

GETTING CONNECTED

*A handy booklet to help individuals in need of
assistance or support*

Community LINKS

**Your Information &
Referral Source**

(403) 328-LINK (5465)

www.community-links.ca

Bringing People and Services Together



• "Bringing
Lethbridge Home"

Revised: 07/09

.....
Are you new to Lethbridge? Has your life taken a turn? Are you in need of comfort and support? Remember the community of Lethbridge is committed to assisting residents whenever possible.

The City of Lethbridge has developed this booklet for members of its community to help assist them when they are searching for a place to sleep, something to eat, someone to talk to; if you need a place to get clothes, a place to dry out, a place to relax; if you want to see a doctor, a lawyer or a counsellor, or simply want to change your situation.

“Alone we can do so little;
together we can do so much.”

Table of Contents

Lethbridge Emergency Numbers	4
Help Numbers	5
Alcohol & Drugs	8
Child & Family Support	14
Clothing & Furniture	23
Counselling & Community Support	24
Crisis & Outreach Support	32
Education	36
Employment & Training	43
Food Services	50
Health/Medical Assistance/Clinics	54
Housing (Emergency, Transition, Affordable)	62
Legal & Justice	69
Seniors	75

LETHBRIDGE EMERGENCY NUMBERS

Ambulance – Emergency..... 911
 Non-emergency/rural..... (403) 327-3340

Fire - Emergency..... 911
 Fire – Deaf persons
 Teletype TDD Voice (403) 327-3336
 Rural Service..... (403) 327-3333

Police - Emergency 911
 Police Deaf Persons
 Teletype TDD Voice (403) 328-4445
 Police Complaints..... (403) 328-4444

Electric Trouble
 (24 hour Service)..... (403) 320-3940
 Gas Emergency (24 Hour Service).....1-800-511-3447

Chinook Regional Hospital..... (403) 388-6111

Poison Centre 1-800-332-1414

The Distress Line of SW Alberta (403) 327-7905

Water/Sewer Trouble
 (24 Hour Service) (403) 320-3850

HELP NUMBERS

Distress/Drugs/Suicide

AADAC (24 hours)..... 1-866-332-2322
 Chinook Health Community Mental Health Clinic
 (Children Services) (403) 381-5278
 (Adult Service) (403) 381-5260
 Crisis Intervention Program (pager) (403) 329-5630
 Lethbridge Family Services (403) 327-5724
 Native Counselling Services..... (403) 329-6140
 M.U.S.T. (Mobile Urban Street Team).. (403) 327-1031
 The Distress Line of SW Alberta..... (403) 327-7905
 TRAC Youth Outreach..... (403) 308-6633

Birth Control/Pregnancy/STD Health

AIDS/STD Information
 24 Hours 1-800-722-2437
 Birthright (403) 320-1003
 Gay and Lesbian Peer Support (403) 308-2893
 Lethbridge HIV Connection (403) 328-8186
 Sexual Health Centre
 (Confidential/free).....(403) 320-0110
 Young Parents & Support Net (403) 329-3555

HELP NUMBERS

Family Violence/Sexual Assault

Child Abuse Hot line (24 hours)..... 1-800-387-5437
 Child Protection (403) 381-5555
 Child Welfare Crisis Line 1-800-638-0715
 Family Violence Info Line (403) 310-1818
 Harbour House
 Shelter Outreach 24 hours (403) 320-1881
 Kainaiwa Children’s Services (403) 737-2900
 Kid’s Help Line 24 hours..... 1-800-668-6868
 Lethbridge Police Services (403) 328-4444
 Piikani Child and Family Services (403) 965-2390
 YWCA..... (403) 329-0088

Legal information

Lawyer Referral 1-800-661-1095
 Legal Aid Society (403) 381-5194
 Lethbridge Legal Guidance Society..... (403) 380-6338

HELP NUMBERS

Housing/Emergency Food Services/General

Bullying Help Line..... 1-888-456-2323
 Children’s Advocate 1-800-661-3446
 Emergency Youth Shelter..... (403) 317-1777
 Interfaith Food Bank (403) 320-8779
 Lethbridge Emergency Shelter (403) 327-1031
 Lethbridge Family Services (403) 327-5724
 Lethbridge Soup Kitchen (403) 320-8688
 Native Women’s Transition Home (403) 329-6506
 Salvation Army..... (403) 327-8084
 St. Vincent DePaul (403) 328-5493
 YWCA Harbour House..... (403) 320-1881

Income Supports

AISH (403) 381-5186
 Alberta Seniors Benefits Program 1-800-642-3853
 Lethbridge Office381-5231
 Income Supports &
 Employment Programs.....(403) 381-5560

ALCOHOL & DRUGS

Al-Anon & Alateen Support Groups

Call for meeting times and locations in Lethbridge
Phone: Irene (403) 394-2125 / Joanne (403) 328-2042
Website: al-anon.ab.ca

SERVICES PROVIDED:

- Al-Anon is a support group for anyone whose life has been affected by someone else’s drinking
- Alateen is a support group for teenagers (12 and older) whose lives have been affected by someone else’s drinking

Alcohol Anonymous

10 Ave & 17 A St South, Lethbridge, AB T1J 3Y5
Phone: (403) 327-8049

SERVICES PROVIDED:

- Call for meeting times and locations

Alberta Health Services - Alcohol & Drug Abuse Commission

200 – 5 Ave South, Lethbridge AB T1J 4C7
Phone: (403) 381-5183 Fax: (403) 382-4541
Email: Lethbridge@aadac.gov.ab.ca
Website: www.aadac.com

SERVICES PROVIDED:

- Provides young people and adults with assistance dealing with addictions
- *Alcohol • Drugs • Gambling • Tobacco*

Alberta Health Services - Family Health Home Visitation

Alberta Health Services, Family Health – Aux Hospital RM 2K156, 960 - 19 Street South, Leth., AB T1J 1W5
Phone: (403) 388-6351 Fax (403) 328-3682

PROGRAM ELIGIBILITY:

- Services for women who are pregnant or up to 6 weeks postpartum and using alcohol, drugs, solvents or nicotine
- Services for women who have a child diagnosed with Fetal Alcohol Syndrome or it’s Effects and are ineffectively connected to community services
- Services for women who have been diagnosed with FAS/FAE or Fetal Alcohol Spectrum Disorder (FASD) and are biologically capable of having another child

SERVICES PROVIDED:

- Advocates assist clients to identify personal goals
- Advocates assist clients in accessing addiction and health care services
- Advocates assist clients to resolve housing, domestic violence and custody problems and work through system service barriers
- Pilot Program - Diagnostic Clinic (Adult)

Foothills Detox Centre

806 - 18 Street Fort Macleod, AB T0L 0Z0

Phone: (403) 553-4466 Fax: (403) 553-4819

Email: valcampbell_foothills@yahoo.ca.

Hours of Operation: 24 hours a day, 7 days a week

SERVICES PROVIDED:

- Provides an overnight shelter for people under the influence of alcohol or other drugs (capacity 12)
- Provides non-medical detoxification services (13 beds)
- Offers basic counselling, information and referral to further treatment
- Provides residential support for clients awaiting treatment (some fees may apply)

Harm Reduction**Drop Boxes**

- Galt Gardens (west wall of public restrooms building)
- London Road Park (7th Avenue & 7th Street South)
- Behind YWCA
- Corner of Mayor Magrath & Lakeside (19th Avenue)
- Lethbridge Shelter & Resource Centre

Needle Exchange

- Draffin's Pharmacy (during store hours)
- Norbridge Pharmacy (during store hours)
- Superstore Pharmacy (during store hours)
- Resource Centre (Thursdays: 10 am to 1 pm)
- HIV Connection (M-F: 8:30 am to 4:30pm)

Narcotics Anonymous

Phone: (403) 380-6536

Meeting Times:

7:00 p.m. T & Th.

7:30 p.m. Su & M

1011 4 Avenue South

408 13 Street N

West entrance of alley

7:00 p.m. Wednesday

207 - 13 Street North

Bill Kergan Centre (downstairs)

SERVICES PROVIDED

- 12-Step program for people who want to recover from drug addiction
- Program runs year round

South Country Treatment Centre

Box 1418, Lethbridge, AB T1J 4K2

Phone: (403) 329-6603 Fax: (403) 328-5756

Email: info@southcountrytreatment.com

Website: www.southcountrytreatment.com

Hours of Operation: 24 hours a day, 365 days a year

SERVICES PROVIDED:

- 23 bed co-ed facility
- 4 week intensive residential treatment program for alcohol and drug addictions
- 3 week residential treatment program for problem gambling
- 1 week relapse prevention program for alcohol, drug and gambling addiction (4 times a year)
- Gambling Support Group held Thursday evenings
- Programs are designed to assist the client in experiencing personal growth and awareness in their recovery process
- Emphasis is placed on group discussions
- Discharge planning and self care plans are developed to help the client with their recovery
- Services may be obtained by referral or by calling South Country Treatment Centre

Southern Alcare Society & Industries

520 7 Street South, Lethbridge, AB T1J 2H1

Phone: (403) 328-0955 Fax: (403) 381-2021

Email: alcare@telusplanet.net

Website: www.alcaremanor.com

Office Hours: 8:00 a.m. - 5: p.m. M-F

SERVICES PROVIDED:

- 25 bed co-ed facility for people seeking recovery from addictions
- Long term recovery home
- Services may be obtained by calling in, or referral from Alberta Health Services Addiction and Mental Health (AADAC), Detox or other agencies

North Side Medical Clinic

Addictions Treatment Program

414 13th Street N Lethbridge, AB T1H 2S2

Phone: (403) 942-3003 Fax: (403) 942-4848

Hours of Operation: 10am-4pm Mon-Fri

SERVICES PROVIDED:

- Methadone Treatment for persons who are opiate dependent
- Professional Counselling Services

CHILD & FAMILY SUPPORT

Alberta Child Care Program

Southwest Alberta Child & Family Services

#333, 200 – 5th Avenue South, Lethbridge, AB T1J 4L1

Phone: (403) 381-5316 Fax: (403) 381-5791

Website: www.child.alberta.ca

Hours of Operation: 8:15 a.m. – 4:30 p.m. M-F

CLOSED: noon - 1:00pm M-F

SERVICES PROVIDED:

- The Child Care Programs office has Licensing and Child Care Subsidy
- Helps low and middle income Alberta families access affordable child care for their preschool child(ren) (not yet 7 years of age or in grade one)
- Effective January 1, 2006 subsidy will be available for stay-at-home parents to receive subsidy of up to \$100 per month to help their pre-school-age children participate in early childhood opportunities
- Kin Child Care Funding: Provides eligible low and middle income Southwest Alberta families with the ability to choose and pay relatives as an option to meet their child care needs
- Applicants can apply online at www.child.gov.ab.ca/childcaresubsidy or can obtain an application from a childcare provider or Child Care Subsidy Office

Better Beginnings

Alberta Health Services

Phone: (403) 388-6661 Fax: (403) 328-5934

Or your local Alberta Health Services Community Health Office

SERVICES PROVIDED:

- Support in decision making and information about a healthy pregnancy
- Coupons for milk, eggs and calcium
- Free vitamin and mineral supplements, library card, items for baby, nutrition advice from a dietitian
- Information about Support Net and agencies that offer support

Big Brothers Big Sisters of Lethbridge & District

622 - 6th Avenue South, Lethbridge, AB T1J 0Z3

Phone: (403) 328-9355 Fax: (403) 328-5960

Hours of Operation: 9:00 a.m. – 5:00 p.m.

Closed from 12-1 p.m.

Email: info@bbbslethbridge.caWebsite: www.bbbslethbridge.ca**SERVICES PROVIDED**

- Big Brothers
- Big Sisters
- In-School Mentoring
- Couples for Kids
- Cultural Mentoring
- Kids and Kops
- Grandparent Mentoring

Boys and Girls Club

1405 – 8th Avenue North, Lethbridge, AB T1H 6N9

Phone: (403) 327-6423 Fax: (403) 327-1711

Email: bgjen@telus.net

Website: www.bgclethbridge.com

SERVICES PROVIDED:

- Provides safe and supportive quality before and after school programming for children 5 – 12 years of age
- City subsidies available for eligible families

Family Centre Society of Southern Alberta

1010 - 4th Avenue South, Lethbridge, AB T1J 0P5

Phone: (403) 320-4232 Fax: (403) 329-7321

Email: info@famcentre.ca

Website: www.famcentre.ca

Hours of Operation: (September - June)
 8:30 a.m. – 8:30 p.m. M-Th
 8:30 a.m. – 4:30 p.m. F
 8:30 a.m. - Noon Saturday
 (July - August)
 9:30am - 4:30pm M-F

SERVICES PROVIDED:

- Information on resources
- Education courses, workshops, presentations
- Parent support: drop-in programs for parents and children
- Counselling Services
- Mediation between parents and teens

Family Enhancement Services*Southwest AB Child and Family Services*

2nd Floor, 400 4 Avenue South, Lethbridge, AB T1J 4E1

Phone: (403) 381-5500 Fax: (403) 382-4277

SERVICES PROVIDED:

- Provides in home support for parents with the goal of preserving the family unit
- Assists in addressing issues such as discipline, communication, anger management, etc.
- Connect families to community supports
- Also able to assist in addressing issues around emotional, physical and sexual abuse
- Educational presentations & workshops available to schools & community groups

Alberta Health Services – Family Health Home Visitation*Alberta Health Services, Family Health Aux Hospital RM 2K156*

960 - 19 Street South, Lethbridge, AB T1J 1W5

Phone: (403) 388-6351 Fax: (403) 328-3682

PROGRAM ELIGIBILITY:

- Voluntary 3 year program;
- Services for women who are pregnant or have a new baby
- Services for single parent fathers and teen parents with child/children under 3 years of age

SERVICES PROVIDED:

- Services promote positive parent-child interaction

Families First Home Visitation Project (cont'd)

- Services promote healthy childhood growth and development
- Advocates work closely with and provide parents links to community services
- Advocates assist parents with developing a family support plan
- Pediatric adult diagnostic (1st Steps)
- Advocates assist parents with stress reduction tips, problem solving skills and home management skills
- Advocates assist parents with health and nutrition education
- Advocates assist parents by providing transportation to essential medical services.

Family Support for Children with Disabilities

#343, 200 – 5th Avenue South, Lethbridge, AB T1J 4L1
 Phone: (403) 382-4275 Fax: (403) 381-5245
 Hours of Operation: 8:15 a.m. – 4:30 p.m. M–F.
 Website: www.child.alberta.ca/home/591.cfm

SERVICES PROVIDED:

- Assists Alberta families with support (such as respite, aides and personal care) and/or some of the extra expenses (such as travel, dental and medication costs) associated with caring for children with disabilities
- Tries to ensure parents get the resources needed to be able to continue to meet their children's needs

Family Ties Association

206, 909 3rd Avenue North, Lethbridge, AB T1H 0H5
 Phone: (403) 320-8888 Fax: (403) 320-8878
 Email: home@familyties.ca
 Website: www.familyties.ca
 Hours of Operation: 8:30 a.m. - 4:30 p.m. M-F

SERVICES PROVIDED

- Respite or emergency child care for families unable to access appropriate natural supports
- Up to 16 hours per month

It's A B.L.A.S.T. Program - Lethbridge Community Out of School Association

1010 - 4th Ave South Lethbridge, AB T1J 0P5
 Phone: (403) 328-3988 Fax: (403) 320-3968
 Email: blastofc@telus.net

SERVICES PROVIDED

- Provides licensed school-age child care year round in various locations through the City
- Southwest Child & Family Services subsidies available for eligible families

Kids Help Phone

Phone: 1-800-668-6868 (toll free)

Email: info@kidshelpphone.ca

Website: www.kidshelpphone.ca

Hours of Operation: 24 hours a day

SERVICES PROVIDED:

- Telephone counselling, by professional counsellors, for children and young adults up to 25 years of age
- Bilingual service
- For young people experiencing any problems, issues or concerns and need someone to talk to
- Confidential and anonymous service
- Web counselling

Opokaa'sin Children's Centre

4th Floor, 909 3 Avenue North, Lethbridge, AB T1H 0H5

Phone: (403) 380-2569 Fax: (403) 327-6775

Website: www.opokaasin.org

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

Also evenings for After School Programs

SERVICES PROVIDED:

- Mentoring
- After school programs for children aged 5 – 13 years
- Advocacy for Aboriginal families and children
- Parenting Program
- Provides a City FCSS funded Aboriginal Newcomers Outreach Program

Parent Help Line

Phone: 1-888-603-9100 (toll free)

Email: up.service@kidshelp.sympatico.ca

Website: www.parentsinfo.sympatico.ca

Hours of Operation: 24 hours a day

SERVICES PROVIDED

- Telephone counselling and referral by professional counsellors for Canadian parents and caregivers
- A library of more than 250 messages about common parenting issues is accessible by phone or our website
- Confidential and anonymous service
- Bilingual service

NOTE: We don't have "caller id" and we don't trace calls

South West Alberta Child & Family Services Authority

2nd and 6th Floors, Lethbridge Centre Tower

400-4 Avenue South, Lethbridge, AB T1J 4E1

Phone: (403) 381-5500

Child Abuse/after hours call 1-800-638-0715

Website: www.southwestalbertacfsa.gov.ab.ca

SERVICES PROVIDED:

- Family Enhancement Services provide a variety of support and resource services to parents to establish and maintain a healthy home environment for children and families
- Caseworkers provide in-home support to parents as well as connect families with community supports relating to a number of concerns

South West Alberta Child & Family Services Authority (cont'd)

- Protection Services are used when there is a level of risk to the child and where it is determined that a placement or court intervention is required to ensure the safety and well-being of the child
- Assessment of the child’s needs determines the most appropriate and least disruptive response to the family’s situation

.....
YWCA Girls Club

604 - 8th Street South, Lethbridge, AB T1J 2K1

Phone: (403) 329-0088

Email: smanley@ywcalethbridge.org

Website: www.ywcalethbridge.org

SERVICES PROVIDED:

- Explore their inner and outer power!
- Celebrate their achievements and develop leadership skills
- Become aware of issues facing young women
- Increase their independence and self-reliance
- Build positive relationships with other girls and connect with supportive mentors

CLOTHING & FURNITURE

Catholic Charities Clothes Bank of Lethbridge

118 5 Street South Lethbridge, AB T1J 2B2

Phone: (403) 327-0846 Fax: (403) 328-1524

Hours of Operation: 9:30 a.m. – 5:00 p.m. M–S

SERVICES PROVIDED

- Second-hand clothing and furniture outlet
- Provides clothing to persons in need on a referral basis
- Referral services – clothing and furniture vouchers
- Do take in Fine Option workers and volunteers

.....
Salvation Army Community and Family Services Centre

1811 2 Avenue South, Lethbridge, AB T1J 0E8

Phone: (403) 327-8084 or 327-8092

Fax: (403) 328-2098

SERVICES PROVIDED:

- Second-hand clothing and furniture outlet

COUNSELLING & COMMUNITY SUPPORT

Alberta Brain Injury Network

414 13 Street North, Lethbridge, AB T1H 2S2
Phone: (403) 320-7402 Fax: (403) 327-7425
Email: lgreatorex@redi.ca or larmas@redi.ca
Website: www.cd.gov.ab.ca/helping_albertans/bii

SERVICES PROVIDED:

- Support to adults with acquired brain injury, and their caregivers and families
- Advocacy and service coordination
- Information and education

Associates Counselling Services

239 - 12 B Street North, Lethbridge, AB T1H 2K8
Phone: (403) 381-6000 Fax: (403) 381-0229

SERVICES PROVIDED:

- Counselling specialties include:

Anxiety	Depression
Addiction	Pre-marriage,
Marriage	Parenting Children
Critical Incident Debriefing	FASD
Abuse Recovery	Codependency
Relationships	Transitions/Change
Esteem	Trauma
Stress & Anger Management	
- City FCSS subsidy is available from the agency to eligible clients
- Workshops include anger management, assertive communication, marriage/relationship

Community Conflict Resolution Services

1010 4 Avenue South, Lethbridge, AB T1J 0P5
Phone: 329-0220
Email: info@communityconflictresolution.org
Website: www.communityconflictresolution.org

SERVICES PROVIDED:

- Free accredited and professional volunteer community facilitation and mediation services to community members faced with conflict i.e.
- Neighbours (noise, pets, parking, fences, garbage, trees, communication)
 - Communities (land-use, volunteer community leaders)
 - Schools (teacher/student, student/student, parent/teacher)
 - Other community-based organizations (recreational sporting or hobby groups)
 - Volunteer organizations/societies
 - Families (parent/child, child/child)
 - Referrals from our collaborative partnership agencies
 - Referrals from municipal services departments
 - Not-for-profit groups (social service groups, churches, cultural and support groups)

Crossroads Counselling Centre

202, 542-7 Street South, Lethbridge, AB T1J 2H1

Phone: (403) 327-7080 Fax: (403) 327-7282

Email: croads@telusplanet.net

Website: www.crossroadscounselling.com

SERVICES PROVIDED:

- Professional confidential counselling:

Individual	Group
Stress	Anxiety
Couples	Family
Depression	Guilt
Marriage, Pre-Marriage	Grief/Loss
Parenting	Abuse Recovery
Post-Abortion Recovery	Relationships
Divorce Adjustments	Sexuality
Spiritual Concerns	Communication
Marriage Enrichment	Personality
Assessments	
- Mediation services
- City FCSS subsidy is available from the agency to eligible clients

Lethbridge Association for Community Living

527 6th Street South Lethbridge, AB T1J 2E1

Phone: 327-2911 Fax: 320-7054

Email: mail@lacl.ca

Website: www.lethbridgeacl.org

Office Hours: 8:00 a.m. – 5:00 p.m. M-F

SERVICES PROVIDED:

A family based non-profit, voluntary community association. Volunteers work together with staff to support people with developmental disabilities and their families through:

- Personal advocacy
- Assistance in accessing community supports
- Working in partnerships with government, schools, employers, services and communities
- Workshops, seminars, general meetings
- Information
- Resource library
- Links with Provincial and National associations
- Crisis support
- Public Forums
- Parent to Parent monthly meetings
- Quarterly Newsletters
- PLAN – Planned Lifetime Advocacy Network
- Social Activities for Families

Lethbridge Family Services-Counselling & Education

1107 - 2 "A" Avenue North, Lethbridge, AB T1H 0E6

Phone: (403) 327-5724 Fax: (403) 329-4924

Office Hours: 8:30 a.m. – 4:30 p.m. M–F

Email: administration@lethbridge-family-services.comWebsite: www.lethbridge-family-service.com**SERVICES PROVIDED:**

- Individual, couple and family counselling
- Therapy and personal growth
- Education and community outreach
- Services are focused on:

Sexual violence	Suicide
Bereavement	Family Violence
Child abuse	Neglect
- City FCSS subsidy is available from the agency to eligible clients

Lethbridge Family Services – DaCapo Program

1107 2 "A" Avenue North, Lethbridge, AB T1H 0E6

Phone: (403) 320-9119 Fax: (403) 329-4924

Email: DaCapo@lethbridge-family-services.comWebsite: www.lethbridge-family-services.com/dacapo.cfm

Office Hours: 8:00 am – 4:30 pm M-F

SERVICES PROVIDED

- Vocational, employment, residential day programs
- Services for individuals who have disabilities, brain injuries and alcohol related birth disorders
- Community supports G.A.P.S.
- Assisting people who aren't getting help through the usual supports

Lethbridge Family Services – Immigrant Services

701 - 2 Avenue South, Lethbridge, AB T1J 0C4

Phone: (403) 320-1589 Fax: (403) 317-7654

Email: samies@lfsimmigrantservices.ca

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–Th

8:30 a.m. – Noon Fri

Walk Ins: Noon - 1:00pm M-Th

SERVICES PROVIDED:

- Services provided to newly landed immigrants in Lethbridge and area
- Information about and orientation to life in Canada and Lethbridge
- Interpretation and translation services to ease the transition from another language into English and/or French
- Supportive counselling including the assessment of needs and the creation of an action plan to address needs
- Referral to a wide range of other community support services
- Public awareness and community initiatives involve the provision of educational presentations to the public regarding the needs and experiences of newcomers as well as being involved in any applicable cooperative ventures with other community organizations.
- Host volunteer program will match clients to community volunteers who act as befrienders and assist the client with his/her acculturation to Canada

Medicine Tree Centre

1709 - 2 Avenue South, Lethbridge, AB T1J 0E8

Phone: (403) 328-2414 Fax: (403) 327-0087

Email: sikooh@telusplanet.net

Hours of Operation: 9:00 a.m. – 4:30 p.m. M-F

SERVICES PROVIDED:

- Drop-in Centre
- Referrals provided for different agencies
- Craft Store
- Craft Classes
- Community awareness
- Recreation and lounge area available for public use
- Training programs
- Women's groups
- Evening recreation programs
- Community volunteer opportunities

Metis Nation of Alberta – Local 2003

132, 909 3 Avenue North, Lethbridge, AB T1H 0H5

Phone: (403) 328-7828 Fax: (403) 317-0232

Email: metisnation@shawcable.com

Website: www.mnalocal2003@shawbiz.ca

Hours of Operation: 9:00 a.m.–12:00 p.m. M-W-F

SERVICES PROVIDED:

- Membership applications for Provincial Metis cards
- Community Partnership Program
- To promote and enhance the social economic and well being of the Metis Nation
- Appointments may be arranged for the days and times not posted (Walk-ins or by Appointment)

Native Counselling Services of Alberta

#208 324 7th Street South, Lethbridge, AB T1J 2G2

Phone: (403) 329-6140 Fax: (403) 380-2562

Email: lethbridge@ncsa.ca

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

Closed Noon - 1:00 p.m.

SERVICES PROVIDED

- Legal Information and Brochures
- Court Work Services: Criminal/Family/Youth court assistance
- Peacemaking, mediation, Healing Circles
- Family/Youth support/advocate

Streets Alive

323 4th Street South Lethbridge, AB T1J 1Z9

Phone: (403) 320-1159 Fax: (403) 320-1060

Email: info@streetsalive.ca

Website: www.streetsalive.ca

Hours of Operation: 10:00 a.m. – 3:30 p.m. M-F

Closed 12:00 - 1:00 p.m.

SERVICES PROVIDED:

- Streets Alive is Christian Humanitarian organization dedicated to meeting the physical, emotional, social and spiritual needs of the less fortunate in the City of Lethbridge
- The Streets Alive Mission has been in operation for over 15 years and overseas a number of outreach programs designed for families, children, youth and adults

CRISIS & OUTREACH SUPPORT

Crisis Intervention Team

426 6 Street South Lethbridge, AB T1J 2C9

Phone: (403) 329-4775 Fax: (403) 320-7432

CRISIS PAGER: (403) 329-5630

Hours of Operation: 8:00 a.m. – 4:00 p.m.
(Office Hours)

SERVICES PROVIDED:

- 18 hours a day, 7 days a week
- On call support for assessments, referrals, suicide assessment and prevention, stabilization and links to community supports

Lethbridge Community Outreach Services

Pathways to Housing

Phone: (403) 329-4775 ext. 27

Hours of Operation: 8:00 a.m. - 4:00 p.m. M-F

Walk In Service every Tuesday: 1:00pm - 3:00pm

SERVICES PROVIDED:

- Provides practical support to individuals and/or families who are homeless, at risk of becoming homeless, experiencing a housing crisis, or requiring assistance to maintain accommodation
- Assistance with finding housing and related support needs

Support is provided in a timely, flexible, and person-centered approach and focus on reducing and preventing homelessness.

Mobile Urban Street Team (M.U.S.T.)

802 - 2 "A" Avenue North, Lethbridge, AB T1H 0C9

Phone: (403) 315-1117 or (403) 327-1031

Hours of Operation: 7:00 a.m. - 11:00 p.m. M-F
10:00 a.m. - 6:00 p.m. S & S

SERVICES PROVIDED:

- Staff provide linkage between community services and street people
- Client advocacy
- Builds relationships with downtown businesses
- Transportation for Shelter and Resource Centre clients to Community Services appointments
- Transportation to Foothills Detox at 9:30 a.m., Monday, Wednesday and Friday

Lethbridge Resource Centre

802 - 2 "A" Avenue North, Lethbridge, AB T1H 0C9

Phone: (403) 327-1031

Hours of Operation: 8:00 a.m. - 4:00 p.m. M-F

SERVICES PROVIDED

- Safe, secure and friendly environment for those in need
- Referrals for clothing, food and furniture
- Case workers (Resource Centre)
- Provides linkage to other key community support services both on site and in the community.
- Assessment and referrals to other community services

OTHER ON SITE SERVICES INCLUDE:

- Alberta Health Services Outreach Nursing (M-W-F 9 a.m. a.m. - 2:00 p.m.)

Lethbridge Resource Centre (Cont'd)

- Lethbridge Aboriginal Career Employment (M 9:30 a.m. – Noon) Wed (1 p.m. – 3p.m.)
- Alberta Health Services Addiction and Mental Health (Tue 9:30 - Noon)
- Dr. Gaulin (Chiropractor Tue (9:00 – 10:00 a.m.)
- Alberta Health Services Addiction & Mental Health AADAC (W 10:30 – 3:00)
- Job Links Employment (Tue 1:00 – 3:00)
- YWCA (W 1:30 – 3:00)
- HIV Connections (Th 10:30 – 1:30)
- Job Find Board
- Housing information availability

TRAC - To Reach And Connect Youth Outreach Program

(Southwest Alberta Child and Family Services)

911 - 3 Avenue North, Lethbridge, AB T1H 0T5

Phone: (403) 381-5160 Fax: (403) 381-5882

Mobile: (403) 308-6633

Website: www.southwestalbertacfsa.gov.ab.ca

SERVICES PROVIDED:

- Reaching out and connecting with youth under the age of 18 who need support and information in making healthy decisions in their lives
- Assistance accessing community programs, setting up appointments, problem solving, dealing with family issues, addressing safety issues, addressing concerns around drug, alcohol and inhalant use, supporting youth who are being physically, sexually and emotionally abused

34 Providing advocacy

Salvation Army Community and Family Services Centre

1811 2 Avenue South, Lethbridge, AB T1J 0E8

Phone: (403) 327-8084/327-8092 Fax: (403) 328-2098

SERVICES PROVIDED:

- Emergency accommodations in case of fires and/ or floods, as well as referrals, counselling
- Distribution and programming center for food, clothing, furniture, special needs and emergency assistance
- Seniors 50 Plus Group
- Christmas food and toy hampers

St. Vincent de Paul Society

604-13 Street North, Lethbridge, AB T1H 2S8

Phone: (403) 328-5493

Hours of Operation: 9 a.m. - 5 p.m. M-F

SERVICES PROVIDED:

- Assistance in the form of necessities such as:

Advocacy	Christmas Hamper
Food	Furniture
Rent (excludes damage deposit)	Utilities

YWCA Harbour House: Outreach Services

604 – 8 Street South, Lethbridge, AB T1J 2K1

Phone: (403) 320-1881 / 1-866-296-0447 Fax: 327-9112

Hours of Operation: 24 hours a day

Website: www.ywcalethbridge.org

SERVICES PROVIDED:

- Outreach services and support for women and children who are victims of domestic violence

EDUCATION

Adult Literacy Program

(Read On Lethbridge Public Library)

810 - 5 Avenue South, Lethbridge, AB T1J 4C4

Phone: (403) 380-7323 Fax: (403) 329-1478

Website: www.lethbridgepubliclibrary.ca

Hours of Operation: day, evening, or weekends

SERVICES PROVIDED:

- One-to-one volunteer based tutoring for adult students who are Canadian citizens or permanent resident wanting to improve their basic reading, writing, spelling, communication or math skills.
- Tutoring sessions are one to two hours offered once a week on an ongoing basis.
- Learning programs based on individual student's goals, needs and interests.
- Program runs year round

First Nations Advisor Counsellor

(Lethbridge College)

3000 College Drive South, Lethbridge AB T1K 1L6

Toll Free: 1-800-572-0103

Email: val.goodrider@lethbridgecollege.ab.ca

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Career Counselling
Contact Judy: (403) 331-0184
- Personal Counselling (403) 320-3351
- Pitta Pawanii Learning Centre (403) 394-7356

First Nations Advisor Counsellor (Cont'd)

- Native Student Club (403) 394-7536
- Disability Services (403) 392-7268

First Nations Metis Inuit Education Program

(Lethbridge School District #51)

433 15 Street South, Lethbridge, AB T1J 2Z5

Phone: (403) 380-5316 Fax: (403) 327-4387

Email: ira.provost@lethsd.ab.ca

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Home visits and contact to work with parents in a sensitive nature
- Mentoring students
- Work with school staff to facilitate greater understanding of issues Native students are experiencing to enhance the learning process
- Classroom presentations available to all District Schools in Blackfoot culture and traditions

Flexibility Learning Systems Ltd.

506 4 Avenue South, Lethbridge, AB T1J 0N5

Phone: (403) 320-2057 Fax: (403) 320-2093

Email: flexilearning@shaw.ca

Hours of Operation: 8:30 a.m. – 4:00 p.m. M–Th
8:30 a.m. – 12:30 p.m. Fri.

SERVICES PROVIDED:

- For individuals who have English as a Second Language

Flexibility Learning Systems Ltd. (Cont'd)

- Instruction in speaking, grammar, vocabulary, pronunciation, reading, writing
- ESL Employment Centre – individual assistance for job searches
- Program runs year round

Headstart Parent & Child Development Centre

Box 1448 Lethbridge, AB T1J 4K2

Phone: (403) 320-0559 Fax: (403) 329-0285

Email: nwthsoc90@hotmail.com

SERVICES PROVIDED:

- Culturally based Early Education Program for Aboriginal children aged 3 – 5 years
- ECS program provided
- Parental involvement strongly recommended
- Parent Committee
- Home visits, referrals provided and transportation available

Lethbridge Community Network (LCN)

A-411 – 5 Street South, Lethbridge, AB T1J 2B6

Phone: (403) 317-7799

Email: info@lcn-cap.com

Website: www.lcn-cap.com

SERVICES PROVIDED:

- Free internet access
- Access to printers, copiers and fax machines for nominal fees

Lethbridge Community Network (LCN) (Cont'd)

- Basic computer skills course for the general public (for a nominal fee)
- Basic computer skills course for people receiving Income Support

Aboriginal Council of Lethbridge

305 – 5 Street South, Lethbridge, AB, T1J 2B4

Phone: (403) 320 – 7699 Fax: (403) 317 – 7716

Email: j.weiss@acleth.ca or a.scout@acleth.ca

Website: www.acleth.ca

SERVICES PROVIDED:

- Advocacy and support to community organizations providing services to urban Aboriginal people of Lethbridge
- Promotion of culture and awareness of Aboriginal people
- Resources to funding (request for proposals)
- Referral information
- Community networking

Lethbridge College Family Life Studies

3000 College Drive South, Lethbridge, AB, T1K 6E1

Phone: (403) 320-3323 Fax: (403) 317-3503

Email: Course Info: morgan.parcher@lethbridgecollege.ab.ca

Website: www.lethbridgecollege.ab.ca/go/mbh

SERVICES PROVIDED:

- Offers educational programs to strengthen & enrich the family

Lethbridge College Family Life Studies (Cont'd)

- Programs are for family members & for the whole community
- Specialized workshops are developed for professionals, caregivers & volunteers working with the family
- Registration subsidies are available for some courses for Lethbridge residents in need

Literacy Alberta Helpline

Phone Toll Free: 1-800-767-3231

Email: helpline@libraryalberta.ca

Website: www.literacy-alberta.ca

SERVICES PROVIDED:

- A toll free, confidential service that provides callers with information on literacy programs across the province of Alberta
- Referrals to programs including adult basic education, academic upgrading, English as a second language, senior literacy, literacy for youth, Aboriginal literacy, workplace literacy, family literacy and computer literacy
- Information to connect people who wish to volunteer in literacy as tutors, special event volunteers and other volunteer opportunities
- General information regarding literacy

Parents as Teachers Programs

50 Meadowlark Blvd. North, Lethbridge, AB T1H 4J4

Phone: (403) 320-5983 Fax: (403) 320-5989

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

Parents as Teachers Programs (Cont'd)

Email: deborah.josuttas@lethsd.ab.ca

Website: www.parentsasteachers.org

SERVICES PROVIDED:

Parents as Teachers is a free early learning home visitation program for families with children from birth to 5 years of age.

- Monthly/biweekly home visits featuring fun activities to do with your child and parenting information
- Development screenings
- Parent groups & access to parenting resources

Training Inc.

444 - 5 Avenue South, Lethbridge, AB T1J 0T5

Phone: (403) 320-5100 Fax: (403) 320-0567

Email: info@traininginc.ca Website: www.traininginc.ca

SERVICES PROVIDED:

- P/T and F/T fast-track learning in certified computer training
- P/T certified training in esthetics (nails, skincare, make-up etc)
- Safety training (PST, CST, First Aide, etc)
- Small classroom environment
- Hands-on Industry training
- Programming licensed through Alberta Learning
- Funding may be available

Womanspace Resource Centre

504, 740 4 Avenue South, Lethbridge, AB T1J 0N9

Phone: (403) 329-8338 Fax: (403) 329-8886

Email: office@womenspace.ca

Website: www.womenspace.ca

Womanspace Resource Centre (Cont'd)

Hours of Operation: 1:00 p.m. – 4:00 p.m. M–F

SERVICES PROVIDED:

- Women’s issues addressed
- Referrals service
- Support groups
- Information on welfare issues
- Resource library
- Public education events around issues such as poverty and violence against women

EMPLOYMENT & TRAINING

Blood Tribe Employment & Skills Training

Box 319 Standoff, AB T0L 1Y0

Phone: (403) 737-8149 Fax: (403) 737-8148

Website: www.bloodtribe.org

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Employment and training services
- Career exploration
- Résumé and cover letter services
- Open to Blood Tribe members on Reserve
- Employment referral services

Alberta Service Centre

- 200 – 5 Avenue South, Lethbridge, AB T1J 4L1
- Phone: (403) 380 – 2272 Fax: (403) 381 – 5668
- Hours of Operation: 8:30 am – 4:15 pm M-F

SERVICES PROVIDED:

- Alberta Works Programs and Services include:
- Income Support, AISH, Employment & Training Services
- Health Benefits
- Child Support Service

Seniors and Community Support Services

Canada Service Centre

Crowsnest Trail Plaza 101 – 920 – 2A Avenue North
Lethbridge, AB T1H 0E3

Phone: (403) 1-800-622-6232

Hours of Operation: 8:30 am – 4:00 pm M-F

SERVICES PROVIDED:

- Labour Market Information Centre helps you make Informed choices about employment
- Income Support: EI, CPP/OAS
- Human Resource & Skills Development
Canada Offers programs for Youth,
Homelessness and Persons with disabilities.

5th on 5th Youth Services

435 5 Street South, Lethbridge, AB T1J 2B6

Phone: (403) 329-3555 Fax: (403) 380-4584

Email: info@youth.ab.ca

Website: www.youth.ab.ca

SERVICES PROVIDED:

- Individualized Case Management and Career & Employment Counselling
- Workshops: Personal and employment based
- Youth Desk/Labour Market Centre: Computer use for résumé and cover letters, Internet job search, job boards and job search materials, year-round casual labour
- Young Parents Program: Assists pregnant and parenting youth
- Express: One-to-one literacy program to improve language and math skills
- Reach-up: Assists youth with disabilities to prepare for and find employment
- Ready, Set, Go: Immigrant and refugee youth receive individualized support to enhance essential skills
- Work Experience: A program providing experience to the workplace and employment opportunities
- Workplace Training: A program assisting youth to obtain training and skills leading to full-time employment

Youth receive services free of charge

Global Training Inc.

Lethbridge: 444 - 5 Avenue South Phone: (403)320-5100

Pincher Creek: 715 C Main Street Phone: (403)627-1874

Blairmore: Entrance C Phone: (403)562-2927

Cardston: 58 2nd Avenue West Phone: (403)653-4603

Website: www.globaltraininginc.ca

SERVICES PROVIDED:

- Several employment and career training services aimed at assisting unemployed Albertans to gain and maintain employment
- The Oilfield Occupation Training program is offered to individuals residing in areas south and southwest of Lethbridge
- Youth Links program assist out-of-school youth between the ages of 18-25 and operates in Cardston, Fort Macleod and Claresholm

JobLinks Employment Centre

416 8 Street South, Lethbridge, AB T1J 2J7

Phone: (403)327-1099 / (403)317-4550 Fax: (403)317-4552

Email: joblinks@rehab.ab.ca

Website: www.rehab.ab.ca

SERVICES PROVIDED:

For those with disabilities or medical barriers to work

- Career and employment assistance services
- Job placement services
- Training for work
- Workshops:
 - Stress management
 - Résumé and cover letter writing
- Computer job search skills

Lethbridge Aboriginal Employment Centre

#300 Deveta Place South, Lethbridge, AB T1J 2L2

Phone: (403) 320-8889 Fax: (403) 320-8842

Toll Free: 1-866-320-8889

Email: jc_smith@live.ca

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- To advocate, empower and assist Aboriginal People in recognizing and achieving their talents and skills to become productive contributors to the mainstream labour market. One-on-one job search and support
- Assistance with résumé writing and cover letters
- Job Board
- Employment counselling
- Community referral
- Transitional programming
- Job site support services
- Internet, fax, telephone and photocopying services
- Funding resources and referrals
- Job readiness workshops
- Pre-employment training & casual labour pool

Piikani Employment Services

Box 3318 Brocket, AB T0K 0H0

Phone: (403) 965-2002 Fax: (403) 965-2932

Email: pes.admin@piikanihrd.ca

Website: www.piikanihrd.ca

Hours of Operation: 8:00 a.m. – 4:00 p.m. M–F
Closed noon - 1:00 p.m.)

Piikani Employment Services (Cont'd)

SERVICES PROVIDED:

- Job readiness
- Résumé writing
- Job search
- Sponsorship for certain programs
- Pre employment training
- Youth Initiative Programs

Select Recruiting Solutions

236, 200 4th Avenue South, Lethbridge, AB T1J 4C9

Phone: (403) 382-3669 Fax: (403) 382-3778

Email: info@selectrecruiting.ca

Website: www.selectrecruiting.ca

SERVICES PROVIDED:

- Temporary and permanent staffing solutions
- Office/administration, industrial/technical, management, accounting/bookkeeping, sales/marketing, computer IT/graphics

The Works - Job & Career Service

(Lethbridge College students & graduates only)

3000 College Drive South, Lethbridge, AB T1K 1L6

Phone: (403) 320-3287 Fax: (403) 394-7370

Toll Free: 1-800-572-0103 extension 3287

Email: theworks@lethbridgecollege.ab.ca

Website: www.lethbridgecollege.ab.ca/theworks

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Employment Counselling

The Works - Job & Career Service (Cont'd)

- Résumé and cover letter services

Teamwork Training

236, 200 4th Avenue South, Lethbridge, AB T1J 4C9

Phone: (403) 382-3770 Fax: (403) 382-3778

Email: info@teamworktraining.ca

Website: www.teamworktraining.ca

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Employment and career planning
- Workshops on résumé, interviewing, etc.
- Job Search Coaching & Career Planning Workshops
- For Albertans who are unemployed
- Office Apprentice

FOOD SERVICES

Better Beginnings - Alberta Health Services

Phone: (403) 388-6661 / (403) 345-3000 /
1-866-345-8800 Fax: (403) 328-5934

Or your local Alberta Health Services Community Health Office

SERVICES PROVIDED:

- Support in decision making and information about a healthy pregnancy
- Coupons for milk, eggs, Good Food Club, Slow Cooker Class & Cooking Club Class
- Free vitamin and mineral supplements, library card, items for baby, nutrition advice from dietitian
- Information about SupportNet and agencies that offer support

Interfaith Food Bank

1116 - 3 Avenue North, Lethbridge, AB T1H 0H6

Phone: (403) 320-8779 Fax: (403) 328-0531

Email: info@interfaithfoodbank.ca

Hours of Operation:

9:30 a.m. - 3:30 p.m. (Hampers and Client Intake)

8:00 a.m. - 4:00 p.m. (Admin and Donations)

SERVICES PROVIDED:

To obtain services, individuals must have proof of address, income and current identification

- Monthly food hampers
- Daily food supplements
- Clothing vouchers

50 Interfaith garage sales

The Interfaith Chinook Country Kitchen

1116, 3 Avenue North, Lethbridge, AB T1H 0H6

Phone: (403) 320-8138 Fax: (403) 328-0521

SERVICES PROVIDED:

- Participants learn how to make healthy and nutrition meals, on a limited budget
- Provides opportunities for families to learn about healthy living and parenting
- Children's programming during cooking sessions
- Enhances parent's ability to interact and play with their children and to provide support and additional resources
- There is no charge for this program

Lethbridge Community Good Food Club

Box 1054, Lethbridge, AB T1J 4A2

Phone: (403) 327-8815 Fax: (403) 329-9072

Email: goodfoodclub@shaw.ca

SERVICES PROVIDED:

- Good Food Box program; Fresh fruits, vegetables, and meat up to 50% less than retail
- Membership is free, simple and open to everyone looking for a convenient and economical way to bring home healthy food

Orders are placed in one lockbox locations located throughout the city by the last Thursday of every month. Call for more information and/or the locations of the lockboxes.

Lethbridge Food Bank

1016 2nd Avenue South, Lethbridge, AB T1J 0C9

Phone: (403) 320-1879 Fax: (403) 317-2995

Hours of Operation: Noon. - 5:30 p.m. M
 10:00 a.m.-Noon & 1 p.m.-3:30 p.m. T, Th, F
 10:00 a.m. Noon. W

SERVICES PROVIDED:

To obtain service, individuals must show current proof of income, proof of address and 1 piece of ID. Also each family member must have identification

- Regular Hampers are available one per month, if need requirement is met
- Bread and produce are available twice a week
- Birthday Hampers are available to regular clients (minimum of 1 weeks notice must be given and proof of birthday)

Lethbridge Society for Meals on Wheels

102 5th Avenue South, Lethbridge, AB T1J 0S9

Phone: (403) 327-7990 Fax: (403) 327-7946

Hours of Operation: 8:00 a.m. – 4:00 p.m. M–F

Email: mowlethbridge@shaw.ca

Website: www.mealsonwheelslethbridge.ca**SERVICES PROVIDED:**

- Provides hot noontime meals five days per week (including statutory holidays that falls on weekdays) to any person within the City who, through illness, disability or age, cannot provide such for themselves

Lethbridge Society for Meals on Wheels (Cont'd)

- Assists and fosters independent living and self-esteem, and acts as a liaison with relatives, friends and human service agencies

Lethbridge Soup Kitchen Association

802 - 2 "A" Avenue North, Lethbridge, AB T1H 0C9

Phone: (403) 320-8688

Hours of Operation: Noon – 1:00 p.m. M-Sat

SERVICES PROVIDED:

- Hot lunch meals 6 days a week
- Open all holidays except Christmas Day
- Referrals to agencies
- Volunteer program

HEALTH/MEDICAL ASSISTANTS/CLINICS

Canadian Mental Health Association

426 6th Street South, Lethbridge, AB T1J 2C9

Phone: (403) 329-4775 Fax: (403) 320-7432

Email: lethbridge.cmha@shaw.ca

Hours of Operation: 8:00 a.m. - 4:00 p.m. M-F

SERVICES PROVIDED:

- Believes in enabling individuals, groups and communities to increase control over and to enhance their mental well-being
- Provides advocacy, education, recreation, crisis intervention, respite services, independent living skills, workers and transitional housing
- Direct service delivery in areas of housing, outreach and mental health crisis intervention

Alberta Health Service Corporate Office

960 19th Street South, Lethbridge, AB T1J 1W5

Phone: (403) 388-6009 Fax: (403) 388-6011

Toll Free: 1-800-595-2742 (24 hours)

HealthLink Alberta: 1-866-408-5465 (toll free)
(health advice 24 hrs a day)

Email: info@chr.ab.ca

Website: www.chr.ab.ca

*Chinook Regional Hospital, 960 – 19 Street South**Lethbridge Community Health, 801 – 1 Avenue South 388-6666**Children's Centre, Room A252, 200 – 5th Avenue South**Community Health Ski-Haus 806 – 2 Avenue South**Population Health Lethbridge Tower, 1101 400 4th Avenue South***Alberta Health Services Corporate Office (Cont'd)**
SERVICES PROVIDED:

- Immunizations - Well Child Clinic/Travel Health / Adult Clinic
- Diabetes Education
- Health Protection Services
- Wide range of health programs including:
Better Beginning for parents and parenting young people
Children CARE Services (special needs children)
Home Care
Child Health Services
Mental Health Services
Senior's Health programs

Chinook Lifeline Association

960-19 Street South, Lethbridge AB, T1J 1W5

Phone: (403) 388-6317 Fax: (403) 388-6099

Hours of Operation: 8:00 a.m. - 4:30 p.m. M-F

SERVICES PROVIDED:

- Emergency response system for anyone requiring a personal response service
- At the press of a pendant help will be sent as required
- It provides people the opportunity to remain in their own homes

Chinook Regional Hospital

960 – 19 Street South, Lethbridge, AB T1J 1W5
 Switchboard: (403) 388-6380 or 1-866-388-6380
 Fax: (403) 388-6011
 Alberta Health Link: 1-866-408-LINK (5465)
 (Health Advice & Information)
 Chinook Health Corporate Office:..... (403) 388-6009
 Chinook Access Centre: (403) 388-6380
 (1-866-388-6380)
 Emergency Department:(403) 388-6300
 Volunteer Resources:(403) 388-6311
 Prenatal: (403) 388-6668

Alberta Health Service Sexual Health Centre

300, 740 - 4 Avenue South, Lethbridge, AB T1J 0N9
 (Professional Building)
 Phone: (403) 320-0110 Fax: (403) 320-0118
 Hours of Operation: 8:00 a.m.– 4:30 p.m. MWF
 9:30 a.m.– 6:00 p.m. T,Th

SERVICES PROVIDED:

- Confidential and Free
- Clinical Services: Birth Control, STD,
- Pregnancy Testing – 25 years old and under
- Counselling Services – All ages
- Education (workshops, presentation, library, consultations)
- Health promotion in all areas of sexual and reproductive health contraception, pregnancy, STD's, HIV/AIDS, infertility, sexual development, dating violence, relationships and communication

Alberta Health Services Chinook Access Centre

806 – 2 Avenue South, Lethbridge, AB T1J 0C6
 Phone: (403) 388-6380 or 1-866-388-6380
 Fax: (403) 327-8494
 After Hours:
 Please call Health Link Alberta: 1-866-408-5465
 Hours of Operation: 8:00 a.m. – 8:30 p.m. M–F
 Weekends & Holidays: 8:00am - 4:30pm

SERVICES PROVIDED:

- Professional Nursing Services
- Assistance for personal care/home support

Lethbridge Community Mental Health Clinic

Alberta Health Services
 200 5th Avenue South, Lethbridge, AB T1J 4L1
 Phone: 381-5260 (Adult) (403) 381-5280 (Children)
 Fax: (403) 382-4518
 Website: www.chr.ab.ca

SERVICES PROVIDED:

- Provides mental health assessment and treatment services
- Programs run year round

Lethbridge Family Services – Home Services

106, 1410 Mayor Magrath Drive South, Lethbridge, AB T1K2R3
 Phone: (403) 317-4624 Fax: (403) 317-4634
 Office Hours: 8:30 a.m. – 4:30 p.m. M–F
 Email: hadmin@lethbridge-family-services.com
 24 hour on call Supervisor available

Lethbridge Family Services - Home Services (Cont'd)**SERVICES PROVIDED:**

- In-Home support for Alberta Health Services, Lethbridge & Area
- Services include: personal, respite, home management, and other support services

Lethbridge HIV Connection

1206 – 6 Avenue South, Lethbridge, AB T1J 1A4

Phone: (403) 328-8186 Fax: (403) 328-8564

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–Th

Email: info@lethbridgehiv.com

Website: www.lethbridgehiv.com

SERVICES PROVIDED:

- Services provided to people at risk, infected or affected by HIV/AIDS and/or Hepatitis C
- Professional counselling services
- Workshops on HIV/AIDS, Harm Reduction and Hepatitis C
- Needle exchange and condom distribution programs
- Drop-in Centre
- Referral services
- Peer Support

Southern Alberta Self Help Association – SASHA

1239 – 5 Avenue South, Lethbridge, AB T1J 0V6

Phone: (403) 942-2263 Fax: (403) 942-2266

Email: sashahouse@shaw.ca

Southern Alberta Self Help Association**SASHA (Cont'd)****SERVICES PROVIDED:**

- Residential support for individuals suffering from chronic and/or persistent mental health issues with the goal of moving to independent community living

St. Michael's Health Centre

1400 – 9 Avenue South, Lethbridge, AB T1J 4V5

Phone: (403) 382-6400 Fax: (403) 382-6413

SERVICES PROVIDED:

- Provides continuing care for people who are no longer able to perform the activities of daily living and require 24 hour care
- Services are for persons with chronic disabilities and terminal illness
- Provides end-of-life palliative care.
- Provides in-patient rehabilitation services

Urban Aboriginal Mental Health

Population Health Alberta Health Services

801 – 1st Avenue South, Lethbridge, AB T1J 4L5

Phone: (403) 388-6694 Fax: (403) 382-5934

Email: ringbolt@chr.ab.ca / rfoxoka@chr.ab.ca

Website: www.aboriginalcanada.gc.ca

Hours of Operation: 8:30 a.m. - 4:30 p.m. M–Th

SERVICES PROVIDED:

- Nitsitapii Wellness Program
- Wellness presentation and workshops

Urban Aboriginal Mental Health (Cont'd)

- Aboriginal Woman's Wellness Day
- Aboriginal Youth Suicide Prevention
- Cultural Awareness
- Health Promotion
- Referrals provided

* Please call for upcoming start dates

Victorian Order of Nurses

234 – 12 Street "C" North, Lethbridge, AB T1H 2M7

Phone: (403) 328-0033 Fax: (403) 380-2548

Hours of Operation: 9:00 a.m. - 4:00 p.m. M-F

Email: Margaret.Mericle@von.ca

Website: www.von.ca

SERVICES PROVIDED:

- The Adult Day Centre provides a social atmosphere for isolated seniors and mature adults. The Centre gives respite for care-giving families and operates year round
- Wellness clinics and Health Promotion Events are presented in a range of topics such as Diabetic Blood Testing and Cholesterol Testing
- Seasonal Influenza Shots for work place

We Care Home Health Services

104C, 920 – 2 Avenue A North,

Lethbridge, AB T1H 0E3

Phone: (403) 380-4441 Fax: (403) 380-4434

(Available to answer calls 24 hrs a day, 7 days a week)

Office Hours: 8:30 am – 4:30 pm (M-F)

Closed: Noon – 1:00 pm (M-F)

Email: cmalitowski@wecarecanada.com

Website: www.wecare.ca/locations/lethbridge/lethbridge-info.cfm

SERVICES PROVIDED:

Offers a comprehensive and cost effective range of home care, institutional health and occupational health care services.

- Provides a variety of Home Care services such as: Home Support Services ranging from cleaning, dusting, laundry & other housekeeping duties.
- Provides Institutional Health services (temporary & permanent staff relief)
- Provides Occupational Health services in the areas of elder care & workplace services)
- Palliative Care
- Services for Clients with Brain Injury
- Nursing Foot Care
- Alzheimer's and Dementia Care

HOUSING (EMERGENCY, TRANSITION, AFFORDABLE)

**Lethbridge Community Outreach Services
Pathways to Housing**

Phone: (403) 329-4775 ext. 27

Hours of Operation: 8:00 a.m. - 4:00 p.m. M-F

Walk In Service every Tuesday: 1:00pm - 3:00pm

SERVICES PROVIDED:

- Provides practical support to individuals and/or families who are homeless, at risk of becoming homeless, experiencing a housing crisis, or requiring assistance to maintain accommodation
- Assistance with finding housing and related support needs

Support is provided in a timely, flexible, and person-centered approach and focus on reducing and preventing homelessness.

Lethbridge Emergency Shelter

802 – 2 Avenue A North, Lethbridge, AB T1H 0C9

Phone: (403) 327-1031 Fax: (403) 327-1049

Email: resource.admin@lethbridgeshelter.ca
darrell.smith@lethbridgeshelter.ca

Shelter Hours of Operation: 24 hours

SERVICES PROVIDED:

- 85 bed co-ed emergency shelter for adults
- Safe, secure and friendly environment for those in need
- Free coffee/tea.

Lethbridge Emergency Shelter (Cont'd)

- Breakfast served at 7:30 a.m.
- Lunch served daily at 12:00 Noon, at the Soup Kitchen
- Dinner served at 6:00 p.m.
- Recreation opportunities available at the Medicine Tree Centre
- Volunteer Incentive Program

Emergency Youth Shelter

Wood's Homes

312 – 3rd Street South, Lethbridge, AB T1J 1Y9

Phone: (403) 317-1777 Fax: (403) 381-1287

Email: lethbridgeyouthshelter@woodshomes.ca

Website: www.woodshomes.ca

Hours of Operation: 5:00 p.m. – 8:30 a.m. Daily

SERVICES PROVIDED:

- Length of stay – up to 15 days
- For children under 18 years of age
- Staffed by professionals
- Private sleeping space
- Food – children are provided a hot meal in the evening, a breakfast and a bag lunch for the day
- Showers
- Laundry facilities
- Transportation
- Help to find solutions
- Telephone
- Clothing
- Crisis counselling

HOUSING (EMERGENCY, TRANSITION, AFFORDABLE)

HOUSING (EMERGENCY, TRANSITION, AFFORDABLE)

YWCA Harbour House

604 – 8 Street South, Lethbridge, AB T1J 2K1

Phone: (403) 329-0088 Fax: (403) 327-9112

Crisis Line: 320-1881 Toll Free: 1-866-296-0447

Hours of Operation: 24 hours a day

Website: www.ywcalethbridge.org**SERVICES PROVIDED:**

- Emergency Shelter for victims of Domestic Violence
- Emergency Shelter for women and children
- Emergency support services for victims of sexual violence
- Safe and secure environment
- Safety planning, danger assessments
- 21 days stay
- Full-time school for children
- Support Groups
- Landlord Tenant Information sessions
- Referrals to different agencies

Aboriginal Housing Society

1275 3 Avenue South, Lethbridge, AB. T1J 0K2

Phone: (403) 328-8806 Fax: (403) 328-8493

Email: ahias@shaw.caWebsite: www.ahs-ca.com

Hours of Operation: 10:00 a.m. - 4 p.m. M-F

SERVICES PROVIDED:

- Affordable Housing opportunities and education sessions regarding home ownership for people of Aboriginal Heritage

YWise Choice Supported Independent Living and Skill Development Program

604-8 Street South, Lethbridge, AB T1J 2K1

Phone: (403) 329-0088 Fax: (403) 327-9112

Hours of Operation: 8:30 a.m. - 9:00 p.m. M-Th

6:30 pm – 8:30 pm F

Website: www.ywcalethbridge.org**SERVICES PROVIDED:**

- Youth centred program that can also be used on a drop in or outreach basis
- Life skills development
- Aid with housing search
- Counselling, support and guidance
- Referrals (support for youth in and out of Children's Services)

Green Acres Foundation (Housing for Seniors)

122-5 Avenue South, Lethbridge, AB T1J 0S9

Phone: (403) 328-1155 Fax: (403) 328-6370

Email: info@greenacres.ab.caWebsite: www.greenacres.ab.ca

Hours of Operation: 8:30 a.m.- 4:30 p.m. M-F

Closed 12:00 - 1:00 p.m.

- Green Acres Foundation is the trusted and affordable choice for quality housing and services for seniors
- Green Acres Foundation is a not-for-profit organization who has been providing affordable housing for independent seniors 65 years of age or older in Southern Alberta since 1960
- For more information about Lodges or Apartment options please contact Green Acres Foundation

Lethbridge Habitat for Humanity

20 Rocky Mountain Blvd West, Lethbridge, AB T1K 8E1

Phone: (403) 327-6612 Fax: (403) 331-2195

Email: lhfh@theboss.net

SERVICES PROVIDED:

- Working in partnership with families in need of decent, affordable housing
 - Providing home ownership opportunities to partner families through donations of land, supplies, funds and labour
-

Lethbridge Housing Authority (LHA)

101,905 – 4 Avenue South, Lethbridge, AB T1J 0P4

Phone: (403) 329-0556 Fax: (403) 327-3906

Email: info@lethbridgehousing.ca

Website: www.lethbridgehousing.ca

Hours of Operation: 8:30 a.m. – 4:30 p.m. M-F
Closed Noon – 1:00 p.m.

SERVICES PROVIDED:

- Established to provide adequate, affordable, and suitable housing for persons who due to financial, social or other circumstances require assistance to obtain or maintain accommodation
- Responsible for the management, operation and administration of provincially subsidized low-cost family and senior citizen accommodation.
- LHA also administers rental subsidies in the private market

Native Women's Transition Home

(Resident Program)

Box 1448, Lethbridge, AB T1J 4K2

Phone: (403) 329-6506 Fax: (403) 329-0285

Toll Free: 1-877-777-6077

Hours of Operation: 8:30 a.m. – 4:30 p.m. M-F
Home Hours: 24 hrs a day

Email: nwthsoc90@hotmail.com

SERVICES PROVIDED:

- Transitional housing for 8 families consisting of women and children
 - In-House support
 - Counselling may be in-house or in the community
 - Counselling may be contemporary or traditional
 - Training provided for house keeping, budgeting, food preparation, food handling etc.
 - Rents based on Provincial Income Support Rates
-

Parkside Home

712 – 1 Avenue South, Lethbridge, AB T1J 0A7

Phone: (403) 320-1103 Fax: (403) 327-5496

SERVICES PROVIDED:

- 16 Room recovery house
- Internet and telephone access
- Evening mobile food and ministry service
- Church service Sundays at 2:00 p.m.
- Assessment and referral to other community services
- Emergency Clothing Bank

Treaty 7 Urban Indian Housing Authority

200,519 – 7 Street South, Lethbridge, AB T1J 2G8

Phone: (403) 327-1995 Fax: (403) 327-0849

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F
closed Noon - 1 p.m.

Email: cindyp@t7housing.com

Website: www.t7housing.com

SERVICES PROVIDED:

- Subsidized housing for Urban Native families
- Tenant counsellor that works directly with tenants in the areas of homecare, budgeting, nutrition etc.

Landlord & Tenant Information

Toll free number: 1-877-427-4088

Website: www.servicealberta.gov.ab.ca

LEGAL & JUSTICE

Alberta Solicitor General Community

Corrections Branch

336,200 – 5 Avenue South, Lethbridge, AB T1J 4C7

Phone: (403) 381-5202 Fax: (403) 382-4404

Hours of Operation: 8:15 a.m.–12:00 p.m. M–F
1:00 p.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Services provided for adults and young offenders sentenced by the courts to Supervision
- Provides investigative reports
- Probation and Conditional Sentence supervision
- Supervision of those released on Temporary Absence Programs
- Pre-trial supervision
- Alternative Measures Programs for young offenders and adults
- Fine Option Program for adults and young offenders
- Volunteer Probation Officer's Program and youth Justice Committees utilized for the supervision of Alternative Measures Youth Program

Alternative Measures Program

(Community Corrections Branch)

336,200 – 5 Avenue South, Lethbridge, AB T1J 4C7

Phone: (403) 381-5202 Fax: (403) 382-4404

Hours of Operation: 8:15 a.m. – (Noon) M – F
1:00 p.m.–4:30 p.m. M – F

HOUSING (EMERGENCY, TRANSITION, AFFORDABLE)

LEGAL & JUSTICE

Alternative Measures Program (Cont'd)

SERVICES PROVIDED:

- Services provided for people 18 years of age and older in trouble with the law
- Program accepts police or Crown referred first time offenders to provide an alternative to going to court
- Offenders work to pay back their victims or the community through compensation payments or community work
- To encourage offenders to accept responsibility for their actions and to repair any wrong doings

Dial-A-Law

100, 840 – 7 Avenue SW, Calgary, AB T2P 3G2
 Phone: (403) 234-9022 Toll Free: 1-800-332-1091
 Hours of Service: 24 hours

SERVICES PROVIDED:

- Offers pre-recorded legal information on over 140 topics
- Recordings are available in areas of law including criminal, family, wills, rental accommodations, consumer/debtors, and courts

Lawyer Referral Service:

Phone toll free: 1-800-661-1095

- Hours of Operation: 8:30 a.m. – 4:30 p.m. M – F

Extrajudicial Sanctions Program

(Community Corrections Branch)

336,200 – 5 Avenue South, Lethbridge, AB T1J 4C7
 Phone: (403) 381-5202 Fax: (403) 382-4404
 Hours of Operation: 8:15 a.m. – (Noon) M – F
 1:00 p.m.–4:30 p.m. M – F

SERVICES PROVIDED:

- Services provided for people 12-17 years of age in trouble with the law
- Program accepts police or Crown referred first time offenders to provide an alternative to going to court
- Offenders work to pay back their victims or the community through compensation payments or community work
- To encourage offenders to accept responsibility for their actions and to repair any wrong doings

John Howard Society of Alberta

B 07 - 909 3 Avenue North, Lethbridge, AB T1H 0H5
 Phone: (403) 327-8202 Fax: (403) 320-6613
 Hours of Operation: 8:30 a.m. – 4:30 p.m. M-F

SERVICES PROVIDED:

- Crime Prevention and Awareness for elementary and junior high school levels
- Public Awareness of Justice System
- Gambling Awareness at Lethbridge Correctional Centre
- One-on-One consultation at Lethbridge Correctional Centre

John Howard Society Of Alberta (Cont'd)

- Group programs for addictions and health at Lethbridge Correctional Centre
- Institutional service release assistance and planning program
- Pardons information
- Life without gambling program

Legal Aid Society of Alberta

#244, 200 4th Avenue South , Lethbridge, AB T1J 4C9
 Phone: (403) 381-5194 Fax: (403) 382-4460
 Hours of Operation: 8:00 a.m.–4:30 p.m. M–Th
 8:00 a.m.– 4:00 p.m. F
 Closed noon - 1 p.m.

Website: www.legalaid.ab.ca

SERVICES PROVIDED:

- Provides lawyers at an affordable cost to people who need assistance for criminal or other legal matters, who are unable to retain a lawyer from their own resources
- Legal problems covered: criminal charges, child welfare matters, maintenance, custody, divorce or other family matters, immigration issues, administrative tribunals and other general lawsuits

Lethbridge Correctional Centre

Bag 3001, Old Coaldale Road, Lethbridge, AB T1J 3Z3
 Phone: (403) 388-3000 Fax: (403) 388-2966

Lethbridge Correctional Centre (Cont'd)

SERVICES PROVIDED:

- Counselling and support to anyone directly or indirectly involved with Correctional & Justice System (victims, offenders, inmates, courts)
- Provides Chaplainry and related activities to the Lethbridge Correctional Centre

Lethbridge Legal Guidance Society

423 5 Street South, Lethbridge, AB T1J 2B6
 Phone: 380-6338 Fax: 380-3661
 Hours of Operation: 8:30 a.m. - 4:30 p.m. M-F
 closed Noon - 1 p.m.
 Clinics: 5:00 p.m. - 7: 00 p.m.
 Tuesday by appointment only

Email: info@LethbridgeLegalGuidance.com

Website: lethbridgelegalguidance.com

SERVICES PROVIDED:

- A non-profit society providing free legal advice, information and education to Albertans who are not able to afford access to Justice.
- Volunteer lawyers donate their professional time to meet with clients and provide legal advice, information and education
- Representation in court is not available

Victim/Witness Services

(Lethbridge Regional Police Service)

135 – 1 Avenue South, Lethbridge, Alberta T1J 0A1

Phone: (403) 330-5023

EMERGENCY 911

Hours of Operation: 24 hours/7 days

SERVICES PROVIDED:

- Services provided for victims/witnesses of crimes or tragedy
- A listening ear, comfort and reassurance
- Telephone contact, in home visits or hospital visits
- Ensures individuals are informed about the status of their file in the Criminal Justice System
- Court preparation so that individuals may feel more comfortable if called to court as a witness
- Accompany individuals to Crown Prosecutor appointments and to court appearances
- Provides a variety of referral choices that fit your needs

SENIORS

Alberta Elder Abuse Awareness Network

Website: www.albertaelderabuse.ca

Green Acres Foundation (Housing for Seniors)

122-5 Avenue South, Lethbridge, AB T1J 0S9

Phone: (403) 328-1155 Fax: (403) 328-6370

Email: info@greenacres.ab.ca

Website: www.greenacres.ab.ca

Hours of Operation: 8:30 a.m.- 4:30 p.m. M-F
Closed 12:00 - 1:00 p.m.

SERVICES PROVIDED:

- Green Acres Foundation is the trusted and affordable choice for quality housing and services for seniors
- Green Acres Foundation is a not-for-profit organization who has been providing affordable housing for independent seniors 65 years of age or older in Southern Alberta since 1960
- For more information about Lodges or Apartment options please contact Green Acres Foundation

Lethbridge Housing Authority (Housing for Seniors)

101, 905 4 Avenue South, Lethbridge, Ab T1J 0P4

Phone: (403) 329-0556 Fax: (403) 327-3906

Email: info@lethbridgehousing.ca

Website: www.lethbridgehousing.ca

Hours of Operation: 8:30 a.m. - 4:30 p.m. M-F
Closed Noon - 1:00 p.m.**Services Provided:**

- Lethbridge Housing Authority offers a range of well maintained, secure and comfortable apartment style housing options for independent seniors of low to moderate income, including some wheelchair accessible units

Lethbridge Family Services – Home Services

106, 1410 Mayor Magrath Drive South,

Lethbridge, AB T1K 2R3

Phone: (403) 317-4624 Fax: (403) 317-4634

Office Hours: 8:30 a.m. – 4:30 p.m. M–F

Email: hsdadmin@lethbridge-family-services.com

24 hour on call Supervisor available

SERVICES PROVIDED:

- Services include: personal, respite, home management, and other support services

Lethbridge Senior Citizen Organization

500 – 11 Street South, Lethbridge, AB T1J 4G7

Phone: (403) 320-2222 Fax: (403) 320-2762

Email: jvalin@lethseniors.com

Website: www.lethseniors.com

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Social & Recreational and Educational Activities
- Travel
- Volunteer Opportunities
- Dining Room
- Elder Abuse Awareness
- Seniors Support Services
- Rental and Catering Services
- Health
- Outreach
- Wise Owl Frauds & Scams

.....
Nord-Bridge Senior Citizens Association

1904 – 13 Avenue North, Lethbridge, AB T1H 4W9

Phone: (403) 329-3222 Fax: (403) 329-8824

Email: friendly@nordbridgeseniors.com

Website: www.nordbridgeseniors.com

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

SERVICES PROVIDED:

- Educational & Life Skills
- Outreach
- Sports & Recreation
- Van Service
- Dining Room
- Keep-In-Touch
- Social
- Travel
- Volunteer Recruitment

.....
Seniors Mental Health Outreach Team

Phone: (403) 388-6601 Fax: (403) 388-6645

SERVICES PROVIDED

- Provide services to individuals age 55 and older with mental health issues
- Non-emergent assessment, consultation, short term management and referrals
- Work with individuals and caregivers to tailor service delivery
- Service delivered to the client where they live
- Support to individuals who are transitioning from in-patient care to an appropriate community setting

NOTES

For more information or to request additional copies contact:

Community LINKS
328-LINK (5465)
www.community-links.ca

Social Housing in Action (SHIA) would like to express immense appreciation to the representatives of agencies included in this guide for providing information on their programs and services.

This booklet is funded by:

Alberta Housing & Urban Affairs



Developed by:
Social Housing in Action
c/o City of Lethbridge
910 4 Avenue South
Lethbridge, AB T1J 0P6
Phone: (403) 320-3051
Fax: (403) 380-2512