

Abuse

Association of Communities Against Abuse

5005 - 47 St. Stettler T0C 2L0

Phone: 403-742-3558 Toll Free:

1-866-807-3558 Fax: 403-742-3287

acaa@telusplanet.net

www.againstabuse.ca

Hours: Mon. - Fri., 9:00 a.m. - 4:30 p.m.

Fee: No charge

Services include:

A) individual therapy/counselling services and family support for survivors of childhood sexual trauma/abuse

B) preventative education programs for Pre-K to grade 12 focusing on healthy relationships, abuse prevention and personal safety, online safety workshop for students, families and educators

C) training and presentations to create awareness of sexual violence and other types of abuse

D) specialized police and court support services for sexual violence survivors

Camrose Women's Shelter

Box 1405 Camrose T4V 1X3

Phone: 780-672-1035 (Crisis Line) Alt

Phone: 780-679-4975 (Office) Toll Free:

1-877-672-1010 Fax: 780-679-4999

admin@camrosewomenshelter.org

Hours: 24 hour service

Operates a 22 bed residence, safe place for women and children from Camrose & surrounding communities experiencing domestic violence or crisis. Offers counseling, groups, information & referral support; childcare & in-house school program (grades 1 - 12). Outreach Program supports families transitioning from the shelter to the community &/or assists families who do not want to come to the Shelter but are impacted by domestic violence. Also assists with Aboriginal supports, & provides community presentations on domestic violence for various ages. We offer a program for children and youth

affected by domestic violence. The Crisis line 1-877-672-1010 and/or 780-672-1035 offers 24/7 phone support.

Family Violence Action Society

#3, Community Centre, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss5@telusplanet.net

http://www.camrosefcss.ca

Hours: Most adult groups meet weekly for 2 hours in the evening; older adults' group meets daytime. Registration is ongoing, however groups close once started. Groups run 8 - 14 weeks. Individual counselling daytime or evening by appointment.

Fee: No registration fee for anger or intimate partner violence groups. Art group suggested contribution to a maximum of \$100. Donations welcome.

Groups for anger management as well as intimate partner violence (for men and women separately) run once per week in evening hours starting two times per year. Eight weeks and fourteen weeks in length, respectively. Expressive Arts or Art Therapy group for women who have experienced trauma. Register anytime throughout the year. Groups closed to new participants once started.

Community Outreach: FVAS coordinates the Camrose Family Violence Response Council and will meet with local agencies and groups to talk about family violence and elder abuse. Funded primarily by CDSS, AB Community and Social Services, and private donations.

Addictions

Addictions Helpline (AB Health Services)

Toll Free: 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. Operates 24 hours a day, seven days a week. Available to all

Albertans.

Al-Anon

Camrose

Phone: 780-672-4786 Elaine or Karen at 780-673-9947

Hours: Mon. 7:30 p.m. - 8:30 p.m.; Wed. 8:00 - 9:00 p.m.

Provides fellowship for relatives and friends of alcoholics and assists them in coping with the problems of living with an alcoholic. Call Elaine or Karen for meeting location.

Alberta HEALTH SERVICES - Community Addiction & Mental Health

4911 - 47 St. T4V 1J9

Phone: 780-672-1181

www.albertahealthservices.ca

Hours: Mon. - Fri., 8:00 a.m. - 4:30 p.m.

Fee: Services are provided free of charge.

Addiction Services.

AlbertaQuits Helpline (Smokers)

Phone: Toll Free 1-866-710-7848

<http://www.albertaquits.ca/>

AlbertaQuits Services include a helpline, online service, text service and group counselling services designed to support all Albertans who have a desire to quit smoking. AlbertaQuits is operated by Alberta Health Services.

Alcoholics Anonymous

Camrose

Phone: 780-672-5849 or 780-608-9416

A fellowship of non-practicing alcoholics whose primary purpose is to achieve and maintain sobriety. Meetings held at the Lighthouse (5509 - 48 Ave.) on Sundays & Wednesdays at 8:00 p.m.; at Centra Cam Main Building (5502 - 46 St.) on Sundays at 10:00 a.m.; and at the Burgess Building (4604 - 57 St.) on Mondays at 8:00 p.m.

Narcotics Anonymous

5509 - 48 St. Camrose

Phone: 780-672-7300 Alt Phone: 780-608-9354

www.na.org

Fee: No Fee

A group of people who come together for a common purpose, to stop active addiction and begin a life of recovery, what we cannot do alone we can do together; 2 Groups: Ties That Bind Us-meets on Tuesday @ 7:00 p.m. in the Church of God Lighthouse (5509 - 48 Ave.) & New Hope Group-meets on Thursdays & Saturdays @ 7:00 p.m. in Church of God Lighthouse (5509 - 48 Ave.)

Child & Youth Services

Bashaw & District Pre-School

Box 568 Bashaw T0B 0H0

Phone: 780-372-2053 or 780-372-4074 Fax: 780-372-3951

bdsspreschool@gmail.com

Hours: Tue. & Thu., 9:30 a.m. - 11:30 a.m. or 12:30 - 2:30 p.m.

Fee: \$80/month

Provides a play based program for children ages 3-5 years to enhance their growth in the areas of social, physical, intellectual, creative and emotional development. Licensed and qualified staff. BDSS program - can issue tax receipts.

Bashaw Youth Foundation/Boys & Girls Club

P.O. Box 255, 4903 - 50 Ave. Bashaw T0B 0H0

Phone: 780-372-4048 Fax: 780-372-3586

bashawyouthfoundation@hotmail.com

Hours: Sept. - June, Mon. - Thurs., 3:00 p.m. - 7:00 p.m.; Summer pre-registered programming. No summer drop-in.

Fee: \$20.00/month or \$2.00/Drop-In

Daily programming: ages 5 - 18 from 3:30 - 7:00 p.m. Programming includes arts, crafts, music, drama, sports, recreation, volunteering, kids

cooking, & outings.

Bawlf Playschool Society

Box 210 Bawlf T0B 0J0

Phone: 780-373-2115 or 780-608-4434 (cell)

Playschool provides a safe and stimulating environment where children ages 3-5 years learn through play, crafts, and instruction. Serves children from Bawlf and surrounding communities 2 mornings/week. **Out-of-School Program** offers after school care for children in K - grade 6, Monday through Friday.

Camrose & Area Early Childhood Development Coalition

4516 - 54 St. Camrose AB T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

j.doig@camrosefrc.com

Hours: 8:30 a.m. - 4:30 p.m., Mon. - Fri.

A provincial project which identifies and develops community assets in support of early child development. The local Coalition, which serves Bashaw & Tofield along with the City and County of Camrose continues to focus on engaging parents and community to better understand and promote the importance of Early Child Development.

Camrose Boys & Girls Club

4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-8004

rjames@brsd.ab.ca

www.camroseboysandgirlsclub.ca

Hours: See www.camroseboysandgirlsclub.ca

Fee: See www.camroseboysandgirlsclub.ca

Provides a wide variety of social, recreational, educational and leadership programs for children and youth grades 1 - 12. Provides volunteer opportunities for youth grades 6 and up. Like us on [Facebook](#).

CAMROSE CHILDREN'S CENTRE

4304 - 53 St. Camrose T4V 1Y2

Phone: 780-672-0131 Fax: 780-672-0133

camcad@telus.net

<http://www.camrosechildrencentre.com>

Hours: Open Monday to Friday; 6:00 a.m. - 6:30 p.m.; Saturday 6:30 a.m. - 5:00 p.m.

Provides accredited, licensed child care to children 1 year to 12 years of age, including Day Care, Day Home, Out of School Care programs. Family Day Homes are able to accommodate parents' childcare needs with flexible hours. The Camrose Children's Centre is an ELCC site which provides \$25/day childcare for the Day Care Centre.

CAMROSE COMMUNITY CONNECTIONS

Box 1232 Camrose T4V 1X2

Phone: 780-678-0814 Fax: 780-672-4013

camcon@telusplanet.net

Fee: Vary with service

In home family support. Services and support affiliated with Family Support for children with disabilities.

Camrose & District Pre-School Society

#3, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss7@telusplanet.net

www.camrosefcss.ca

Hours: Classes are 1/week for 3 yr. olds and 2/week for 4 yr. olds.

Fee: \$48/month for 3 year olds; \$90/month for 4 year olds

Licensed program which provides a nurturing and stimulating atmosphere to promote the use of a child's most important learning tool - meaningful play. Activities include theme/letters of the month, arts & crafts, gym and outdoor activities, interactive reading & field trips.

Central Region Children's Services

Prevention/Early Intervention: 5005 - 49 St. T4V 1N5; Child Intervention Services 4867-50 St. T4V 1P6 Camrose

Phone: Intervention Services -

780-608-1800; Prevention/Early

Intervention - 403-341-8642 Toll Free: Toll

Free: 310-0000, then 780-608-1800 Fax: 780-672-7538

www.alberta.ca

Hours: Mon. - Fri., 8:15 a.m. - 4:30 p.m. (closed noon - 1:00 p.m.; however phone answered for intakes). Closed on Stat Holidays.

Children's Services focuses on early intervention, child development and delivering supports and services to children, youth and families. The ministry works to ensure that children and youth have the tools they need to thrive in healthy families and communities.

A) Prevention Services - working with others to help children grow and develop to meet their fullest potential. Supports include child care licensing, parent education & awareness, family coaching, etc.

B) Early Intervention Services - meeting the identified needs of vulnerable children & families.

C) Child Intervention - responding to concerns about the safety and well-being of children and youth. Under the Child, Youth & Family Enhancement Act staff conduct the day-to-day business of child intervention, foster care, adoptions, and kinship care.

Reporting Child Abuse: If you are concerned for the safety and well-being of a child in Alberta, please contact the Camrose office at 780-608-1800 (toll free service dial, 310-0000 first) or call the Child Abuse Hotline at 1-800-387-5437 (KIDS) to speak with a caseworker.

First Steps Learning Centre

4920 - 48 St. Camrose T4V 4L5

Phone: 780-672-4691 Fax: 780-672-4038

camrosefirststeps@gmail.com

www.citylightscamrose.com

Hours: 6:00 a.m. - 6:00 p.m., Monday - Friday

Fee: Call for fees.

Licensed child care facility that focuses on social, emotional, intellectual, physical, creative and spiritual needs of the child. Accredited program.

Hay Lakes & District Playschool Society

P.O. Box 116 Hay Lakes T0B 1W0

Phone: 780-878-0000/780-878-3883

haylakesplayschool@gmail.com

Located at Hay Lakes Recreation Centre, the Playschool Society runs a program for 3 and 4 year olds. Funded by CDSS. Subsidy may be available for applicants that qualify. The 3 year old class runs from on Tues. & Thurs. from 8:30 a.m. - 11:00 a.m. @ \$65/month/child; the 4 year old class runs on Tues./Wed./Thurs. from 12:00 - 3:00 p.m. @ \$90./month/child.

Kids Campus Daycare Society

5604 - 47 Ave. Camrose T4V 2P3

Phone: 780-672-0152

gckidscampus@telus.net

Hours: 6:30 a.m. - 11:30 p.m., Mon. through Fri., excluding Stat. holidays.

Fee: Call for current fees

Programs include: regular, part-time, and drop-in care for children up to 12 years of age. A faith based learning environment. Meals and snacks provided.

KidSport

Phone: 780-781-1197

camrose@kidsport.ab.ca

<http://www.kidsportcanada.ca/alberta/camrose>

We believe all children should be given the opportunity to experience the positive benefits of organized sports. KidSport provides support to children in order to remove financial barriers that prevent them from playing organized sport. To apply visit our website.

Missing Children's Society of Canada

#219, 3501-23 St. N.E. Calgary T2E 6V8

Phone: 403-291-0705 ext 233 Alt Phone:

587-998-5896 Toll Free: 1-800-661-6160

Fax: 403-291-9728

info@mcsc.ca

www.mcsc.ca

Hours: Mon. - Thurs., 9:00 a.m - 5:00 p.m.;

Friday, 9:00 a.m. to 3:00 p.m. Emergency calls accepted after hours.

Fee: Free

To return missing children to a safe haven through professional investigations, emergency response, public awareness and family support programs.

OSCAR Child Care Society

#3, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss10@telus.net

www.camrosefcss.ca

Hours: School Days from school dismissal until 6:00 p.m.

Fee: Program fees are set by the Parent Board each year.

Licensed and Accredited after school care for children ages 4 1/2 - 12 years old, provided at Chester Ronning, Jack Stuart, Sparling and Ecole Sifton schools. Children attending St. Patrick School are admitted to the Sparling OSCAR program. [Provincial Subsidy Available](#). Yearly registration is the beginning of June for the next school year, then as space allows during the year. Affordable rates charged per child or family. A program of CDSS.

St. Patrick Junior Entry 3 & PREK 4

St. Patrick School 4816 - 53 Ave. Camrose T4V 0Y2

Phone: 780-672-2177

bobc@eics.ab.ca

<http://stp.eics.ab.ca>

Hours: Please call for information

Fee: Please call or visit the school website for up-to-date fee information.

Both programs are a great place for children to develop and grow intellectually, creatively, emotionally, socially and physically. We believe that children learn best through play and child led exploration, and that is reflected in the curriculum.

Summer in the Park

#3, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss4@telusplanet.net

www.camrosefcss.ca

Fee: No Fee.

A summer day camp that nurtures young people's emotional, social and ethical development by teaching character education, conflict resolution and tolerance. Participants are aged 5 and up and are from Camrose County and participating CDSS villages. Not available to city residents. Program runs during July and August on specific days for each rural community.

The Open Door

4825 - 51 St Camrose T4V 1R9

Phone: 780-679-6803 Alt Phone:

780-679-4357 (Helpline) Fax: 780-679-6880

info@camroseopendoor.com

www.camroseopendoor.com

Hours: Office: Mon. - Fri., 8:30 - 4:30 p.m.; 24 hr. HelpLine is 780-679-4357.

Meets the needs of youth ages 11 - 24 years. Services include an integrated hub which provides outreach services, food, shelter and transition housing, skills development, employment supports, a Tenant Education program, an ID program, access to medical and mental health supports and programming, and supports for individuals with FASD.

Church Organizations

Camrose & District Ministerial Association

Camrose

Phone: 780-608-6103

pastuckma@gmail.com

Composed of ministers of Camrose and area churches. Pastoral counselling services available through several churches.

Counselling Services

Camrose Psychological Inc.

Camrose

Phone: 780-679-5954

camrosepsychological@gmail.com

www.facebook.com/CamrosePsychological

Hours: Call for availability.

Fee: Sliding scale

Pamela has a PhD in Clinical Psychology and a Master's degree in Marriage, Family and Child Counselling. Pamela has worked over a decade focusing on children and youth.

She also works with individuals, couples, and families that have experienced trauma or psychosis. Therapies used include: cognitive-behavioral, trauma-focused, crisis intervention, EMDR, family systems, marriage and couples, narrative, and play/art/sand-tray therapies. Pamela also offers online counselling services.

CARMEN PERSON MA, CCC, RCC, SEP, Clinical Counselling Services

Camrose

Phone: 780-679-2333, ext. 1

Hours: Afternoon & evening appointments.

Fee: Sliding Fee Scale

Personal and relationship counselling; pastoral counselling; short and long term counselling; trauma psychotherapy; EMDR, and Somatic Experiencing.

Centre for Restorative Mental Health

#3, 4825 - 51 St. Camrose T4V 1R9

Phone: 780-781-8980

drkendellbanack@gmail.com

www.crmh.ca

Hours: Please email for availability.

Fee: Sliding fee scale.

Kendell offers compassionate individual, couples, and family therapy. She holds a PhD in Counselling Psychology and has over 9 years of experience working with depression, anxiety, eating disorders, stress, and relationship

issues. While she has received training in emotional-focused therapy, cognitive-behavioral therapy, and mindfulness, Kendall's overall approach is integrative which allows her to flexibly respond to the needs of her clients. In-person and online therapy is available.

Charlene Irvine Counselling Services, CCC.

#203, 4917 - 50 Ave. Camrose AB T4V 0S2

Phone: 780-281-0541

Hours: By appointment only

Individual, family and couple counselling services. Certified Canadian Counsellor.

COMMUNITY COUNSELLING CENTRE

#202, 10534 - 124 St. Edmonton T5N 1S1

Phone: 780-482-3711 Alt Phone:

780-212-7872 Fax: 780-488-9407

communitycounsellingcentre@shaw.ca

www.edmonton.cmha.ca

Hours: Flexible daytime /evening hrs. Mon. - Sat.

Fee: Sliding fee schedule from \$120/hour and lower.

Counsellors & therapists provide individual, couple and family counselling. Fees based on generous sliding fee scale to make quality counselling affordable for our new clients. Sessions for new clients are available usually within a week of intake. Counsellors have expertise in: Bereavement support, Suicide prevention and recovery counselling, EMDR, Hypnotherapy, Trauma-Informed therapy, Addictions, Depression, Anxiety, Anger Management, PTSD, Family Violence, Concurrent Disorders, Focusing-Oriented Therapy, and Spiritual Development. Also provide marriage preparation and enrichment programs.

Country Counselling Services

Phone: 780-678-9796 Fax: 780-628-0799

sawatzkyeb@gmail.com

www.countrycounselling.com

Hours: Some daytime during the week; flexible evening hours Mon. - Fri.; weekend hours

available.

Fee: Please inquire. Private health insurance may assist with fees.

Traditional counselling, non-traditional setting in a private country office just a few minutes south of Camrose. Adolescents (ages 11 plus), adults, couples, or group counselling. Masters level Registered Clinical Counsellor, Certified Family Trauma professional and Mental Health Integrative Medicine Certified Provider. Additional specialty services include Clinical Hypnosis, Equine Assisted Psychotherapy, and Integrative Medicine consults. Please inquire for more information.

COVENANT HEALTH ST. MARY'S HOSPITAL PSYCHIATRY UNIT

4607 - 53 St. Camrose T4V 1Y5

Phone: 780-679-6131 Fax: 780-679-6139

<https://www.covenanthealth.ca/hospitals-care-centres/st-marys-hospital>

Fee: Costs are covered by Alberta Health Care. Please bring your card with you.

Offers a full range of Psychiatric Services including: Individual Psychotherapy Sessions, Assertiveness Training, Communication Skills, Stress Management, MAP (Management of Anxiety Panic), Schizophrenia Program. Access to outpatient services is by referral. Call 780-679-6131 for information.

Haven Art Therapy Studio

Box 435 Hay Lakes AB T0B 1W0

Phone: 780-678-6223

Haven.SpiritualArtTherapy@gmail.com

www.ourhaven.ca

Hours: By Appointment

Fee: \$25 Open Group; \$45 Closed Group; \$85/hr Individual Art Therapy. Sliding fee scale.

A professionally trained Art Therapist and a professional member of the Canadian Art Therapy Association. Nikki offers all levels of therapy from open studio drop-ins and open weekly themed groups, to closed groups and individual art psychotherapy. No experience or artistic skill level required, as Art Therapy

provides a safe space where you can express yourself without judgement or critique, often giving voice to that which has no words.

HIV Edmonton

9702 - 111 Ave Edmonton T5G 0B1

Phone: 780-488-5742 Fax: 780-488-3735

contact@hivedmonton.com

www.hivedmonton.com

Hours: Mon. - Thurs., 9:00 a.m. - 4:30 p.m.; Fri., 9:00 a.m. - 12:00 p.m. Closed daily for lunch 12:00 - 1:00 p.m.

HIV has a vision of Zero: Zero new HIV infections, Zero stigma and discrimination and Zero AIDS related deaths. We work towards this vision by working with the community and partner agencies regarding health promotion, community action, education and prevention from a harm reduction model.

MCLEOD, NANCY

M.ED., COUNSELLING PSYCHOLOGY; CERTIFIED HAKOMI THERAPIST

#204, 4917 - 50 Ave. Camrose

Phone: 780-678-0568 (Can text)

Hours: Alternate Monday evenings only.

Fee: \$125.00/hour

Confidential counselling for individuals, couples, and families, relationship and career planning; grief and trauma therapy; personal growth; and mindfulness/body/spirit therapy.

Mercy Counselling - Catholic Social Services

5206 - 51 Ave. Wetaskiwin T9A 0V4

Phone: 780-352-5535 or 780-391-3233

mercy@cssalberta.ca

www.cssalberta.ca/our-ministries/mercy-counselling

Hours: Weekdays and some evenings

Fee: Based on a schedule suggested by the Psychologists' Association of AB. Accepted extended health insurance coverage. If you are concerned about fees, we will work with you to determine eligibility for financial assistance to cover part or all of your fees.

We provide mental health counselling to individuals, couples and families. We also provide psychological assessments.

NOLA SHARP MPS, C.C.C., Clinical Counselling Services

Camrose

Phone: 780-679-2333 ext. 2

Hours: Daytime & some evening appointments.

Fee: Sliding Fee Scale

Personal and relationship counselling, trauma psychotherapy, pastoral counselling, spiritual formation, spiritual direction, and Somatic Experiencing. Masters of Psychotherapy & Spirituality

Pamela Moskie M.A., Registered Psychologist

Camrose AB

Phone: 780-608-0573

Hours: Daytime, some evening appointments.

Fee: As outlined by the Psychologists Association of Alberta's recommended fee schedule. Sliding fee scale available. Health insurance may help with the cost.

Individual, couples and family counselling including youth and young adult; mind/body counselling; stress management. Pamela is also a Registered Yoga Teacher.

Rhiannon Wegenast (Registered Psychologist)

Phone: 780-781-4979

rhiannon.wegenast@gmail.com

Hours: By appointment - daytime; some evenings available.

Fee: As outlined in the Psychologists Association of Alberta's recommended fee schedule. Private extended health insurance may assist with this fee. Sliding fee options are available based on need.

Confidential professional individual psychotherapy for adolescents, adults and seniors. Short and long term counselling.

SOLUTIONS PSYCHOLOGICAL

5610 - 49 Ave. T4V 0N9

Phone: 780-672-9296

Hours: By appointment only. Mon. - Sat., & some weekday evenings.

Fee: \$200/session. Private extended health insurance may assist with this fee.

Professional counselling, therapy & evaluation for individuals & families. Counselling & therapy available for children (age 3+), adolescents, adults & seniors. Relationship counselling for couples, & intergenerational relationships (parents & offspring.) Specialized treatment for psychological trauma & abuse. Parenting time assessments for courts, mediation and parenting coaching for high conflict divorced families. Annie Mirza-Syed, M.Sc., Registered Psychologist

Suicide Grief Support Program, Canadian Mental Health Association - Edmonton Region

#300, 10010 - 105 St. Edmonton T5J 1C4

Phone: 780-732-6654 Fax: 780-488-1495

main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Fee: Free of charge.

Provides suicide bereavement support in a group setting, and individual suicide caregiver support (by appointment).

Supportive Information & Referral Counselling

2nd. Floor, 4516 - 54 St. Camrose AB T4V 4W7

Phone: 780-672-0141

cdss2@telusplanet.net

www.camrosecss.ca

Fee: No Cost

No cost Supportive Information & Referral Counselling is available if you need someone to talk to, one-on-one, who will direct you to appropriate services, including shared ideas on preparing for the referral, what to anticipate, etc. **Struggling with anything ... we can help you find a referral best suited for your**

needs. A SIRC Consultant will meet people for up to 3 (free) one-hour consultation sessions. Call 780-672-0141 to arrange an appointment. A project of Camrose & District Support Services.

The Open Door - Counselling

Main Floor, Gateway Centre 4825-51 St.
Camrose T4V 1R9

Phone: 780-679-6803 Fax: 780-679-6880

info@camroseopendoor.com

www.camroseopendoor.com

Hours: Office - Mon. - Fri. 8:30 - 4:30 p.m., 24 hour helpline - 679-4357; Appointments - Mon. & Tues.

Registered Psychologist serves individuals and families who need counselling services, but who do not have the financial resources to acquire services on a private basis. Designed to deal with emotional, family relationship or other concerns. Priority given to youth & families.

Debt Counselling

DEBT-TALK (THE DEBT STRESS LINE)

First Edmonton Place Suite 410, 10665 Jasper Ave. Edmonton T5J 3S9

Phone: 780-424-9944 Toll Free:

1-800-463-3328 Fax: 780-424-9646

www.debtfree.ca

Hours: Live line Mon. - Fri., 8:30 a.m. to 5:00 p.m. After Hours Record-a-Message & Callback Service

Fee: Consultation free, other fees dependent on service.

Confidential, professional debt advice. Free consultation. Sponsored by A.C. Waring and Associates Inc. Services include credit counselling, debt consolidation, consumer proposals, creditor negotiation, repayment planning, bankruptcy protection. Provided by Arthur Waring, Licensed Insolvency Trustee (LIT), Chartered Insolvency and Restructuring Professional (CIRP) and Trustee in Bankruptcy.

Money Mentors

#150, 1200 - 59 Ave. S.E. Calgary T2H 2M4

Toll Free: 1-888-294-0076 Fax:

1-888-858-3305

info@moneymentors.ca

www.moneymentors.ca

Hours: Mon. - Thurs., 8:00 a.m. - 8:00 p.m.;

Fri./Sat. 9:00 a.m. - 5:00 p.m.

Money Mentors is the only Alberta-based, not-for-profit debt & credit counselling agency. Our mission is to educate Albertans in personal money management, the wise use of credit, and to provide alternatives for families and individuals facing financial crisis. Exclusive provider of Orderly Payment of Debts program in AB, an established debt consolidation repayment program established by the Government, which allows clients to pay off their debt at a reduced interest rate while providing full protection from creditors. Provides free credit counselling, personal money management sessions, financial education presentations (saving for your kids' education, retirement, how to financially survive a layoff, and dealing with debt.) Free programs for students K-12 and youth in the community to educate youth at an early age to become financially responsible adults.

Disabilities

AB Brain Injury Network - North Central Region

Phone: 1-403-342-2266

Hours: Mon. - Fri.; 8:30 a.m. - 4:30 p.m. (closed 12-1)

Aims to support adults and their families experiencing the effects of acquired brain injury. Assists survivors, their families & caregivers to access supports & resources in the community. Serves Camrose & area.

Assistance for Personal Decision

Makers

Phone: 403-742-1155

Hours: Tues./Thurs./Fri. - 8:30 a.m. - 4:30 p.m.
(closed 12:00 - 1:00). Appts. can be scheduled
outside of regular hours.

Helps individuals & families examine substitute
decision making options for vulnerable adults;
including personal directives, supported decision
making, co-decision making & guardianship.
Assistance in completing Adult Guardianship &
Trusteeship Act forms. Travels to Camrose.

Camrose Association for Community Living

4604 - 57 St. Camrose T4V 2E7

Phone: 780-672-0257 Fax: 780-672-7484

emcdonald@cafcl.org

www.cafcl.org

Hours: Mon. - Fri., 8:30 a.m. - 12:00 noon, 1:00
p.m. - 4:30 p.m. (closed for lunch)

A community focused organization providing
services to people to develop skills and quality of
life. We serve people with disabilities, acquired
brain injury and families at risk. Programs
include: **Family Support** provides 1 to 1
support to families who have children with
special health and developmental
concerns. Support ranges from transitional
planning, funding, advocating, listening,
providing resources, referrals and problem
solving. **Jobs4Youth** - provides job coaching
support and employment placement assistance
to youth with special health and developmental
concerns. **Kandu Summer Camp:** Children
ages 7-17 attend this active, inclusive,
recreational summer program in Camrose to
learn new skills, explore new interest and meet
new friends. Families have peace of mind that
staff have skills and expertise to meet the needs
of children with special health and development
concerns. **Leaders-in-Training:** youth aged 15 -
24 with special health and developmental
concerns work to develop their skills and
citizenship, including self-awareness,
volunteerism, work experience and community
involvement. **Residential Program:** individuals
with disabilities receive the support they require

in their home. It is a supervised environment
where each person develops skills and builds
quality of life. **Support Homes:** private home
providers are contracted to provide unique living
options. Ranging from room and board, an
independent living suite, or living in an
apartment with a roommate, the Home Provider
provides support to the individual as needed.

Outreach: supports individuals to live as
independently as possible. Individuals may live
in their own home or apartment or with a family
member. Support staff helps with certain areas
of daily living (e.g., medical, budgeting, meal
planning, etc.). **MORE:** Provides meaningful
activities during the day for adults with
disabilities who are not seeking employment.
Activities range from recreational, educational,
social, etc. **Rose Club:** This member driven club
is for adults with disabilities to socialize, learn
new things, and enjoy quality activities
together.

CANADIAN MENTAL HEALTH ASSOCIATION EAST CENTRAL REGION

4711 - 51 Ave. Camrose T4V 0V3

Phone: 780-672-2570 Fax: 780-672-2574

colleen.swanson@cmhacamrose.ca

www.cmhacamrose.ca

Hours: Office: Mon. - Fri., 9:00 a.m. - 12:00 &
1:00 p.m. - 4:00 p.m. Resource Centre: Mon.
1:00 - 4:00 p.m.; Tues. - Fri. 9:00 a.m. - 12:00
p.m. & 1:00 p.m. - 4:00 p.m.

A) Shared Living Residential Program for
people with severe and persistent mental illness.
Tenants are independent and receive peer and
staff support.

B) Assertive Outreach provides support to
individuals who are not receiving other supports
& assists individuals to connect to a support
system.

C) Independent Living Support provides
continuous support to individuals whose mental
illness has resulted in a significant level of
disability.

D) Resource Centre provides info about mental
illness to clients & families. The centre has a
drop-in component. Clients also receive support
with housing issues, aid in accessing financial,

medical & psychiatric support as needed, emotional support & budgeting support, etc. Free coffee.

E) Individual Support provides supports to persons with both a developmental disability & a mental illness.

F) Caregiver Connections is a weekly drop-in support group for parents and caregivers to those living with mental health concerns.

Centra Cam Vocational Training Association

P.O Box 1443 Stn. Main Camrose T4V 1X4
Phone: 780-672-9995 Fax: 780-672-0534
execdir@centracam.ca
www.centracam.ca

A) Community Access: support that promotes the individual with employment barriers, inclusion in community activities and personal development through activities such as arts, education, recreation, community association programs and participation in the volunteer sector (5502 - 46 St., 672-9995, Mon. - Fri.; 8:30 - 4:30 p.m.)

B) Camrose Employment Services: for individuals with employment barriers, pre-employment training, career counselling, employment placement, employment search & maintenance & retention (5502 - 46 St.; 672-9995; Mon. - Fri. 8:30 - 4:30 p.m.)

C) Emergency Clothing and Furniture Depot supplies clothing, furniture and household items to people in need by referral. (4918 - 46 St., 608-1681; Mon. - Sat. 8:30 - 4:00 p.m.). Open to public Tuesday to Saturday 9:30 - 3:30 p.m.

D) Centra Cam Custom Projects: woodworking, pipebunks, custom orders, (5228 - 46 St.; 672-9973; Mon. - Fri. 8:00 - 4:00 p.m.)

E) Centra Cam's Outlet Store: thrift store; proceeds to support ECFD (4807 - 51 Ave.; 679-0647; Monday - Fri. 10:30 -5:00 p.m.)

F) Recycle with Centra Cam: accepting paper, cardboard, newsprint, clear glass, tin cans, plastic, paint, and e-waste. (4402 - 51 Ave.; 679-4196; Mon. - Sat. 8:00 - 4:00 p.m.)

Disability Services Central Region

3rd. Floor Gemini Centre 6708 - 48 Ave.

Camrose T4V 4S3

Phone: 780-679-5059 Fax: 780-608-4075

<http://humanservices.alberta.ca/disability-services/pdd.html>

Hours: Mon. - Fri., 8:15 a.m. - 4:30 p.m.

Provides supports & funding for adults with development disabilities in Central AB. Supports can include residential supports, community access, employment & specialized supports. The supports are aimed at supporting individuals whether it is to learn, work, or be active in their communities. Range & extent of supports varies substantially, based on unique needs & desires of the individuals. The focus is on supporting individuals with developmental disabilities to live fulfilling lives in AB communities. Funding provided by AB Community and Social Services.

Family Supports for Children with Disabilities (FSCD)

3rd. Floor Gemini Centre 6708 - 48 Ave.
Camrose T4V 4S3

Phone: 780-608-2525 Fax: 780-608-4075

www.humanservices.alberta.ca/disability-services.html

Hours: Mon. - Fri., 8:15 a.m. - 4:30 p.m.

Provides a wide range of family-centred supports and services that help strengthen a family's ability to promote their child's healthy development and encourage their child's participation in activities at home and in the community. **Services include:** counselling, consultation with physical therapist, speech language pathologists, psychologists and other specialists, respite, aides, referral to educational/training programs, and assistance with the cost of clothing, prescription drugs, medical supplies and other needs related to the child's disability. The program is voluntary; parents remain the guardians for their child and are responsible for all decision making and the usual expenses of raising a child until their child turns 18 years old. FSCD is funded by AB Community and Social Services and works in partnership with eligible families to provide supports and services based on each child and family's individual assessed needs.

McMan F.A.S.D. (Fetal Alcohol Spectrum Disorder)

5317-50 Ave. Wetaskiwin AB T9A 2G3
Phone: 780-608-6676 or 780-608-0075 Fax: 780-352-5325
sherri-lee.marshall@mcman.ca
www.mcman.ca
Hours: Flexible to meet the needs of the family.
Fee: No charge.

Provides hands on education, information support, resources, mentoring services, coaching and advocacy to parents and caregivers with children who have or are suspected of having Fetal Alcohol Spectrum Disorder (FASD). The outreach worker works with the families to help achieve assessment/diagnosis and coordinate access to comprehensive services.

Prairie Central FASD Association

Phone: General Inquiries 780-385-3717; Prevention/Education 587-386-0186; Clinical Services 587-386-0186
k.bovencamp@prairiecentralfasd.ca
www.prairiecentralfasd.ca
Hours: 8:30 a.m. - 4:30 p.m.

Fetal Alcohol Spectrum Disorder (FASD) includes a range of disabilities caused by prenatal exposure to alcohol. We provide: Coordinated access to support services for children and adults; FASD assessment and diagnosis; Indicated and targeted prevention; Information and education about FASD and the prevention of FASD.

Rose City Residential Support Society

Box 1115, 5111 - 52 Avenue (Sparling Manor)
Camrose T4V 4E7
Phone: 780-679-4678 or Jo-Ann @ 780-672-4512
dbowal@hotmail.com

Coordinating affordable apartment units for independent living individuals. Serving individuals with a disability.

Emergency Services

BASHAW & DISTRICT FOOD BANK

4909 - 50 St. Bashaw T0B 0H0
Phone: 780-372-4074 Fax: 780-372-3951
bdsoffice1@gmail.com
Hours: Tuesdays & Wednesdays 9:00 a.m. - 12:00 noon.

Christmas Hamper Program and Food Bank.

BASHAW & DISTRICT THRIFT STORE

5008 - 50th St. Box 568 Bashaw AB T0B 0H0
Phone: 780-372-3718
Hours: Tue., Thurs., Fri, 10:00 a.m. -.4:00 p.m.

Welcomes donations of clean used clothing in good repair and some small miscellaneous items which are then offered for resale at nominal prices.

BASHAW VICTIM SERVICES

Box 248 Bashaw T0B 0H0
Phone: 780-372-3687/372-3793 Fax: 780-372-2121

Provides support, information & referral to victims of crime & trauma. Message can be left @ 780-372-3687 or call the Bashaw RCMP detachment at 780-372-3793.

Camrose & District Family Thrift Shop

5006-50 Ave Camrose T4V 0S5
Phone: 780-608-1544; Store: 780-672-5027
Hours: Tues.- Sat., 9:30 a.m. - 5:00 p.m.

Provides used clothing and miscellaneous household items at a reasonable cost. Supports non-profit organizations and special personal needs. Each request is dealt with on its own merits. Donations may be left at the store during business hours only.

Camrose & District Victim Services Society

6220 - 48 Ave Camrose T4V 0K6

Phone: 780-672-4570

victimservices@camrose.ca

Provides support, information and referral to victims of crime and trauma in partnership with Camrose Police Service and Camrose RCMP.

Camrose Police Services

6220 - 48 Ave. Camrose T4V 0K6

Phone: 911 (Emergencies Only)

780-672-4444

www.camrosepoliceservice.ca

Hours: 24 hour service

Assess & respond to all types of emergencies within City of Camrose.

Canadian Red Cross Emergency Management

#105, 5301 - 43 St. Red Deer T4N 1C8

Phone: 1-403-346-1241 ext. 1107 Toll Free:

24 Hour Assistance & Disaster:

1-888-800-6493 Fax: 1-403-342-6373

www.redcross.ca

Hours: Mon. - Fri. 10:00 a.m. - 4:00 p.m. (Closed 12:00 noon - 1:00 p.m.)

The Canadian Red Cross Personal Disaster Assistance Team may provide emergency food, clothing, accommodation and personal services for up to 72 hours to individuals and families following an assessment, who have been affected by local, small-scale disasters such as a house fire.

Emergency Clothing & Furniture Depot

4918 - 46 St. Camrose T4V 1H1

Phone: 780-608-1681 Fax: 780-608-1683

ecfdcoor@centracam.ca

www.centracam.ca

Hours: Hours for Picking Up Items: Tues. - Thurs. 9:30 a.m. - 3:30 p.m.; Donation Drop Off Hours: Mon. - Sat., 8:00 a.m. - 4:00 p.m.

Thrift store. Free clothing, furniture & housewares available by referral. Referrals may be obtained from many social agencies and churches. Please phone for more details.

KIDS HELP PHONE

Toll Free: 1-800-668-6868

Hours: 24 Hours

Help line especially for kids calling from anywhere in Canada. All calls are free and confidential within limits of the law.

NEIGHBOR AID CENTER / FOOD BANK

4524 - 54 St. Camrose T4V 1X8

Phone: 780-679-3220 Fax: 780-679-3221

nbaid@cable-lynx.net

www.neighboraid.ca

Hours: Neighbor Aid Office Hours: Mon. - Fri., 9:00 a.m. - 4:00 p.m. Food Bank Hours are Tues., Wed., & Thurs. 9:00 a.m. - 11:30 a.m.

Fee: No Fee

a) Neighbor Aid Center works together with local churches and community to help those in need. Services vary, but can include help with specialty medical appt. transportation, referrals & more. **b) Food Bank:** Tues., Wed., Thurs. 9:00am - 11:30am; (bread every morning). **c) Soup Kitchens** (Martha's Table) - Tues., 12:00 - 1:00 p.m. at St. Andrew Anglican Church; Wed. @ Camrose United Church; Thurs. at City Lights Church (4920 - 48 St.); **d) Food for Kids "Breakfast Clubs"** - Breakfast available to children every school morning at Sparling, Chester Ronning, Charlie Killam, Ecole Sifton, OLMP, Composite High, and P.A.C.E. Outreach schools.

Employment Services/ Financial Assistance

Alberta Supports

3rd Floor Gemini Centre 3010, 6708 - 48 Ave.
Camrose T4V 4S3

**Phone: 780-608-2525; After Hours
Emergency 1-866-644-5135 Toll Free:
1-877-644-9992 Fax: AB Works:
780-608-4075 AISH 780-608-4078**

www.employment.alberta.ca

Hours: Mon-Fri, 8:15 a.m. - noon and 1:00 p.m. - 4:00 p.m.

Alberta Supports is a portal to access numerous Government of Alberta programs that are not physically located in this community - including but not limited to **Child Care Subsidy, Office of the Public Guardian and Trustee, Alberta Adult Health Benefits, Alberta Child Health Benefits, and Alberta Seniors programs.**

Specifically at the Camrose site, besides Alberta Supports, we have **Alberta Works, AISH** (Assured Income for Severely Handicapped) and **Disability Services.**

Alberta Works provides employment services (including career consultation, job postings and job search supports) and Income Support benefits.

AISH is a financial benefits program for people with a severe and permanent disability.

Disability Services includes programs and other supports for Albertans with disabilities.

CAREER INFORMATION HOTLINE

**Phone: 1-780-644-9992 Toll Free:
1-877-644-9992**

hotline@alis.gov.ab.ca

www.alis.alberta.ca

Hours: Mon.- Fri., 7:30 a.m. - 8:00 p.m.

The Career Information Hotline is a telephone and online consulting and referral service related to occupational, educational and training options, job search skills and career transitions. Career Advisors can help with: career planning, job search skills/resources, occupational descriptions, educational options, educational funding options, and e-resume review service.

Directions for Wellness

#201, 4870 - 50 St. Camrose AB T4V 1T1

Toll Free: 1-855-624-4477

info@dfwi.ca

www.dfwi.ca

Assist and provide community resources for unemployed or marginally employed adults to gain occupation related skills needed for success in local labour market. Funded by AB Community and Social Services and/or Government of Canada. Currently offering Workplace Training, One to One Specialized Services and New Futures (a job search workshop).

SERVICE CANADA

#200, 4901 - 50 Ave. Camrose

**Phone: 1-800-O-Canada Toll Free:
1-800-622-6232**

www.canada.ca

Hours: Mon., Tues., Thurs., Fri. 8:30 a.m. - 4:00 p.m.

Fee: none

Employment Insurance; Canada Pension Plan, Old Age Security; Social Insurance Numbers; Canada Education Savings Grants; Apprenticeship Grants & other Government of Canada Services, and Passport Receiving.

Foundations

Battle River Community Foundation

Box 1122 Camrose T4V 4E7

Phone: 780-679-0449 Fax: 780-679-0449

brcfoundation@gmail.com

www.brcf.ca

Hours: By appointment

Mission is to encourage increased flow of resources to community needs, to create and manage permanent endowment funds to meet those needs, and to respond to emerging needs that come with changing times. Donations are held as endowment funds wherein the capital remains intact and investment income is made available to a broad range of charitable community needs in Camrose and area. Located at 4870 - 50 St.

Health Services

AB Health Services: Children's Rehabilitation Services & Coordinated Intake

3rd. Floor, #300, 5015 - 50 Ave. Camrose T4V 3P7

Phone: 780-608-8613 Toll Free: 1-866-937-7476 Fax: 780-608-8648

<http://www.albertahealthservices.ca>

Hours: 8:00 a.m. - 4:15 p.m.

Children's Rehabilitation Services offers Physiotherapy, Occupational Therapy, Speech-Language Pathology, Respiratory Therapy and Audiology services for children under the age of 18. Screening, assessment, treatment and consultation with all disciplines are available. Referrals for services regarding developmental needs can be made by parents, physicians, teachers/schools and/or other community professionals, or by accessing the Walk In Clinic, which is usually held the third Tuesday of every month (call 780-608-8611 for schedule).

AHS Continuing Care Website

albertahealthservices.ca/cc/page13154.aspx

Continuing care includes home care, supportive living, long-term care, hospice and end of life care. AHS has programs and services to help Albertans of all ages lead active and fulfilling lives, close to home.

Alberta Health Services - Camrose Home Care

4615 - 56 St. Camrose T4V 4M5

Phone: 1-855-371-4122 Fax: 1-844-776-0430

www.albertahealthservices.ca

Hours: Monday - Friday 8:15 a.m. - 8:00 p.m.; Sat./Sun. 8:15 a.m. - 4:30 p.m. Messages can be left 24 hours a day.

A health service that supports Albertans of all ages (with a valid health care card) in wellness and independence. The goal is to help individuals remain safe and independent in their

own home or care setting for as long as possible. Telephone assessment done to determine program eligibility. Services include: health promotion and teaching; treatments; care at end of life; rehabilitation; personal care support; assistance to maintain social connections, and support for family or other caregivers.

Alberta HEALTH SERVICES Community Addiction & Mental Health

4911 - 47 St. Camrose T4V 1J9

Phone: Seniors Program 780-679-1241;

Child/Adolescent 780-679-1764;

Addiction/Adult 780-672-1181; Toll Free

1-866-332-2322 (Addiction & Smokers Helpline) Toll Free: Mental Health Helpline

1-877-303-2642 Fax: Mental Health Clinic

780-679-1740; Community Addiction & Mental Health 780-679-5088

www.albertahealthservices.ca

Hours: Mon. - Fri. 8:00 a.m. - 4:30 p.m.

Fee: Services are provided free of charge.

Mental Health & Addiction professionals provide voluntary community based counselling/treatment (including psychiatric consultation as required), information & referral to all ages who present with a clearly definable mental illness &/or alcohol, drug, tobacco or gambling problems. Additional programs include:

Mental Health & Addiction Prevention & Promotion works to increase awareness & understanding & reduce stigma. Programs consist of Suicide Prevention, Mental Health First Aid & Tough Enough to Talk About.

Prevention and Promotion services are also provided through presentation to schools, agencies & community groups as well as through the office resource library & other resource materials within the addiction/mental health service stream.

Prevention and Promotion services are also provided through presentation to schools, agencies & community groups as well as through the office resource library & other resource materials within the addiction/mental health service stream.

Alberta Health Services Healthy Living Centre/Community Rehab

Suite #1203, Recreation Centre 4512 - 53 St. Camrose T4V 4E3

Phone: 780-608-8683 Fax: 780-608-8693

www.albertahealthservices.ca

Hours: 8:00 a.m. - 4:15 Mon. - Fri. Closed on stat holidays.

Fee: Depends on Service

The Healthy Living Centre is an innovative health service designed to be a central point for the community to access health information, programs and services in the areas of prevention and promotion, clinical rehabilitation and chronic illness. Focus is on facilitating client self management of their health, injury or illness. Services include occupational and physical therapy, speech pathology, respiratory, kinesiologist, dietician and a registered nurse.

ALBERTA HEALTH SERVICES - PUBLIC HEALTH

5510 - 46 Ave. T4V 4P8

Phone: 780-679-2980 Fax: 780-679-2999

www.albertahealthservices.ca

Hours: 8:30 a.m. - 4:30 p.m.

PUBLIC HEALTH NURSING: Provides services to families, individuals, and communities to promote health and wellness and to prevent illness. The Perinatal Program offers information and resources to new parents including prenatal classes, home visits, screening and referrals, and breastfeeding support. Routine immunizations are provided by appointment in well child clinics, adult clinics, and travel health clinics. School Health programs include immunization for grade 6 & 9 students as well as catch up immunization for those in grade 1 - 9. The annual influenza campaign offers influenza immunization to all individuals over six months of age. Public Health is also involved in communicable disease surveillance, follow-up, and preventative management.

ORAL HEALTH: Provides free fluoride varnish for at-risk pre-school children 12-35 months. In select schools, fluoride varnish is offered to children in Kindergarten, grades 1 & 2 and dental sealants are offered to grade 1 & 2 students.

EARLY INTERVENTION PROGRAM (EIP): Supports families of children (0 - 3 1/2 years) with developmental delays or disabilities using a

home-based, family-centered approach. EIP staff connect families to community resources, provide information on child development, and develop a service plan unique to each family.

SEXUAL HEALTH CONSULTANT:

Information/support, resources and presentations on sexual health to adults, youth, parents, professionals, community groups and schools. Issues addressed include prevention, diagnosis and treatment of sexually transmitted infections; contraception (birth control); healthy & informed sexual health decision making and healthy relationships.

ENVIRONMENTAL PUBLIC HEALTH

PROGRAM: As regulators, public health inspectors enforce the Public Health Act, and Skin Cancer Prevention (Artificial Tanning) Act and their regulations. Public Health inspectors routinely inspect public places including restaurants, swimming pools, rental houses, day cares, tattooing/body piercing shops. Also provides health and safety training in the areas of food safety, swimming pool operation, and child-care facility operation. They are empowered to investigate public complaints about health and safety concerns in public facilities, and to investigate illness resulting from consumption of food or drinking water, or from exposure to environmental contaminants.

HEALTH PROMOTION: Develops, supports, promotes and coordinates community based initiatives that support health in the community and reduce or prevent injury or chronic illness. Initiatives address local needs & may include supporting and working with groups and communities to achieve walkable communities; healthy built environments; tobacco and cannabis prevention; workplace wellness; injury prevention; healthy school environments, active lifestyles, etc.

NUTRITION SERVICES: Provide nutrition consultation and collaboration on health promotion that addresses healthy eating, healthy environments or food security. Provide general information, resources and support to health professionals, community agencies, school communities and general public.

Camrose Physiotherapy & Sports

Injury Clinic

4715 - 65 St. Camrose T4V 3M5

Phone: 780-679-2247 Fax: 888-467-9217

admin@camrosephysiotherapy.ca

camrosephysiotherapy.ca

Hours: Mon. - Thurs., 7:00 a.m. - 7:00 p.m.; Fri.

7:00 a.m. - 4:00 p.m.

Fee: Call for fees.

Physiotherapy; Rob Bouma Orthotic Clinic.

CAMROSE PRIMARY CARE NETWORK

4512 - 53 St., Room 1108 Suite 4 Recreation
Centre Camrose T4V 4E3

Phone: 780-608-4927 Fax: 780-608-4931

camrosepcninfo@camrosepcn.com

<http://www.camrosepcn.com>

Hours: 8:30 a.m. - 4:00 p.m.

Care centred around you and led by your family doctor in partnership with other healthcare professionals, the PCN uses a team-based approach to look at your health's big picture. Programs to help you live healthier include: meetings with a dietitian, chronic illness management, prenatal care, grief and bereavement support, reviewing your medication, balance/falling help, and many others.

CANADIAN BLOOD SERVICES BLOOD DONOR CLINICS

Toll Free: 1-888-236-6283 (info & appointments)

www.blood.ca

Hours: Clinic times are advertised in the local media.

Days and location advertised in local media. Call Lorna McCallum 780-672-8813 for more information.

Canadian Cancer Society

Phone: 1-800-661-2262

info@cancer.ab.ca

www.cancer.ca

Cancer Patient Navigator - St. Mary's Hospital

4607 - 53 St. Camrose AB T4V 1Y5

Phone: 780-679-2837 Fax: 780-679-2821

<https://www.albertahealthservices.ca/cancer/cancer.aspx>

The Cancer Patient Navigator helps guide you through the physical, emotional and financial challenges that come with a cancer diagnosis. Provides information and education, and assists in accessing support services needed.

Connecting In Spirit

17522 Hyw 26 Camrose

Phone: 780-608-0176

trena@connectinginspirit.com

<http://www.connectinginspirit.com/>

Offers a variety of alternative holistic health methods, natural products, and tools to assist with the daily stresses and challenges life offers. Sessions include Equine Therapy, hands on body manipulation techniques (Access Bars & ESSE), and Intuitive/Awareness development and education.

CROSSROADS DAY PROGRAM

4612 - 53 St. Camrose T4V 1Y6

Phone: 780-679-3045/780-679-3046 Fax: 780-679-3071

tena.lansing@bethanygrp.ca

www.thebethanygroup.ca

Provides social programs for older adults with chronic disease &/or disability who are living in the community. Serves people with memory impairment &/or chronic health problems. Offers socialization leisure activities.

Equine Reflection

Phone: 780-293-4866

chantel@equinereflection.com

www.equinereflection.com

We offer horse partnered group workshops, retreats and private sessions specializing in trauma, emotional and physical weight release,

self and body image programs for women, teens and tweens. Our mission is for you to see your value and to feel your worth. Chantel is a Certified Equine Gestalt Coach, inspirational speaker and workshop facilitator.

GEMINI HEALTH CENTRE

#2010, 6708 - 48 Ave. Camrose T4V 4S3

Phone: 780-672-9850; Dr. Wong

780-672-9886 Fax: 780-672-9104

Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m.

Family Medicine and Plastic Surgery

Health Link

Toll Free: 811

<https://myhealth.alberta.ca/>

Hours: 24 hours/7days/week.

Health Link Alberta is a 24 hour a day, 7 day a week nurse telephone advice and health information service. Highly skilled 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. Health Link can also help you find appropriate services and health information. All call are confidential and free.

Holistic FootCare

Phone: 780-563-0021

holisticfootcare@yahoo.com

Hours: Mon. - Sun., 8:00 a.m. - 7:00 p.m.

A Licensed Practical Nurse offering mobile, professional foot care with good old fashioned TLC. Follows strict Alberta Health and Wellness infection control standards using only sterile instruments for each client. Comprehensive services include, but not limited to, nail trimming, ingrown nail management, fungus nail treatment and specialized diabetic foot care. Special rates for seniors in care facilities.

Hospice Society of Camrose and District

Box 1891 Camrose T4V 1X8

Phone: 780-608-0636

camrosehospice@gmail.com

<http://www.camrosehospice.org/>

Hours: 8:30 a.m. - 4:30 p.m.

Fee: No Fees

A registered charity since 2011. Trained volunteers provide palliative and grief supports to individuals experiencing a life-limiting illness, support for their families, and support for those bereaved. Services are offered in-home, hospital, long-term care facilities, and through programs in the community. HSCD serves Camrose and the surrounding rural communities. Office is at the Mirror Lake Center, Lower Level.

Hospital, St. Mary's Covenant Health

4607-53 St. Camrose T4V 1Y5

Phone: 780-679-6100 Fax: 780-679-6198

www.covenanthealth.ca/hospitals-care-centres/st-marys-hospital

Hours: 24 hour phone service

St. Mary's Hospital is available for all your acute care needs. We are an innovative and welcoming 76 bed rural hospital servicing Camrose and surrounding communities. Our friendly and responsive staff uphold Covenant Health's Mission, Vision, and Values by providing exceptional quality of care to all. We provide

Diagnostic and Therapeutic

Services including: Laboratory, Pharmacy, Physical and Occupational Therapy, Rehabilitation, Respiratory Therapy, and Fluoroscopy; in addition, our facility is equipped with Radiology, Ultrasound, and Computed Tomography (CT) Scanning technology. **In-Patient Services** include: Medicine, Psychiatry and Mental Health Services, Spiritual Care, Stroke Services, Palliative Care, and Urology; our modern Surgical technology allows for advanced services in Anesthesia, Gynecology, Orthopedics, Obstetrics, and Plastics. **Out Patient Services:** 24-Hour Emergency Department, Ambulatory Care Clinic, Cardiac Stress Testing, Cancer Clinic, Surgical Pre-Assessments, Heart and Stroke Clinic and Preventative Education, Minor Outpatient Surgeries, Clinical Nutrition, and a Travelling MRI. St. Mary's Hospital, Camrose Foundation website is

<https://www.stmaryshospitalfoundation.com/>

KenPar Footcare Services

Phone: 780-563-0155

keneisha@kenParfootcare.ca

A Licensed Practical Nurse providing foot care services to residents of Camrose and surrounding areas. Footcare is provided in the comfort of your home, resident facility or hospital. Services include foot assessment, nail trimming and filing, management of thick and in grown nail, corn and callus reduction, massaging of the feet and education on proper foot care.

KIDNEY FOUNDATION OF CANADA NORTHERN ALBERTA & THE TERRITORIES BRANCH

202, 11227 Jasper Avenue Edmonton T5K 0L5

Phone: 780-451-6900 ext 222 Toll Free:

1-800-461-9063 Fax: 780-451-7592

molly.diamond@kidney.ab.ca

www.kidney.ab.ca

Provides educational resources, information, assistance, support and referrals to people with kidney disease, reduced kidney function, on dialysis and transplant recipients and donors. Speakers are available for organ and tissue donation awareness as well as kidney health presentations.

LIMMANY FOOT & ANKLE CLINIC

4870 - 51 St. (Lower level Central Agencies)

Camrose T4V 1S1

Phone: 780-679-0664

Hours: By appointment on Tuesdays only. 9:30 a.m. - 3:00 p.m.

Doctor of podiatric medicine dealing with disease, injury and surgery of the foot.

MOTHER CARE

Camrose

Phone: 780-672-9389

Provides doula services. A doula is a woman trained in labour assistance and/or postpartum

care and breastfeeding who supports mothers and their families through the complex emotional and physical transitions of pregnancy, labour, delivery, postpartum transition and newborn care.

MULTIPLE SCLEROSIS Society

Camrose

Phone: 1-800-268-7582

info.alberta@mssociety.ca

www.mssociety.ca

Hours: Contact the office (by email) or call 1-800-268-7582

Referrals, advocacy, information, education, community group, support and friendly visiting.

SMITH CLINIC

#1 Duggan Mall, 6601 - 48 Ave. Camrose T4V 3G8

Phone: 780-672-2423 appointments;

780-672-2425 - administration Fax:

780-679-2668

www.smithclinic.net

Hours: Mon. - Fri., 8:30 a.m. - 12:00 noon; 1:00 p.m. - 5:00 p.m.

The Smith Clinic is a multi-disciplinary clinic combining family practice with various specialties. We offer a walk-in clinic Monday to Thursday from 2:00 p.m. to 7:00 p.m. and Saturday and Sunday from 10:00 a.m. to 2:00 p.m. Daily appointments may be available. Please call the appointment line to book.

SOLE CITY SHOES

4851 - 50 St. Camrose T4V 1P6

Phone: 587-855-2588

office@solecityshoes.com

www.solecityshoes.com

Hours: Mon. - Wed., Fri. - Sat. 9:00 a.m. - 6:00 p.m.; Thurs. 9:00 a.m. - 9:00 p.m., Sundays & holidays 11:00 a.m. - 4:00 p.m.

A variety of in-stock doctor recommended and slippers available in wide, double wide and extra depth to fit orthotics for women and men. Brands available in-store: Aetrex, Alegria, Birkenstock, Dunham, Finn Comfort,

Foamtreads, Naot, New Balance, Portofino, Propet, SAS, Saucony, Vionic, and many more. Located in downtown Camrose.

The Baby Lady

3401 - 50th St. Camrose AB T4V 5E6

Phone: 780-281-BABY (2229)

thebabyladyltd@gmail.com

Hours: By appointment, flexible.

Fee: Fee for service, please contact.

As a Registered Nurse and Lactation Consultant I can offer you private prenatal classes; support you as you breastfeed; teach you to care for your newborn; or help you install a car seat. International Board Certified Lactation Consultant. Whether you are preparing to have your baby, or struggling with breastfeeding, I am here to help you - even on short notice.

Therapeutic Lifestyle Essentials

4825 - 51 St., Gateway Centre Camrose AB T4V 1R9

Phone: 780-672-5020 Fax: 780-672-5090

Hours: Mon. - Fri.; (9:00 - 3:00 p.m.) Fittings are done by appointment only.

Fee: Depends on Service

Sells specialized medical products including: mastectomy prosthesis, mastectomy bras, swim forms & bathing suits, post surgical garments, scarves, caps, hats, post cancer items, scar care, literature, ready made compression stockings, compression sleeves, burn garments, sport braces, ostomy supplies, incontinent supplies, catheters & accessories, & first aid supplies. Offers specialized service: bra, mastectomy and stocking fittings. Bills WCB, AISH, AADL, Veterans Affairs.

Ticklish Toes Mobile Foot Care

Phone: 780-781-2720

jy311982@gmail.com

Ticklish Toes is a mobile foot care company that offers comprehensive foot care including nail and callus management as well as certified management of foot care for patients with

diabetes all within the comfort of your own home by an LPN.

Helplines

Addiction Services Helpline

Toll Free: 1-866-332-2322

<http://www.albertahealthservices.ca>

Hours: 24 Hours

Help for problems with gambling, alcohol, tobacco, and other drugs.

AlbertaQuits Helpline

Toll Free: 1-866-710-QUIT (7848)

<https://www.albertaquits.ca/>

Hours: 8:00 a.m. - 8:00 p.m.

Tobacco cessation counsellors can help you make a plan to quit, manage cravings, and stay on track.

Bullying Helpline

Toll Free: 211 Press 3

www.bullyfreealberta.ca

Hours: 24 Hours

Advice or support on bullying. 24/hour/day.

Canadian Mental Health Association Edmonton, Suicide (24 hr.)

Toll Free: 1-800-232-7288

<http://edmonton.cmha.ca/>

Child Abuse Hotline

Toll Free: 1-800-638-0715

<http://humanservices.alberta.ca/abuse-bullying/14841.html>

Hours: 24 Hours

Call if you think a child is being abused or neglected by a parent or guardian.

Crisis Text Line

Phone: Text HOME to 686868

<https://www.crisistextline.ca/>

Crisis Text Line, powered by Kids Help Phone, is a free, 24/7 support connecting people in crisis to trained Crisis Responders. Free nationwide texting. For response time/further details visit their website at <https://www.crisistextline.ca/>.

Family Violence Info Line

Toll Free: 211 (Press 3)

<http://humanservices.alberta.ca/abuse-bullying/14839.html>

Hours: 24 Hours

Call if you (or someone you know) are going through family violence or abuse if you have questions or want to find out about programs, resources and services.

Human Trafficking Support Line

Toll Free: 1-866-528-7109

<http://www.chrysalisnetwork.org/>

Offers a 24 hour national crisis and support counselling line for survivors of human trafficking and commercial sex workers.

Income Support Contact Centre

Phone: 1-866-644-5135

<http://humanservices.alberta.ca/financial-support/3341.html>

Hours: 24 Hours

Financial help for Albertans who don't have resources to meet their basic needs (e.g., food, clothing, shelter).

Indian Residential School Survivors Support Line

Toll Free: 1-866-925-4419

Telephone information line for residential school survivors.

Kids HelpPhone

Toll Free: 1-800-668-6868

www.kidshelphone.ca

Free, anonymous, confidential telephone and web counselling for youth in Canada.

Mental Health Helpline

Toll Free: 1-877-303-2642

<http://www.albertahealthservices.ca/info/service.aspx?id=6810>

Offers help for mental health concerns for Albertans.

Seniors' Abuse Helpline

Phone: 1-780-454-8888

<http://edmonton.cmha.ca/>

Hours: 24 Hours

Sexual Assault Crisis Line (24 hour)

Phone: 1-780-423-4121

<https://www.sace.ab.ca/>

Accepts collect calls.

Home Support Services

BASHAW MEALS ON WHEELS (BDSS)

Box 568, Provincial Building, Main Street; BDSS office. Bashaw T0B 0H0

Phone: 780-372-4074 Fax: 780-372-3951

bdssoffice1@gmail.com

Hours: Mon. - Fri., 9:00 a.m. - 4:00 p.m.

Fee: \$7.00 per meal

A hot nutritious noon meal, delivered 5 days per week by volunteers. BDSS Program - can issue tax receipts.

CAMROSE & DISTRICT HOME

SUPPORT SOCIETY

#3, Community Centre, 4516-54 St. Camrose
T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss7@telusplanet.net

www.camrosefcss.ca

Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m.

Fee: Sliding scale based on income \$16.00 -
\$20.00/hour.

Provides experienced Home Support workers to assist individuals and families with homemaking, shopping, meal preparation and emotional support. We serve those who are socially isolated with insufficient support systems; individuals who are frail and/or confused and families under stresses such as illness (physical or mental), or parenting difficulties. These services are meant to be preventative and supportive in nature.

CAMROSE MEALS ON WHEELS

#3, Community Centre, 4516-54 St. Camrose
T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss7@telusplanet.net

www.camrosefcss.ca

Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m.

Fee: Hot meals are \$9.00/meal. Frozen meals are \$8.00/meal.

a) Hot Meal Program - Nutritious meals delivered during noon hour, prepared by the dietary staff at Brookside Kitchen (The Bethany Group), delivered to your door by volunteers. Meal consists of soup or salad, main course and dessert. Meals can be ordered up to 5 days/week to suit each client (including statutory holidays). Delivery to City of Camrose residents only.

b) Frozen Food Program - Meals prepared without additives or preservatives. Delivery arrangements may be made for Camrose residents receiving the hot meal program. Delivery to village and county residents by arrangement. Contact Program Director.

Good Samaritan TeleCare

8861 - 75 Street Edmonton T6C 4G8

Phone: 1-780-431-3630 Toll Free:

1-800-676-8397 Fax: 1-780-433-2003

www.goodsamaritantelegare.com

Provides you with monitored home safety devices, telephone support and personal emergency response services. Whether you are young or old, living alone or with others, medically at risk or simply concerned about personal safety, Good Samaritan TeleCare has multiple products and services to assist you to live independently. Funding available through Alberta Seniors Benefits, Veterans Affairs and AISH.

PHILIPS LIFELINE

Toll Free: 1-800-543-3546 Fax:

1-800-313-9764

referral@lifeline.ca

www.lifeline.ca

Hours: Admin Hours: 8:00 am - 8:00 pm Eastern Standard Time

Fee: Call for details.

An easy to use medical alert service that lets you summon help any time of the day (even if you can't speak). You just press your Personal Help Button, worn on a wristband or as a pendant, and a highly trained Personal Response Associate will ensure you get help fast. Philips Lifeline now offers HomeSafe and AutoAlert wireless options, and GoSafe, the mobile alert system that gives you the freedom to go where you want.

PLAN IT CONSULTING INC.

1, 4825 - 51 St. Camrose T4V 1R9

Phone: 780-672-0063 Fax: 780-672-9703

planit@telus.net

www.planitconsult.ca

Fee: Vary with service

All services provided through companionship and friendship. Find us on Facebook.

A) In-home support/household management; monitoring care; visiting; preparing meds, personal management.

B) Community Support - shopping and errands; medical appointments; attending church; accessing community events/day trips/holidays; walking and leisurely activities.

C) Respite - giving caregivers a break.

Priority Care Call

Toll Free: 1-877-322-0334 Fax:

1-403-234-0373

info@priorityltd.com

www.prioritycarecall.com

An Alberta owned and operated company servicing Alberta since 2002. Offer affordable, reliable, and friendly service to those needing a personal response system. We carry Home Based medical alerts and GPS medical alerts that go everywhere you do. Our systems can detect a fall, send text alerts to family and call us for help in any situation. Rest easily knowing that we are there and will send the help you need, notify your contacts of choice and we will NOT hang up until help has arrived.

Swan City Mobility

6028 - 48 Ave. Camrose AB T4V 0K3

Phone: 780-673-3454 Fax: 780-673-3453

al@swancitymobility.com

www.swancitymobility.com

Hours: Mon. - Fri. 9:00 a.m. - 5:00 p.m.

Offers quality mobility equipment and daily living aids. Scooters, lift chairs, walkers, wheelchairs, adaptive clothing, daily living aids, bathroom safety equipment & more. We rent and repair most equipment. Free delivery/pick-up in Camrose. Registered vendors for: AADL, WCB, VAC & AHS.

Take Care Mobility

5040 - 50 St. Camrose T4V 1R2

Phone: 780-672-3204 Toll Free:

1-866-672-3204 Fax: 780-679-0703

sales@takecaremobility.com

http://takecaremobility.com/

Hours: Mon. - Fri. 9:00 a.m. - 5:00 p.m. Closed on Stat holidays.

Provides quality mobility equipment including: mobility scooters, lift chairs, walkers, power and manual wheelchairs, transport chairs, ramps, wheelchair cushions, wheelchair & scooter accessories, bathroom safety equipment, canes,

exercise/rehab supplies, porch and stair lifts, batteries, tires and tubes. Repairs are done on site by a qualified technician. Offers reasonable rates on rentals of wheelchairs, transport chairs, walkers & mobility scooters. Works with medical professionals & government agencies. Member of MSDA (Medical Surgical Dealers Association), and Ability Members Group.

Walk'er Ride Companion Services

Phone: 780-781-2115

Hours: Determined by clients needs

Fee: Ranges from \$20.00/hour and up, plus mileage charges. Cancellation fees in effect.

Accompanies clients to appointments, (drop off and pick up) providing varying levels of support for appointments. Support provided may include assisting with any physical or mental needs such as helping patient after surgeries, pre-ops, toilet care, peri-care, wheelchair/walker assistance and reporting back to family Dr. recommendations/concerns. Fees are determined by the level of service provided. Ability to direct bill AISH for services provided to AISH clients.

Housing

COMMUNITY SOCIAL

HOUSING/AFFORDABLE HOUSING

4612 - 53 St. Camrose T4V 1Y6

Phone: 780-679-2002 Fax: 780-679-3054

www.thebethanygroup.ca

Hours: Mon. - Fri., 8:30 a.m. - noon; 1:00 p.m. - 4:30 p.m.

Provides subsidized rental housing for low-to-moderate income families, seniors and individuals. Applicants are assessed for eligibility based on need.

CONTINUING CARE

Bethany Meadows: 4209 - 55 St.; LJ Care

Centre: 5400 - 46 Ave.

Phone: Bethany Meadows 780-679-1000;

Louise Jensen 780-679-3097 Fax:

780-679-2001 (LJ) 780-679-1020 (BM)

www.thebethanygroup.ca

Hours: Regular Business Hours

Care is provided for people with complex health needs who are unable to remain at home or in supportive living and require scheduled 24-hour RN care. The Bethany Group offers a warm and friendly environment with a variety of social and recreational programs at Bethany Meadows and Louise Jensen Care Centre.

Designated Supportive Living

Camrose

Phone: 780-679-2000

www.thebethanygroup.ca

Provides the security of 24-hour care and support depending on the level of care. The Bethany Group offers Designated Supportive Living at Bashaw Meadows; Bethany Meadows, Faith House, Memory Lane, and Viewpoint in Camrose; and Wetaskiwn Meadows.

HABITAT FOR HUMANITY CAMROSE / RESTORE

5007 - 46 St. Camrose T4V 3G3

Phone: 780-672-4484 Alt Phone:

780-878-4757

info@habitatcamrose.com

www.habitatcamrose.com

Hours: Restore: Tues. - Sat., 10:00 a.m. - 5:00 p.m.

Affordable homeownership program for families who would not otherwise be able to own their own home. Applications for housing are available on-line and at ReStore. ReStore accepts donations of new and used building materials, appliances, furniture, and other home products. Items are available for sale to general public.

Life Lease & Residential

T4V 4S9

Fax: 780-679-5466

www.thebethanygroup.ca

Hours: Office: Mon. - Fri., 8:30 a.m. - 4:30 p.m.

Brookside, Deer Meadows, Hillside &

Lakeside - Alecia Magwood @ 780-679-2007

Lodges

Phone: 780-679-2000

www.thebethanygroup.ca

Provides affordable accommodation for seniors who are independent with or without the assistance of community-based services. The Bethany Group manages lodges across Alberta, including Bashaw Meadows (Bashaw), Peace Hills Lodge (Wetaskiwin), and Rosealta Lodge (Camrose).

Seasons Camrose Retirement Community

6821 - 50 Ave. Camrose T4V 5G5

Phone: 780-672-2746 Fax: 780-672-2985

inquiries@seasonsretirement.com

www.seasonsretirement.com

Hours: Administration: Mon. - Fri., 8:00 a.m. - 8:00 p.m.

Supporting active and independent lifestyle. Provides a full continuum of care from Independent and Assisted Living to Designated Supportive Living Level 4 and Level 4 Dementia care. Tours of Seasons Camrose can be arranged upon request.

Seniors Self Contained Housing

4612 - 53 St. Camrose T4V 1Y6

Phone: 780-679-2002

www.thebethanygroup.ca

Hours: Mon. - Fri., 8:30 a.m. - noon; 1:00 p.m. - 4:30 p.m.

Offers independent living for low-to-moderate income seniors in several communities across Alberta. Apartments range in size from 500 - 575 square feet and offer complete privacy with all necessary facilities.

Information & Referral

ALBERTA OMBUDSMAN

Suite 700, 9925 - 109 St. NW Edmonton T5K 2J8

Phone: 780-427-2756 Toll Free:

1-888-455-2756 Fax: 780-427-2759

info@ombudsman.ab.ca

www.ombudsman.ab.ca

Hours: Mon. - Fri., 8:15 a.m. - 12:00 noon & 1:00 p.m. - 4:00 p.m.

Authorized by the Ombudsman Act to investigate complaints about the administrative fairness of: AB Government departments, agencies, boards, commissions, municipal government, designated professional organizations; and the Patient Concerns Resolution Process of AB Health Services. The Ombudsman is independent from government, impartial, approachable, responsive, free of charge. (Not an advocacy service.)

Alberta Supports Website

Toll Free: 1-877-644-9992

www.albertasupports.ca

Visit Alberta Supports, a website designed to share information on social based assistance programs and services.

BASHAW & DISTRICT SUPPORT SERVICES

4909 - 50th Street Bashaw T0B 0H0

Phone: 780-372-4074 Fax: 780-372-3951

bdssoffice1@gmail.com

http://fcssaa.org/office/bashaw

Hours: Mon. - Fri., 9:00 a.m. - 4:00 p.m.

Provides community support to strengthen families and community. Prevention is the focus and programs depend on volunteerism. Services are available to all residents of the Town of Bashaw and Division One of Camrose County. BDSS is partially funded by FCSS. We offer: Generations Daycare, Bashaw Preschool, Benevolent Fund, Life Line- referrals, Santa's Anonymous, Meals on Wheels, Tools for School, Home Support, Walk In Support to residents.

Camrose & District Chamber of Commerce & Visitor Information Services

5402-48 Ave. Bill Fowler Centre Camrose T4V 0J7

Phone: 780-672-4217 Alt Phone:

780-679-0064 Fax: 780-672-1059

admina@camrosechamber.ca

www.camrosechamber.ca

Hours: Sept. long weekend to May long weekend, Mon. - Fri., 8:30 a.m. - 4:30 p.m.; May long weekend to Sept. long weekend, Mon. - Fri., 8:30 a.m. - 7:00 p.m.; Sat./Sun., 9:30 a.m. - 5:30 p.m.

Fee: Call 780-672-4217 for membership application.

Promoting a proud and prosperous business community. Provides year-round tourist information services. Camrose souvenirs available.

Camrose & District Support Services

#3, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

cdss@telus.net

www.camrosefcss.ca

Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m.

An FCSS program with a mandate to invest in preventative social services as funds permit, CDSS provides comprehensive information and referral support to residents of Camrose, Camrose County and the Villages of Bawlf, Bittern Lake, Edberg, Ferintosh, Hay Lakes and Rosalind. In addition, CDSS hosts Camrose Interagency and Camrose Seniors Coalition, and houses, operates and/or funds ten specific programs within the CDSS service area.

Camrose Refugee Centre

Messiah Lutheran Church 4810 - 50 St. Camrose AB T4V 1P5

Phone: 780-781-2846 Alt Phone:

780-679-3727

camroserefugeecentre@gmail.com

Hours: By Appointment

Fee: No fees.

The Camrose Refugee Centre was established to encourage and facilitate the sponsorship and support of refugees and newcomers to Canada as they become members of the Camrose Community.

MENTAL HEALTH HELP LINE

Toll Free: 1-877-303-2642

Hours: 24 Hours

Province wide toll-free telephone service operating 24 hrs./day, 7 days/week. Registered Nurses provide crisis intervention, information on mental health programs & services & referral to other agencies where appropriate. Confidential/anonymous service is provided by Health Link Alberta & is available to all Albertans.

Office of the Public Guardian

Toll Free: 1-877-427-4525

<https://www.alberta.ca/opgt-supports.aspx>

The Office of the Public Guardian provides decision-making mechanisms for individuals who are unable to make personal, non-financial decisions for themselves. The OPG does this through the Personal Directives Act, the Adult Guardianship and Trusteeship Act and the Mental Health Act. The OPG also administers the Personal Directives Registry and the Adult Guardianship and Trusteeship Registry.

REGIONAL INFORMATION TELEPHONE EXCHANGE (AB GOVERNMENT R.I.T.E. LINE)

Toll Free: 310-0000

<http://alberta.ca/contact.cfm>

A toll free number that will connect you to all Alberta government departments.

Resolution Services

Phone: Camrose 780-679-1777 (Victor) or 780-310-0000 then 780-352-1374 Wetaskiwin; or 780-310-0000 then 780-361-1308 Fax: 780-361-1210

www.albertacourts.ab.ca

Hours: 8:30 a.m. - 4:00 p.m.; Mon. - Fri.

Resolution Services are a group of programs and services offered by the Government of Alberta, Justice and Solicitor General in collaboration with the Courts of AB. Resolution Services staff work directly with individuals to help them find appropriate solutions for their legal issues.

Assessment Services assists self-represented individuals and families to find appropriate solutions for family law issues. Families are provided with information regarding court process, dispute resolution options, community resources, educational programs aimed at assisting parents in reducing parental conflict and developing child-focused parenting plans as well as access the Court system when required.

Phone: Victor at 780-310-0000 then 780-361-1374 Wetaskiwin. Appointment based. **Information Services** assists self-represented individuals to find appropriate information on court procedures and legal service options, assistance locating and filling out court forms and referrals to other community legal resources. These services are available for both family and non-family (civil, criminal, landlord and tenant, retaining orders). **Phone 780-310-0000 then 780-361-1308**; first come, first served.

Rural Community Program

#3, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 672-2833

cdss4@telusplanet.net

www.camrosefcss.ca

Hours: Mon. - Fri.; 8:30 a.m. - 4:30 p.m.

Connects CDSS programs to participating rural municipalities. Supports community capacity building, community development, fund research, identification of social strengths and needs, and provides advocacy and referrals for municipalities, families and individuals. Runs "Summer in the Park" during July and August.

Service Options for Seniors (SOS Program)

5014 B - 48 St. Camrose T4V 1L7

**Phone: 780-672-4131 Toll Free:
1-866-672-4131**

donna.coombs@soscamrose.net
www.soscamrose.net

Hours: Mon. - Thurs.,; 8:30 a.m. - 3:00 p.m.
Fee: Free to area residents, but donations
welcome.

Offers information and advocacy to seniors, the
handicapped, individuals with literacy barriers,
low income persons, and their families to assist
them in accessing needed programs, services
and supports locally, provincially and federally.
Call for appointment.

Legal Services

Centre for Public Legal Education Alberta

Edmonton
Phone: 780-451-8764 Fax: 780-451-2341
info@cplea.ca
www.cplea.ca

Non profit group comprised of a multi-
disciplinary team of lawyers, librarians, teachers
and web specialists who provide resources for
teaching people about the law. Does not provide
legal advice.

CORRECTIONAL SERVICES DIVISION AB Justice & Solicitor General

5210-49 Ave. Camrose T4V 3Y2
**Phone: 780-679-1234 Toll Free: 310-0000
then (780) 679-1234 Fax: 780-679-1227**
Hours: Mon. - Fri., 8:15 a.m. - 12:00 p.m. & 1:00
p.m. - 4:30 p.m.

Provides supervision for individuals referred by
the court and jail. Administers various programs
offered by the Alberta Solicitor General's
Department, i.e., Extra-judicial Sanctions
Program, Probation and Fine Option.

Edmonton Resolution Support Centre

8th Floor, John E. Brown Lee Bldg. 10365 - 97
St. Edmonton

**Phone: 780-415-0404 Toll Free: 310-0000
(780-415-0404) Fax: 780-415-0403**

www.albertacourts.ca
Hours: Mon. - Fri., 8:15 a.m. - 4:00 p.m.

A service provided by Alberta Justice to provide
information about child support, civil and other
family law issues. People who do not have
lawyers can receive information and court forms.
No legal advice is given. Visit
<https://www.alberta.ca/rcas.aspx> for information
on the Resolution and Court Administration
Services.

LawCentral Alberta Website

<https://www.lawcentralalberta.ca/>

A website of the Centre for Public Legal
Education AB linking Albertans to legal
information and help.

LAWYER REFERRAL SERVICE

Phone: 1-800-661-1095

Operated by the Law Society to assist people in
finding a lawyer who will provide them with
legal services. This information service is not
connected with Legal Aid, nor does it provide
any form of financially subsidized legal service.

LEGAL AID ALBERTA

**Toll Free: 1-866-845-3425 Fax:
1-866-382-7253**
www.legalaid.ab.ca
Hours: Phone Lines open: 8:15 a.m. - 4:15 p.m.
Fee: As per Legal Aid Alberta Tariff

Legal Aid Alberta provides representation that
enables Albertans to resolve their legal issues.
Eligibility guidelines are on its website. It is
independent, publicly funded, not-for-profit
organization that provides a broad range of
services in family law and child welfare, adult
criminal law, immigration and refugee law and
some civil legal areas.

STUDENT LEGAL SERVICES OF EDMONTON, UNIVERSITY OF ALBERTA

11036 - 88 Ave. Edmonton T6G 0Z3

Phone: 780-492-8244 (Civil & Family)

780-425-3356 (Criminal)

www.slsedmonton.com

Student Legal Services of Edmonton (SLS) is the largest student-run legal organization in Canada. Non-profit charitable org., which provides free legal services to low income individuals & non-profit organizations of Ed. & surrounding area. Criminal Law, Legal Education/Reform, Civil & Family Law.

Parenting

CAMROSE FAMILY RESOURCE CENTRE - A PARENT LINK CENTRE

#3, 4516 - 54 St. Camrose T4V 4W7

Phone: 780-672-0141 Fax: 780-672-2833

l.jansen@camrosefrc.com

www.camrosefrc.com

Hours: 8:30 a.m. - 4:30 p.m., Monday - Friday & Saturdays 10:00 a.m. - 2:00 p.m. Hours may vary due to programming. Call for information for downtown location hours.

Includes: Indoor Playground, Play Groups, Resource Library, Triple P Parenting Program, P.L.A.Y. van for rural outreach, Family Support Services, Welcome to Parenting. Provides formal & informal educational programs for parents, children and families to strengthen and support the family unit. CFRCA is a program of CDSS.

Canada La Leche League

Camrose

Phone: 780-672-9389

katelynkelly493@gmail.com

www.lllc.ca

Hours: Please call for help.

Fee: None

Offers information and encouragement through

mother-to-mother support for women interested in breastfeeding and parenting. Accredited volunteer leader available for telephone help. Extensive library on subjects such as pregnancy, birth, breastfeeding, weaning, nutrition, parenting and much more.

Healthy Families (Formerly TIPS)

4604 - 57 St. T4V 2E7

Phone: 780-672-0257 Fax: 780-672-7484

solstad@cafcl.org

www.cafcl.org

Hours: Mon. - Fri: 8:30 - 4:30, closed for lunch

12:00 - 1:00 pm

Fee: Free, program is voluntary.

A free home visiting program that supports your family with: having a healthy pregnancy, developing a positive relationship with your child, promoting your child's healthy growth and development, connecting to resources and programs, building on identified strengths, working together to give your child the best start in life. Service may be available if you are pregnant, or actively parenting a child who is 0 - 3 years old, available for home visits.

Healthy Families also provides long term support in response to the concern of substance use during pregnancy. Home visitors work directly with participants offering personalized services for up to 3 years. You will receive support to improve health of women and their children, making steps towards a healthy independent lifestyle, connecting women to resources in community. Services maybe available if you are pregnant or up to 6 months postpartum, self-report alcohol and/or drug use during pregnancy, are ineffectively engaged with community or have delivered a child with fetal alcohol spectrum disorder and/or using alcohol in child bearing years. Referrals are welcomed from everyone and including self referral.

Police

CAMROSE POLICE SERVICE

6220 - 48 Ave. Camrose T4V 0K6

Phone: 780-672-4444 (911 - Emergencies Only) Fax: 780-672-2929

police@camrose.ca

www.camrosepoliceservice.ca

Members of the Camrose Police Service are trained and dedicated professionals who are responsible for serving the public and providing quality police and public safety services on a 24/7/365 basis. We are committed to community needs as we pursue our mission of "public safety through policing excellence".

ROYAL CANADIAN MOUNTED POLICE

6410 - 48 Ave. Camrose T4V 3A3

Phone: 780-672-3341

(Emergencies/complaints) Alt Phone: 780-672-3342 (Admin.) Fax: 780-672-9290

www.rcmp-grc.gc.ca

Hours: Mon-Fri, 8:00 a.m. - 4:00 p.m. (Admin.)

Under contract to the Provincial Government to provide assistance to the general public residing in Camrose County to victims of crime and trauma, to other agencies, and to enforce federal and provincial statutes.

Recreation

Camrose Arts Society

4809 - 52 St. Camrose T4V 1T9

Phone: 780-672-9949 Fax: 780-608-8740

jcherry@camrose.ca

http://www.camroseartssociety.ca

Camrose Arts Society is a not-for-profit organization that promotes, nurtures and supports the arts for the enrichment of community life. Arts and recreation classes and workshops for preschool - adult (2 sessions/year), Jan. - June & Sept. - Oct. Also offers Creative Arts Summer Program.

COMMUNITY SERVICES

5600 - 44 Ave. (Office Location) Camrose

Phone: 780-672-9195

For City of Camrose Community Services visit www.camrose.ca.

Senior Citizen Drop-In Centres

Camrose & District Senior Centre Society

5415 - 49 Ave. Camrose T4V 0N6

Phone: 780-672-7022

camsrsoc@telus.net

http://www.camroseseniorcentre.com

Hours: Mon. - Fri., 8:00 a.m. - 4:30 p.m. for activities. Office is open Mon. - Fri., 10:00 a.m. - 12:00 noon

A recreational centre for seniors 50+ years is located within the Mirror Lake Centre. Up to 19 recreational clubs offering a wide selection of interest for every lifestyle from friendly card games and tournaments, scrabble, competitive floor games, pool, table tennis, and dance. The Camrose & District Handivan operation is also located at the Mirror Lake Centre.

RURAL SENIOR CENTRES

Please refer to

http://www.camrosefcss.ca/clubs_and_organizations/ and search for a senior centre of your choice, or turn to page 43 of the printed Help Book for Rural Clubs and Organizations listings.

Service Club

Specialized Care

ROSEHAVEN PROVINCIAL PROGRAM

4612-53 St. Camrose T4V 1Y6

Phone: 780-679-3000 Fax: 780-679-2001

www.rosehavenprogram.ca

Hours: Office: Mon. - Fri., 8:00 a.m. - 12:00 p.m.
& 1:00 p.m. - 4:30 p.m.

Provides specialized outreach and inpatient services to support people who have behaviours that are difficult to manage in their current settings.

Suicide Prevention

Distress Line, Canadian Mental Health Association - Edmonton Region

300, 10010 - 105 St. Edmonton AB T5J 1C4
Phone: 780-482-Help (4357) Toll Free: 1-800-232-7288 Fax: 780-482-7498
<http://edmonton.cmha.ca/>

Confidential 24-hour Distress Line provides compassionate and non-judgemental listening for individuals experiencing a crisis. Online support through Live Crisis Chat (hours vary please visit website).

Support Groups

Alzheimer Society Care Partner Support Group

Rosehaven Care Centre, 4612-53 St. Camrose
Phone: 403-342-0448 Fax: 403-986-3693
tena.lansing@bethanygrp.ca
Hours: Regularly scheduled meeting, 3rd. Thur. of each month, 1:30 p.m. - 3:30 p.m.
Fee: No cost.

Care Partner Support Group is for family members of a person living with Alzheimer's disease or a related dementia. It is a safe and supportive environment for those who want to meet others, to share experiences, to learn new information, to receive peer support and to help each other cope more effectively.

Bereavement Support Group

4607 - 53 St., St. Mary's Hospital Camrose T4V

1Y5

Phone: 789-679-2793 Fax: 780-679-6139

Hours: There are three eight-week sessions per year. (Depending upon interest.)

Fee: No charge for the course

If you have recently experienced a death in your family, you know the pain and length of time it takes to recover. This support group will aid in the process.

Camrose & Area Stroke Recovery Association

Phone: 780-608-6141

A support group for stroke survivors and caregivers to gain information on therapies, financial issues, driving, recreation, and a time for socializing. Call Sandra @ 780-608-6141 for mtg. schedule.

Camrose Pride Community

Phone: Wayne 780-608-8326; Gus 780-781-7859

camrosepridecommunity@gmail.com
www.camrosepride.ca

Camrose Pride Community creates safe and inclusive spaces for LGBTQ people and allies in Camrose and area by hosting events, providing education and fostering collaborations. Three regular gatherings per month: Connecting and Planning meeting; Family and Friends support group, and espressOUT, a drop-in/conversation safe space. All gender and sexual diverse folks and allies are welcome. Find us on FaceBook at [Camrose Pride Community](#) or visit our website for more information.

Parkinson Association Group of Alberta

Phone: 780-425-6400 Toll Free: 1-800-561-1911

info@parkinsonassociation.ca
www.parkinsonassociation.ca

Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m.; Closed on weekends

Fee: Annual membership fee is \$25.00. No charge for support group.

For an immediate response to Parkinson Disease related issues and concerns call 1-877-243-9992. Camrose support group for individuals with Parkinson disease & their caregivers meets the 2nd. Wed. of each month from 3:30 p.m. - 5:30 p.m. at City Lights Church 4920 - 48 St.

Schizophrenia Society Camrose Branch

#206, 5015 - 50 Av. Camrose T4V 3P7

Phone: 780-679-4280

aholler@schizophrenia.ab.ca

www.schizophrenia.ab.ca

Hours: See program description for hours.

Fee: \$20.00/family/yearly membership;

\$10.00/client/yearly membership

SSA Camrose Branch provides support and resources to people suffering with schizophrenia, as well as their friends, spouses, and families. The Peer Support program is a social night for people with schizophrenia. Any one can drop on Tuesdays 2:00 - 4:00 p.m. and Wednesdays 3:00 - 5:00 p.m. and Thursdays for our weekly support group from 2:00 - 4:00 p.m. Call 679-4280 or mobile number @ 780-608-0278 for info on monthly events. The Family Support Network is a support group designed for families - contact Judy Solonick @ 780-879-3634. The on-line Family Support usually occurs on a Thursday evening 6:00 - 7:00 p.m., twice/month. The on-line adult peer support occurs Tuesdays @ 1:30 - 2:30 twice per month. For on-line topics visit www.schizophrenia.ab.ca. Email aholler@schizophrenia.ab.ca for the Peer Support Coordinator.

Visually Impaired Persons Club

6320 - 35 Ave. Camrose T4V 3Z2

Phone: Joyce 780-608-9351; Randy

780-672-1408 Fax: 780-672-0498 (Attention Joyce McVee)

Hours: 1:00-3:00 pm; 1st. Mon. of each month, @ Camrose Public Library. No meetings June - August. Fall meeting location may change (call Joyce).

Fee: \$10/year - may be waived

Support group and social club with a variety of activities and events. All people living with a visual impairment (and their spouses, friends and families) are welcome at all meetings and activities. Membership is not a requirement for participation. CNIB Walk for the Blind & Spring Picnic, Monday June 3, 2019 registration beginning at 12:00 noon.

Transportation

BASHAW BUS SOCIETY

4909 - 50 St. Bashaw T0B 0H0

Phone: 780-372-3631 Fax: 780-372-3951

bdssoffice1@gmail.com

Hours: Call to book rides

Fee: \$6 return trip in town. Tues. 9:00 a.m. - 12 noon or as needed for additional fee. Bashaw to Camrose \$15.00 return 2nd. & last Thursday.

Safe transportation for all ages in the community. Wheelchair accessible. (Chartered transportation available at \$30.00/hour, plus 75 cents/km.)

City of Camrose Public Transportation

www.camrose.ca

a) The Camrose Community Bus is operated by the Rose City HandiVan Society and runs a fixed route Tuesday, Thursday, Friday and Saturday from 9:00 a.m. - 5:00 p.m. Visit "[The City of Camrose Website](#)" for the route map.

b) Taxi Tokens are distributed by various local organizations within the City of Camrose.

c) The Camrose Connector runs Monday - Friday, three times a day from Camrose to Edmonton and return. Check the City website for more information about each program, found under "[Living Here](#)" on the homepage.

Rose City HandiVan Society

5415 - 49 Ave. Camrose T4V 0N6

Phone: 780-672-8777

handivan@cable-lynx.net

Hours: Mon. - Fri., 7:00 a.m. - 5:00 p.m.;

Evenings, Sun., & Statutory holidays require prebooking 1 - 2 weeks ahead of time.

Fee: \$4.00 one-way within city limits; \$10 round trip for residents of participating municipalities.

Specialized transportation for people with: mobility aids (wheelchairs/walker); senior citizens with physical disability, cognitive and/or developmental disability who cannot use typical transportation.