

## Abuse

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### 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**

info@acaahelps.ca

www.acaahelps.ca

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

Fee: No charge

Services include: **A)** long term, specialized individual therapy/counselling services and family support for survivors of sexual trauma/abuse. **B)** education programs for students (Pre-K to grade 12), educators and parents on topics of healthy relationships, abuse reduction, personal safety, online safety and device use. **C)** training and presentations for professionals, front line staff, and community members to create awareness, recognize, respond to and reduce sexual and other forms of abuse/violence. **D)** specialized crisis and community support for individuals and their loved ones, who have been impacted by sexual violence. This may include emotional support, unbiased information, referrals, accompaniment, transportation, assistance with paperwork, advocacy and system navigation (criminal justice, education, health, etc.). **Camrose has an office location by appointment only - Suite 203, 4917 - 50 Ave., Camrose AB.**

### 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

4821 - 51 St. Camrose T4V 1R9

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

cdss5@telusplanet.net

www.camrosefcss.ca

Hours: Adult groups meet weekly for 2 hours in the evening; Anger Management 8 weeks; Intimate Partner Abuse groups 14 weeks; children's counselling daytime by appointment. Fee: No registration fee for anger or intimate partner abuse groups. No charge for children's counselling. Donations welcome.

Groups for anger management as well as intimate partner abuse (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. Groups closed to new participants once started. Register anytime throughout the year. Individual counselling for children and youth impacted by family violence or other trauma. Individual consultation and information on elder abuse. Intimate partner abuse and elder abuse presentations available for community groups. **Community Outreach:** FVAS coordinates the Camrose Family Violence Response Council. Funded primarily by CDSS, AB Community and Social Services, and private donations.

## Addictions

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### 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.

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](http://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**

[www.albertaquits.ca](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 (cell)**

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 Ave. Camrose

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

[www.na.org](http://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**

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### **Bashaw & District Pre-School**

Box 568 Bashaw T0B 0H0

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

[bdsspreschool@gmail.com](mailto: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 Drop In Foundation**

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

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

[bashawyouthfoundation@hotmail.com](mailto:bashawyouthfoundation@hotmail.com)

Hours: 3:30 - 6:00 p.m.

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

Daily programming: ages 5 - 18 from 3:30 - 6:00 p.m. Programming includes arts, crafts, music, drama, sports, recreation, volunteering, kids

cooking, & outings.

## **Camrose & Area Early Childhood Development Coalition**

4821 - 51 St. Camrose AB T4V 1R9

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

[j.doig@camrosefrc.com](mailto: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 & District Pre-School Society**

4821 - 51 St. Camrose T4V 1R9

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

[cdss7@telusplanet.net](mailto:cdss7@telusplanet.net)

[www.camrosefcss.ca](http://www.camrosefcss.ca)

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

Fee: \$55/month for 3 year olds; \$95/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. Pre-School is held at the Rotary Youth Centre (4517 - 54 St.)

## **Camrose Boys & Girls Club**

Suite 1, 4512 - 53 St. Camrose T4V 4E3

**Phone: 780-672-8004**

[rees@camroseboysandgirlsclub.ca](mailto:rees@camroseboysandgirlsclub.ca)

[www.camroseboysandgirlsclub.ca](http://www.camroseboysandgirlsclub.ca)

Hours: See [www.camroseboysandgirlsclub.ca](http://www.camroseboysandgirlsclub.ca)

Fee: See [www.camroseboysandgirlsclub.ca](http://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.

## **Camrose Children's Centre**

4304 - 53 St. Camrose T4V 1Y2

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

[camcad@telus.net](mailto:camcad@telus.net)

[www.camrosechildrenscentre.com](http://www.camrosechildrenscentre.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.

## **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](http://www.alberta.ca)

Hours: Mon. - Fri., 8:15 a.m. - 4:30 p.m. 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: 780-915-8862/780-293-0781**

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 on Tues. & Thurs. from 8:30 a.m. - 11:00 a.m. @ \$75.00 month/child; the 4 year old class runs on Tues./Wed./Thurs. from 12:00 - 3:00 p.m. @ \$100./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

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**

1270 - 73 Ave. SE Calgary T2H 2V5

**Phone: 403-291-0705 ext 221 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.

Emergency calls accepted after hours.

Fee: Free

The mission of the Missing Children Society of Canada is to help return missing children to a safe environment.

### **OSCAR Child Care Society**

4821 - 51 St. Camrose T4V 1R9

**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.

## **Regional Rural Children's Centre, Bawlf**

Box 210 Bawlf T0B 0J0

**Phone: 780-373-2115 or 780-608-4434 (cell)**  
RRCCBawlf@outlook.com

**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** - after school care for children in K - grade 6, Monday through Friday.

## **St. Patrick Junior Entry 3 & PREK 4**

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

**Phone: 780-672-2177**

stp@eics.ab.ca

<https://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**

4821 - 51 St. Camrose AB T4V 1R9

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

cdss4@telusplanet.net

[www.camrosefcss.ca](http://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 the summer 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](http://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**

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### **Camrose & District Ministerial Association**

**Phone: 780-608-6103**

pastuckma@gmail.com

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

## **Counselling Services**

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### **A-Samm-I-Am Counselling Service**

**Phone: 780-672-1956**

Fee: Sliding fee scale.

Eco-therapy (Nature is therapeutic for the mind, body, soul), grief, trauma informed, general life stuff, individual, couples counseling.

### **Camrose Psychological Inc.**

**Phone: 780-679-5954**

camrosepsychological@gmail.com

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.

### **Centre for Restorative Mental Health Dr. Kendell Banack RPsych**

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

**Phone: 780-781-8980**

crmhinfo@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 ten years of experience working with depression, anxiety, eating disorders, trauma, stress, and relationship issues. While she has received training in emotional-focused therapy, cognitive-behavioral therapy, and mindfulness, Kendell's overall approach is integrative which allows her to flexibly respond to the needs of her clients. In-person and online therapy is available.

### **Centre for Restorative Mental Health Kirsti Skinstad, RPC-C**

#3, 4825 - 51 St. T4V 1R9

**Phone: 780-678-9846**

kirstiskinstad@gmail.com

www.crmh.ca

Hours: Please email for availability.

Fee: \$90/session

Kirsti offers individual counselling to those struggling with anxiety, depression, difficult life transitions and other issues. Kirsti is a Registered Professional Counsellor - Candidate and is working toward full designation with the

Canadian Professional Counsellors Association. Kirsti is currently under the supervision of Dr. Kendell Banack, Registered Psychologist. Kirsti utilizes an integrated person centred approach to assist clients seeking to enhance and expand life satisfaction and experience.

### **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, Relationship 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, Registered Counselling Therapist, Certified Family Trauma professional and Mental Health Integrative Medicine Certified Provider. Additional specialty services include Clinical Hypnosis, Equine Assisted Psychotherapy, Biofeedback and Integrative Medicine for Mental health 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**

[www.covenanthealth.ca/hospitals-care-centres/st-marys-hospital](http://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.

### **Equine Reflection**

**Phone: 780-293-4866**

[chantel@equinereflection.com](mailto:chantel@equinereflection.com)

[www.equinereflection.com](http://www.equinereflection.com)

Hours: By Appointment

Chantel is a Certified Equine Gestalt Coach who specializes in body somatic awareness and horse partnered experiences to heal trauma. Chantel and the horses are here to support you in finding authenticity, confidence and inner strength. Programs for youth, women, couples, and groups. Monthly healing circles, individuals sessions, retreats and three day intensives. No previous horse experience necessary.

### **Haven Art Therapy Studio**

Box 435 Hay Lakes AB T0B 1W0

**Phone: 780-678-6223**

[Haven.SpiritualArtTherapy@gmail.com](mailto:Haven.SpiritualArtTherapy@gmail.com)

[www.ourhaven.ca](http://www.ourhaven.ca)

Hours: By Appointment

Fee: \$95.00/hour for individual Art Therapy; fee varies for groups & workshops. Sliding fee scale

As a Registered Canadian Art Therapist, Nikki offers all levels of therapy from open circles to closed groups and individual psychotherapy. Online video sessions available. No experience or artistic skill level required, as art therapy provides a safe place where you can express yourself without judgement or critique, often giving voice which has no words. Individuals, couples, and family counselling for youths, adolescents, adults and seniors.

### **HIV Edmonton**

9702 - 111 Ave Edmonton T5G 0B1

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

[contact@hivedmonton.com](mailto:contact@hivedmonton.com)

[www.hivedmonton.com](http://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 Thursday 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.

### **Nola Sharp M.P.S., C.C.C., S.E.P, S.D.**

**Phone: 780-679-7924**

Hours: Daytime & some evening appointments.

Fee: Sliding Fee Scale

Nola offers individual, couples, marriage, parenting skills, counselling/psychotherapy. Nola has many years of experience working with Trauma, PTSD, Anxiety, Depression, Stress. Some of the therapies informing counselling sessions are: Person Centered Relational therapy, Narrative, Focusing, Somatic Experiences Therapies, Attachment & Development, Existential, Somatic Stress Release, Mindfulness, Expressive Art Therapy, Life Transitions, Personal Development Growth, Development Mind/Body/Spirit Integrative Therapies.

### **Pamela Moskie M.A., Registered Psychologist**

**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, adult counselling; mind/body; 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, CMHA - Edmonton Region**

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

**Phone: 780-732-6654 Fax: 780-482-7498**

main@cmha-edmonton.ab.ca

www.edmonton.cmha.ca

Fee: Free of charge.

Caregiver Support Group Services welcomes anyone who is providing care for someone who has attempted suicide or may be thinking about suicide. We help lighten the burden by providing individual support sessions, including: emotional support; identifying and understanding the relevant issues and concerns; creating a safety strategy; creating a self-care plan; connecting you to other caregiver support services in the community.

### **Supportive Information & Referral Counselling**

4821 - 51 St. Camrose AB T4V 1R9

**Phone: 780-672-0141**

cdss2@telusplanet.net

www.camrosefcss.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.

Counselors serve 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

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### 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**

acwaring@telus.net

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 according to 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**

CSRmail@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 an Alberta-based, not-for-profit debt & credit counselling agency. Through a number of services we help families and individuals recover from financial crisis and move forward. From credit counselling and money coaching to retirement planning and community financial literacy, we're creating a healthier financial future for the entire province. As the exclusive provider of the federally legislated Orderly Payment of Debts (OPD) program, Money Mentors helps Albertans pay off their debts in full at a reduced interest rate, while providing protection from creditors and collection calls. Also offers a wide variety of financial education across Alberta - from free online and in-person classes, workplace courses, and free in-school programs for K-12 students. Money Mentors is proud to be Alberta's choice for lifelong learning

## Disabilities

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### AB Brain Injury Network

**Phone: 1-403-342-2266**

kjenkins@reddeer.cmha.ab.ca

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:** adults 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 for adults. 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 adults 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.

## Catholic Social Services

5206 - 51 Ave. Wetaskiwin AB T9A 0V4  
**Phone: 780-352-5535 Fax: 780-352-3190**  
lorinmarchand@cssalberta.ca  
www.cssalberta.ca  
Hours: Mon. - Fri. 8:30 a.m. - 4:30 p.m.

Serves people in need regardless of religion, race, gender, or ethnic origin. We work to improve the quality of life for persons of all faiths and cultures by serving their social, emotional, intellectual, spiritual and physical needs. In Camrose we provide the following program: **Residential Program** - provides continual residential support service for adults with developmental or multiple disabilities. The residential program provides assistance in the areas of community integration, basic life skills, community living supports, and behaviour intervention to individuals sharing accommodations in a group living arrangement. **Home Support Program** - provides long term and respite care to adults with developmental disabilities. Approved and trained families provide this care in their own home. **Support Independent Living for Adults with Developmental Disabilities** - provides direct support to individuals living independently or semi-independently in the community. This includes self-identified goals which might also consist of the following: banking & budgeting, grocery & personal shopping, health & safety, and coordination of social and recreational activities. Social & emotional support, help to manage living arrangements, and problem solving can be provided as needed. **Eagles Club** - is a support group for adults with developmental disabilities. The club is designed to enrich the lives of people who wish to participate in social or recreational activities, personal development, and want to enhance their personal relationships. **Stargazers** - is a self advocacy group for adults with a developmental disability. This group is

committed to the promotion of independence, community integration, inclusion through empowerment, skill-building, self-awareness and personal development. (Stargazers and Eagles Clubs are operated from Wetaskiwin office, but Camrose and area persons are welcome to participate in these clubs.)

## 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 & Employment

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

**Emergency Clothing and Furniture Depot** supplies clothing, furniture and household items to people in need by referral. Thrift Store located at 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. **C) Centra Cam Custom Projects:** woodworking, pipebunks, custom orders, (5228 - 46 St.; 672-9973; Mon. - Fri. 8:00 - 4:00 p.m.) **D) Centra Cam's Outlet Store:** thrift store; proceeds to support ECFD (4807 - 51 Ave.; 679-0647; Monday - Fri. 10:30 - 5:00 p.m.) **E) 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.)

### Family Supports for Children with Disabilities (FSCD)

3rd. Floor Gemini Centre 6708 - 48 Ave.  
Camrose T4V 4S3  
**Phone: 780-679-5059 Fax: 780-608-4075**  
www.alberta.ca/fscd.aspx

Hours: Mon. - Fri., 8:15 a.m. - 12:00 p.m. and  
1:00 p.m. to 4:30 p.m.

The FSCD program works with eligible families to provide support and services based on each child and family's needs. Please visit the [FSCD website](#) for information on program eligibility, resources and how to apply.

### **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@mcmancentral.ca  
www.mcmancentral.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.

### **Persons with Developmental Disabilities (PDD)**

3rd. Floor Gemini Centre 6708 - 48 Ave.  
Camrose T4V 4S3  
**Phone: 780-679-5059 Fax: 780-608-4075**  
www.alberta.ca/persons-with-developmental-disabilities-pdd.aspx  
Hours: Mon. - Fri., 8:15 a.m. - 12:00 p.m. and  
1:00 p.m. to 4:30 p.m.

PDD helps eligible adults with developmental disabilities get services to live as independently as possible in their community. Please visit the PDD website for information on program eligibility, resources and how to apply.

### **Prairie Central FASD Association**

**Phone: General Inquiries 780-385-3717;  
Prevention/Education 587-386-0186;  
Clinical Services 587-386-0186**

cathy.cross@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 Anna Rood 780-374-2206**  
dbowal@hotmail.com

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

### **Special Olympics Camrose**

P.O. Box 1543 Camrose T4V 1X4  
**Phone: 780-608-0715**  
soacamrose@gmail.com

Enriching the lives of individuals with an intellectual disability through sport. Sport Options: 5 pin bowling, swimming, basketball, softball, walk/run, curling, functional fitness, soccer, bocce and Active Start & FUNdamentals (ages 0 - 14).

### **Education & Literacy**

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### **AB Business Family Institute**

2-001 Enterprise Square 10230 Jasper Avenue  
NW Edmonton T5J 4P6  
**Phone: 780-492-0234 or 780-608-5301**  
abfi@ualberta.ca  
www.uab.ca/abfi  
Hours: 8:30 a.m. - 4:00 p.m.

Offers research-based programs for business

families all over Alberta. Specific offerings include succession planning, retirement planning, family leadership, Family Enterprise Advisor Program (FEA Designation,) Financial Literacy programs for teens, multimedia, on-line, electronic newsletter and resource library.

### **Alberta Learning Information Service**

[www.alis.alberta.ca](http://www.alis.alberta.ca)

An Internet gateway to information about adult learning in Alberta.

### **Battle River School Division**

5402 - 48 A Ave. Camrose T4V 0L3

**Phone: 780-672-6131**

[www.brsd.ab.ca](http://www.brsd.ab.ca)

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

Operates schools and programs within the City of Camrose, Camrose County, Beaver County and Flagstaff County, including K to 12 schools, French Immersion program, hockey academy, online, outreach schools, Hutterite Colony schools and a program for young moms. The school division also welcomes dozens of International students from across the globe to join our school communities each year.

### **Camrose & Area Adult Learning Council**

#7, 5000 - 51 Ave. Camrose T4V 0V6

**Phone: 780-672-8754**

[calc@camroselearning.com](mailto:calc@camroselearning.com)

[www.camroselearning.com](http://www.camroselearning.com)

Fee: Mostly free. Some courses have a fee, but fee reduction is available upon need.

We assist adults to build their literacy and language skills using "real life" materials and situations they will encounter everyday. Literacy assessment provided to develop a Learning Plan. Career Planning and Resume Writing workshops available. Develop your skills online or in our classrooms in the areas of reading comprehension, writing, numeracy, math, basic technology, basic Microsoft Windows, Word and Excel, job search, essential skills for work, and personal financial

management. Prepare to write your GED exam or the Trades Entrance exam. English Language Training for the workplace, academic tests or everyday life. LINC (Language Instruction for Newcomers to Canada) English program that focuses on improving your ability to communicate in real-world situations.

### **Camrose Public Library**

4710 - 50 Avenue Camrose T4V 0R8

**Phone: 780-672-4214**

[rgray@prl.ab.ca](mailto:rgray@prl.ab.ca)

[www.cpl.prl.ab.ca](http://www.cpl.prl.ab.ca)

Hours: Mon. - Thurs., 10:00 a.m. - 8:00 p.m.;

Fri., 10:00 a.m. - 6:00 p.m.; Sat., 11:00 a.m. -

5:00 p.m.; Sun., 1:00 p.m. - 5:00 p.m.

Fee: Camrose City Membership is free. County residents are \$12.00/family of the same household.

CPL is not just books and quiet corners. Visit CPL to borrow multitudes of materials and attend programs that will help you learn, laugh & live. We have: books in print, DVDs, electronic library, physical literacy items, & more. Look for us out in the community, bringing your library to you where you live, work & play.

### **Camrose Regional Exhibition**

4250 Exhibition Drive Camrose T4V 4Z8

**Phone: 780-672-3640 Toll Free:**

**1-800-296-8112 Fax: 780-672-8140**

[cre@cre.ab.ca](mailto:cre@cre.ab.ca)

[www.cre.ab.ca](http://www.cre.ab.ca)

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

Conference centre & Agricultural Society

### **Canadian Lutheran Bible Institute**

4837 - 52 A St. Camrose T4V 1W5

**Phone: 780-672-4454 Fax: 780-672-4455**

[clbi@clbi.edu](mailto:clbi@clbi.edu)

[www.clbi.edu](http://www.clbi.edu)

Hours: 8:30 a.m. - 5:00 p.m.

Post-secondary education, Biblical teaching, Christian community life, Lutheran theology courses, contemporary Christian studies,

Discipleship training, Christian leadership development, mission experiences. Biblical Studies Certificate (1yr.); Christian Leadership Diploma (2 yrs.)

## Cornerstone Christian Academy

Box 99 221 Thompson Street Kingman T0B 2M0

**Phone: 780-672-7197 Fax: 780-608-1420**

awelde@cornerstonekingman.ca

www.cornerstonekingman.ca

Hours: 8:00 a.m. - 5:00 p.m., Mon. - Thurs.

Cornerstone Christian Academy is a private interdenominational Christian school that embraces students and staff from a variety of backgrounds and heritages. This ecumenical environment promotes a deeper understanding of the larger Christian community and our shared unity in Christ, while respecting and learning about the differences that make each tradition unique.

## Ecole des Fondateurs

4707 - 56 St. Camrose T4V 2C4

**Phone: 587-769-0144 Fax: 587-769-0145**

df@centrenord.ab.ca

www.df.centrenord.ab.ca

Hours: Mon. - Fri., 8:30 a.m. - 3:45 p.m.

Ecole francophone de Camrose is the only school in Camrose teaching French as a first language program from kindergarten to grade 8. The school is operated by the Greater North Central Francophone Education Regional Authority located in Edmonton.

## Elk Island Catholic Schools

**Phone: 780-467-8896 Toll Free:**

**1-800-996-9982 Fax: 780-467-5469**

www.eics.ab.ca

Part of Alberta's publicly-funded education system, serves the communities of Camrose, Fort Saskatchewan, Sherwood Park & Vegreville. EICS provides quality, 21st century, Catholic faith-based education for all students in an inclusive environment where they are supported as they strive towards excellence. A) **Our Lady of Mt. Pleasant School** grades 5-12;

39 Mt. Pl. Drive, T4V 2M3. Phone **672-2975**.

Fax: 672-4747 B) **St. Patrick School** grades

PreK-4; 4816-53 Ave., T4V 0Y2. Phone:

**672-2177**. Fax: 672-1818

## First Aid Courses

Contact authorized providers for a full range of First Aid & CPR courses. **A) Camrose Aquatic**

**Centre:** Red Cross Babysitting Course; Red

Cross Stay Safe. Call 672-9909 or visit the [City](#)

[website](#). **B) Greater Vision Safety** -

780-678-2280. Suite 102, 4946 - 50 St. Camrose.

All First Aid. A Canadian Red Cross Instructor

Development Centre. See website

[www.greatervisionltd.net](#) for complete listing.

**C) Icon Safety Consulting** - Toll free

1-844-679-0111. See website at

[www.iconsafetyconsulting.com](#). ATV/UTV,

A.W.P., Bear Awareness, Bucket Truck Operator,

Confined Space Entry/Monitor/Rescue, Digger

Derrick, Fall Pro, Firearms Safety Course

(P.A.L.), Fire Extinguisher, First Aid (Red Cross

Standard Level C CPR/AED, Emergency

CPR/AED), Fire Watch, Flag Person, Forklift

Operator, Ground Disturbance for Supervisors,

Hands on H2S & Hazardous Gases, Loader

Operator, Lifting & Rigging, Mask, Fit, Skid

Steer Loader Operator, TDG, Telehandler

Operator, WHMIS, Wildlife Awareness. Drug &

& Alcohol testing, Mask fit testing, MTC, & safety

audits. PCST, WHMIS and Leadership in Health

& Safety. **D) Safety Starts Here Inc.** - Red

Cross First Aid AED/CPR courses - Emergency,

Standard, Child Care, Health Care Provider, and

National Food Safety Training Program; H2S

Alive; Ground Disturbance 201; Fall Protection

(OSSA); TDG/WHMIS; CSTS-09; PCST; CSO;

Confined Space Entry/Rescue; Boating License;

Toll Free 1-866-608-1434. For further

information visit [www.safetystartshere.ca](#).

## Hay Lakes Library

PO Box 69 Hay Lakes T0B 1W0

**Phone: 780-878-2665**

haylakeslibrary@prl.ab.ca

www.haylakeslibrary.prl.ab.ca/

Hours: Tues., 9:00 a.m. - 7:30 p.m.; Wed. &

Thurs., 9:00 a.m. - 7:00 p.m.

Fee: Single Membership: \$15.00. Family

Membership: \$30.00

Located in the heart of the Village of Hay Lakes, we offer a wide range of material as well as DVD's and audio books. Our programs are designed for children and adults of all ages to engage in the love of learning.

## **School of Hope**

4909 - 48 St., Office C Camrose AB T4V 1L7

**Phone: 1-587-844-0001 Toll Free:**

**1-888-350-HOPE Fax: 1-888-276-1707**

elaine.macmillan@ecacs16.ab.ca

www.schoolofhope.org

Virtual grade 1-12 home based schooling.

## **School Resource Officer - Camrose Police Service**

6220 - 48 Ave. Camrose T4V 0K6

**Phone: 780-672-4444 Fax: 780-672-2929**

police@camrose.ca

www.camrosepoliceservice.ca

The Camrose Police Service has a School Resource Officer Program (SRO). The SRO program provides the service of a uniformed police officer for every school in Camrose. The SRO is a great resource for schools, students and parents that want to keep their children safe and healthy. Camrose Police is proud to offer a brand new program called The CORE program that explores how safe and healthy youth become a safe and healthy core of the community.

## **University of Alberta, Augustana Campus**

4901 - 46 Ave. Camrose T4V 2R3

**Phone: 780-679-1157 Toll Free:**

**1-800-661-8714 (Prospective Students) Fax: 780-679-1164 (Prospective Students)**

augustana.info@ualberta.ca

www.ualberta.ca/augustana

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

Augustana is the University of Alberta's liberal arts and sciences campus, located in Camrose, AB. Students can complete four-year bachelor

degrees and can begin five-year bachelor of education/bachelor of science combined programs, in addition to completing the first year or two of pre-professional studies. Augustana offers students a close-knit campus with a focus on experiential learning, undergraduate research, and innovative programming, as well as events that are open to the wider Camrose community.

## **Wisdom Home Schooling**

**Phone: 780-741-2113 Fax: 780-741-2204**

office@wisdomhomeschooling.com

www.wisdomhomeschooling.com

A traditional homeschooling option for families. Facilitators are home educated parents themselves, giving support and guidance to any homeschooling families in WISDOM.

## **Emergency Services**

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### **BASHAW & DISTRICT FOOD BANK**

4909 - 50 St. Bashaw T0B 0H0

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

bdssoffice1@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 Service**

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**

9931 - 106 St. Edmonton AB T5K 1E2

**Phone: 780-231-6167 Toll Free: 24 Hour**

**Assistance & Disaster: 1-888-800-6493 Fax:**

**780-428-7092**

www.redcross.ca

Hours: Mon. - Fri. 8:30 a.m. - 4:30 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. Medical Equipment program.

## **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, Jack Stuart and Composite High.

## Employment Services/ Financial Assistance

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### 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](http://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](mailto:hotline@alis.gov.ab.ca)

[www.alis.alberta.ca](http://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](mailto:info@dfwi.ca)

[www.dfwi.ca](http://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](http://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, Passport Receiving, other Government of Canada Services.

## Foundations

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### Battle River Community Foundation

Box 1122 Camrose T4V 4E7

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

[brcfoundation@gmail.com](mailto:brcfoundation@gmail.com)

[www.brcf.ca](http://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

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### **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**

childrens.rehabilitationreferrals@ahs.ca

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**

www.albertahealthservices.ca

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 - 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:** We work with communities and schools to address health priorities and catalyze change. In working with local partners, agencies and citizens, we support, promote and expand connections, programs and initiatives to create healthier places to work, learn and live. Examples of our support may include supporting and working with groups and communities to achieve walkable communities, naturalized outdoor play spaces, inclusive spaces, tobacco and cannabis prevention, workplace wellness, injury prevention, healthy school environments, active lifestyles, etc. **Public Health Nutrition:** Dietitians work with communities to enable Albertans to eat healthy where they live, learn, work, play. Dietitians support improving healthy eating environments in your community, school, child care, recreation centre, or workplace. Dietitians deliver workshops that are open to parents and care providers of young children. Visit [AHS services website](#) for more information.

### **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: Addiction & Mental Health (Adult) 780-679-5088; Addiction & Mental Health (Children/Adolescent/Seniors) 780-679-1740**  
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.

### **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.

### **Camrose Physiotherapy & Sports Injury Clinic**

4715 - 65 St. Camrose T4V 3M5  
**Phone: 780-679-2247 Fax: 888-467-9217**  
admin@camrosephysiotherapy.ca  
www.camrosephysiotherapy.ca  
Hours: Mon. - Thurs., 7:00 a.m. - 7:00 p.m.; Fri.  
7:00 a.m. - 1:00 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  
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**  
www.albertahealthservices.ca

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.

### **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.

### **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**  
www.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 Alt Phone:  
587-322-9269**

camrosehospice@gmail.com

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 a 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 [www.stmaryshospitalfoundation.com/](http://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 ingrown 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.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**

**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**

**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 / 1-866-517-9863**

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: 780-672-8371**

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.

## **TAnderson Consulting**

**Phone: 780-608-0176**

trena.anderson@xplorenet.com

www.TAnderson.Consulting

Hours: By Appointment

Offers a variety of alternative holistic alternative health methods, products and tools that assist in enhancing your energetic levels and generating congruent flow within your body. Sessions include hands on manipulation (access bars & energetic synthesis of structural Embodiment) as well as Intuitive/Awareness development and

education in class or by telephone (Acoustic Congruency sessions). Classes include Body Communication & Energetic Awareness Techniques.

## **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**

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### **Addiction Services Helpline**

**Toll Free: 1-866-332-2322**

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)**

www.albertaquits.ca

Hours: 8:00 a.m. - 8:00 p.m. (Mon. - Sunday)

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

### **Bullying Helpline**

**Phone: 1-888-456-2323 (24 Hour) Toll Free: 211 (press 1)**

www.bullyfreealberta.ca

Advice or support on bullying. 24/hour/day. Online Bullying Helpline Chat from 8:00 a.m. - 8:00 p.m., 7 day/week available on website.

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

**Toll Free: 1-800-232-7288**

www.edmonton.cmha.ca

A 24 hour CRISIS line providing immediate support. Call if you or someone you know is in crisis, contemplating suicide, feeling overwhelmed or experiencing abuse. For on-line crisis chat visit [edmonton.cmha.ca](http://edmonton.cmha.ca).

### **Child Abuse Hotline**

**Toll Free: 1-800-638-0715 (Press 2)**

www.humanservices.alberta.ca

Hours: After hour Child Welfare emergency

Call if you think a child is being abused or neglected by a parent or guardian. Visit [Child Abuse Hotline](#).

## **Chrysalis Anti-Human Trafficking Network**

**Toll Free: 1-866-528-7109**

[www.chrysalisnetwork.org](http://www.chrysalisnetwork.org)

Offers a 24 hour national crisis and support counselling line for survivors of human trafficking and commercial sex workers. Also offers a project life line which is a buddy system where if an individual is going to an unsafe environment a safety check can be arranged.

## **Crisis Text Line**

**Phone: Text HOME to 686868**

[www.crisistextline.ca](http://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 [www.crisistextline.ca](http://www.crisistextline.ca)

## **Family Violence Info Line**

**Phone: 310-1818 to get anonymous help in more than 70 languages Toll Free: 911**

[www.alberta.ca/family-violence-prevention.aspx](http://www.alberta.ca/family-violence-prevention.aspx)

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. On-line chat available from 8:00 a.m. - 8:00 p.m. on website.

## **Income Support Contact Centre**

**Phone: 1-866-644-5135**

<https://www.alberta.ca/income-support.aspx>

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**

[www.irsss.ca](http://www.irsss.ca)

Telephone information line for residential school survivors.

## **Kids Help Phone**

**Toll Free: 1-800-668-6868**

[www.kidshelphone.ca](http://www.kidshelphone.ca)

Free, anonymous, confidential telephone and web counselling for youth in Canada. Live chat available on website.

## **Mental Health Helpline**

**Toll Free: 1-877-303-2642**

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)

Provides toll-free, 24/7 telephone service, which offers help for mental health concerns for Albertans. Provides confidential, anonymous service, crisis intervention, information about mental health programs and services, referrals to other agencies if needed. Visit the website and click on [Help in Tough Times](#) for resources.

## **Seniors' Abuse Helpline**

**Phone: 1-780-454-8888**

[www.edmonton.cmha.ca](http://www.edmonton.cmha.ca)

Hours: 24 Hours

## **Sexual Assault Crisis Line**

**Phone: 1-780-423-4121 Toll Free: 1-866-403-8000 (call or text)**

[www.sace.ca](http://www.sace.ca)

Hours: 9:00 a.m. - 9:00 p.m.

## **Home Support Services**

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### **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**

4821 - 51 St. Camrose T4V 1R9

**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 - \$25.00/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). These services are meant to be preventative and supportive in nature. A referral listing is available online at [www.camrosefcss.ca](http://www.camrosefcss.ca) and is updated quarterly.

## **Camrose Meals on Wheels**

4821 - 51 St. Camrose T4V 1R9

**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 \$9.50/meal. Frozen meals are \$8.50/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](http://www.goodsamaritantelegare.com)

Hours: 9:00 a.m. - 4:00 p.m.

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](mailto:referral@lifeline.ca)

[www.lifeline.ca](http://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](mailto: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  
Hours: 8:30 - 5:00, Mon. - Fri.

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.

### Rose City Professional Organizing

**Phone: 587-340-0042**  
www.rosecityprofessionalorganizing.com

Helps individuals, families, senior citizens and business professionals reduce the clutter and stress in their homes and offices. Providing encouragement, focused motivation, and hands-on assistance with the de-cluttering, styling and organizing process in your space.

### Swan City Mobility

6028 - 48 Ave. Camrose AB T4V 0K3  
**Phone: 780-673-3454 Fax: 780-673-3453**  
admin@swancitymobility.com  
www.swancitymobility.com

Hours: Mon. - Fri. 8:30 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**  
support@takecaremobility.com  
www.takecaremobility.com  
Hours: Mon. - Fri. 9:00 a.m. - 5:00 p.m. Closed on weekends & 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 equipment. Works with medical professionals & government agencies. Member of MSDA (Medical Surgical Dealers Association), and Ability Members Group. Registered AADL, WCB, VAC & AHS.

### Your Good Company Ltd.

**Phone: 780-299-9049**  
info@yourgoodcompany.ca  
www.yourgoodcompany.ca  
Fee: Call for details

**A) We provide invested Companion Care for Seniors**, giving our full attention as we visit and support clients with leisure interested, errands and outings, appointments, meals and house/yard work. If there is something (non-medical) not listed that you would like assistance with, please don't hesitate to ask **B) We offer transportation and accompaniment to appointments** to Edmonton. Your Good Company is happy to offer kind and trustworthy

companions who will meet you at any of the Camrose Connector stops in Edmonton, and provide you with safe and caring support to your appointments. We can attend appointments with you, or wait for you, prior to transporting you back to the Camrose Connector for your ride home.

## Housing

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### 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

**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

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### Alberta Government Rite Line

**Toll Free: 310-0000**  
<https://www.alberta.ca/rcas-contact-centre.aspx>

Dial 310-0000 followed by the 10 digit phone number of the Alberta government office you wish to reach or dial 310-0000 and wait for an operator for assistance

### 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 Contact Centre

**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  
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**

4821 - 51 St. Camrose T4V 1R9

**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. (May close periodically over lunch)

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**

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.

## **Resolution Services**

**Phone: Camrose 780-361-1374 (Victor) or 780-310-0000 then 780-361-1374 Fax: 780-361-1210**

<https://www.alberta.ca/rcas.aspx>

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).

## **Rural Community Program**

4821 - 51 St. Camrose T4V 1R9

**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" programs during the summer.

## **Service Options for Seniors (SOS Program)**

5014 B - 48 St. Camrose T4V 1L7

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

soscamrose@gmail.com

www.soscamrose.ca

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 or drop in!

## **Legal Services**

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### **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 [Resolution and Court Administration](#) Services website.

## **LawCentral Alberta Website**

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](http://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 legal services and expertise to individuals and the legal community to support fairness in the justice system.

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, youth criminal law, and some civil legal areas.

## **Student Legal Services Of Edmonton, University of Alberta**

Edmonton

**Phone: 780-492-8244 (Civil & Family)  
780-425-3356 (Criminal)**

[www.slsedmonton.com](http://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**

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### **Camrose Family Resource Centre Association**

4821 - 51 St. Camrose T4V 1R9

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

[l.jansen@camrosefrc.com](mailto:l.jansen@camrosefrc.com)

[www.camrosefrc.com](http://www.camrosefrc.com)

Hours: 9:00 a.m. - 4:00 p.m., Mon. - Fri.; Thurs.  
until 7:30 p.m.; Saturdays 10:00 a.m. - 2:00 p.m.

Hours may vary due to programming.

Includes: Indoor Playground, Play Groups, 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.

## **Healthy Families**

4604 - 57 St. T4V 2E7

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

[solstad@cafcl.org](mailto:solstad@cafcl.org)

[www.cafcl.org](http://www.cafcl.org)

Hours: Mon. - Fri: 8:30 - 4:30, closed for lunch  
12:00 - 1:00 pm

Fee: Free, program is voluntary.

Healthy Family Facilitators work in partnership with families to provide information and support for prenatal care and its role in a healthy pregnancy, encourages positive and responsive parenting through building on strengths, promotes child well-being and nurtures healthy development of children during the early years of life through home visitation services. You may be eligible to receive services if you are pregnant or recently had a baby or are actively parenting a child who is 0 - 3 years old, available for home visits. We also provide 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 can expect support to improve health of women and their children, making steps towards a healthy independent lifestyle, connecting women to resources in their community. You may be eligible to receive services 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 childbearing years. The Healthy Families program is free and voluntary. Referrals are welcome from everyone including self.

## **La Leche League Canada**

**Phone: 780-672-9389**

[katelynkelly493@gmail.com](mailto:katelynkelly493@gmail.com)

[www.lllc.ca](http://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.

## Police

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### 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

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### Camrose Arts Society

4809 - 52 St. Camrose T4V 1T9  
**Phone: 780-672-9949 Fax: 780-608-8740**  
tpattullo@camrose.ca

www.camroseartsociety.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](http://www.camrose.ca).

## Senior Citizen Drop-In Centres

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### Camrose & District Senior Centre Society

5415 - 49 Ave. Camrose T4V 0N6  
**Phone: 780-672-7022**  
camsrsoc@telus.net  
www.camroseseniorcentre.com  
Hours: Office is open Mon. - Thurs., 10:00 a.m. - 12:00 noon. Activities run seven days a week, days and evenings. Some activities are seasonal, some monthly, most are daily.

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 [www.camrosefcss.ca](http://www.camrosefcss.ca) for the Clubs and Organizations searchable database and search for a senior centre of your choice. You can also call Clarence at 780-672-041 for contact information.



## Specialized Care

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### Rosehaven Provincial Program

4612-53 St. Camrose T4V 1Y6

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

[www.rosehavenprogram.ca](http://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

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### 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**

[www.edmonton.cmha.ca](http://www.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

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### Alzheimer Society Care Partner Support Group

Rosehaven Care Centre, 4612-53 St. Camrose

**Phone: 403-342-0448 Ext 702 Fax: 403-986-3693**

Hours: Regularly scheduled meeting 3rd. Thurs. of each month from 1:30 p.m. - 3:00 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 Alt Phone: 780-679-6131 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: Gus 780-781-7859; Zach 780-781-2015**

[camrosepridecommunity@gmail.com](mailto:camrosepridecommunity@gmail.com)

[www.camrosepride.ca](http://www.camrosepride.ca)

Camrose Pride Community creates safe and inclusive spaces for LGBTQ2S+ 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 espressoOUT, 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

<http://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 Bethel Lutheran Church (4102 - 73 St.) (No group in July.)

## **Schizophrenia Society Camrose Branch**

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

**Phone: 780-679-4280**

aholler@schizophrenia.ab.ca

[www.schizophrenia.ab.ca](http://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](http://www.schizophrenia.ab.ca). Email [aholler@schizophrenia.ab.ca](mailto: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 meeeting 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 1, 2020 registration beginning at 12:00 noon. Fall picnic September 14, 2020

## **Transportation**

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### **BASHAW BUS SOCIETY**

4909 - 50 St. Bashaw T0B 0H0

**Phone: 780-372-3631 Fax: 780-372-3951**  
bdsoffice1@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](http://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, Wednesday, Thursday, Friday and Sunday, three times a day from Camrose to Edmonton and return. **d) Camrose Area Rideshare** is a non-profit ridesharing application with a phone in option that provides local & rural residents options for shared transportation. The goal is to help address the gaps in the transit system that are not being served by an existing provider. To access the website, visit [www.camrose-area.ride-share.org/](http://www.camrose-area.ride-share.org/) Check the [City website](#) for more information about each program.

### **Rose City HandiVan Society**

5415 - 49 Ave. Camrose T4V 0N6

**Phone: 780-672-8777**

coordinator@handivan@gmail.com

Hours: 7:00 a.m. - 4:40 p.m., Mon. - Fri.

Evenings/weekends by advance bookings only, dependent on availability.

Fee: \$5.00 one-way in Camrose; \$12 one way in Camrose County; Medical and Outings \$25/hr. (min. 3 hours) plus \$1.50/km.

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