



Cheryl Fowlak

Okotoks
Historic River, Sustainable Future

RESOURCE GUIDE

2022/2023





CONTACT INFORMATION



Okotoks Family Resource Centre

Located in the Okotoks Health and Wellness Centre

11 Cimarron Common, Okotoks AB T1S 2E9

Phone: 403-995-2626

Fax: 403-938-1579

familyresources@okotoks.ca | ofrc.ca

(To request changes to listings, email familyresources@okotoks.ca)

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ADULT

YOUTH

OKOTOKS FAMILY RESOURCE CENTRE

Friendly staff at the Family Resource Centre can help with financial challenges, family issues, life stressors, and social supports. Our mission is to relieve stress and restore hope for community members by providing support, information, and making connections to programs and services. Please call ahead for an appointment. Information can often be provided by phone/ email.



Information and referrals to community agencies and services

Staff are connected to helpful programs and services in the Foothills community so they can help you find the right service and access supports.

Assistance with paperwork for government programs

Need help completing applications? Staff will help you determine what programs you may be eligible for and will help you complete the required forms.

Recreation subsidies

Recreation subsidies are available for low-income residents of Okotoks, Turner Valley, Black Diamond or Foothills County (or in close proximity to these towns) to participate in Town-operated recreational programs and activities. Apply online at ofrc.ca.

Financial support

Limited emergency funding is available along with supportive connections to other community and government financial support programs. Contact us for help.

Volunteer Driver Program

The Volunteer Driver Program is a supportive program for Okotoks residents (18+) and/or minor children accompanied by an adult who require assistance with transportation. Drivers provide safe, free and reliable transportation for residents who would otherwise struggle to meet this need. Apply online at ofrc.ca

Community Volunteer Income Tax Program (CVITP)

This is a free service available to eligible residents who have low income and a simple tax situation. Volunteers are screened through the Okotoks Volunteer Resource Centre and are trained by the Canada Revenue Agency to prepare simple tax returns (via e-file when possible). Volunteers are available throughout the year to assist.

Adopt a Sidewalk snow volunteers

Residents of Okotoks who are 70+ years old or have a permanent disability and living on low income may be eligible for the Adopt a Sidewalk Program. Volunteers will keep your front walkway/driveway shoveled during the winter months.

OKOTOKS FAMILY AND COMMUNITY SUPPORT SERVICES



Find out more at okotoks.ca under the Community Support section.

Okotoks FCSS supports preventive social programming in the community through funding, social development initiatives and engagement with community agencies. Contact 403-995-2773 or fcss@okotoks.ca for more information.



- Interagency – networking and information sharing hosted monthly on the fourth Wednesday of each month for agencies providing social supports.
- Community Access Program – provides subsidized taxi fares to seniors aged 60+ or adults with a permanent disability
- FCSS Community Grants – grants for funding are available annually to support social programming provided by agencies

Volunteer Resource Centre: if you are interested in volunteering for the Town or if you are an agency that would like to be part of the Volunteer Managers Network, send an email to volunteer@okotoks.ca

United Way Community Investment Grants: this locally driven community group raises funds to help support social programs in the community

MUNICIPAL SERVICE DIRECTORY



Cavalry Regional Field House *independently operated 6.5 km East of Okotoks on Hwy 7*

125 Field House Drive E, Aldersyde 587-757-0338
cavsfrcregionalfieldhouse.com

Centennial Arenas

204 Community Way, Okotoks 403-938-8954

Eco Centre

400, 1118 North Railway Street, Okotoks 403-938-2652
Tues, Wed, Fri 10 AM – 5 PM | Thurs 10 PM – 8 PM | Sat 8 AM – 5 PM | Sun, Mon & Stats CLOSED

Environmental Education Centre

1118 North Railway Street, Okotoks (Operations Centre) 403-965-6316
Mon-Fri, 8 AM - 4 PM

Fire Services - Dial 911 in case of emergency

132 Milligan Drive, Okotoks 403-938-4066

MUNICIPAL SERVICE DIRECTORY

Foothills Centennial Centre

4, 204 Community Way W, Okotoks 403-938-6347
fccbookings@okotoks.ca

Foothills Regional Landfill *independently operated 5 km South of Okotoks*

Hwy 783 (16 St E) 403-938-5224
foothillslrrc.com

Municipal Centre

PO Box 20 St Main, 5 Elizabeth Street Okotoks, AB T1S 1K1 403-938-4404
Mon-Fri 8:30 AM - 4 PM | okotoks.ca

Okotoks Art Gallery & Visitor Information

53 North Railway Street, Okotoks 403-938-3204
Sept long to May long weekend: Tues-Sat 10 AM - 5 PM | Sun, Mon & Holidays CLOSED
okotoksculture.ca

Okotoks Museum & Archives

49 North Railway Street, Okotoks 403-938-8969
okotoksculture.ca

Okotoks Public Library - *independently operated*

23 Riverside Drive West, Okotoks 403-938-2220
okotokslibrary.ca

Okotoks Recreation Centre

99 Okotoks Drive, Okotoks 403-938-8954
okrec@okotoks.ca

Operations Centre - *Transportation, Parks, Water Services & Waste Services*

100-1118 North Railway Street, Okotoks 403-938-4372
After Hours Emergency Line 403-938-2985
Water Utilities & Sewer Inquiries 403-938-1230
Mon-Fri 7:30 - 4:00

Southridge Emergency Services - *Police, Fire & Enforcement*

99 Woodhaven Drive, Okotoks | For Emergencies Call 9-1-1
RCMP Administration 403-995-6400
RCMP Non-Emergency Complaints (24 hrs) 403-938-4202
Municipal Enforcement Complaint Line 403-938-8913
Municipal Enforcement Inquiry Line 403-995-6302
Fire 403-938-4066

AFFORDABILITY

FOOD

Meals on Wheels 403-938-6404
Provides prepared meals to seniors and homebound individuals

Okotoks Food Bank

220 Stockton Ave #120, Okotoks 403-651-6629
Emergency food for people in need. Includes hampers & help yourself shelves

Okotoks Good Food Box Depot

Search Okotoks Good Food Box Depot on Facebook
Fresh fruit & vegetables at a low cost. The GFB buys bulk quantities of fresh, top-quality produce. Residents prepay for a box and pick up from a local depot on a set schedule.

CLOTHING

Foothills Salvage and Recycling Society

Landfill - 5 km S of Highway 7 403-648-3764
Salvages and sells usable items including clothing and household goods

Mission Thrift Store

216 Stockton Avenue, Okotoks 403-995-8099
Used clothing, household goods and furniture available for purchase

MyCityCare

Bighorn Place, Southbank Rd, Okotoks 403-606-6812
Donated clothing and hygiene supplies available for those in need
facebook.com/mycitycareokotoks | mycitycareoko@myvictory.ca

TRANSPORTATION

Canadian Cancer Society 1-888-939-3333
Offers transportation to treatments by volunteer drivers, as well as a travel treatment fund (for low income people) to offset fuel/taxi costs

Okotoks Transit

okotokstransit.ca 587-534-0510
On-demand, "curb-to-curb" ride-sharing service. Download the mobile app or call to arrange service. Tickets must be prepaid

Town of Okotoks Community Access Program (CAP)

okotoks.ca 403-995-2773
Subsidized taxi fare for seniors 60+ and residents with disabilities

Town of Okotoks Volunteer Driver Program

ofrc.ca 403-995-2626
Transportation by volunteer drivers to medical appointments outside Okotoks.
Pre-registration required

AFFORDABILITY

RECREATION

Jumpstart

jumpstart.canadiantire.ca/pages/individual-child-grants

Assists families in need with registration and/or equipment for sports/physical activity programs for their children ages 4-18. Apply online

Kidsport Okotoks

kidsportcanada.ca/alberta/okotoks

Sports funding for children 6-18 years to remove financial barriers. Apply online

Town of Okotoks Recreation Fee Assistance

okotoks.ca/rec-fee-assistance 403-995-2626

Subsidy for Town of Okotoks facilities and programs is available for residents aged three and up that meet household income requirements. Apply online

AFFORDABLE HOUSING

Skotoko Housing Co-op

39 Skotoko Place, Okotoks 403-938-5520

Thirty-eight unit townhouse complex providing affordable accommodation for people on moderate incomes

Westwinds Communities

Main Office: 833 9th Street SW, High River 403-652-8600

Provides affordable family and seniors housing options in Okotoks and throughout the Foothills communities. Includes rental units and rental subsidy program

SENIORS HOUSING

The Heartland Residence by Revera

47 Riverside Gate, Okotoks 403-938-4448

Seniors independent, supportive and assisted living options as well as short-term and respite care

Tudor Manor

200 Sandstone Drive, Okotoks 403-995-9540

Seniors supportive living facility operated by the Brenda Strafford Foundation. Publicly funded health and personal care can be accessed through Alberta Health Services

Westwinds Communities

Main Office: 833 9th Street SW, High River 403-652-8600

Sheep River House - 1 Elma Street E, Okotoks - Seniors independent living

Sandstone Lodge - 101 Centre Court, Okotoks - Seniors supported living

AFFORDABILITY



EMERGENCY SHELTERS

Alberta Family Violence Information Line

Toll free 403-310-1818

Online Chat | 8 AM - 8 PM | alberta.ca/endfamilyviolence

A 24-hour, toll-free helpline in Alberta for anyone experiencing family violence or abuse, or who knows someone that has questions about family violence

Calgary Drop-in Centre Society (16+ yrs)

Dermot Baldwin Way SE, Calgary AB (24 hrs) 403-263-5707

Trained counselors & staff help with treatment, guidance, clothing & temporary beds

Inn From the Cold Society (for families)

Calgary- 106-110 11th Ave SE 403-263-8384

(24 hrs) Emergency shelter and housing

Mustard Seed Foothills Shelter (adult men & women)

Calgary- 7025 44th Street SE 403-723-9422

Food, shelter, clothing and assistance to stabilize individuals' living situations

Rowan House Emergency Shelter (for women)

High River Admin 403-652-3316

Crisis 24 hours (text enabled) 403-652-3311

Emergency shelter and support for women fleeing domestic abuse. Provides community outreach, healthy relationship groups and preventive education workshops

Salvation Army Centre of Hope (for men)

420 9th Ave SE , Calgary (24 hrs) 403-410-1111

SUPPORT SERVICES



ADDICTION SERVICES

Alberta Health Services

24-hour Addiction Help Line 1-866-332-2322

Support, information and referrals to Albertans experiencing addiction concerns, including problem gambling

Alcoholics Anonymous

Meeting finder tool available online or call (24 hrs) 403-777-1212

Anyone experiencing a problem with alcohol is welcome to attend any meeting of AA

Al-Anon/Al-a-Teen

calgaryal-anon.org/meetings 403-266-5850

(24 hrs) In-person and online peer support meetings for people struggling with the effects of someone else's problem drinking.

SUPPORT SERVICES

ADDICTION SERVICES CONTINUED

Celebrate Recovery

okotoksefc.ca/connect/celebrate-recovery 403-938-3311
A safe place to overcome hurts, hang-ups and habits through a biblically-based program

Lander Treatment Centre

221-42 Ave W, Claresholm 403-625-5600
An 18-24 day, co-ed intensive residential addiction treatment program designed for addiction treatment for adults

McMan Parent Child Assistance Program

72 North Railway Street, Okotoks 403-590-3285
pcap@mcmancalgary.ca

A three-year home visitation program that offers individualized support for women who:

- Are pregnant or have given birth in the past six months
- Used drugs or alcohol during pregnancy

Narcotics Anonymous

chinookna.org (visit web for in-person/virtual meeting times) 403-991-3427
Recovering addicts meet regularly to help each other stay clean

Renfrew Recovery Centre

1611 Remington Road NE, Calgary 403-297-3337
40-bed, residential facility offering medically-supported detoxification services to people while they withdraw from the effects of alcohol and other drugs, as well as gambling stabilization

COUNSELLING SERVICES

Alberta Health Services Access Mental Health 403-943-1500

A non-urgent service allows callers to speak with a program clinician who will guide them to the appropriate mental health and addiction resources, 8 AM- 5 PM on weekdays.

The clinician will assess and may refer to specialized services or to:

Change-Oriented Therapy - scheduled appointments 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

Couple or Family Therapy at South Calgary Health Centre

Alberta Health Services Walk-In Counseling *South Calgary Health Centre*

31 Sunpark Plaza, S.E. Calgary 403-943-9374

Single sessions available in-person or by phone for immediate concerns

HOURS: Monday to Thursday 4 – 7 p.m. | Fri 9 a.m.- 12 p.m. | Closed stat holidays and long weekends

Alberta Health Services Mental Health Urgent Care

Walk-in help available for urgent concerns for clients 13+ yrs. Go to the nearest Urgent Care Centre or hospital emergency room

SUPPORT SERVICES



COUNSELLING SERVICES CONTINUED

Calgary Communities Against Sexual Abuse

calgarycasa.com 1-877-403-8000

Counselling for individuals impacted by any form of sexual abuse

Calgary Counselling Centre / Counselling Alberta

calgarycounselling.com 833-827-4229

Pay-what-you-can-afford counselling available for a wide variety of concerns

Distress Centre (24 hrs) 403-266-4357

Foothills Community Counselling

High River 403-603-3549

Affordable quality counselling services for individuals, children, adolescents, families and couples residing in the Foothills. Fees are based on a sliding scale

Foothills Country Hospice - Grief Support

grief@countryhospice.org 403-995-4673

Free individual and/or group counseling available to anyone who has experienced a loss.

Kindred Connection Society

intake@kindred.ca 403.233.2360

Single session therapy on a pay-what-you-can-afford model. Rapid-access counselling can be booked online at communityconnectyc.ca

Solace Grief Support Society

solacegriefsupport.com 403-860-3189

SUPPORT GROUPS

Buzzum Buddies

High River 403-652-3168

Support group for women diagnosed with cancer

Caregiver Support Group

Okotoks 403-995-2652

Support for those caring for others in-home or in a care facility

Families Matters (Postpartum Depression/Anxiety Support/Prenatal Support)

intake@familiesmatter.ca | familiesmatter.ca 403-205-5194

Free, year-round programming offering individual or group support for parents

WellspringCancer Support Alberta

wellspringalberta.ca 1-866-682-3135

A comprehensive range of support, resources and programs for anyone living with cancer and the people who care for them.

SUPPORT SERVICES

SUPPORT GROUPS CONTINUED

La Leche League (Breastfeeding Support)

joelle@lalecheleaguecanada-alberta.ca 403-242-0277

Okotoks Day Home Providers

okotoksdayhomeproviders.com1-877-403-8000

SERVICES FOR SENIORS

Alberta Health Services Adult Day Program

Okotoks 403-995-2600

Socialization, recreation activities and exercise programs for adults over 18 with physical and/or memory challenges or who are living with a chronic illness. Offers respite for family caregivers.

Elder Abuse Information and Response 403-995-2626

or 403-652-3311. Get information and help if you, or someone you know, is concerned about an older adult's safety

Kerby Centre

Calgary 1133 7th Ave SW 403-265-0661

Active living and preventive services, resource centre and shelter for abused seniors

Okotoks and District Seniors Club

204 Community Way 403-995-4107

Socialization activities and special events. Host location for Memory Cafe (program for those with memory loss and their caregivers)

Wild Rose Caring Connex

High River 403-601-2910

Supportive services may include check-in calls and practical kindness

SERVICES FOR CHILDREN, YOUTH AND FAMILIES

Alberta Children's Services (Calgary Regional Office) 403-297-2995

High River 101-129 4 Ave SW 403-652-8360

Adoption, fostering, child care subsidy, day care licensing and crisis information.

Online child care tool (showing licensed facilities & inspection reports) available at humanservices.alberta.ca

Big Brothers Big Sisters of Calgary and Area 403-777-3534

Community and in-school mentoring relationships for children and youth in Okotoks who are facing adversity

Bullying Prevention Hotline (24 hrs): Call or text310-1818

For support, information or referrals. alberta.ca/bullying

SUPPORT SERVICES



SERVICES FOR CHILDREN, YOUTH AND FAMILIES *CONTINUED*

Child Abuse Hotline (24 hrs)1-800-387-5437

Get help if you, or children you know, are being neglected, abused or sexually exploited. If you believe a child is at risk, you must report it

ConnecTeen (24 hrs): Text 587-333-2724 or Call 24/7 403-264-8336

A confidential peer support service for youth in Calgary and area that have questions, problems, or just need someone to talk to

Dad Connexx 403-601-2910

Brings together male role models (dads, uncles, grandpas, etc.) to spend quality time with their kids and learn about parenting topics
wildrosecommunityconnections.com/dads-central

Foothills Children's Wellness Network 403-995-2706

Youth Navigator: 403-336-9440. A collective of early childhood and youth services available to parents & communities in the Foothills region - foothillsnetwork.ca

Healthy Futures 403-336-8556

Helps expecting moms who are facing financial and social barriers with nutrition, vitamins, coaching and support throughout pregnancy and beyond

Healthy Relationships 403-652-3311

A six-week course offered through Rowan House

It Takes a Village 403-401-3005

Helps families in the Foothills area that are facing hardships by providing free essential baby supplies in the first year of their baby's life - takesavillageokotoks.com

Kids Help Phone: Text CONNECT to68-68-68

Professional counselling, information and referrals and volunteer-led, text-based support to young people in both English and French

McMan Okotoks Family Resource Network - mcmancalgary.ca/okotoks

72 North Railway Street, Okotoks 403-995-5474

A community hub that provides a range of services and programming for children, youth and families in Okotoks and surrounding communities, including:

- Brief in-home support services (3-5 visits) for parents of children 0-6 yrs
- Assessment and screening
- Individualized support
- Parenting workshops and support groups
- Coordination and referral to other services
- Single session counselling for children (6+), youth and parents
- Workshops, supports and skill building for teens

SUPPORT SERVICES

SERVICES FOR CHILDREN, YOUTH AND FAMILIES *CONTINUED*

McMan Youth, Family and Community Services Association of Calgary & Area

72 North Railway Street, Okotoks 403-995-5473

- Family Development Program: individualized in-home support for families with children 0-18 years to increase their parenting skills and enhance family relationships. Email fdpokotoks@mcmancalgary.ca
- Parent-Child Assistance Program: pcap@mcmancalgary.ca (see Addictions)
- Milestones: for families with a child 0-17 years with a disability who have an agreement with Family Support for Children with Disabilities (FSCD) Alberta. Email milestones@mcmancalgary.ca

Okotoks Teen and Young Adult Clinic

11 Cimarron Common, Okotoks 403-995-2600

Sexual and reproductive health services

SERVICES FOR NEWCOMERS

Foothills Community Immigrant Services

Office 8, Bay 2, 87 Elizabeth Street, Okotoks 403-938-4699

Settlement and integration services throughout Foothills County to meet the diverse needs of immigrants, refugees and community partners

Okotoks Newcomers Club 403-938-9928

SERVICES FOR PEOPLE WITH DISABILITIES

Foothills Advocacy in Motion Society

209 Stockton Avenue, Okotoks 403-995-0554

Promotes inclusion for persons with developmental disabilities through employment, day, residential and respite services

Foothills Fetal Alcohol Society

#101-520 Macleod Trail, High River 403-652-4776

Programs that enhance self-care for caregivers, empower people with FASD, encourage those with addiction issues and promote healthy pregnancies

Inclusion Foothills

Bay 3, 22 Elizabeth St, Okotoks 403-603-3232

Advocacy and support for special needs individuals and their families. Services include 1:1 support, transition planning, employment services, respite connections and summer programs

EMPLOYMENT, VOLUNTEERING AND EDUCATION

Bow Valley College, Okotoks Campus

7 Riverside Drive, Okotoks | bvcokotoks@bowvalleycollege.ca 403-476-2233
Upgrade your skills, start a new career path or finish high school

Community Futures Highwood

14 McRae Street 403-995-4151
Provides a wide range of small business services and business management tools for people wanting to start, expand, franchise or sell a business

Conseil Scolaire FrancoSud

70 Ranchers Meadows, Okotoks 403-995-1160

Christ the Redeemer Catholic Schools Division Office

23 Riverside Drive #301, Okotoks 403-938-2659

Edison School

322155 155 St E, Okotoks 403-938-7670

Foothills School Division Office

129 - 4th Avenue SW, Suite 300, High River 403-652-3001

Inclusion Foothills

Bay 3, 22 Elizabeth St, Okotoks 403-603-3232
Works with participants (16+) and work places to empower potential employees and equip businesses to sustain an inclusive and productive work place

MCG Careers Inc.

Bay 3, 87 Elizabeth Street 403-995-4377
Provides career assistance, workshops and coaching, resume support & computer access

Money Mentors

Calgary 1-888-294-0076
A non-profit that educates Albertans in personal money management and the wise use of credit, and provides alternatives for families and individuals facing financial crisis

Okotoks Public Library

23 Riverside Drive W 403-938-2220
Print, digital & multimedia materials, public access computers & printing, 3D printing, free Wi-Fi, book clubs, exam proctoring, events and programming for all ages

Summit West Independent School

1 McRae St, Okotoks 587-885-2343

Town of Okotoks Volunteer Services

99 Okotoks Drive, Okotoks 403-938-8936

LEGAL RESOURCES

Calgary Legal Guidance

100, 840 - 7th Avenue SW, Calgary 403-234-9266

Free legal assistance and information for persons who would not otherwise have access - clg.ab.ca

Elizabeth Fry Society

Calgary 403-294-0737

Legal supports, advocacy for women and marginalized populations, and practical programs - elizabethfrycalgary.ca

Family Law Information Centre

Calgary Courts Centre, 601 - 5 St SW, Suite 706, Calgary 403-297-6981

Free help and information about family law matters for individuals who don't have a lawyer

Legal Aid Alberta

Dominion Centre, Main Floor, 605 - 5 Ave SW, Calgary 1-866-845-3425

Publicly funded, affordable legal services in family law, family violence matters, child welfare, immigration, and youth and adult criminal defense

HEALTH AND WELLNESS

Emergency 9-1-1

Health Link 8-1-1

24/7 health information and advice from a registered nurse

HOSPITALS AND WELLNESS CENTRES

High River Hospital

560 9th Ave W, High River 403-652-2200

Oilfields Hospital

717 Government Road, Black Diamond 403-933-2222

Okotoks Health and Wellness Centre – Alberta Health Services

11 Cimarron Common, Okotoks 403-995-2600

Home Care Services, *New Referrals* 403-943-1920

Home Care Services, *Existing Clients* 403-995-5412

Urgent care, home care, public health, sexual health, speech language pathologist, community care services (chronic disease, diabetic, geriatric, assessments and social work services), rehabilitation, preschool oral health, nutritionist, lab services

South Health Campus

4448 Front St SW, Calgary 403-956-1111

HEALTH AND WELLNESS



SERVICES

Alberta Blue Cross1-800-387-5437

Alberta Aids to Daily Living (AADL) Dial 310-0000
Then dial 780-427-1432. AADL helps Albertans with a long-term disability, chronic or terminal illness to pay for basic medical equipment and supplies

Alberta Health Care Dial 310-0000
Then Dial 780-427-1432

COMMUNITY CHURCHES



Big Rock Baptist Church (*In Grace Lutheran Church*)

114 Waldron Ave, Okotoks 403-938-3063

Church of Jesus Christ of Latter Day Saints

300 Woodgate Road, Okotoks 368-999-9311

384 Banister Drive, Okotoks 403-710-8567

Foothills Community Church of Okotoks

100 Stockton Avenue, Okotoks 403-938-5613

God's House Pentecostal Church

100 Southbank Road, Okotoks 403-682-7607

Grace Lutheran Church

114 Waldron Ave, Okotoks 403-938-3515

Holy Cross Lutheran Church

20 Banister Gate, Okotoks 403-938-4979

Okotoks Alliance Church

322183 15 St E, Okotoks 403-938-2614

Okotoks Evangelical Free Church

28 Westland Road, Okotoks 403-938-3311

Okotoks United Church

43 Riverside Drive, Okotoks 403-938-4357

Parallel Church

204 Community Way, Okotoks 403-606-6812

COMMUNITY CHURCHES

St. James Parish

338060 32 St E, Okotoks 403-938-3122

St. Peter's Anglican Church

31 Riverside Way, Okotoks 403-938-4261

Trinity Mennonite Church

32023 232 Ave W, De Winton 403-256-7157

GOVERNMENT

FEDERAL

Canada Revenue Agency (CRA)

Benefit programs (CCB, GST) 1-800-387-1193

Personal income tax enquiry 1-800-959-8281

Employment Insurance (EI) 1-800-206-7218

Service Canada 1-800-622-6232

Canada Pension Plan, Guaranteed Income Supplement, Old Age Security and other Service Canada programs - canada.ca

PROVINCIAL MOST REQUESTED

Call all Government of Alberta numbers toll-free by dialing 310-0000 followed by the number you are trying to reach

Alberta Supports Contact Centre 1-877-644-9992

Information on Government of Alberta social programs and services, including AISH, Alberta Works, seniors and emergency supports, childcare subsidy & child protection

AB WORKS - *Cheque Information Line* 1-780-427-6942

AB WORKS - *After-Hours Emergency* 1-866-644-5135

Employment Standards 1-877-427-3731

Maintenance Enforcement 1-780-422-5555

Workers Compensation Board 1-866-922-9221

GOVERNMENT

PROVINCIAL OTHER

Alberta Justice, Okotoks Provincial Court House

98 McRae Street 403-938-7953

Alberta Landlord and Tenant Info780-427-2711

Alberta Registries

Ardiel Agencies, 11 McRae St, Okotoks 403-938-4277

Assured Income for the Severely Handicapped (AISH)

2752 Sunridge Way NE, Calgary 403-297-8511

General Court Information1-855-738-4747

COMMUNITY GROUPS & SERVICE CLUBS

ADULT

100 Women Who Care/100 Men Who Give a Damn okotoks100.com

Beta Sigma Phi, Preceptor Alpha Kappa 403-938-5636

BPOE Elks Club No. 31 403-938-4969

De Winton Community Association dewintonca.com

Ducks Unlimited ducks.ca

Healthy Okotoks Coalition/Community Garden 403-995-2773 hoc@okotoks.ca

Kinsmen facebook.com/okotokskinsmen

Kiwanis Club Okotoks..... facebook.com/kiwanisokotoks

Masons (Corinthian #22) freemasons.ab.ca

Okotoks Agricultural Society okotoksag.com

Okotoks & District Seniors Club 403-995-4107 | okotoksseniors.ca

Okotoks Garden Club okotoksgardening@gmail.com

COMMUNITY GROUPS & SERVICE CLUBS

ADULT *CONTINUED*

- Okotoks Legion Branch 291 okotokslegion.ca
- Okotoks Lions Club facebook.com/Lions-Club-of-Okotoks
- Okotoks Optimist Club okotoksoptimistclub.com
- Okotoks Rotary Club facebook.com/okotoksrotary
- United Way/Okotoks Partnership 403-995-2773 | unitedway@okotoks.ca

YOUTH

- 12383 High River Army Cadets highriverarmycadets.com
- 187 Foothills Air Cadets facebook.com/187-foothills-air-cadet-squadron
- 4-H Area Clubs, Key Leaders
- Joanne 403-684-3750 | sundownerfarms@aol.com
- Suzon 403-931-3752 | suzonwatkins@gmail.com
- First Okotoks Beavers, Cubs & Scouts okotoksscouts.ca
- Sparks, Brownies, Guides, Pathfinders okotoks_guides@yahoo.ca

ARTS & CULTURE

- Big Rock Singers bigrocksingers.com
- Chinook Country Quilters 403-938-2974
- Dewdney Players Group Theatre dewdneyplayers.com
- Foothills Music Society (Concert & Jazz Bands) foothillsmusicsociety.com
- Foothills Philharmonic Society foothillsphilharmonic.com
and Men's Chorus
- Okotoks Arts Council okotoksartscouncil.ca
- Okotoks and District Historical Society 403-995-2018
- Victoria's Quilts Canada okotoks@victoriasquiltscanada.com

SPORTS & RECREATION GROUPS & CLUBS



ADULT

Big Rock Picklers	pickleballBRPG@gmail.com
Big Rock Runners	bigrockrunners.com
Bruins Hockey Club, Cameron Stewart	403-618-4178
Foothills Lions Rugby Football Club	flrfc.org
Foothills Shuffleboard Association	highriverfsa.ca
Hi-Lites Hockey Team (50+)	K2Hockey@yahoo.ca
Okotoks 8-ball Pool League	okotoks8ball@gmail.com
Okotoks Bisons Junior Hockey Club	okotoksbisons.com
Okotoks Curling Club	okotokscurling.com
Okotoks & District Fish and Game Association	okotoksfishandgame.com
Okotoks Masters Swim Club	okotoksmasters.com
Okotoks Oilers Athletic Association	ooaaoilershockey.ca
Okotoks Oilers Junior A Hockey Club	okotoksoilers.ca
Okotoks Pickle Ball Club	rajlmc@telus.net
Okotoks Pro Rodeo	okotoksprorodeo.com
Okotoks Recreational Co-Ed Adult Soccer (ORCAS)	okotokssoccer.com
Okotoks Rifle and Pistol Club	okotoksgunclub.com
Okotoks Tennis Centre	okotokstennis.com
Old-Timers Hockey	pstang@gmail.com
Percy Pegler Men's Slowpitch	403-938-3593
Sheep River RunHers	facebook.com/groups/ SheepRiverRunHers

SPORTS & RECREATION GROUPS & CLUBS

YOUTH

Airborne Tumbling & Trampoline Club	airbornetandt.com
Davisburg Pony Club	canadianponyclub.org
Foothills Artistic Swimming	foothillsartisticswimming.ca
Foothills Eagles Football	gofa.ca
Foothills Lions Rugby Football Club	flrfc.org
Foothills Minor Baseball Association	foothillsminorball.com
Foothills Fury Fastpitch	foothillssoftball.ca
Foothills Ringette Association	foothillsringette.com
Foothills Select Volleyball Club	foothillsvolleyball.org
Okotoks Basketball Association	okotoksbasketball.ca
Okotoks BMX	okotoksbmx.com
Okotoks Junior Curling League	okotokscurlingclub.com
Okotoks Mavericks Swim Club (winter)	facebook.com/okotoksmavericks
Okotoks Minor Hockey Association	403-710-2213 okotokshockey.com
Okotoks Raiders Jr. A Lacrosse	okotokslacrosse.com
Okotoks Rifle and Pistol Club	okotoksgunclub.com
Okotoks Skating Club	okotoksskatingclub.com
Okotoks Stingrays Swim Club (summer)	okotoksstingrays.com
Okotoks Tennis Centre	okotokstennis.com
Okotoks United Soccer Club	okotoksunitedsoccer.ca
Prairie Dolphins Water Polo	dolphinswaterpolo.ca





Okotoks
Historic Place Sustainable Future

FCSS Family and Community
Support Services
Okotoks

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stronger together