

Abuse

Association of Communities Against Abuse

#203, 5015 - 50th Ave. Camrose AB

Phone: 403-742-3558 Toll Free:

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

info@acaahelps.ca

www.acaahelps.ca

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

Fee: No charge

Services: **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 health in relationships, body ownership, consent and support networks. **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.). **Main Office Stettler: P.O. Box 2132, 4804 - 50 St., Stettler AB TOC 2L0**

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

crisiswork@camrosewomenshelter.org

www.camrosewomenshelter.org

Hours: 24 hour service

Operates a 22 bed emergency shelter offering a safe and trauma-informed space for women and children escaping domestic violence, in a crisis situation or who may be homeless. Beyond basic needs (food, clothing, shelter), services include

supportive listening, advocacy, referrals to community agencies, life skills groups; danger assessments and safety planning. The Shelter has an on-site school, grades 1 - 12, and a licensed on-site daycare program. The Outreach Program offers support for women leaving Shelter to living in the community, including HOPE Group, educational programs and cooking classes. Women and families within Camrose and surrounding rural communities can also access Outreach services without having to stay in-Shelter. Supportive listening and education for children and youth who have experienced or witnessed family violence are also available. We are dedicated to supporting individuals of all ethnicities, sexual orientation, and gender identities. admin@camrosewomenshelter.org

Changing Ways (Family Violence Action Society)

4821 - 51 St. Camrose T4V 1R9

Phone: 780-672-0141

shannon@changing-ways.ca

www.changing-ways.ca

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

Fee: Services are provided free of charge

A program of Camrose & District FCSS. Working in collaboration and partnership with others, to reduce the occurrence and impact of family violence in our community. Funded primarily by CDFCSS, Seniors, Community and Social Services, Preventive Community Services, Prevention of Family Violence and Abuse, and private donations. Programs offered: **Intimate Partner Violence Groups:** 14-week education/counselling groups for adults that have experienced any form of abusive behavior in relationships. Separate groups for men and women. **Anger Management Group:** 8-week education/counselling group for adults who want to deal with chronic anger or rage not related to their marriage, common-law, or dating relationships. **Family Violence Response Council:** collaborative body of organizations striving to reduce the impact and occurrence of intimate partner, elder or sexual abuse or assault in our community.

Older Adult Support Worker & Advocate

4821 - 51 St. Camrose AB T4V 1R9
Phone: 780-672-0141 or 587-844-6815
(direct)

emily@camrosefcss.ca
<https://camrosefcss.ca/>

Hours: Monday through Friday, 8:30 a.m. 12:00 noon and 1:00 p.m. - 4:30 p.m.

A program of Camrose & District FCSS. Our older adult support worker and advocate can help unravel the complexities of abuse against older adults 55+ aging in the community. Voluntary, in-home or office visits in the City and County of Camrose and the City of Wetaskiwin.

How can we help? We can provide goal-oriented support and advocacy; respond to complaints and concerns about abuse; connect people to the community; unravel the complexities of abuse; promote well-being and security. PLEASE NOTE: These services are for residents of the City and County of Camrose that do not live in residential care homes. These services are not mediation services for peers or neighbors in conflict or for investigation of fraud or institutional abuse.

Addictions

Al-Anon

Camrose
Phone: 780-672-4786 Elaine or Joy
780-781-1156

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 Joy for meeting location.

Alberta Health Services Community Addiction & Mental Health

4911 - 47 St. T4V 1J9
Phone: 780-679-1241
www.albertahealthservices.ca
Hours: Mon. - Fri., 8:00 a.m. - 4:30 p.m.

Fee: Services are provided free of charge.

Addiction Services.

Alcoholics Anonymous

Camrose
Phone: 780-781-0607

A fellowship of non-practicing alcoholics whose primary purpose is to achieve and maintain sobriety. Meetings held at the Church of God Lighthouse (5509 - 48 Ave.) on Sundays & Wednesdays at 8:00 p.m.; Fridays (Ladies Group) 7:00 p.m. - 8:00 p.m. @ Centra Cam (5502 - 46 St.). Sundays at 10:00 a.m. at Centra Cam (5502 - 46 St.); Mondays at 8:00 p.m. at the Rose City Baptist Church (entrance on the east side parking lot - 6406 - 44 B. Ave., everyone welcome as it is an open group).

Narcotics Anonymous

5509 - 48 Ave. Camrose
Phone: 780-672-7300 Alt Phone:
780-608-9354
www.na.org
Fee: No Fee

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

Child & Youth Services

Bashaw & District Pre-School

Box 568 Bashaw T0B 0H0
Phone: 780-372-2053 or 780-372-4074 Fax:
780-372-3951
bdsspreschool@gmail.com
Hours: Tue. & Thu., 9:30 a.m. - 11:30 a.m. or 12:30 - 2:30 p.m.
Fee: Please enquire for fee & subsidy info.

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: 780-372-2706 Fax: 780-372-3586
info.bashawyouthcentre@gmail.com
<https://bashawcrc.com/bashaw-youth-centre>
Hours: 3:30 - 5:30 p.m. and some PD days.

Daily programming: ages 5 - 18 from 3:30 - 5:30 p.m. and some PD days. Programming includes arts, crafts, music, drama, sports, recreation, volunteering, kids cooking, and outings.

BGC Camrose

Suite 1, 4412 - 56 St. Camrose T4V 5K4
Phone: 780-672-8004
rees@camroseboysandgirlsclub.ca
www.camroseboysandgirlsclub.ca
Hours: See www.camroseboysandgirlsclub.ca
Fee: See www.camroseboysandgirlsclub.ca

Provides a wide variety of social, recreational, educational and leadership programs for children and youth grades 1 - 12. Provides volunteer opportunities for youth grades 9 and up.

Camrose & District Pre-School

4821 - 51 St. (Office) Camrose T4V 1R9
Phone: 780-672-0141
info@camrorespreschool.ca
www.camrosefcss.ca
Hours: Operates Sept. - June, similar to local school schedule.
Fee: Program fees sent yearly

A program of Camrose & District FCSS. We are a licensed Pre-School program for children ages 3 - 5 years old. Children must be three to attend the 3 year old program and four by December 31, 2024 to attend the 4 year old program. We are a nurturing and stimulating environment where the children will gain self esteem and

grow in their developmental abilities while making friends as they interact and socialize with children with their own age in a play based group setting. Program Location is Rotary Youth Centre, 4517 - 54 St. We accept Alberta Child Care Subsidy.

Camrose Children's Centre

4304 - 53 St. Camrose T4V 1Y2
Phone: 780-672-0131 Fax: 780-672-0133
camcad@telus.net
www.camrosechildrenscentre.com
Hours: Open Monday to Friday; 6:00 a.m. - 6:30 p.m.

Provides 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.

Children and Family Services

Intervention Services - 4867 - 50 St., T4V 1P6;
Child Care Licensing/Prevention/Early
Intervention: 5005 - 49 St., T4V 1N5 Camrose
Phone: Intervention Services - 780-608-1800; Child Care Licensing (Licensed or unlicensed) Child Care Connect Line - 1-844-644-5165; Prevention/Early Intervention - 403-341-8642 Toll Free: 310-0000, then 780-608-1800 - Children's Services Fax: 780-672-7538
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** - services that build protective factors to prevent further difficulty. **B) Early Intervention Services** - an umbrella of support programs offered when difficulties are first identified that contribute to strengthening protective factors and reducing the impact of risk factors through a continuum

of programming for families. **C) Child Care Licensing** - responsible for the licensing and monitoring of all licensed child care programs in the province. This includes daycare programs, out of school care programs, group family child care programs, preschool programs, and approved family dayhomes. For information on Child Care Licensing, please call the Child Connect Line @ 1-844-644-5165. **D) Child Intervention** - responding to concerns about the safety and well-being of children and youth. Guided by legislation, staff conduct the day-to-day business of child intervention, foster care, kinship care and adoptions. **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 & Corner Campus

4920 - 48 St. Camrose T4V 4L5
Phone: 780-672-4691
camrosefirststeps@gmail.com
www.citylightscamrose.com
Hours: 6:00 a.m. - 6:00 p.m., Monday - Friday
Fee: Call for fees.

Licensed early learning child care facility that focuses on social, emotional, intellectual, physical, creative and spiritual needs of the child. Our philosophy is based on learning through play to encourage children to grow in self-respect, responsibility and independence.

Hay Lakes & District Playschool Society

P.O. Box 116 Hay Lakes T0B 1W0
Phone: 780-878-5106/587-986-9183
teacher.hlps@gmail.com
haylakesplayschool.ca

Located at Our Saviour Lutheran Church, the Playschool Society runs a program for 3 and 4 year olds. Subsidy may be available for applicants that qualify. The 3 year old class runs on Monday & Wednesday, 8:30 a.m. - 11:30

a.m.; the 4 year old class runs on Tuesday & Thursday from 8:30 a.m. - 11:30 a.m. Affordable fees. PUF program is available.

Kids Campus Daycare Society

5604 - 47 Ave. Camrose T4V 2P3
Phone: 780-672-0152
gckidscampus@telus.net
Hours: 6:30 a.m. - 6:30 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. KidSport is able to assist with referral to **SportQuip**. SportQuip is a volunteer operated organization that provides recycled sporting equipment at no charge for children (ages 3 - 17) in need for Camrose and Camrose County residents.

Missing Children's Society of Canada

1270 - 73 Ave. SE Calgary T2H 2V5
Phone: 403-291-0705 Toll Free: 1-800-661-6160 Fax: 403-291-9728
info@mcsc.ca
www.mcsc.ca
Hours: Mon. - Fri., 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. MCSC embraces the latest technology to help police in the search for a missing child, reaches out to enlist the help of

other professionals in the search and location as well as working with traditional media and online/social media to bring public awareness to cases of missing children. MCSC provides affected families with knowledge and resources throughout the search and reunification while ensuring that all its programs are free so that all families in need of help receive it, regardless of their financial situation.

OSCAR Child Care

4821 - 51 St. (Office) Camrose T4V 1R9

Phone: 780-672-0141

info@camroseoscar.ca

www.camrosefcss.ca

Hours: School Days from school dismissal until 6:00 p.m., including Early Dismissal.

Fee: Program fees are set yearly.

A program of Camrose & District FCSS. We are a licensed after school care and summer program for children in kindergarten to grade six. Our after-school program is offered at Chester Ronning, Jack Stuart, Sparling and Ecole Sifton schools with registration opening up in June and as space is allowed throughout the year. We have a seven-week licensed Summer Care program in the Rotary Youth Centre with registration beginning in late spring. Both programs accept Alberta Child Care Society Subsidy.

Regional Rural Children's Centre, Bawlf

Box 210 Bawlf T0B 0J0

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

RRCCBawlf@outlook.com

Fee: Playschool - \$80 - \$100/month. Out-of-School Care \$6.00/hr.

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; program runs on Monday, Wednesday and some Fridays from 8:45 - 12:30 noon. **Out-of-School Program** - after school care for children in K - grade 6, Monday through Friday until 6:30 p.m.

St. Patrick PREK 4

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

Phone: 780-672-2177

stps@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.

This program is 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.

The Open Doors

4707 - 56 St. Camrose T4V 2C4

Phone: 780-679-6803 Alt Phone:

780-679-4357 (24 Hr. Helpline) Fax:

780-679-6880

info@camroseopendoors.ca

www.theopendoors.ca

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

Dedicated to providing hope and support services to individuals and families in need utilizing a comprehensive approach that encompasses a range of programs aimed at fostering holistic well-being. Program services feature an integrated hub that offers outreach services, provisions for food and clothing, skills development, employment support, a Tenant Education program, access to medical and mental health services, SMART Recovery, Restorative Justice Program, Community Helpers Program, and assistance with systems navigation. While our emergency shelter and transitional housing are temporarily closed, The Open Doors continues to provide essential services. In addition to these programs, counseling services are made accessible to individuals and families facing emotional, relational, or other challenges. Therapists serve those who lack the financial means to access private counseling services. Priority is given to youth and families in need.

Church Organizations

Camrose & District Ministerial Association

Phone: 780-984-5790

madharmons@shaw.ca

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

Debt Counselling

Debt-Talk (The Debt Stress Line)

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

Phone: 780-424-9944 Toll Free:

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

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

Suite 140, 109 Quarry Park Blvd. SE Calgary T2C 5E7

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

1-888-858-3305

CSRmail@moneymentors.ca

www.moneymentors.ca

Hours: Mon. - Sat. 8:00 a.m. - 4:00 p.m.

Appointment bookings Mon. - Thurs. 8:00 a.m. -

8:00 p.m., Fri. & Sat. 9:00 a.m. - 5:00 p.m.

Money Mentors is an accredited, non-profit debt and credit counselling agency serving Albertans since 1997. 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 courses and webinars as well as group seminars to free in-school programs for K - 12 students.

Disabilities

AB Brain Injury Network

Phone: 1-403-342-2266

sadams@reddeer.cmha.ab.ca

Hours: Mon. - Fri.; 9:00 a.m. - 4:00 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.

Adult Guardianship and Trusteeship

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.

Fee: Fee for service.

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. Serves Camrose and

surrounding area.

Camrose Association for Community Living

4604 - 57 St. Camrose T4V 2E7

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

rgood@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)

We serve adults with disabilities and acquired brain injury, children and youth with special health and developmental considerations (including mental health), and families facing barriers. **Family Support** provides 1 to 1 support to families have children with special health and developmental considerations (including mental health). Support ranges from transitional planning, funding, advocating, listening, and providing resources, referrals and problem solving. **Jobs4Youth** - Assisting persons with disabilities in preparing for, obtaining, and keeping employment. We utilize interventions such as job coach, work experience, skill development, and wage subsidy. **Kandu Summer Camp:** Inclusive summer programming. Children ages 7-17 attend this active, recreational summer program 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 considerations. **Leaders-in-Training:** Youth aged 15 - 24 with special health and developmental considerations work to develop their skills and citizenship, including self-awareness, volunteerism, and work experience and community involvement. **Residential Program:** Adults with developmental disabilities receive the support in a supervised home environment where each person develops skills, and are supported to enhance 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. **Outreach:** Supports adults with disabilities and those with acquired brain injury to live as independently as

possible. Individuals may live in their own home or with a family member. Support staff helps with certain areas of daily living (e.g., medical, budgeting, meal planning, etc.). **MORE Day Program:** Provides meaningful activities during the day for adults with disabilities who are not seeking employment. Activities range from recreational, educational, social, volunteerism, etc. **Rose Club:** This member driven club is for adults with disabilities to socialize and enjoy quality recreational and educational activities together. **Community Education:** Various opportunities that focus on raising awareness and acceptance of all people. Education provided by individuals with disabilities within schools aims to teach children about different disabilities and how to be accepting of all people. **SingAble** is a program in partnership with Augustana University music faculty which encourages community members of all stages and ages to participate in an all-inclusive community choir. The program aims to provide all people the opportunity to experience the benefits and joys of music.

Catholic Social Services

5206 - 51 Ave. Wetaskiwin AB T9A 0V4

Phone: 780-352-5535 Fax: 780-352-3190

lori.marchand@cssalberta.ca

www.cssalberta.ca

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

As a Catholic Services agency, we are guided by faith to care for and bring hope to people in need with humility, compassion and respect. We serve people in need regardless of religion, race, gender, or ethnic origin. We work to improve the quality of life for persons of all faith and cultures by serving their social, emotional, intellectual, spiritual and physical needs. In Camrose we provide the following programs: **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 Program** - provides direct support to individuals who live in the community. This includes self-identified goals which might include: banking & budgeting, grocery & personal shopping, health & safety, home living skills, coordination of social and recreational activities and problem solving skills. **Family Supports Children with Disabilities Program** - provides in-home, community, respite and other family support services to children with disabilities and their families. **Fetal Alcohol Spectrum Disorder Program** - provides an outreach service to Adults and Youth, it is a voluntary program. It supports individuals that have a diagnosis or a suspected diagnosis of FASD.

Centra Cam Vocational Training Association

5502 - 46 St. P.O Box 1443 Stn. Main Camrose T4V 1X4
Phone: 780-672-9995 Fax: 780-672-0534
execdir@centracam.ca
www.centracam.ca
Hours: 8:00 a.m. - 4:30 p.m., Monday - Friday

Community Access & Employment Services:

We serve adults with disabilities by providing opportunities to build independence through supported employment preparation and assistance to participate directly in community events and activities. Support and advocacy for individuals with employment barriers is provided through pre-employment training, career counselling, resume development, employment placement, job search, job maintenance and job retention support. Key components of the program includes the fostering of personal development through education, recreation, workability activities, and creative pursuits, while also incorporating direct participation in the volunteer sector. By enhancing life skill development and interpersonal relationship aptitudes through a variety of personal goal based programming activities, individuals become active and engaged community members.

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.

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

PO Box 1746 Camrose PO Main Camrose T4V 1X7
Phone: General Inquiries 780-385-3717; Risk Reduction/Education 587-386-0133; Clinical Services 587-386-0186
cathy.cross@prairiecentralfasd.ca
www.prairiecentralfasd.ca
Hours: Mon. - Fri., 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, families and adults; FASD assessment and diagnosis; Risk reduction information for parents and professionals; Public information

and education about FASD.

Rose City Residential Support Society

Box 1115 5111 - 52 Avenue (Sparling Manor)
Camrose T4V 4E7

Phone: 780-678-9307

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

Special Olympics Camrose

P.O. Box 1543 Camrose T4V 1X4

Phone: 780-226-5757

soacamrose@gmail.com

www.specialolympics.ca/alberta/camrose

Enriching the lives of individuals with an intellectual disability through sport. Sport Options: 13+ 5 pin bowling, swimming, basketball, floor hockey, curling, softball, outdoor walk/run, soccer, bocce. Active Start and FUNdamentals 0 - 12-year-olds.

Education & Literacy

AB Business Family Institute

3-23 Business Building, University of Alberta
Edmonton T6G 2R6

Phone: 780-492-0234

abfi@ualberta.ca

www.abfi.ca

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

ABFI discovers, applies, and shares knowledge and resources for the benefit of Family Businesses across Alberta and beyond. We provide access to research, education, and high-quality outreach to strengthen Family Businesses, their advisors, employees, and stakeholders.

Alberta Learning Information Service

www.alis.alberta.ca

An Internet gateway to information about adult learning in Alberta.

Battle River School Division

4302 - 38 St. Camrose

Phone: 780-672-6131

inquiries@brsd.ab.ca

www.brsd.ab.ca

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

Battle River School Division serves families of K to 12 students, operating schools and programs within the City of Camrose, Camrose County, Beaver County and Flagstaff County. In addition to having two outreach and 10 colony schools, we have 19 schools in 13 different centres, covering about 6,300 square km. BRSD programming includes French Immersion, hockey academy and online learning. Through its International Student Program, BRSD welcomes dozens of students annually from across the globe to its school communities.

Camrose & Area Adult Learning Council

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

Phone: 780-672-8754

calc@camroselearning.com

www.camroselearning.com

Fee: A nominal fee is set for all classes relative to length of course which can be adjusted to reflect one's ability to pay.

Camrose Adult Learning Council is a grassroots community-based nonprofit society funded by the Alberta Government to provide, promote, and increase access to adult foundational (Grade 1-9 level) learning opportunities in areas such as Adult Literacy, Numeracy, Skills for Learning, Basic Digital Skill, English Language Learning, and Community Capacity Building. We also offer a GED Prep Course which prepares adult learners to write the GED Exam.

We deliver quality community-based adult learning opportunities by removing barriers (financial, and others) to meet the learning and employability needs of adults. At Camrose and Area Adult Learning Council, we seek to help foundational adult learners by providing a service in a welcoming and non-judgmental environment.

Camrose Public Library

4710 - 50 Avenue Camrose T4V 0R8

Phone: 780-672-4214

cpl@prl.ab.ca

www.cpl.prl.ab.ca

Hours: Mon. - Fri. 10:00 a.m. - 7:00 p.m.; Sat.,
11:00 a.m. - 4:00 p.m.

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

CPL is bursting at the seams with resources and services for everyone! Come visit us to try something new or fun at one of our programs, or check out our books, DVDs, or Library of Things. We also offer room rentals, exam invigilation, public computers, free wifi, and a makerspace for your next creation.

Canadian Lutheran Bible Institute

4837 - 52 A St. Camrose T4V 1W5

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

clbi@clbi.edu

www.clbi.edu

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

We are a Bible school designed to help young adults encounter God in new and deeper ways through Bible teaching, adventure, and discipline.

Cornerstone Christian Academy

Box 99 221 Thompson Street Kingman T0B 2M0

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

ccasociety@gmail.com

www.cornerstonekingman.ca

Hours: 8:00 a.m. - 4:00 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 des Fondateurs is the only school in Camrose teaching French as a first language from kindergarten to grade 12. The school is operated by the Greater North Central Francophone Education 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 **780-672-2975**. Fax: **780-672-4747** B) **St. Patrick School** grades PreK-4; 4816-53 Ave., T4V 0Y2. Phone: **780-672-2177**. Fax: **780-672-1818**

First Aid Courses

Contact authorized providers for a full range of First Aid & CPR courses. **A) Mayer Aquatic Centre:** Red Cross Babysitting Course; Red Cross Stay Safe, Life Saving Society Standard First Aid. Call 780-672-9909 or visit the [City Website](#) **B) Safety Starts Here Inc.** - Red Cross First Aid AED/CPR, Emergency First Aid, Standard First Aid AED/CPR Blended, Child Care, Basic Life Support; H2S Alive Blended; Ground Disturbance 201; Fall Protection; TDG/WHMIS; CSTS-2020; PCST; CSO; Confined Space Entry/Awareness; Toll Free 1-866-608-1434. For further information visit www.safetystartshere.ca.

Hay Lakes Library

PO Box 69 Hay Lakes T0B 1W0

Phone: 780-662-0427

haylakeslibrary@prl.ab.ca

www.haylakeslibrary.prl.ab.ca/

Hours: Monday - Wednesday from 9:00 a.m. - 5:00 p.m. & Thursday, 10:00 a.m. - 6:00 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 Resource Officer - Camrose Police Service

6220 - 48 Ave. Camrose T4V 0K6

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

police@camrosepolice.ca

www.camrosepoliceservice.ca

The Camrose Police Service has a School Resource Officer Program (SRO). The SRO program provides a uniformed police presence that is active in all 10 of our community schools. 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: 780-679-1100 Fax: 780-679-1129

augustana.info@ualberta.ca

www.ualberta.ca/augustana

Hours: Office: Mon. - Fri. 8:30 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 Homeschooling

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

terry@wisdomhomeschooling.com

www.wisdomhomeschooling.com

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

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

Emergency Services

Bashaw & District Food Bank

4909 - 50 St. Bashaw T0B 0H0

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

bdssoffice1@gmail.com

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

Christmas Hamper Program and Food Bank.
Also email frontdesk.bdss@gmail.com

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 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.

Camrose Police Service Victim Services Unit

6220 - 48 Ave Camrose T4V 0K6

Phone: 780-672-4570

victimservices@camrosepolice.ca
camrosepolice.ca

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

Camrose Women's Shelter

Phone: 780-672-1035

crisiswork@camrosewomenshelter.org

Operates a 7 room, 22 bed emergency shelter for women and children escaping domestic violence.

Canadian Red Cross Emergency Management

9931 - 106 St. Edmonton AB T5K 1E2

Phone: 780-231-1482 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.

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 Hours: Mon. & Fri., 9:00 a.m. - 12:00 noon. Food Bank Hours Tues., Wed., Thurs. 9:00 a.m. - 11:30 a.m.

Fee: No Fee

Neighbor Aid Center works together with local churches and community to help those in need. Serving those residing in Camrose and Camrose County. Visit the website for full description of services. **Camrose Community Cupboard** - providing food to those in need, Wednesdays 10:00 a.m. - 12:00 noon at Camrose Community Church 5204 - 53 Ave.

780-672-7000. **Additional Bread pick up**

locations - Camrose Community Church 5204 - 53 Ave, Mondays from 10:00 a.m. - 11:30 a.m.; Centre Point Church 5804 - 47 Ave., 1:00 p.m. - 3:00 p.m. **Martha's Table** - Free soup and sandwich program. Tuesdays 12:00 noon - 1:00 p.m. at Messiah Lutheran Church, 4810 - 51 St.; Wednesdays 12:00 noon - 1:00p.m. at Camrose United Church, 4829 - 50 St.

Royal Canadian Mounted Police

Phone: 780-672-3341

www.rcmp-grc.ca

Assess and respond to emergencies within Camrose County.

The Open Doors

Phone: 780-679-4357 - 24 hour HelpLine

Employment Services/ Financial Assistance

Alberta Supports

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

Phone: 780-608-2525; After Hours

Emergency 1-866-644-5135 Toll Free:

1-877-644-9992 Fax: AB Supports:

780-672-0861 AISH 780-608-4078

css.ds-central@gov.ab.ca

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

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

Alberta Supports can help you access more than

30 programs and 120 services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse, and family violence prevention. Programs include: • Income Support • Employment Services • Child Support Services • Assured Income for the Severely Handicapped (AISH) Albertans can apply online for the Income Support

www.alberta.ca/income-support-how-to-apply.aspx and AISH programs

www.alberta.ca/aish-how-to-apply.aspx

Career Information Hotline

Phone: 1-780-644-9992 press 5 Toll Free: 1-877-644-9992

hotline@alis.gov.ab.ca

www.alis.alberta.ca

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

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

Directions for Wellness

#100, 4811 - 51 Ave. Camrose AB T4V 0V4

Phone: 780-672-5580 Toll Free: 1-855-624-4477

info@dfwi.ca

www.dfwi.ca

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

Fee: No Cost for Services

Assist and provide community resources for unemployed or marginally employed adults to gain occupation related skills needed for success in local labor market. Funded by AB Seniors Community and Social Services and Alberta Jobs, Economy, and Trade and the Government of Canada. DFW has a designated Resource Center which contains a computer lab, fax, phone and a support worker to assist with application processes. DFW is currently offering Workplace Training, One to One Specialized Services, and Transition to Employment

Services.

Employment Placement & Support Services

2830 Bremner Ave. Red Deer AB T4P 1M9

Phone: 403-343-6249 Toll Free: 1-877-643-6249

familyresourcecentre@epssworks.com

<https://epssreddeer.com/services/family-resource-centre/>

The Family Resource Centre provides support to families connected with Family Support for Children with Disabilities (FSCD) and families that are providing Family Managed Services (FMS) through Persons with Developmental Disabilities (PDD). The Centre provides a wide range of services such as understanding and maintaining FSCD and PDD FMS agreements, group learning opportunities, networking opportunities, assistance with planning for their family members and supports to secure staffing. Serves Camrose & area.

Service Canada

5020 - 51 St. Camrose

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

www.canada.ca

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

Fee: none

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

Foundations

Battle River Community Foundation

Box 1122 Camrose T4V 4E7

Phone: 780-679-0449

info@brcf.ca

www.brcf.ca

Hours: 9:00 a.m. - 12:00 noon; 1:00 p.m. - 5:00

p.m.; Mon. - Friday

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. Physical location is 4906 - 46 St.

Health Services

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 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 8:00 a.m. - 4:00 p.m.;
Ambulatory clinic hours by appointment only
Monday - Sunday 8:15 a.m. - 8:00 p.m.

A health service that supports Albertans of all ages (with a valid Alberta 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 are done to determine program eligibility. Services include: health promotion and teaching; treatments; end of life/palliative care; rehabilitation; personal care support; assistance to maintain social connections, and support for family or other caregivers.

Alberta Health Services Camrose Public Health

5510 - 46 Ave. Camrose T4V 4P8

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

www.albertahealthservices.ca

Hours: Mon. - Fri., 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 eligible pre-school children 12-35 months. In select schools, fluoride varnish is offered to children in Kindergarten, grades 1 & 2. **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 and informed sexual health decision making and healthy relationships. Throughout the course of the pandemic, many of these outreach opportunities are offered virtually. The type of support (virtual or in-person) is in constant evaluation reflecting Alberta Health Guidance on prevention of COVID-19. **Environmental Public Health Program:** As regulators, public health inspectors enforce the Public Health Act, Skin

Cancer Prevention (Artificial Tanning) Act, Tobacco, Smoking and Vaping Reduction Act, and their regulations. Public Health inspectors routinely inspect public places including restaurants, swimming pools, rental houses, day cares, tattooing or body piercing shops and special events. 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. EPH also supports Albertans in reducing the risk and spread of COVID-19 in Alberta, by working together with business operators, and Albertans, to ensure compliance with Chief Medical Officer of Health Orders and Guidelines. They use education, inspection, and enforcement with a focus on places and activities which present the greatest risk of COVID-19 transmission. EPH is mandated to respond to all public complaints and to follow up on outstanding violations. **Health Promotion:** In supporting communities and schools in addressing health priorities, our team utilizes community development, co-design and innovation principles to deliver a combination of virtual and in-person supports including (but not limited to); review and explore community health data and information; tools, resources, and supports to create healthy schools and communities; consultations and facilitation to support redesign, long term planning, development of a comprehensive strategy to address wellness priorities, grant applications, etc.; guidance in health equity, collective impact and service realignment; best and promising practices in community action and health school environments; health resources and information (i.e., tobacco reduction, cannabis regulation, environmental public health, nutrition, injury prevention). Throughout the course of the pandemic, many of these outreach opportunities are offered virtually. The type of support (virtual or in-person) is in constant evaluation reflecting Alberta Health Guidance on prevention of COVID-19 **Public Health Nutrition:** Dietitians work with communities to support Central 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 on-line nutrition workshops that are open to pregnant women and caregivers of young children. Visit [AHS services website](#) for more information.

Alberta Health Services Children's Rehabilitation Services & Coordinated Intake

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

Toll Free: 1-855-414-5272 Fax: 780-608-8648

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, 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 and/or other community professionals.

Alberta Health Services Healthy Living Centre/Community Rehab

Suite #1203, Recreation Centre 4412 - 56 St. Camrose T4V 5K4

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, respiratory, kinesiologist, dietician, nurse and wellness coaching.

Art of Caring

5044 - 52 St. Camrose AB

Phone: 587-871-4500

gillian@artofcaringltd.com

<https://artofcaringltd.ca/>

Hours: Wednesdays 9:00 a.m. - 6:00 p.m. and Saturdays, 8:00 a.m. - 4:00 p.m.

Primary health services provided by a Nurse Practitioner. Nurse Practitioners are advanced trained nurses, they are able to assess, examine, order lab work and diagnostic imaging, diagnose and treat primary care conditions (including prescribing and referrals). They are available to be primary care providers to their patients. Appointments can include: health screening, same day visits, mental wellness screening and follow up, chronic disease management, health promotion, foot care services and much more.

Battle River Lending Place Society

4702 - 44 St. Camrose AB T4V 1B9

Phone: 780-673-1335 Fax: 780-673-1335

brlendingplace@gmail.com

<https://lendingplace.ca/>

Hours: Mon., Wed., Fri., 10:00 a.m. - 2:00 p.m.

The Battle River Lending Place Society is dedicated to improving the quality of life for individuals in our community by providing accessible mobility equipment. Our mission is to empower individuals with mobility challenges to regain their independence and freedom of movement. Through our lending program, we strive to ensure that no one is held back by limited access to essential mobility aids, regardless of their financial circumstances. We are committed to enhancing mobility and promoting self-sufficiency within our community. Lending Mobility Equipment: We provide a range of mobility equipment such as wheelchairs, walkers, and more, without any cost. Our goal is to ensure that everyone in our community has access to the equipment they need to lead a more independent and fulfilling life. All equipment is inspected and sanitized prior to lending. A comprehensive inspection is completed on all equipment to confirm that it is in good working order and to note any cosmetic

damages.

Camrose Primary Care Network

Suite 4, Rm 1110 4412 - 56 St., Camrose Rec. Centre Camrose T4V 5K3

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

camrosepcninfo@camrosepcn.com

www.camrosepcn.com

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

Care centered around you and led by your family doctor in partnership with other healthcare professionals. The PCN uses a team-based approach to focus on your health goals. Programs to help you live healthier include Chronic Disease prevention and management (Nurse Practitioner, Dietician, Nurse or Exercise Specialist), Prenatal care and prenatal loss support, Geriatrics assessment and fall prevention, Youth Mental Health Clinic, Youth and Adult Behavioural Health Consultants, and Transitional Care.

Canadian Blood Services Blood Donor Clinics

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

www.blood.ca

Call 1-888-236-6283 for days and location of clinic.

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 or call the Camrose Community Cancer Centre @ 780-679-2822 Fax: 780-679-2821

<https://www.albertahealthservices.ca/cancer/Pages/e16299.aspx>

Hours: Nurse Navigator 8:00 a.m. - 4:00 p.m. Mon., Thurs. & every other Wednesday;

Community Cancer Clinic Mon. - Fri, 8:00 a.m. - 4:00 p.m.

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

Connecting in Spirit

Box 1286 Camrose T4V 1X2
Phone: 780-608-0176
trena@connectinginspirit.com
www.connectingInSpirit.com
Hours: By Appointment

Certified Facilitator in Natural Health Connection Methodologies and Licensed in Financial Advancement and Education Strategies. Confidential, compassionate, sustainable and pragmatic support for individuals and families seeking education, forward moving, take charge creative and connective approach to personal growth, relationships and financial areas. Free resources and action plans specific to your unique situation are available. Services available by telephone, zoom or in person. Connecting in Spirit- an empowering way forward, together, to generate and create greater for our future.

Crossroads Day Program

4612 - 53 St. Camrose T4V 1Y6
Phone: 780-679-3045/780-679-3046 Fax: 780-679-3071
lisa.unteriner@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: Appointment hours Mon. - Fri., 8:30 a.m.

- 4:30 p.m. Phone lines shut off from 11:45 a.m. - 12:45 & 3:00 - 4:30 Mon. - Thurs. and at noon on Fridays.

Family Medicine and Plastic Surgery

HIV Edmonton

9702 - 111 Ave Edmonton T5G 0B1
Phone: 780-488-5742 ext. 302 Fax: 780-488-3735
contact@hivedmonton.com
www.hivedmonton.com
Hours: Mon. - Thurs., 9:00 a.m. - 4:30 p.m.; Fri., 9:00 a.m. - 12:00 p.m. Closed daily for lunch 12:00 - 1:00 p.m.

"HIV Edmonton believes health equity and gender equity is a right. We achieve this by honoring community, advocating in partnership to amplify community voices, enhancing responsiveness, and advancing the knowledge that U=U=U: Undetectable equals Untransmittable meaning a person living with HIV achieves and maintains an undetectable viral load, they cannot transmit HIV sexually; Universal access to testing, treatment, care, and support is central to U=U=U.

Hospice Society of Camrose and District

5415 - 49 Ave. Camrose T4V 0N6
Phone: 780-608-0636
admin@camrohospice.com
www.camrohospice.org
Hours: Mon. - Fri., 9:00 a.m. - 3:00 p.m.
Fee: No Fees

Camrose Hospice has been a registered charity since 2011 serving the city of Camrose, and the counties of Beaver, Camrose and Flagstaff. Services are offered in-home, at a hospital, long-term care facilities, through programs at Mirror Lake Centre, and in the community. Support groups and education sessions are available (schedules are available on our website). HSCD office is located at the lower level of the Mirror Lake Centre. Staff and trained volunteers provide these services:
Palliative and End of Life Programs -

provides respite and support to families who are caring for someone who has a life limiting illness and to those dying at home.

Bereavement and Grief Programs - provides individual grief sessions, grief companions, grief walks, and grief support groups.

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 serving 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 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: Laboratory, Medicine, Mental Health Services, Spiritual Care, Stroke Services, Palliative Care, and 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/

Kidney Foundation of Canada Northern Alberta & The Territories Branch

202, 11227 Jasper Avenue Edmonton T5K 0L5

Phone: 587-414-2123 Toll Free:

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

daisy.escoto@kidney.ca

www.kidney.ca

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

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.

Multiple Sclerosis Society

Phone: 1-800-268-7582

info@mssociety.ca

www.mssociety.ca

Hours: Please contact us at 1-800-268-7582

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

Smith Clinic

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

**Phone: 780-672-2423 appointments;
780-672-2425 (press 3) administration Fax:
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 same day appointments Monday to Thursday from 1:00 p.m. to 5:00 p.m. and Saturday from 10:00 a.m. to 2:00 p.m. To make an appointment call 780-672-2423 and press options 1, 2 or 3.

Therapeutic Lifestyle Essentials

4819 - 51 St. 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.

Wellspring Alberta - No One Has to Face Cancer Alone

113960 - 65 Ave. NW Edmonton AB T6H 2Z8

Phone: 1-866-682-3135

info@wellspringalberta.ca

www.wellspringalberta.ca

Wellspring Alberta is a warm and welcoming community that provides a comprehensive range of support, resources and programs so anyone living with cancer and the people who care for them can improve the quality of their lives. All Wellspring Alberta programs and services are offered free of charge and without referral to Alberta residents. Programs and services are available online, over the phone and in-person - meeting you where you are or where to feel most comfortable. At Wellspring, people gather to support each other, exchange information, and

share a sense of hope - all in the warm, caring atmosphere of our centres, and in our welcoming on-line community. Our focus is always on the person, not the illness, and all who reach out to Wellspring are cared for in a safe community of compassion.

Helplines

Addiction Helpline

Toll Free: 1-866-332-2322

www.albertahealthservices.ca

Hours: 24 Hours

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

Alberta's One Line for Sexual Violence

Phone: 1-866-403-800

Alberta's One Line for Sexual Violence is a toll-free talk, text, and chat service that provides emotional support, information, and referral to anyone who has experienced or been impacted by sexual violence. One Line can provide support in the moment while also connecting Albertans to the nearest sexual assault centre for access to specialized services for individuals, families and communities across the province. Support is available seven days a week, with access to interpretation services in over 200 languages.

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: 1-800-638-0715

<https://www.alberta.ca/get-help-for-child-abuse-n>

eglect-and-sexual-exploitation

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.

Camrose Women's Shelter

Phone: 780-672-1035

crisiswork@camrosewomenshelter.org

Canadian Human Trafficking Hotline

Toll Free: 1-833-900-1010

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

Hours: 24 hours, 7 days a week

The Canadian Human Trafficking Hotline is a confidential, multilingual service, operating 24/7 to connect victims and survivors with social services, law enforcement, and emergency services, as well as receive tips from the public. The hotline uses a victim-centered approach when connecting human trafficking victims and survivors with local emergency, transition, and/or long-term supports and services across the country, as well as connecting callers to law enforcement where appropriate.

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.

Caregivers Alberta (Caring for Caregivers)

Phone: 1-877-303-2643

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

Caregivers Alberta strives to empower

caregivers and promote their well-being by providing resources, mental health support, and education for Albertans caring for family members or friends. No one chooses to be a caregiver, yet one million Albertans are currently living the caregiving journey without hesitation. At Caregivers Alberta, our role is to champion unpaid, family caregivers so that they can fulfill their roles in a healthy, sustainable way. We do this through advocacy and community-based partnerships across the province.

Child Abuse Hotline

Toll Free: 1-800-387-5437

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](#).

Child Intervention Crisis Unit

Phone: 1-800-638-0715

Family Violence Info Line

Phone: 310-1818 to get anonymous help in more than 70 languages. Call 911 for immediate danger.

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.

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.

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

Telephone information line for residential school survivors.

Indigenous Hope for Wellness Helpline

Phone: 1-855-242-3310

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

The Hope for Wellness Helpline is available to all Indigenous people across Canada. Experienced and culturally competent counsellors are reachable by telephone and online 'chat' 24 hours a day, 7 days a week. Both telephone and online chat services are available in English and French. Telephone support is also available upon request in: Cree; Ojibway (Anishinaabemowin) and Inuktitut. Supports in Cree, Ojibway, and Inuktitut are not available 24/7, so you may need to call in to find out the next time that a language-speaker will be available

Kids Help Phone

Toll Free: 1-800-668-6868 or Text 686868

<https://kidshelpphone.ca/>

Free, anonymous, confidential telephone and web counselling for youth in Canada. Live chat available on website or text 686868. Visit [Kids](#)

[Help Phone](#) for on-line support.

Mental Health Helpline

Toll Free: 1-877-303-2642

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

Hours: 24 Hours

Sexual Assault Centre of Edmonton Support & Information Line

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

www.sace.ca

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

Crisis, support and information.

Suicide Crisis Help Line

Phone: 9-8-8 Call or text

<https://988.ca/>

If you are thinking about suicide, or you're worried about someone else, we want to help. Call or text 9-8-8 toll free, any time — lines are open 24/7/365. A safe space to talk, 24 hours a day, every day of the year.

The Open Doors

Phone: 780-679-4357 24 Hour Help Line

Home Support Services

Bashaw Meals on Wheels (BDSS)

4909 - 50 St. Box 568, Provincial Building,
Bashaw & Area Community Resource Centre.
T0B 0H0

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

bdsoffice1@gmail.com

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

Fee: \$8.00 per meal

A hot nutritious noon meal, delivered 5 days per week by volunteers. BDSS Program - can issue tax receipts. Also email frontdesk.bdss@gmail.com

Camrose & District Home Support

4821 - 51 St. Camrose T4V 1R9

Phone: 780-672-0141 or 780-673-1384

(Direct) Fax: 780-673-1384

maria@camrosefcss.ca

www.camrosefcss.ca

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

Fee: Sliding scale based on income \$18.00 - \$23.00/hour.

A program of Camrose & District FCSS. Provides experienced Home Support workers to assist seniors and other individuals with housekeeping, 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 updated quarterly and available online at www.camrosefcss.ca.

Camrose Meals on Wheels

4821 - 51 St. Camrose T4V 1R9

Phone: 780-672-0141 or 780-673-1384

(Direct) Fax: 780-673-1384

maria@camrosefcss.ca

www.camrosefcss.ca

Hours: Mon. - Fri., 8:30 a.m. - 4:30 p.m. (office hours)

Fee: Fresh meals with side dishes - \$15.00/meal.
Frozen meals without side dishes - \$9.50/meal.

(Subsidy available bases on income)

A program of Camrose & District FCSS. Meals are prepared fresh at Twists & More. **a) Fresh Meal Program - \$15.00:** Meals with side dishes are delivered as a hot meal on Tuesdays and Thursdays between 11:00 a.m. - 12:15. Fresh meals include choice of salad or soup and dessert. **b) Frozen Meal Program:** \$9.50 frozen meals(main course only) are delivered as a Frozen Meal on Tuesdays and occasionally on Thursdays alongside the fresh meal delivery. **c) Out of Town Orders for Frozen Meals:** are available to residents in Camrose County, including the villages of Bawlf, Bittern Lake, Edberg, Ferintosh, Hay Lakes, and Rosalind. Please contact the MOW Program Coordinator for information.

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

telecare@gss.org

www.goodsamaritantelegare.com

Hours: Mon. - Fri., 8:00 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.

Lifeline Canada

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

1-800-313-9764

referral@lifeline.ca

www.lifeline.ca

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

Fee: Call for details.

An easy to use medical alert service that lets you summon help any time of the day (even if you can't speak). You just press your Personal Help

Button, worn on a wristband or as a pendant, and a highly trained Personal Response Associate will ensure you get help fast. Lifeline Canada 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.

Unit C, 4909 C - 48 St., Camrose T4V 1R9
Phone: 780-672-0063 Fax: 780-672-9703
planit@telus.net
www.planitconsult.ca
Fee: Vary with service

All services provided through companionship and friendship. **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

#22, 6420 - 79 Ave. SE Calgary AB T2C 5M4
Phone: 403-568-8844 Alt Phone: 780-784-1110 Toll Free: 1-877-322-0334 Fax: 1-403-234-0373
info@priorityltd.com
www.prioritycarecall.com
Hours: 8:30 - 5:00, Mon. - Fri.
Fee: Varies

An Alberta owned and operated company servicing Alberta since 2002. We offer affordable, reliable, and friendly service to those needing a Medical Alarm. We carry Home Based medical alarms and Mobile GPS medical alarms that go everywhere you do, and work on the Rogers cell network. Our systems can detect a fall, send text alerts to family and call our Alberta Call Centre, **located in Edmonton**, 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.

Ramona Aline Home - Professional Organizer & Home Designer

Phone: 780-781-2429
info@ramonaalinehome.com
<https://ramonaalinehome.com/>

Specializing in move transitions, home organization, decluttering and home staging. Provide support to individuals, seniors and families by compassionately guiding them through move transitions and estate support. Guaranteed confidentiality in a non-judgement environment. Member of Professional Organizers of Canada.

Rose City Professional Organizing

Phone: 587-600-0264
www.rosecityprofessionalorganizing.com

Helping you reduce stress, overwhelm and anxiety by providing professional coaching and hands-on assistance with decluttering and organizing your home.

Swan City Mobility

#26, 6601 - 48 Ave. Camrose AB T4V 3G8
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, home medical supplies & more. We rent and repair most equipment. Registered vendors for: AADL, WCB, VAC, AHS, NIHB

Take Care Mobility

5040 - 50 St. Camrose T4V 1R2
Phone: 780-672-3204 Toll Free: 1-866-672-3204 Fax: 780-679-0703
admin@takecaremobility.com
www.takecaremobility.com
Hours: Mon. - Fri. 9:00 a.m. - 5:00 p.m. Closed on Stat holidays.

Provides quality mobility equipment including: mobility scooters, lift chairs, walkers, power and manual wheelchairs, transport chairs, ramps, wheelchair cushions, wheelchair & scooter accessories, bathroom safety equipment, canes, exercise/rehab supplies, porch and stair lifts, batteries, tires and tubes. Repairs are done on site by a qualified technician. Offers reasonable rates on rentals of wheelchairs, transport chairs, walkers & mobility equipment. Works with medical professionals & government agencies. Member of MSDA (Medical Surgical Dealers Association), and Ability Members Group. Registered AADL, WCB, VAC & AHS, and RAMP program.

Housing

Community Social Housing/Affordable Housing

4612 - 53 St. Camrose T4V 1Y6
Phone: 780-679-2002 Fax: 780-679-3054
www.thebethanygroup.ca
Hours: Mon. - Fri., 8:30 a.m. - noon; 1:00 p.m. - 4:30 p.m.

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

Continuing Care

Bethany Meadows: 4209 - 55 St., Camrose; LJ
Care Centre: 5400 - 46 Ave., Camrose
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:
780-878-8135
familyservices@habitatcamrose.com
www.habitatcamrose.com
Hours: Restore: Tues. - Sat., 10:00 a.m. - 5:00 p.m.

A) 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. **B) ReStore** accepts donations of new and used building materials, appliances, furniture, and other home products. Items are available for sale to general public. **C) Financial Literacy Training** and matched savings program available for applicants to our affordable homeownership program.

Life Lease & Residential

T4V 4S9
Fax: 780-679-5466
www.thebethanygroup.ca
Hours: Office: Mon. - Fri., 8:30 a.m. - 4:00 p.m.

**Brookside, Deer Meadows, Hillside &
Lakeside** - 780-679-5464

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.

Offers different service options, including a private independent living residence, co-located with an 82 suite designated supportive living option that provides more specialized care options. We are committed to delivering quality care and exceptional service so residents may enjoy the worry-free retirement they deserve.

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

Action for Healthy Communities

4821 - 51 St. Camrose T4V 1R9

Phone: 780-226-6723

camrose@a4hc.ca

<https://action4healthycommunities.wordpress.com/>

Hours: By appointment (phone or email to book).

Action for Healthy Communities is a not-for-

profit settlement organization. We are funded by Immigration, Refugees, and Citizenship Canada. Our job is to help newcomers to Canada (immigrants and refugees). If you came to Canada from another country, even if you came to Canada several years ago, we can help you. We work with children, teenagers, and adults. Our services are based on your needs and can include support with: school; jobs; learning English; applying for government programs; completing required paperwork; making connections and participating in the community; learning about Canadian systems; and accessing services that are available locally (in Camrose and area). Our programs are free and confidential (we can provide interpretation and translation, as needed).

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.

The fundamental purpose of the Ombudsman is to investigate complaints from citizens. Whether it is a disagreement stemming from an important decision or a delay in service, the Ombudsman's office listens to the issue and works toward a fair outcome. Albertans may contact the Ombudsman with complaints of unfair treatment by provincial government authorities, municipalities, the Patient Concerns Resolution Process of Alberta Health Services, health professions and other designated professional organizations. The Ombudsman's office ensures fair treatment through independent investigations, recommendations and education

for all Albertans. The Ombudsman: is impartial and independent from the government, is respected, influential and effective, promotes standards of administrative fairness, is approachable and responsive, provides services free of charge, does not advocate for the complainant or the authority but recommends solutions that are fair for both sides. Complaints can be submitted at www.ombudsman.ab.ca through a confidential online complaint form or by email, fax or mail

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 St. Bashaw & Area Community Resource Centre T0B 0H0

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

bdsoffice1@gmail.com

<https://bashawcrc.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. Email: frontdesk.bdss@gmail.com

Bashaw & District Thrift Store

5008 - 50th St. Box 568 Bashaw AB T0B 0H0

Phone: 780-372-3718

Hours: Tue., Wed., 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.

Camrose & District Chamber of Commerce & Visitor Information Centre

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., 10:00 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 Family & Community Support Services

4821 - 51 St. Camrose T4V 1R9

Phone: 780-672-0141 Fax: 877-798-2288

info@camrosefcsss.ca

www.camrosefcsss.ca

Hours: Mon. - Fri., 9:00 a.m. - Noon and 1:30 p.m. - 4:00 p.m.

Camrose and District Family and Community Support Services (**Camrose & District FCSS**) is a funding partnership between the Government of Alberta, City of Camrose, Camrose County, and the Villages of Bawlf, Bittern Lake, Edberg, Hay Lakes, Rosalind. FCSS funding must be used for programs and services that are preventative and do one or more of the following: **1)** help people develop independence, strengthen coping skills and become more resistant to crisis **2)** build awareness of social needs **3)** support people in developing skills to have healthy relationships with others **4)** help individuals and communities assume responsibility for decisions and actions that affect them **5)** provide supports that help

people participate in the community. In 2023 Camrose & District FCSS provided partial funding to: BGC Camrose, Camrose & District Home Support, Camrose & District Men's Shed, Camrose & District Pre-School, Camrose County Summer in the Park, Camrose Family Resource Centre, Changing Ways (Family Violence Action Society), Habitat for Humanity Literacy Training Project, OSCAR Out-of-School Child Care, Service Options for Seniors (SOS). **Community Initiatives:** Tools for School, Take a Coat/Leave a Coat, SportQuip, Camrose County Cookie Decorating Kits, Rural Mental Health Project, Community Pantry, Community Volunteer Income Tax Program, AHS Government Issue ID Program. **Community Social Supports Coordinator** - No cost supportive information and referral is available if you need someone to talk to, one-on-one, who will direct you to appropriate services and help to navigate services. The Community Social Supports Coordinator is the primary point of contact to meet and support anyone who needs to access support services. The Community Social Supports Coordinator will support individuals with understanding of resources available and connecting clients with the appropriate support agency or organization. **Interagency for Community Service Organizations** - [Monthly Newsletters](#), special notifications and meeting minutes for information sharing. Interagency Email: interagency@camrosefcss.ca **Camrose Helps** - is a group of community agencies with a vision for the residents of the City and County of Camrose. We want everyone to thrive in a safe and supportive community and make our community a place where all can live well. Camrose Helps is using a collective impact framework to collaborate across sectors to address social needs in our community. The priority needs identified are food insecurity, housing insecurity, mental health, transportation, and financial.

Camrose & District Family Thrift Shop

5006-50 Ave Camrose T4V 0S5
Phone: Store: 780-672-5027; 780-608-1544 (President)
Hours: Tues.- Sat., 10:00 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 Refugee Centre

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

Essentials Boutique - A Centra Cam Vintage & Reuse Store

4918 - 46 St. Camrose T4V 1H1
Phone: 780-608-1681 Fax: 780-608-1683
debra@ccsell.ca
<https://www.camrosevintage.ca/>
Hours: Shopping: Tues. - Sat. 10:00 a.m. - 5:00 p.m.; Donation drop off: Tues. - Fri. 9:30 a.m. - 5:00 p.m.; Sat. 8:30 a.m. - 4:00 p.m.

Thrift store. Low prices on essential clothing, kitchenware and furniture.

Office of the Public Guardian

Toll Free: 1-877-427-4525
<https://www.alberta.ca/opgt-supports>

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.

Service Options for Seniors (SOS)

4821 - 51 St. Camrose T4V 1R9

Phone: 780-672-0141

kari@camrosefcss.ca

Hours: Monday - Friday, 8:30 a.m. - 4:30 p.m.

Fee: Free to Camrose City and County residents.

S.O.S. is a program of Camrose and District FCSS. Our staff provide information and referral, support with navigating housing, government forms, etc. In collaboration with Revenue Canada, we offer a year round Volunteer Income Tax program for all ages.

Legal Services

Centre for Public Legal Education Alberta

Edmonton

Phone: 780-451-8764 Fax: 780-451-2341

info@cplea.ca

www.cplea.ca

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

Correctional Services Division AB Justice & Solicitor General

5210-49 Ave. Camrose T4V 3Y2

**Phone: 780-679-1234 Toll Free: 310-0000
then (780) 679-1234 Fax: 780-679-1227**

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

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

Edmonton Resolution Support Centre

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

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

www.albertacourts.ca

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

A service provided by Alberta Justice to provide information about child support, civil and other family law issues. People who do not have lawyers can receive information and court forms. No legal advice is given. Visit [Resolution and Court Administration](#) Services website.

Law Society of Alberta

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

The [Lawyer Directory](#) allows people to search for information on a specific lawyer or find a lawyer who can help you with your legal issue based on certain search criteria. Members of the public can find a lawyer to assist with their legal needs by searching by name, firm, location, [practice areas](#), language(s) spoken, gender, and whether a lawyer offers limited scope retainers. There are approximately 7,500 lawyers in private practice who are eligible to provide legal assistance. **Please note that the Law Society of Alberta does not recommend or endorse individual lawyers.** It is still up to the public to research and choose a lawyer based on their individual needs.

LawCentral Alberta Website

www.lawcentralalberta.ca

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

Legal Aid Alberta

**Toll Free: 1-866-845-3425 Fax:
1-866-382-7253**

www.legalaid.ab.ca

Hours: Phone Lines open: 8:15 a.m. - 4:15 p.m.

Fee: As per Legal Aid Alberta Tariff

Legal Aid Alberta provides 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.

Resolution Services

Phone: 780-679-1783 (Camrose); 780-361-1374 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 in collaboration of Alberta Courts. Resolution Services staff work directly with individuals to help them find appropriate solutions for their legal issues. **Assessment Services** assist 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. **Information Services** assists self-represented individuals to find appropriate information on court procedures and legal service options, assistance locating and filing out court forms and referrals to other community legal resources.

Student Legal Services Of Edmonton

Edmonton
Phone: 780-492-2226
slsoed@ualberta.ca
www.slsedmonton.com

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

Mental Health Services

ACT-Now-Psychotherapy - Altin Cekaj

Office B, 4909 C - 48 St. Camrose AB T4V 1L7
Phone: 780-281-0570
cekajaltin@gmail.com
Hours: Fridays and Saturdays. Call or email for availability.
Fee: \$200.00. As outlined by the Psychologists Association of Alberta fee schedule. Private extended insurance may assist with this fee.

Confidential psychotherapy for individuals, couples, and families, struggling with depression, anxiety, trauma, attachment, complicated bereavement, communication skills, work or family stress related, or any other struggles that impairs a person's functioning and prevents from living a rich and meaningful life. Altin has received training in Acceptance and Commitment Therapy (ACT), CBT, Complex PTSD, Certified EMDR, and Solution Focused Therapy, which binds it with a humanistic approach for best outcomes. Services are offered in person and/or virtual.

Alberta Health Services Community Addiction & Mental Health

4911 - 47 St. Camrose T4V 1J9
Phone: Main # 780-679-1241; Toll Free 1-866-322-2322 (Addiction & Smokers Helpline) Toll Free: Mental Health Helpline 1-877-303-2642 Fax: 780-679-1740
AMHAccessCentral@ahs.ca
www.albertahealthservices.ca
Hours: Mon. - Fri. 8:00 a.m. - 4:30 p.m.; Closed for lunch 12:00 - 12:45; Drop-in Hours: 10:00 a.m. - 12:00 & 1:00 p.m. - 2:00 p.m.
Fee: Services are provided free of charge.

We offer community-based Addiction and Mental Health Services for people of all ages living within Central Alberta. We offer addictions counseling, adult, child and adolescent mental health assessment and treatment for those who experience emotional problems that have a substantial impact on their lives. We also have specialty services including assertive outreach

and CTO services. We have drop-in, single session counseling every weekday. Services are confidential, voluntary and there is no fee. Addiction prevention and mental health promotion services are also offered out of our clinic. To access our services, please contact the Access Addiction and Mental Health line. Access Addiction and Mental Health (AAMH) is a non-urgent telephone screening service for Central Zone that that will support Albertans to access addiction and mental health resources.

For Non-Urgent Access to Local AHS

Addiction and Mental Health Services

Albertans can self-refer by calling the AAMH toll free telephone number **AAMH Central Zone Contact Information** - AAMH Toll Free Telephone Number: 1-888-594-0211; AAMH Fax: 403-592-2801, AAMH Hours of Operation: Monday to Friday, 8:30 am - 4:30 pm. **For High Risk or Crisis Situations** - Contact 911 or go to your nearest hospital emergency department **For 24/7 Mental Health Support**

1-877-303-2642 (Toll Free) The Mental Health Helpline is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing mental health concerns. **For 24/7 Addiction Support** - The Addiction Helpline is a 24 hour, 7 day a week confidential service that provides support, information and referrals to Albertans experiencing addiction concerns, including problem gambling. **Addiction Helpline** 1-866-332-2322 (Toll free)

Camrose Psychological Inc.

Phone: 780-679-5954

camrosepsychological@gmail.com

Hours: Call for availability.

Fee: Sliding scale

Pamela is a Registered Psychologist and has a PhD in Clinical Psychology and a Master's degree in Marriage, Family and Child Counselling. Pamela has over two decades of experience working with clients of all ages. She works with individuals and couples using a variety of therapies such as; trauma-focused, CBT, EMDR, couples work, Somatic therapies, and play/art/sand-tray therapies. Pamela offers both in-person and online counselling services.

Canadian Mental Health Association East Central Region

4711 - 51 Ave. Camrose T4V 0V3

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

Destiny.Reay@cmhacamrose.ca

www.cmhacamrose.ca

Hours: Office: Mon. - Fri., 9:00 a.m. - 12:00 & 1:00 p.m. - 4:00 p.m. Welcome Centre: Tues. 2:00 - 4:00 p.m., Wed. 10:00 - 12:00 noon, Thurs. 2:00 - 4:00 p.m. Please use east entrance.

A) Shared Living Residential Program for people with severe and persistent mental illness. Tenants are independent and receive peer and staff support. **B)** Individual Support Services provides support to persons with both a developmental disability and mental illness. **C)** Recovery College (www.recoverycollegecamrose.ca) provides free wellness courses to the community. **D)** Welcome Centre allows for an inclusive drop in space for individuals experiencing mental illness as well as caregivers and interested community members. Please use east side entrance. **E)** Caregiver Connections is a drop-in support group for parents and caregivers to those living with mental health concerns. **F)** Vibe is an after-school youth (ages 11-15years) program that focuses on the elements of wellness and helps build resiliency through fun and open communication.

Centre for Restorative Mental Health

4912 - 46 St. Camrose AB T4V 1H1

Phone: 780-781-8980

crmhinfo@gmail.com

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

Hours: Please email for availability.

Fee: Sliding fee scale. Health insurance may help with the cost.

At the Centre for Restorative Mental Health, our goal is to help clients restore healthy connection to both themselves and to others. Our work is evidence-based. Therapeutic approaches are grounded in current academic and clinical research and practice guidelines. We strive to create an environment where clients feel safe, understood, and respected. From this

foundation, we work with clients to tune into their feelings, thoughts, and behaviours in more compassionate and accepting ways. Ultimately, our goal is to help clients move out of stuck ways of being and towards living fuller, more satisfying lives.

In-person and online services available, [contact us](#) today. To learn more about our team of psychologists please visit our website at <https://www.crmh.ca/>

Community Counselling Centre

#202, 10534 - 124 St. Edmonton T5N 1S1
Phone: 780-482-3711 Fax: 780-488-9407
communitycounsellingcentre@shaw.ca
www.communitycounsellingcentre.ca
Hours: Flexible daytime /evening hrs. Mon. - Sat.
Fee: Sliding fee schedule ranging from \$35.00 - \$220 per 50 minutes session.

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 provides marriage preparation and enrichment programs. In person, on-line and over the phones sessions.

Compass Trauma Counselling

Phone: 780-781-7968
sandraloadescounselling@outlook.com
www.compasstraumacounselling.ca
Hours: Selected evenings and Saturday Mornings (online only)
Fee: Sessions are \$180.00/hour. If this fee is a barrier to accessing therapy, please discuss the reduced fee option with Sandra. Some insurance companies reimburse for services from a Canadian Certified Counsellor (CCC), please check with your insurance provider to determine eligibility.

With more than 6 years' experience as a professional therapist, I'm an Attachment Focused (AF) EMDR therapist, trained by the Parnell Institute. I offer Eye Movement Desensitization and Reprocessing (EMDR) therapy for adult clients. While I draw on other modalities, such as Emotionally Focused Therapy, mindfulness, CBT, and DBT, I usually see clients who are seeking EMDR therapy. For a free 15 minutes consultation or to book an appointment please go to my website.

Country Counselling Services

Rural Camrose
Phone: 780-678-9796 Fax: 780-628-0799
admin@countrycounselling.com
www.countrycounselling.com
Hours: Daytime & Evening Appointments
Monday - Thursday
Fee: Please inquire. Private health insurance may assist with fees.

A multi-clinician practice offering traditional counselling in a non-traditional setting just minutes south of Camrose. Counselling for ages 6+; individual, couples or family counselling. Doctoral-level registered Clinical Counsellors/Counselling. Therapists offering therapy and clinical assessments. This clinic also offers treatment for insomnia, biofeedback, mediation and brain health assessments.

Covenant Care Counselling MSW, RSW

4825 - 51 St. Camrose T4V 1R9
Phone: 403-397-8849
covenantcarecounselling@gmail.com
www.covenantcarecounselling.com
Hours: Mon. - Sat.; 8:00 a.m. - 8:00 p.m.
Fee: Sliding Fee Scale

Work with clients around trauma, depression, anxiety, anger, stress, relationship problems, self-esteem, body dysphoria, and mood swings. The Counsellor has an MSW RSW, and specialized training in EMDR, DBT, CBT, SFT and exposure therapy.

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

Hours: No longer offer a Psychiatric Walk In Clinic. A referral from your Health Care Practitioner is necessary for outpatient services/appointments.

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), Complex Psychosis Program. Access to outpatient services is by referral. Call 780-679-6131 for information.

Currents Art Psychotherapy Studio

Phone: 587-207-5197

studio@currentsartherapy.ca
www.currentarttherapy.ca

Art therapy combines the creative process and psychotherapy, facilitating self-exploration and understanding. In sessions, imagery, colour and shape are used as part of this creative therapeutic process. Thoughts and feelings can be expressed that would otherwise be difficult to articulate. Art experience is not required, nor is artistic ability. Offers individual, couples and group sessions.

Equine Reflection

Phone: 780-293-4866

chantel@equinereflection.com
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 Counselling, Art Therapy & Spiritual Guidance

Phone: 780-678-6223

Haven.SpiritualArtTherapy@gmail.com
www.ourhaven.ca

Hours: By Appointment

Fee: \$165.00/50-minute 1-1 session; fee varies for groups & workshops. Sliding fee scale

Registered Canadian Art Therapist holds space for you while guiding you through important life and internal events using a mixture of different modalities, such as dialectical behavioural therapy, narrative therapy, eco-therapy, and all types of creative expression. No art experience required to engage in creative expression. Clients guide each session and are supported in what they choose to engage in. Therapeutic approach is client-centered, feminist, anti-oppressive, trauma informed, and spiritually integrated. Creates and holds space in a way that allows each person to be exactly who they are, held in non-judgement and acceptance. Meets you where you are on your personal path and walks alongside you as a guide while you navigate the terrain in your life. Serving individuals, couple, families youth, adolescents and adults. Noted populations: women, femme identified humans, SWs, queer, 2SLGBTQ+, poly/non-monogamous couples & families, minority faith groups (i.e., paganism, eclectic spiritual faith traditions, etc.)

Jennifer Forsyth, Registered Therapeutic Counsellor

Phone: 780-678-9838

jennifer@martinsonhealth.com
www.martinsonhealth.com

Hours: Day, Evening and weekend appointments
Fee: \$75/sessions, sliding scale available, private benefit coverage may apply.

Jennifer is a registered therapeutics counsellor that provides a safe and judgement free space for her clients. She has experience and specialized training in ASD, ADHD, infant and

pregnancy loss, family therapy, couples therapy. Jennifer works with adults, adolescents and children 3 and over. Jennifer offers in-person and virtual session

Katherine Schwaiger Counselling Services, M.A. CCC-Q

#100, 4910 - 51 St. Camrose AB T4V 1S3

Phone: 780-672-9360

office@camrosewellness.ca

Hours: Daytime, some evenings, and some weekends

Fee: Sliding Fee Scale based on need. I strive to make counselling affordable.

Working out of Camrose Wellness Collective, Katherine has experience with kids, families, and individuals. She works with those experiencing anxiety, depression, addictions, ADHD, attachment struggles, grief, relational difficulties, and those who simply feel stuck. Katherine has a MA in Counselling Psychology, and membership in CCPA. She strives to make the counselling room a safe and empathetic space where each client truly feels heard and listened to. She believes that each person is an individual with positive traits that can be built on for healing.

McLeod, Nancy M.ED., Counselling Psychology; Certified Hakomi Therapist

Camrose

Phone: 780-678-0568 (phone/text)

Hours: Flexible days and times.

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. Virtual/phone sessions available only,

Pamela Moskie M.A., Registered Psychologist

Phone: 780-608-0573

pam@pamelamoskie.com

www.pamelamoskie.com

Hours: Daytime only.

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

Individual, adult counselling; mind/body; stress management, ADHD, personal development, family of origin, depression, anxiety, enneagram, yoga therapy, CBT, somatic experiencing, trauma processing and existential issues. Empathetic, direct approach using various methods and techniques for improving wellbeing and self relationship. Pamela is also a "Registered Yoga Teacher".

Rapid Access Counselling

Phone: 403-233-2360 Toll Free:

1-877-244-2360

intake@cfs.ab.org

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

Hours: Mon. - Fri. 8:30 a.m. - 5:00 p.m. (Tues. - Thursday open until 8:00 p.m.)

Fee: Services are pay-what-you-can; but free for minors and their parents/caregivers.

Provides supportive, change-focused conversation through Rapid Access Counselling an Alberta-wide, single session counselling service. With no wait list, and multiple daytime and evening appointments, Mon. - Fri. Typically, you can book a 75 minutes appointment within three business days. To book on-line visit <https://www.communityconnectyyc.ca/>. You can also call directly at 1-800-244-2360.

Red Cedar Alberta Ltd.

Phone: 780-816-0173

admin@redcedaralberta.com

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

Fee: Sliding scale available on request.

Red Cedar Alberta provides access to remote counselling (couples, families and children), Speech-Language therapy, psychological assessment (i.e., ADHD / Behavior) and mediation services. Registered professionals provide services. Specialized services include work with men, pain management, sleep dysfunction, addiction, couples, children and youth.

Sacred Hearts

#18, 5110 - 48 A Ave. Camrose AB T4V 5K2

Phone: 780-608-6337

lyndell@dreverag.com

Fee: Sliding Fee Scale

Grief Support, specializing in pet grief support. Grieving a beloved companion animal is not always understood or accepted in our society and as a result we are often left feeling alone and isolated. If you would like a safe place to speak about your grief and learn coping strategies, please reach out. **Dignity Therapy** - clients are invited to share memories and wishes that they deem important or want to be recorded for their loved ones. This is a document that I'll type out which ps allows clients to address issues that they anticipate will arise in the wake of their death, instructions they might want to leave or words of wisdom or guidance they might like to share with particular individuals. **Spiritual Direction** - "To listen another's soul into a condition of disclosure and discovery may be almost the greatest service that any human being ever performs for another" (Steere). Through deep listening and guidance one is able to connect with one's inner truth/self. It is at this place where clarity, healing, and growth can take place. Sessions are offered in person or over the phone.

Samm-I-Am Forest Therapy Guide

Phone: 780-672-1956

Fee: \$35.00

Forest Therapy is a practice that supports health and wellness through guided immersion in forests and the environment to promote the well-being of both people and the land. It is inspired by Shinrin-yoku, the Japanese practice of "Forest Bathing". In Forest Bathing, people spend time in forested areas to enhance health, wellness and happiness. Studies show Forest Therapy can improve mental health, anxiety, physical health, and lower blood pressure. Participants are guided through a clearly defined sequence of invitations to slow down, allow the senses to open, and experience the environment to deepen the reciprocal relationship between participants

and the forest. This supports wholeness and well-being. Slow walks in the forest are typically less than a kilometer long and suitable for all ages and physical conditions. Invitations are open-ended. There is no expectation for what participants should experience or receive. Participant spend time in silence, listening and feeling. They become reconnected with their senses and open to what the forest has to offer.

Suicide Grief Support Services, 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.

Critical Incident Group Debriefing Services

- our Suicide Grief Support Services team offers group debriefing support to adults who have experienced a critical incident. The debriefing process provides a safe place for people to talk about and share experiences related to the incident. We provide Critical Incident Group Debriefings at least three days after a critical incident, for up to two weeks after the incident. Services are provided free of charge, although donations are welcome when a group debriefing is held at a work site. **Bereavement Support Services** - grieving a loss to suicide can seem overwhelming, but the support and understanding of others can be a powerful source of strength. Our Suicide Bereavement Support Groups welcome anyone who has lost someone to suicide. Each group includes three modules covered over a 12-week period. Participants must attend an intake session prior to joining a group. **Suicide Caregiver Support Service** - welcomes anyone who is providing care for someone who has attempted suicide or may be thinking about suicide. We help to 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, and connecting you to other caregiver support services in the community. **Youth Suicide Grief Support Services** - grieving a loss to suicide can seem

overwhelming, but the support and understanding of others can be a powerful source of strength. Our Youth Suicide Grief Support Groups are designed for and by youth with a tailored curriculum for 12 to 17 year olds and 18 to 25 year olds. Each group includes three modules covered over a 12-week period. Participants must attend an intake session prior to joining a group.

Virtual Mental Health

Virtual care refers to services that use technology such as video, telephone and messaging to provide health care. Virtual addiction and mental health supports are available to help Albertans get the care they need, when they need it, no matter where they live. While in-person care is available when required, many times supports can also be provided virtually, decreasing travel time, time away from home and even decreased in wait time for service. Visit Alberta Health Services [Virtual Mental Health](#) for links to Addiction Online Meetings, Mental Health Online Sessions, AHS Supports, Health Professionals, and Healthcare Services

Zimmer Psychological

#106, 4909 - 48 St. Camrose AB T4V 1L7

Phone: 780-781-2643

zimmerpsychological@gmail.com

Hours: By appointment - daytime or evening hours available

Fee: As outlined by the Psychologists Association of Alberta's recommended fee schedule. Private extended health insurance may assist with this fee.

Offers confidential, non-judgmental, relationship-focused individual therapy for adults. She has over ten years of experience working in a clinical setting dealing with depression, anxiety, post-partum concerns, PTSD, trauma and abuse, in addition to personal growth and self-esteem issues. Chelcie incorporates a variety of therapeutic modalities and their interventions to meet client's goals. Chelcie is also certified to practice EMDR. While in-person sessions are preferred, online

therapy is available.

Zoe Andresen BA, MA Counselling Psychology

Phone: 587-207-4824

zoe@martinsonhealth.com

martinsonhealth.com

Zoë Andresen is Registered Provisional Psychologist with a Masters in Counselling Psychology. She uses a client-centered approach to assist clients in developing self-awareness and improve mental health outcomes. Zoë works with children (3 years and up), adolescents, adults, couples and families. Modalities utilized include but are not limited to; CBT, DBT, attachment therapy, somatic awareness, emotional regulation tools and psychoeducation, and play, sand and art therapy techniques. Virtual and in-person appointments are available Sunday to Friday.

Municipalities

Parenting

Camrose Family Resource Centre Association

4821 - 51 St. Camrose T4V 1R9

Phone: 780-672-0141

l.jansen@camrosefrc.com

www.camrosefrc.com

Hours: Please call for hours of programming.

A program of Camrose & District FCSS. The Camrose Family Resource Centre is proud to be part of the Camrose and Area Family Resource Network. We provide universal, targeted and intensive supports and services to families with children 0 - 18. These include: Indoor Playground (when available), playgroups, Parent Education (including Triple P), Developmental Screens, Intensive Family Support (in-person or virtually), Family Programs and Family Events. Call us to access services. FRC offers Summer in the Park for children ages 5 - 12, who reside

in Camrose County. Summer in the Park is funded by CDFCSS.

Healthy Families Home Visitation

4604 - 57 St. Camrose T4V 2E7

Phone: 780-672-0257

solstad@cafcl.org

www.cafcl.org

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

12:00 - 1:00 pm

Fee: Free, program is voluntary.

We offer both pre-natal and parenting support for families with children ages 0-6. Our approach is family centered and strength based, we work in partnership with families and tailor services to best meet your needs. The intent of Home Visitation is to increase protective factors and build resiliency thereby increasing a family's capacity to provide responsive parenting in a safe and nurturing environment. We utilize a curriculum called Growing Great Kids to help support the "big picture" part of parenting and relationships, coupled with other tools and resources that encourage critical and creative thinking to build on the knowledge and skill sets that you already have. As a further extension our PCAP program offers specialized, holistic support during and after pregnancy for those experiencing difficulties with substance use and other health or social needs. We work together for 3 years building connections that help to create the life you want. We work closely with community partners to ensure a holistic approach to meeting needs that you identify for your family and to build awareness of community supports for long term parenting success. All programs are voluntary and free of charge. Referrals are welcome from everyone including self.

Police

Camrose Police Service

6220 - 48 Ave. Camrose T4V 0K6

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

police@camrosepolice.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.)

Closed during lunch hour.

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

Chuck MacLean Arts Centre

4809 - 52 St. Camrose T4V 1T9

Phone: 780-672-9949

tpattullo@camrose.ca

www.camrose.ca

The Chuck MacLean Arts Centre provides spaces for a variety of arts, culture and recreational activities. Centrally located, Chuck MacLean has 3 large dance studios complete with ballet barres and mirrors, 2 art studios and plenty of space for meetings, rehearsals and classes. If you have an idea for a class, are an instructor, or are looking for space to rent, please contact us to discuss opportunities and options.

Community Services

5600 - 44 Ave. (Office Location) Camrose

Phone: 780-672-9195

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

Seniors

Camrose and District Senior Centre Society

5415 - 49 Ave. Camrose T4V 0N6

Phone: 780-672-7022

camsrsoc@telus.net

www.camroseseniorcentre.com

Hours: Mon. - Thurs. 10:00 a.m. - 1:00 p.m.

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 located at the Mirror Lake Centre. Regular office hours are Monday - Thursday, 10:00 a.m. - 1:00 p.m. Activities are seven days a week; days and evenings. Some activities are seasonal, some monthly but most are daily.

Older Adult Services

4821 - 51 St. Camrose AB T4V 1R9

Phone: 780-672-0141 or 780-673-1388

(direct)

kari@camrosefcss.ca

<https://camrosefcss.ca/>

Hours: Monday through Friday, 9:30 a.m. 12:00 noon and 1:00 p.m. - 4:30 p.m.

Our Older Adult services are stronger together. Clients can expect wrap around services to support older adults age well in community. Older Adult Services include: volunteer income tax programs for all ages; information & referral to social supports; assistance with government forms; transit tokens; Older Adult Support Worker & Advocate, community pantry, In-home Supports, Meals-on-Wheels; Nav-Care; SOS (Service Options for Seniors), Senior's CHOICES, which is funded in part the Government of Canada's Age Well at Home Initiative, gives older adults opportunity to age

well in community and a variety of volunteer opportunities. Please call Kari at 780-672-0141 to learn more about the services. A program of Camrose & District FCSS.

Senior's CHOICES

4821 - 51 St. Camrose AB T4V 1R9

Phone: 780-672-0141 or 780-673-1350

(direct)

tia@camrosefcss.ca

<https://camrosefcss.ca/>

Hours: Monday through Friday, 8:30 a.m. 12:00 noon and 1:00 p.m. - 4:30 p.m.

The Senior's **CHOICES** Program provides community-based social supports by volunteers for older adults that is **Compassionate**, in their **Homes**, and that provides **Opportunities** to maintain **Independence** while **Connecting** and **Engaging** with resources and **Services**. The Senior's CHOICES Program provides supports for older adults to age well at home, and enhances the well-being of seniors facing health challenges, loneliness and social isolation. Specially trained volunteers connect clients to essential community services and resources while offering steadfast and compassionate support. All referrals and inquiries are welcome. Age Well At Home supports includes: yard maintenance, snow removal, minor household maintenance, meal delivery, visitation, mail/pharmaceutical/supply/equipment delivery, senior assisted transportation, navigation services for health, social and human services care, seniors supports, cooking groups, mental health and elder abuse. Senior's CHOICES serves older adults (55+) in the City and County of Camrose, with income levels based on Line 15000 of previous year's Income Tax Return. Income Cut off: \$30,000 single occupant household \$50,000 double occupancy. A program of Camrose & District FCSS. Senior's CHOICES is funded in part by the Government of Canada's Age Well at Home Initiative.

Service Club

Specialized Care

Rosehaven Provincial Program

4612-53 St. Camrose T4V 1Y6

Phone: 780-679-2000 Fax: 780-679-3057

info@bethanygrp.ca

www.thebethanygroup.ca/rosehaven-provincial-program

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.

Support Groups

Alzheimer Society Care Partner Support Group

Rosehaven Care Centre, 4612-53 St. Camrose

Phone: 403-342-0448 Alt Phone:

403-342-0448 (Shelby) Toll Free:

1-866-950-5465 (ext 706) Fax:

403-986-3693

ahuhn@alzheimer.ab.ca

<https://alzheimer.ca/ab/en>

Hours: Camrose Support Group is 3rd. Tuesday of every month, 12:30 - 2:00 p.m. at Rosehaven Care Centre

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.

Camrose & Area Men's Shed

Phone: 780-608-0605 Alt Phone:

780-672-0141

camrosemendsshed@gmail.com

A Men's Shed offers a gathering place and an opportunity to pursue common interests with other men. By choosing projects and activities that are suited to members of each Men's Shed, the group can work together with a shared purpose while enjoying each other's company. The participants determine their own interests and activities and this varies greatly between Sheds. Some focus on woodworking, or metalworking, bicycle repair, electronics, model buildings or even car repair and restoration. Sheds usually attract older men, but many have younger members too. Whatever the activity, the essence of a Shed is not a building, but the connections and relationships between its members as they work together on things they want to do.

Local Men's Sheds are part of a provincial, national, and international movement that offer men that camaraderie and sense of a shared purpose that is often found in the workplace. A Men's Shed is open to all men who want to have that kind of connection: retired men, shift workers, men with leisure time, or anyone else who wants to enjoy company, camaraderie, and constructive pastimes. The positive mental health impact of men's participation in Men's Shed worldwide has been shown in research to decrease social isolation, enhance self-esteem, and in some cases, increase access to health information. While men with low social interaction often experience loneliness, depression, and other negative health outcomes, a Men's Shed is not a mental health agency. It's a venue for healthy interaction, meaningful contribution, and good fun—but one with proven mental health benefits.

The Camrose & Area Men's Shed supports projects aimed at giving back to their community - by participating in community events, or volunteering. Involvement at the Shed is always casual and attendance is optional rather than required. Meetings are held every Thursday at the Camrose & District Centennial Museum's Old Timer's Hut from 12:00-2:00 pm. Coffee and snacks provided.

Camrose & District Stroke and

Dystonia Recovery Association

Phone: 780-608-6141

A support group for persons with Stroke and Dystonia, including their caregivers, to gain information on therapies, financial issues, recreation. As well as a time for socialization. Call Sandra @ 780-608-6141 for meeting schedule.

Camrose Pride Community

camrosepridecommunity@gmail.com
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. New members are always welcome to join us at the regular monthly meeting. Please email Camrose Pride community for dates and location. All gender and sexual diverse folks and allies are welcome. Find us on FaceBook at Camrose Pride Community (<https://www.facebook.com/-CamrosePrideCommunity/>) or visit our website for more information.

Central Alberta Brain Injury Society

Phone: 403-341-3463
cabis.brain@gmail.com

Weekly zoom support group for care givers looking after a friend or family member who is living with challenges due to a disability, illness or aging.

Parents Empowering Parents

2001 Sherwood Drive (Mailing Only) Sherwood Park T8A 3W7

**Phone: 780-410-8516 Toll Free:
1-877-991-2737 - Family Support Line**
info@pepsociety.ca

<https://pepsociety.ca/>

Hours: Monday to Thursday 8 am - 4 pm; Fridays upon request.

Education, innovative programming, support and

hope for individuals or families dealing with or concerned about substance abuse/addiction. For families with children of any age, including adult children. All groups are professionally facilitated by persons trained in addictions and recovery, knowledge based experience and facilitation. Information/schedules for Parents Empowering Parents Society Family Recovery group, in person and Virtual Groups meetings can be viewed at www.pepsociety.ca (<https://pepsociety.ca/>). The Family Recovery Group has MEDD-X participants (motivational education/experience for ex-drug dealers) who provide insight into the impact drug dealing has on individuals, families, and the community, as well as a therapeutic opportunity for change. A professionally managed recovery support line is available 8 am - 10 pm 7 days a week including holidays.

Parkinson Association of Alberta

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

info@parkinsonassociation.ca
www.parkinsonassociation.ca

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

Fee: Annual membership fee is \$35.00. No charge for support group.

Camrose support group for individuals with Parkinson disease & their caregivers meets the 3rd. Tuesday in January, May @ September at 10:00 a.m. Please call 780-425-6400 to confirm meeting location and attendance.

Schizophrenia Society Camrose Branch

Camrose

Phone: 780-679-4280

aholler@schizophrenia.ab.ca

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

Hours: Please phone 780-679-4280

Fee: There is no charge for programs.

SSA Camrose Branch provides peer support and resources to people living with schizophrenia. The branch can also provide access to support for their family members, caregivers and

friends. Programs are available in person, online and individual phone support is also available. Studies have shown that peer support plays an important role in recovery for those living with schizophrenia and their family members and caregivers. Please call the branch or visit our [website](#) for program information.

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 p.m. - 3:00 p.m.

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. Meetings held at the Church of God the 2nd. Monday of each month from Oct. - May; 1:00 p.m. - 3:00 p.m. The 2nd. Monday of September is our Fall picnic. CNIB Walk for the Blind & Spring Picnic, always held the 2nd. Monday of June (call to confirm).

Transportation

BASHAW BUS SOCIETY

4909 - 50 St. Bashaw & Area Community Resource Centre 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. Every other Thursday Bashaw to Camrose - \$15.00/round trip. Charter Trips \$30.00/hour + \$1.00/km.

Safe transportation for all ages in the community. Wheelchair accessible. (Chartered transportation available at \$30.00/hour, plus \$1.00/km.) Email frontdesk.bdss@gmail.com

City of Camrose Public Transportation

www.camrose.ca

a) The Camrose Community Bus is operated by the Rose City Handivan Society and runs a fixed route Tuesday, Thursday, Friday and Saturday from 9:00 a.m. - 5:00 p.m. Visit "[The City of Camrose Website](#)" for the route map. **b) Transit Tokens** are distributed by various local organizations within the City of Camrose. Check the [City website](#) for more information about each program.

Neighbor Aid

Phone: 780-679-3220

Possible transportation for special medical appointments outside of Camrose. Must call for availability.

Rose City HandiVan Society

5415 - 49 Ave. Camrose T4V 0N6

Phone: 780-672-8777

coordinatorhandivan@gmail.com

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

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

Fee: Call for fees.

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

Volunteerism

Community Volunteer Income Tax Program

4821 - 51 St. Camrose AB T4V 1R9

Phone: 780-672-0141 or 780-673-1341

(direct)

raylene@camrosefcss.ca

<https://camrosefcss.ca/>

Hours: Monday through Friday, 8:30 a.m. 12:00 noon and 1:00 p.m. - 4:30 p.m.

The Community Volunteer Income Tax Program (CVITP) is a collaboration between Camrose & District FCSS and the Canada Revenue Agency (CRA). The program mandate is to help individuals and families in need by preparing their income tax and benefit returns. In order to qualify to receive help, a person must have a modest income and a simple tax situation. Community Volunteer Income Tax Program (CVITP), helps people in our community get their entitled benefits and credits.

Nav-CARE

4821 - 51 St. Camrose AB T4V 1R9

**Phone: 780-672-0141 or 780-673-1370
(direct)**

lyndell@camrosefcss.ca

<https://camrosefcss.ca/>

Hours: Monday through Friday, 8:30 a.m. 12:00 noon and 1:00 p.m. - 4:30 p.m.

A program of Camrose & District FCSS. Nav-CARE - Navigation: Caring, Accessing Resourcing, Engaging. Nav-CARE's specially-trained volunteers help improve the lives of people living with serious illness by creating connections to community services and resources and providing caring, consistent emotional support. If you are living with an illness that isolates and overwhelms you at times, you aren't alone. According to a survey *one in five seniors say they experience emotional distress and have difficulty coping day to day. Many feel they aren't getting the support they need to live happier, more fulfilling lives.

Nav-CARE is a free program designed to address these needs. Specially trained volunteers, with connections to professional health care providers, work with you to access resources and services in your community while providing companionship and emotional support. Like a helpful neighbour or friend, Nav-CARE volunteers visit you in your home on a regular basis with a focus on enhancing your quality of life.