm

**SALVATION ARMY DISASTER ASSISTANCE CENTRE**

119 Centre Street S.W., High River  
www.highriver.ca  
(403) 652-2195

- Clients are welcome to Salvation Army donation pickup for those affected.
- If a person or family has needs, please visit or call the Salvation Army Disaster Assistance Centre.
  - Hours of Operation:
    - Monday to Wednesday & Friday: 10:00am to 4:30pm
    - Thursday: 10:00am to 7:00pm
A High River transit system has been set up within town to transport residents and volunteers around. It also connects to the new temporary community of Saddlebrook.

Operating hours:
7 a.m. to 7 p.m.
7 days a week.

Legend:
- Bus Drop
- Saddlebrook Route

Please note bus schedule may change for statutory holidays.
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