

## Transportation

### Community Access Program

Senior residents (60+ years) and adults with permanent disabilities can apply for subsidized taxi fares. Call **403-995-2773**

### Volunteer Driver Program

The Volunteer Driver Program is a supportive program for adults (18+) living in Okotoks who require assistance with transportation to appointments. Call **403-995-2626**

### Okotoks Transit

The Town's on-demand transit is a ride-sharing service that operates 'curb-to-curb.' Create a user account by calling **587-534-0510**

### Three ways to book:

1. Mobile app
2. Web: [okotokstransit.ca](http://okotokstransit.ca)
3. Call centre: **587-534-0510**

**Fares:** start at \$2.75/ride (*drivers do not accept cash, debit/credit cards*). Tickets at Okotoks Safeways, Sobeys and Save-On Foods, or through the mobile app.

**Hours:** Monday to Saturday, 6 a.m. to 11:30 p.m.



**403-995-2626**

## Social Connections

### Social Daily Check-In Program

Do you live alone? Do you have someone you can talk to? The daily check-in program allows any resident to sign up for a regular call, email or a text from a caring volunteer. Call **403-938-8936**

### Community Groups

These Facebook groups are run by volunteers and are supporting residents:

#### Foothills COVID-19 Volunteers

[facebook.com/groups/fc19volunteers](https://facebook.com/groups/fc19volunteers)

#### Stone Soup Okotoks

Search Stone Soup Okotoks on Facebook to request joining

## Immigrant Services

If you are an immigrant and need support please contact Foothills Community Immigrant Services by calling **403-938-4699**

Alberta

Freedom To Create. Spirit To Achieve.

For current information and guidelines on COVID-19, information and links to financial support programs, visit [alberta.ca/coronavirus](http://alberta.ca/coronavirus)



#OK♥TOKS  
stronger together

## Community Information Services & Support for COVID-19

### Resources to help



[Okotoks.ca/COVIDSocialSupport](http://Okotoks.ca/COVIDSocialSupport)

# Supports

If you are struggling and need help, the Okotoks Family Resource Centre (OFRC) is a good place to start



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 or safe virtual meeting option.

## Contact Information

Call: 403-995-2626

Email: [familyresources@okotoks.ca](mailto:familyresources@okotoks.ca)

Hours: Monday to Friday, 9 a.m. – 12 p.m. and 1 p.m. – 4 p.m.

## Mental Health Supports

**Distress Centre: 403-266-4357**

A 7 day a week, 24-hour crisis line

**Access Mental Health: 403-943-1500**

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

A 7 day a week, 24-hour crisis line

**Text4Hope:** Text COVID19HOPE to 393939

## Online Resources

A wide range of social resources and information residents need to access during this crisis are available at [okotoks.ca/COVID](http://okotoks.ca/COVID), including information on:

- local supports
- virtual recreation and culture resources
- transit
- government financial support programs
- mental health resources

## Family Violence Prevention

### Rowan House

24-hour crisis line: 403-652-3311 (text enabled)

- In-shelter services
- Outreach support
- Group sign up

### Family Violence Info Line

Phone 403-310-1818 to get help anonymously in more than 170 languages or to find other supports

### Elder Abuse

If you or someone you know is concerned about an older adult's safety or well-being, contact Okotoks Family Resource Centre at 403-995-2626 or Rowan House Emergency Shelter at 403-652-3311



## Food

**Okotoks Food Bank: 403-651-6629**

**Meals on Wheels: 403-938-6404**

Affordable, nutritious hot meals delivered to your home for a nominal fee by volunteers

## Deliveries

If you or those in your home are sick, please stay home and stay safe. Many grocery stores in Okotoks offer delivery and/or online ordering - contact stores directly for more information

Many pharmacies in Okotoks are offering FREE delivery. Please call your preferred pharmacy for information and payment

### Canada Recovery Benefit

The Canada Recovery Benefit (CRB) gives income support to employed and self-employed individuals who are directly affected by COVID-19 and are not entitled to Employment Insurance (EI) benefits. The CRB is administered by the Canada Revenue Agency (CRA).

Information available at [canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html](http://canada.ca/en/revenue-agency/services/benefits/recovery-benefit.html) or by calling 1-833-966-2099