

Resource GUIDE



Okotoks

JAN 2025



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Okotoks Family Resource Centre



The Okotoks Family Resource Centre (ORFC) is here to help with financial challenges, family issues, life stressors, and social supports. Our mission is to relieve stress and restore hope for community members by offering guidance, information, and connections to helpful programs and services. Please call ahead to book an appointment—many questions can also be answered by phone or 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

Struggling with applications? We can help identify programs you may qualify for and guide you through completing the necessary forms.

Recreation subsidies

Recreation subsidies are available for low-income residents of Okotoks and Foothills County to participate in Town-operated recreational programs and activities.

Apply online at okotoks.ca/rec-fee-assistance.



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

For Okotoks residents (18+) who need a ride to medical appointments outside of Okotoks. Volunteer drivers provide safe, free and reliable transportation for residents who would otherwise struggle to meet this need.

Apply online at okotoks.ca/Volunteer-Driver.

Community Volunteer Income Tax Program (CVITP)

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 personal tax returns (e-filed when possible). Volunteers are available throughout the year to assist.

okotoks.ca/cvitp

Snow Heroes

Need help shoveling your driveway or sidewalk? Contact us to receive a “Snow Hero” sign for your yard. When it snows, neighbours are encouraged to watch for these signs and lend a hand by clearing the snow.

okotoks.ca/snow-heroes

Contact

Okotoks Family Resource Centre
11 Cimarron Common, Okotoks AB T1S 2E9
(Located in the Okotoks Health and Wellness Centre)

P 403-995-2626

F 403-938-1579

E familyresources@okotoks.ca

ofrc.ca

Listing Requests/Changes

To request changes to listings, email

familyresources@okotoks.ca

Okotoks Family & Community Support Services



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

Okotoks Family & Community Support Services (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

Facilitates community volunteer involvement through promotion, recruiting, interviewing, screening, placing, referring, supporting and recognizing volunteers in our community.

403-995-2773 | volunteer@okotoks.ca

okotoks.ca/volunteer

United Way Community Investment Grants

This locally driven community group raises funds to help support social programs in the community.

okotoks.ca/United-Way

Municipal Service Directory

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

Regional Field House

Independently operated 6.5 km East of Okotoks on Hwy 7

125 Field House Drive E, Aldersyde

587-757-0338

regionalfieldhouse.com

Viking Rental Centre (Arenas)

204 Community Way, Okotoks

403-938-8954

Eco Centre

400, 1118 North Railway Street, Okotoks

403-938-2652

Closed Sun, Mon & Statutory Holidays

Environmental Education Centre

1118 North Railway Street, Okotoks (Operations Centre)

403-995-6316

Mon-Fri, 8 AM - 4 PM

Fire Services

Dial 911 in case of emergency

132 Milligan Drive, Okotoks

403-938-4066

Viking Rentals Centre (Event Hall)

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

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
(closed to public)

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

403-498-7291

Delivers prepared meals to seniors and homebound individuals.

Okotoks Food Bank

220 Stockton Ave #120, Okotoks

403-651-6629

okotoksfoodbank.ca

Food programs to assist residents in need:

Hampers

Eligible individuals can receive food hampers containing a 7-10 day supply of essentials.

Help Yourself Shelves

Bread, extras, and pet food to anyone in need.

No appointment or qualification is necessary.

Okotoks Good Food Box Depot

Search *Okotoks Good Food Box Depot* on Facebook

Offers fresh fruit & vegetables at a low cost. Residents prepay for a box and pick up from a local depot on a set schedule.

CLOTHING

Foothills Salvage And Recycling Society

Hwy 783 (16 St E)

403-995-0214

fsrsonline.com

Salvages and sells usable items including clothing and household goods.

Mission Thrift Store

216 Stockton Avenue, Okotoks

403-995-8099

missionthriftstore.com

Used clothing, household goods and furniture available for purchase.

MyCityCare

Pop-up locations in Okotoks

403-606-6812

okotoks@mycitycare.ca

facebook.com/mycitycareokotoks

Donated clothing and hygiene supplies available for those in need.

TRANSPORTATION

Canadian Cancer Society

1-888-939-3333

Provides transportation to treatments by volunteer drivers, as well as a travel treatment fund (for low income people) to offset fuel/taxi costs.

Okotoks Transit

587-534-0510

okotokstransit.ca

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)

403-995-2773

okotoks.ca/cap

Subsidized taxi fare for seniors 60+ and residents with disabilities.

Town of Okotoks Volunteer Driver Program

403-995-2626

okotoks.ca/volunteer-driver

Transportation by volunteer drivers to medical appointments outside Okotoks. Pre-registration required.

RECREATION

Jumpstart

1-844-937-7529

jumpstart.canadiantire.ca

Helps kids overcome financial and accessibility barriers to sport and recreation. Apply online.

Kidsport Okotoks

587-433-5437

kidsportcanada.ca/alberta/okotoks

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

Town of Okotoks Recreation Fee Assistance

403-995-2626

okotoks.ca/rec-fee-assistance

Recreation subsidies for eligible residents with low income or financial challenges. Subsidies are applied towards participation in Town recreation and culture programs and activities. Apply online.

HOUSING

Skotoko Housing Co-op

39 Skotoko Place, Okotoks
403-938-5520

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

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.

The Heartland Retirement Living

47 Riverside Gate, Okotoks
403-938-4448

venviliving.com/the-heartland

Independent Living seniors apartments and Continuing Care (Type A and B) through Alberta Health Services.

Tudor Manor

200 Sandstone Drive, Okotoks
403-995-9540

bsflifestyles.ca/tudor-manor

Continuing Care (Type A, B and B Secure Space) through Alberta Health Services.

EMERGENCY SHELTERS

Alberta Family Violence Information Line

See alberta.ca/find-shelters for a comprehensive list of shelter options.

Toll free (call or text): 403-310-1818

Online Chat | 8 AM - 8 PM

alberta.ca/endifamilyviolence

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)

#110, 706 7 Ave SW, Calgary

403-263-8384

(24 hrs) Emergency shelter and housing

Mustard Seed Shelter (adult men & women)

Calgary- 7025 44th Street SE

403-723-9422

theseed.ca

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

rowanhouse.ca

Emergency shelter for women, with or without children, experiencing domestic violence and abuse.

Salvation Army Centre of Hope

420 9th Ave SE , Calgary (24 hrs)

403-410-1111

salvationarmycalgary.org

Offers shelter, transitional housing and support for up to 300 men experiencing homelessness, ages 18 and up.

Support Services

ADDICTION SERVICES

Alberta Health Services

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

or call 211

albertahealthservices.ca/amh

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

Alcoholics Anonymous

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

calgaryaa.org

A fellowship of people who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism. There are no fees or age requirements.

Al-Anon/Al-a-Teen

403-266-5850

calgaryal-anon.org

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

Lander Treatment Centre

221-42 Ave W, Claresholm

Main switchboard: 403-625-1395

403-625-5600

albertahealthservices.ca

An 18-24 day, co-ed intensive residential addiction treatment program for adults.

McMan Parent Child Assistance Program (P-CAP)

72 N Railway St, Okotoks

403-995-5474

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

24/7 Phone Line: 1-877-463-3537

chinookna.org (in-person/virtual meeting times)

Recovering addicts meet to help each other stay clean, open to anyone regardless of age, race, sexual identity, creed, religion, or lack of religion.

Renfrew Recovery Centre

1611 Remington Road NE, Calgary

403-297-3337

ahs.ca/services/renfrewrecoverycentre.aspx

24/7 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

403-995-2712

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.

Alberta One-Line for Sexual Violence

1-866-403-8000 (call or text)

aasas.ca/get-support (online chat)

For those who have experienced any form of sexual violence, need crisis support or need help finding sexual-assault support services.

Calgary Communities Against Sexual Abuse

1-877-403-8000

AB One Line for Sexual Violence (call or text):

1-866-403-8000

calgarycasa.com

Counselling for individuals impacted by any form of sexual abuse.

Calgary Counselling Centre / Counselling Alberta

833-827-4229

calgarycounselling.com

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

Distress Centre

24 hr crisis line - call or text: 403-266-4357

distresscentre.com

A 24-hour crisis support centre that provides counselling and resources to those in Calgary and Southern AB.

Foothills Community Counselling

High River

403-603-3549

highriver.ca

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

403-995-4673

grief@countryhospice.org

countryhospice.org/grief-support

Compassionate support through a variety of Grief Support Programs – no prior connection to the Hospice is required.

Kindred Connections Society

403.233.2360

intake@kindred.ca

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

Solace Grief Support Society

solacegriefl@gmail.com

solacegriefsupport.com

Group, individual and family counselling free-of-charge for individuals dealing with personal loss and grieving.

Suicide Crisis Helpline

9-8-8 (call or text)

988.ca

24/7 support for anyone who is thinking about suicide or worried about someone.

SUPPORT GROUPS

Caregiver Support Group

Okotoks

403-995-2652

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

Divorce Care

Okotoks Evangelical Free Church

403-938-3311

office@okotoksefc.ca

Support group for anyone experiencing separation or divorce.

Families Matter

Postpartum depression, anxiety and prenatal support.

403-205-5178

intake@familiesmatter.ca

familiesmatter.ca

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

La **Leche League** (Breastfeeding Support)

403-242-0277

Okotoks Day Home Providers

questions@okotoksdayhomeproviders.com

okotoksdayhomeproviders.weebly.com

Offers support for local child care providers.

WellspringCancer Support Alberta

1-866-682-3135

info@wellspringalberta.ca

wellspringalberta.ca

Support, resources and programs for anyone living with cancer and the people who care for them.

SERVICES FOR SENIORS

Alberta Health Services Adult Day Program

Okotoks Health and Wellness Centre
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

Find information and help if you, or someone you know, is concerned about an older adult's safety.

For 24 hour support and referral, call the Family Violence Info Line 310-1818

okotoks.ca/elder-abuse

Unison at 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

okotoksseniors.ca

Socialization activities and special events.

Wild Rose Senior Connex

High River
Call or text: 403-437-4984

Supportive services may include check-in calls and practical kindness.

SERVICES FOR CHILDREN, YOUTH & FAMILIES

Alberta Children and Family Services

Calgary Region

300, 1240 Kensington Road NW, Calgary

403-297-6100

High River Children and Family Services

101, 129 4 Ave SW

403-652-8360

Leads child intervention, early childhood development, foster and kinship care, adoption, improvements for children and youth and prevention of family violence.

Big Brothers and Big Sisters of Calgary and Area

403-777-3535

bbbscalgary.ca

Matches children and youth facing adversity with adult volunteer mentors.

Bullying Hotline

(24 hrs) Call or text: 310-1818

alberta.ca/bullying

For support, information or referrals.

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 403-264-8336

calgaryconnecteen.com

Confidentially talk or text with someone your own age about any issues you have.

Dad Connexx

403-601-2910

wildrosecommunityconnections.com

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

Foothills Network

Navigator: 403-995-2706

foothillsschooldivision.ca/foothillsnetwork

A collection of early childhood and youth services available to parents in the Foothills region.

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.

foothillsfas.com/healthy-futures

Healthy Connections

403-652-3311

rowanhouse.ca/prevention

A free, six week education and support group for those whose relationships feel unhealthy, abusive or “off”.
Offered through Rowan House.

It Takes a Village

403-401-3005

takesavillageokotoks.com

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.

Kids Help Phone

Text CONNECT to 68-68-68

kidshelpphone.ca

Call, text, chat and more to get support using Kids Help Phone’s 24/7 e-mental health services. For all young people in Canada.

McMan Okotoks Family Resource Network

72 N Railway St, Okotoks

403-995-5474

mcmancalgary.ca/okotoks

A community hub that provides a range of services and programming in Okotoks and surrounding communities:

- In-home support services for parents of children 0-18
- Individualized support
- Parenting workshops and support groups
- Coordination and referral to other services
- Single session for youth (6+) and parents
- Workshops, counselling and skill building for teens

Okotoks Sexual and Reproductive Health 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.

Moving Here Resource Directory

okotoks.ca/new-resident

Provides new residents with essential information on setting up Town utility accounts, and also offers links to community resources, recreational facilities, and cultural programs to help newcomers integrate into their community.

Okotoks Newcomers Group

[f @Okotoks Newcomers Group](#)

A welcoming group for women new to the community to make friends and enjoy a range of activities with others.

SERVICES FOR PEOPLE WITH DISABILITIES

Foothills Advocacy in Motion Society

325 Woodgate Rd, Okotoks
403-995-0554

faims.org

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 empower people with FASD, enhance the capacity for the prevention of FASD, promote healthy pregnancies and support caregivers.

Family Support for Children with Disabilities (FSCD)

403-297-7971

alberta.ca/fscd

Works with eligible families to provide support and services based on each child and family's needs.

Inclusion Foothills

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

inclusionfoothills.org

A community support network for individuals with a pan-disability and their families/guardians.

Legal Resources

Calgary Legal Guidance

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

clg.ab.ca

Provides free legal guidance to those who do not have access to paid services.

Elizabeth Fry Society

Calgary
403-294-0737

elizabethfrycalgary.ca

Provides legal supports, advocacy for women and marginalized populations, and practical programs.

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

legalaid.ab.ca

Affordable legal services for eligible residents in family law, family violence matters, child welfare, immigration, and youth and adult criminal defense.

Employment, Volunteering and Education

Bow Valley College, Okotoks Campus

7 Riverside Drive, Okotoks

403-476-2233

bvcokotoks@bowvalleycollege.ca

bowvalleycollege.ca

Upgrade your skills, start a new career path or finish high school.

Community Futures Highwood

14 McRae Street

403-995-4151

highwood.albertacf.com

Small business services and business management tools for people wanting to start, expand, franchise or sell a business.

École Beausoleil

70 Ranchers Meadows, Okotoks

403-995-1160

beausoleil.francosud.ca

Christ the Redeemer Catholic Schools Division Office

23 Riverside Drive #301, Okotoks

403-938-2659

redeemer.ab.ca

Edison School

322155 155 St E, Okotoks

403-938-7670

edisonschool.ca

Foothills School Division Office

129 - 4th Avenue SW, Suite 300, High River

403-652-3001

foothillsschooldivision.ca

Inclusion Foothills

Bay 3, 22 Elizabeth St, Okotoks

403-603-3232

inclusionfoothills.org/employment

Works with participants (16+) and work places to empower potential employees and equip businesses to sustain an inclusive and productive work place.

Literacy for Life Foundation

Services for newcomers.

107 - 7 Riverside Dr, Okotoks

403-652-5090

litforlife.com

Free or low cost personalized literacy support through family in-home sessions, one-on-one tutoring, GED prep, English classes (ELL and ESL), workplace literacy training, and basic technology programs.

MCG Okotoks Career and Employment Centre

Bay 3, 87 Elizabeth Street

403-995-4377

mcgcareers.com

Career assistance, workshops and coaching, resume support & computer access at not cost.

Money Mentors

Calgary

1-888-294-0076

moneymentors.ca

A non-profit, credit counselling, debt consolidation, and financial education agency.

Okotoks Public Library

23 Riverside Drive W

403-938-2220

okotokslibrary.ca

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

summitwestschool.ca

Town of Okotoks Volunteer Services

99 Okotoks Drive, Okotoks

403-995-2773

okotoks.ca/volunteer

Health & 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, Diamond Valley
403-933-2222

Okotoks Health and Wellness Centre

11 Cimarron Common, Okotoks
403-995-2600

Home Care Services, New Referrals

403-943-1920

Home Care Services, Existing Clients

403-995-5412

South Health Campus

4448 Front St SW, Calgary
403-956-1111

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.

Alberta Blue Cross

1-800-661-6995

ab.bluecross.ca

Personal health, dental, prescription drug and life insurance. Affordable plans tailored for all your needs.

Alberta Aids to Daily Living (AADL)

Dial 310-0000. Then dial: 780-427-0731.

alberta.ca

AADL helps Albertans with a long-term disability, chronic or terminal illness to pay for basic medical equipment and supplies.

Alberta Health Care Insurance Plan (AHCIP)

Dial 310-0000. Then dial: 780-427-1432.

Register or update your information, find forms, and learn about insured health care services covered under the AHCIP.

Calgary Foothills Primary Care Network

cfpcn.ca

A group of more than 500 family doctors who work with teams of other health professionals to offer patients the best in primary health care.

Centre for Sexuality

1509 Centre Street S, Suite 700, Calgary, AB

403-283-5580

intake@centreforsexuality.ca

centreforsexuality.ca

A community-based organization delivering programs and services to support healthy sexuality across the lifespan.

2SLGBTQI+ Resources

AHS 2SLGBTQI+ / Sexual and Gender Diversity

albertahealthservices.ca

Calgary Outlink

403-234-8973

info@calgaryoutlink.ca

calgaryoutlink.ca

A community based, not-for-profit charity dedicated to providing support, education, outreach and referrals for the 2SLGBTQIA+ and allied communities in Calgary.

Okotoks United Church

okunited.ca

Skipping Stone

#1250-407, 2nd St. SW Calgary

587-333-4342

info@skippingstone.ca

A welcoming, positive and judgment free space for anyone who identifies as trans, transgender, non-binary, or gender diverse, as well as those questioning, exploring or looking to affirm their gender identity or expression.
skippingstone.ca

True Colors Rainbow Alliance

truecolorsrainbowalliance.ca

A supportive and welcoming community for LGBTQIA2S+ and allies in our community.

Community Churches

Big Rock Baptist Church

114 Waldron Ave, Okotoks (In Grace Lutheran Church)

403-938-3063 bigrockbaptist.ca

Church of Jesus Christ of Latter Day Saints

300 Woodgate Road, Okotoks

368-938-4179

384 Banister Drive, Okotoks

403-938-8763 local.churchofjesuschrist.org

Foothills Community Church of Okotoks

100 Stockton Avenue, Okotoks (Okotoks Cinemas)

587-844-2224 fcco.ca

God's House Pentecostal Church

West Wing of St. Peters Anglican Church 31 Riverside Way, Okotoks

403-682-7607 godshouseokotoks.com

Grace Lutheran Church

114 Waldron Ave, Okotoks

403-938-3515 gracelutheranokotoks.ca

Holy Cross Lutheran Church

20 Banister Gate, Okotoks

403-938-4979 holycrosslutheranokotoks.ca

Okotoks Alliance Church

322183 15 St E, Okotoks

403-938-2614 okalliance.ca

Okotoks Evangelical Free Church

28 Westland Road, Okotoks

403-938-3311 okotoksefc.ca

Okotoks United Church

43 Riverside Drive, Okotoks

403-938-4357 okunited.ca

Parallel Church

204 Community Way, Okotoks

403-606-6812 parallelchurch.com

St. James Parish

338060 32 St E, Okotoks

403-938-3122 hstjamesparishokotoks.ca

St. Peter's Anglican Church

31 Riverside Way, Okotoks

403-938-4261 stpetesok.church

Trinity Mennonite Church

32023 232 Ave W, De Winton

403-256-7157 calgarytmc.ca

Government

FEDERAL

Canada Revenue Agency (CRA)

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

Personal income tax enquiry: 1-800-959-8281

canada.ca/en/revenue-agency

Employment Insurance (EI)

1-800-206-7218

canada.ca/en/services/benefits/ei

Service Canada

1-800-622-6232

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

canada.ca

PROVINCIAL

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

alberta.ca/alberta-supports

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

Employment Standards

1-877-427-3731

alberta.ca/employment-standards

Maintenance Enforcement

1-780-422-5555

alberta.ca/maintenance-enforcement-program

Workers Compensation Board

1-866-922-9221

wcb.ab.ca

Alberta Justice, Okotoks Provincial Court House

98 McRae Street

403-938-7953

Alberta Landlord and Tenant Info

1-800-427-4088

alberta.ca/information-for-landlords-and-tenants

Alberta Registries

Ardiel Agencies, 11 McRae St, Okotoks

403-938-4277

alberta.ca/registry-services

Assured Income for the Severely Handicapped (AISH)

1-800-232-7215

alberta.ca/aish

General Court Information

1-855-738-4747

alberta.ca/courts

Community Groups & Service Clubs

ADULT

100 Women Who Care/100 Men Who Give a Damn
100womenfoothills.ca

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

Okotoks Legion Branch 291
okotokslegion.ca

Okotoks Lions Club
facebook.com/Lions-Club-of-Okotoks

Okotoks Optimist Club
okotoksoptimistclub.com

Okotoks Pride
okotokspride@gmail.com

Okotoks Rotary Club
facebook.com/okotoksrotary

United Way/Okotoks Partnership
403-995-2773 | unitedway@okotoks.ca

YOUTH

2383 High River Army Cadets
highriverarmycadets.com

187 Foothills Air Cadets
facebook.com/187-foothills-air-cadet-squadron

Okotoks Outriders 4-H
403-510-3598
okotoksagsociety@gmail.com

Okotoks Scouts
okotoksscouts.ca

Girl Guides
info@girlguides.ca
girlguides.ca

Arts & Culture

Big Rock Singers

bigrocksingers.com

Dewdney Players Group Theatre

dewdneyplayers.com

Foothills Music Society (Concert & Jazz Bands)

foothillsmusicsociety.com

Foothills Philharmonic Society

foothillsphilharmonic.com

Okotoks Arts Council

okotoksartscouncil.ca

Okotoks and District Historical Society

403-995-2018

OkotoksHistoricalSociety@gmail.com

Victoria's Quilts Canada

okotoks@victoriasquiltscanada.com

Sports & Recreation Groups & Clubs

ADULT

Adult Hockey League

Cameron Stewart: 403-618-4178

Big Rock Runners

bigrockrunners.com

Foothills Lions Rugby Football Club

flrfc.org

Foothills Shuffleboard Association

highriverfsa.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

okotokspbclub@gmail.com

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

Percy Pegler Men's Slowpitch

403-938-3593

facebook.com/ppmspl

Sheep River RunHers

facebook.com/groups/SheepRiverRunHers

YOUTH

Airborne Tumbling & Trampolining 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 Fastpitc
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 Lacrosse Association
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 Family Resource Centre

11 Cimarron Common, Okotoks AB T1S 2E9

(Located in the Okotoks Health and Wellness Centre)

P 403-995-2626

F 403-938-1579

E familyresources@okotoks.ca

ofrc.ca

