

Community LINKS

Your Information and Referral Source

Community LINKS is part of the Integrated Coordinated Access (ICA) system which provides the tools and processes needed to coordinate support across diverse sectors so individuals receive the help they need, when they need it.

GETTING CONNECTED

PHONE 403-328-LINK (5465)

EMAIL communitylinks@cmhalethbridge.ca

WEBSITE www.lethbridgeica.ca

IN-PERSON 810 5th Ave. South

Inside the Lethbridge Public Library, Main Branch



LETHBRIDGE ICA



Land Acknowledgement

The Canadian Mental Health Association, Alberta South Region (CMHA, ASR) and Community LINKS acknowledges that we are gathered on the lands of the Blackfoot people of the Canadian Plains and pays respect to the Blackfoot people past, present and future while recognizing and respecting their cultural heritage, beliefs and relationship to the land. The city of Lethbridge is also home to the Métis Nation of Alberta, Region III.

About this Booklet

Community LINKS in partnership with the City of Lethbridge has developed this booklet for community members to help assist them when they are searching for information and resources.

You can look up services based on their category such as: Housing, Mental Health, Indigenous Support Services etc. (Page numbers start at the Table of Contents)
OR

You can look up all services alphabetically using the Table of Contents. You can click on the service in the Table of Contents and it will take you to that page directly.

Listings will include contact information and a brief description of the service, with information contributed by providers. You can click on a website to automatically open the webpage in your web browser. If you receive a security warning or permission, please click Allow.

Community LINKS Information and Referral is available at the Lethbridge Public Library and satellite locations in the community that connects individuals to community, health, social, and government services. Operated by CMHA, ASR, Community LINKS supports individuals looking for supports, but also providing this information to professionals who are working with community members.

Practitioners with Community LINKS are available to help you by phone, through email, or in person at the Lethbridge Public Library Main Branch. Several important community resources are provided through the Community LINKS program, including the Getting Connected Booklet, Rental Listings and a variety of community resources.

You can also access resources using HelpSeeker either on their website, www.helpseeker.org or download their app, available on Apple or Google Play.

This booklet is funded in partnership with



EMERGENCY NUMBERS

AMBULANCE	9-1-1
NON-Emergency Ambulance	403-327-3340
Chinook Regional Hospital	403-388-6111

FIRE	9-1-1
Teletype TDD Voice	403-327-3336
Non-Emergency/Rural Fire Services	403-327-3333

POLICE	9-1-1
Teletype TDD Voice	403-328-4445
Non-Emergency/Police Complaints	403-328-4444

Diversion Outreach Team (D.O.T.)	403-892-3707
Lethbridge 311 Customer Contact Centre	3-1-1
Poison & Drug Information Hotline	1-800-332-1414
Safe Community Call Centre	825-399-SAFE (7233)
The Watch	403-715-0955
Water/Sewage Emergency	403-320-3850

EMERGENCY SHELTER

Alpha House Society Shelter & Stabilization Centre	403-942-8281
YWCA Harbour House Women's Emergency Shelter	403-320-1881
Wood's Homes Youth Connections: The CORE	403-317-1777

HELP & CRISIS NUMBERS

Alberta Health Services Addiction Helpline	1-866-332-2322
Alberta Health Services Mental Health Helpline	1-877-303-2642
Alberta Bullying Helpline	1-888-456-2323
Alberta Family Violence Info Line	310-1818
24 Hour Child Abuse Hotline	1-800-387-5437
Child Intervention Crisis Unit	1-800-638-0715
Crisis Services Canada	1-833-456-4566
Distress Line of Southwestern Alberta	403-327-7905, toll free 1-888-787-2880
Hope for Wellness Help Line (for all Indigenous peoples of Canada)	1-855-242-3310
Health Link Alberta	8-1-1
Kids Help Phone	1-888-668-6868
Lethbridge Victim Services	403-330-5176
Lethbridge Corridor Victim Services Crisis Line	403-393-8107
LGBT YouthLine	1-800-268-9688
National Indian Residential School Crisis Line	1-800-721-0066
National Overdose Response Service (NORS)	1-888-688-NORS (6677)
One Line for Sexual Violence (Alberta)	1-866-403-8000
Trans Lifeline Hotline	877-330-6366

SERVICE CATEGORY

Page 2SLGBTQ+ SUPPORTS

- 35 Lethbridge Pride Fest Society
- 42 OUTreach Southern Alberta Society
- 46 Skipping Stone

Page ADDICTIONS

- 8 AAWEAR
- 9 ACT Medical
- 9 Al-Anon
- 10-13 Alberta Health Services
- 14 Alcoholics Anonymous
- 14 Alpha House Society
- 22 Cocaine Anonymous
- 23 Eating Disorder Support Network of Alberta
- 25 Food Addicts in Recovery Anonymous
- 26 Foothills Detox Centre
- 26 Fresh Start Recovery Centre
- 26 Gamblers Anonymous
- 26 Gamesense
- 29 Indigenous Recovery Coach Program
AAPAI'TSI'TAAPII'SAAM
- 38 McMan
- 40 Narcotics Anonymous
- 40 Needle Disposal Boxes
- 42 Overeater Anonymous
- 43 Prairie Treatment Centre
- 46 SMART Recovery
- 48 Southern Alcare Manor
- 52 Virtual Opioid Dependency Program

Page ARTS AND RECREATION

- 14 Allied Arts Council
- 20 Casa Lethbridge
- 21 City of Lethbridge
- 26 Galt Museum and Archives
- 28 Helen Schuler Nature Centre
- 37 Lethbridge Senior Citizen Organization
- 38 Lethbridge Sport Council
- 40 Nikka Yuko Japanese Garden
- 41 Nord-Bridge Seniors Centre
- 45 Servus Sports Centre
- 47 Southern Alberta Art Gallery
- 47 Southern Alberta Ethnic Association
- 53 YMCA Lethbridge

Page BASIC NEEDS (FOOD, CLOTHING, HOUSING ETC.)

- 9 Aboriginal Housing Society
- 10 Alberta Child and Family Benefit
- 10 Alberta Child Health Benefit
- 10 Alberta Find a Doctor
- 10 Alberta Health Care Insurance Plan
- 10-13 Alberta Health Services
- 13 Alberta Seniors and Housing
- 13 Alberta Supports
- 14 Alpha House Society
- 15 Assured Income for the Severely Handicapped (AISH)
- 18 Canadian Mental Health Association
- 19 Canadian Red Cross
- 27 Green Acres Foundation
- 30 Interfaith Food Bank Society of Lethbridge
- 33 Lethbridge Food Bank
- 34 Lethbridge Housing Authority
- 37 Lethbridge Soup Kitchen Association
- 39 Money Mentors
- 39 MyCityCare
- 45 Salvation Army Community & Family Services
- 49 St. Vincent de Paul Society
- 49 Streets Alive Mission
- 51 Treaty 7 Urban Indian Housing Authority
- 53 YWCA Lethbridge

Page CITY OF LETHBRIDGE

- 21 Arenas
- 21 City Hall
- 21 Electric Utility
- 21 Taxation and Assessment
- 21 Direct Energy Regulated Services
- 26 Galt Museum and Archives
- 21 Lethbridge 3-1-1
- 32 Lethbridge Animal Services
- 35 Lethbridge Police Services
- 35 Lethbridge Public Library
- 38 Lethbridge Transit My Ride
- 40 Needle Disposal Boxes
- 21 Pools
- 21 Utilities Customer Care

SERVICE CATEGORY

Page DISABILITY SERVICES

9	Ability Resource Association
9	Access -A- Ride
9	Alberta Aids to Daily Living
10-13	Alberta Health Services
13	Alberta Supports
15	Assured Income for the Severely Handicapped
16	Bluefox Association
16	Brain Injury Relearning Services
17	Brain Trauma Support Society Lethbridge
17	Bridges Consulting
19	Canadian National Institute for the Blind
20	CBI Health
20	Chinook Autism Society
23	Edenbridge Family Services
25	Family Ties Association
29	Inclusion Lethbridge
29	Independent Counselling Enterprises Inc.
30	Key Connections Consulting
31	L'Arche Lethbridge
33	Lethbridge Family Services
38	McMan
41	Office of the Public Guardian and Trustee
42	Peak Vocational & Support Services
43	Persons with Developmental Disabilities
43	Quest Support Services Inc.
44	Rehoboth Christian Ministries
45	SASH Disability Supports
45	Shoppers Home Health Care
46	Southern Alberta Community Living Association
47	Southern Alberta Individualized Planning Association
47	Southern Alberta Self-Help Association
47	Southwest Alberta Child and Family Services
48	Special Olympics Alberta

Page EDUCATION

28	Holy Spirit Catholic Separate Regional School Division #4
36	Lethbridge School Division
46	South Region Parents as Teachers
32	Lethbridge College

Page EDUCATION

44	Red Crow Community College
44	Reeves College
51	University of Lethbridge

Page EMPLOYMENT & TRAINING

8	5th on 5th Youth Services
9	Ability Resource Association
13	Alberta Supports
16	Blood Tribe Employment and Skills Training
23	Employment Insurance
25	Flexibility Learning Systems Ltd.
42	Peak Vocational & Support Services
43	Piikani Employment Services
44	Saamis Employment and Training Association
45	SASH Disability Services
45	Select People Solutions
47	Southern Alberta Individualized Planning Association
50	Teamworks Career Centre
50	Temporary Foreign Worker Helpline
50	Training Inc. Vocational School
52	Volunteer Lethbridge

Page FAMILY SUPPORTS

9	Al-Anon
10	Alberta Child and Family Benefit
10	Alberta Child Health Benefit
10-13	Alberta Health Services
15	Alzheimer Society
23	DivorceCare
23	Domestic Violence Action Team
23	Edenbridge Family Services
23	Elsie's House
24	Family Centre
24	Family Resource Networks (FRN)
25	Family Ties Association
25	Family Violence Info Line
35	Lethbridge Pregnancy Care
41	Nurture Family Feeding Clinic
41	Office of the Child and Youth Advocate
41	Office of the Public Guardian and Trustee
42	Opokaa'sin Early Intervention Society

SERVICE CATEGORY

Page	FAMILY SUPPORTS	Page	HEALTH SERVICES & INFORMATION
43	Piikani Nation Child and Family Services	18	Canadian Hard of Hearing Association
45	Salvation Army Community and Family Services	19	Canadian National Institute for the Blind
47	Southwest Alberta Child and Family Services	20	CBI Health
		22	Diabetes Canada
Page 9	GOVERNMENT	24	Family Medical Centre
10	Alberta Aids to Daily Living	27	Haig Clinic
10	Alberta Child and Family Benefit	27	Heart and Stroke Foundation
10	Alberta Child Health Benefit	31	Legacy Medical Centre
13	Alberta Health Care Insurance Plan	34	Lethbridge Medical Clinic
13	Alberta Seniors and Housing	35	Lethbridge Pregnancy Care
15	Alberta Supports	41	Nsisi Medical Centre
	Assured Income for the Severely	41	Nurture Family Feeding Clinic
17	Handicapped (AISH)	42	Osteoporosis Canada
18	Canada Child Benefit	42	Parkinson Association of Alberta
20	Canada Revenue Agency	43	Prairie Treatment Centre
20	Child Care Subsidy	45	Schizophrenia Society of Alberta
23	Employment Insurance	46	Shoppers Home Health Care
27	Government of Alberta Switchboard	46	Six08 Health Clinic
27	Government of Canada General Enquiries	47	Southgate Medical Centre
27	GST/HST Tax Credit	48	St. Michael's Health Centre
29	Immigration, Refugees and Citizenship	50	The Kidney Foundation
	Canada	Page	IMMIGRANT & NEW CANADIAN SUPPORTS
41	Office of the Public Guardian and Trustee	25	Flexibility Learning Systems Ltd.
42	Passports	29	Immigration, Refugees and Citizenship
43	Persons with Developmental Disabilities		Canada
43	Public Pensions	30	International Qualifications Assessment
45	Service Canada Centre	33	Lethbridge Family Services
46	Social Insurance Numbers	35	Lethbridge Public Library
47	Southwest Alberta Child and Family	47	Southern Alberta Ethnic Association
	Services	50	Temporary Foreign Worker Helpline
49	Student Aid Alberta	Page	INDIGENOUS SUPPORT SERVICES
51	Utilities Consumer Advocate	8	Aakom-Kiyii Health Services
51	Veterans Service Centre	9	Aboriginal Housing Society
Page	HEALTH SERVICES & INFORMATION	10-13	Alberta Health Services
9	ACT Medical	16	Blood Tribe Department of Health
10	Alberta Find a Doctor	16	Blood Tribe Employment & Skills Training
10-13	Alberta Health Services	16	Blood Tribe Police Services
15	Alzheimer Society	24	Family Resource Networks
15	Bigelow Fowler Clinic	29	Indigenous Recovery Coach Program
16	Blood Tribe Department of Health		AAPAI'TSI'TAAPII'SAAM
17	Campbell Clinic	30	Kainaiwa Children's Services Corporation
18	Canadian Cancer Society	32	Lethbridge and Area Métis

SERVICE CATEGORY

Page INDIGENOUS SUPPORT SERVICES

40	Native Counselling Services of Alberta
42	Opokaa'sin Early Intervention Society
43	Peigan Prevention Counselling Services
43	Piikani Employment Services
43	Piikani Nation Child and Family Services
44	Red Crow Community College
44	Saamis Employment and Training Association
44	Sage Clan
45	Sik Ooh Kotoki Friendship Society
49	Sweet Grass Youth Alliance
51	Treaty 7 Urban Indian Housing Authority
53	White Eagle Wellness

Page LEGAL & JUSTICE

13	Alberta Human Rights Commission
16	Blood Tribe Police Services
22	Dial-A-Law
31	Landlord & Tenant Advisory Board
31	Legal Aid Alberta
34	Lethbridge John Howard Society
34	Lethbridge Legal Guidance Society
35	Lethbridge Police Services
40	Native Counselling Services of Alberta
41	Office of the Child and Youth Advocate
50	The Watch Program
52	Victim Services (Lethbridge City Police)
52	Victim Services (Lethbridge Corridor)

Page OUTREACH SUPPORTS

8	211 Alberta
8	AAWEAR
10-13	Alberta Health Services
15	Big Brothers Big Sisters of Lethbridge and District
16	Bluefox Association
19	Canadian Red Cross
20	Chinook Sexual Assault Centre
18	Canadian Mental Health Association
23	Domestic Violence Action Team
28	Hoarding, Outreach, Management, & Education Team
30	Key Connections Consulting
31	L'Arche Lethbridge
33	Lethbridge Elder Abuse Response Network
33	Lethbridge Family Services
38	McMan
39	MyCityCare
42	Peak Vocational & Support Services
43	Quest Support Services Inc.
44	Sage Clan
52	Victim Services (Lethbridge City Police)
52	Victim Services (Lethbridge Corridor - RCMP)
52	Volunteer Lethbridge
53	Womanspace
53	YWCA Lethbridge & District

Page RELIGIOUS/SPIRITUAL SERVICES

14	All Saints Roman Catholic Parish
15	Baha's Faith
15	Beit Tefillah Sameach- Joyful Prayer House
17	Buddhist Temple of Southern Alberta
20	Central Church of Christ
20	Christ Trinity Lutheran Church
21	Church of Christ
21	Church of Jesus Christ of Latter-Day Saints
22	City Light Church
22	College Drive Community Church
22	Community of Christ
24	Evangelical Free Church of Lethbridge
24	Faith Baptist Church
25	First Baptist Church Lethbridge
25	First United Church

Page MENTAL HEALTH / COUNSELLING SERVICES

10-13	Alberta Health Services
18	Canadian Mental Health Association
20	Chinook Sexual Assault Centre
22	Crossroads Counselling
24	Family Centre
25	Family Ties Association
29	Independent Counselling Enterprises Inc.
29	Indigenous Recovery Coach Program AAPAI'TSI'TAAPII'SAAM
30	Key Connections Consulting
33	Lethbridge Family Services
33	Lethbridge ICA- Counselling Subsidy
43	Peigan Prevention Counselling Services
51	Veterans Service Centre

SERVICE CATEGORY

Page RELIGIOUS/SPIRITUAL SERVICES

26	Free Grace Fellowship
26	Gospel Light Baptist Church of Lethbridge
27	Grace Reformed Church
28	Holy Trinity Parish Ukrainian Orthodox Church
29	Immanuel Lutheran Church
30	Japanese United Church
30	Jehovah's Witness Kingdom Hall
31	King of King Fellowship
31	Lakeview Bible Church
32	Lethbridge Chinese Alliance Church
32	Lethbridge Christian Tab
34	Lethbridge Korean Community Church
35	Lethbridge Mennonite Church
35	Lethbridge Muslim Association
37	Lethbridge Seventh-Day Adventist Church
38	Lutheran Church of the Good Shepherd
38	Maranatha Christian Reformed Church
38	McKillop United Church
39	Miz City Church
41	One Life Church
44	Rehoboth Christian Ministries
45	Salvation Army Community Church of Lethbridge
48	Southminster United Church
48	St. Andrews Presbyterian Church
48	St. Augustine's Anglican Church
49	St. Martha's Parish
49	St. Peter & Paul Ukrainian Greek Catholic Parish
50	The Bridge Community Church of the Nazarene
50	The Gate Christian Church
51	Trinity Reformed Church
51	University Drive Alliance Church
52	VIA Church

Page SENIORS SERVICES

9	Alberta Aids to Daily Living
10-13	Alberta Health Services
13	Alberta Seniors and Housing
13	Alberta Supports
15	Alzheimer Society
18	Canadian Hard of Hearing Association
27	Green Acres Foundation

Page SENIORS SERVICES

33	Lethbridge Elder Abuse Response Network
37	Lethbridge Senior Citizens Organization
41	Nord-Bridge Seniors Centre
42	Osteoporosis Canada
42	Parkinson Association of Alberta
43	Public Pensions
45	Shoppers Home Health Care
48	St. Michael's Health Centre
52	Volunteer Lethbridge

Page TRANSPORTATION

8	94 Cabs
8	A-Plus Taxi
9	Access -A- Ride
16	BDT Cabs
17	BWR Taxi
18	CMHA-Diversion Outreach Team
22	Custom Cabs
25	Fifth Avenue Cabs
38	Lethbridge Transit My Ride
44	Royal Taxi

Page VETERANS

39	Military Family Resource Centre (MFRC)
44	Royal Canadian Legion General Stewart Branch No. 4
51	Veterans Service Centre (GOA)

Page YOUTH SERVICES

8	5th on 5th Youth Services
10-13	Alberta Health Services
13	Alberta Supports
16	BGC Lethbridge
15	Big Brothers Big Sisters of Lethbridge and District
30	It's a Blast
30	Kainaiwa Children's Services Corporation
31	Kidsport Lethbridge and Taber
38	McMan
41	Office of the Child and Youth Advocate
42	OUTreach Southern Alberta Society
48	Southwest Alberta Child and Family Services
53	Wood's Homes Youth Connections
54	Youth One
54	YWCA Lethbridge & District

Contents

211 Alberta.....	8
5th on 5th Youth Services	8
94 Cabs	8
Aakom-Kiyii Health Services.....	8
AAWEAR	8
A-Plus Taxi	8
Ability Resource Association	9
Aboriginal Housing Society	9
Access-A-Ride.....	9
ACT Medical	9
Al-Anon	9
Alberta Aids to Daily Living	10
Alberta Child and Family Benefit	10
Alberta Child Health Benefit	10
Alberta Find a Doctor	10
Alberta Health Care Insurance Plan	10
Alberta Health Services.....	10
Alberta Human Rights Commission	13
Alberta Seniors and Housing.....	13
Alberta Supports	13
Alcoholics Anonymous.....	14
All Saints Roman Catholic Parish.....	14
Allied Arts Council	14
Alpha House Society	14
Alzheimer Society.....	15
Assured Income for the Severely Handicapped (AISH).....	15
Baha'i Faith	15
Beit Tefillah Sameach – Joyful Prayer House	15
Big Brothers Big Sisters of Lethbridge and District	15
Bigelow Fowler Clinic	15
BDT Cabs	16
BGC Lethbridge	16
Blood Tribe Department of Health	16

Blood Tribe Employment and Skills Training	16
Blood Tribe Police Service	16
Bluefox Association	16
Brain Injury Relearning Services	16
Brain Trauma Support Society Lethbridge	17
Bridges Consulting	17
Buddhist Temple of Southern Alberta	17
BWR Taxi	17
Campbell Clinic.....	17
Canada Child Benefit (CCB)	17
Canada Revenue Agency (CRA)	18
Canadian Cancer Society Toll Free	18
Canadian Hard of Hearing Association	18
Canadian Mental Health Association, Alberta South Region – CMHA, ASR	18
Canadian National Institute for the Blind (CNIB)	19
Canadian Red Cross.....	19
Casa Lethbridge.....	19
CBI Health.....	20
Central Church of Christ.....	20
Child Care Subsidy.....	20
Chinook Autism Society	20
Chinook Sexual Assault Centre	20
Christ Trinity Lutheran Church.....	20
Church of Christ	20
Church of Jesus Christ of Latter-Day Saints	20
City of Lethbridge.....	21
City Light Church	21
Cocaine Anonymous	22
College Drive Community Church	22
Community of Christ.....	22
Crossroads Counselling	22
Custom Cabs	22
Diabetes Canada	22
Dial-A-Law	22
DivorceCare.....	22

Domestic Violence Action Team (DVAT)	23
Eating Disorder Support Network of Alberta.....	23
Edenbridge Family Services	23
Elsie’s House	23
Employment Insurance	23
Evangelical Free Church of Lethbridge	23
Faith Baptist Church.....	24
Family Centre Lethbridge.....	24
Family Medical Centre	24
Family Resource Networks (FRN).....	24
Family Ties Association	25
Family Violence Info Line	25
Fifth Avenue Cabs	25
First Baptist Church, Lethbridge	25
First United Church	25
Flexibility Learning Systems Ltd.	25
Food Addicts in Recovery Anonymous	25
Foothills Detox Centre	25
Free Grace Fellowship.....	26
Fresh Start Recovery Centre	26
Galt Museum & Archives	26
Gamblers Anonymous.....	26
Gamesense.....	26
Gospel Lights Baptist Church of Lethbridge Alberta.....	26
Government of Alberta Switchboard.....	26
Government of Canada General Enquiries	27
Grace Reformed Church.....	27
Green Acres Foundation	27
GST/HST Tax Credit	27
Haig Clinic.....	27
Heart and Stroke Foundation	27
Helen Schuler Nature Centre	27
Holy Spirit Roman Catholic Separate Regional Division No. 4	28
Holy Trinity Parish Ukrainian Orthodox Church.....	28
Hoarding, Outreach, Management, & Education Team (HOME)	28

Immanuel Lutheran Church	28
Immigration, Refugees and Citizenship Canada	28
Inclusion Lethbridge.....	29
Independent Counselling Enterprises Inc. (ICE).....	29
Indigenous Recovery Coach Program AAPAI'TSI'TAAPII'SAAM	29
Interfaith Food Bank Society of Lethbridge	29
International Qualifications Assessment	29
It's A Blast!	30
Japanese United Church	30
Jehovah's Witness Kingdom Hall	30
Kainaiwa Children's Services Corporation	30
Key Connections Consulting.....	30
Kidsport Lethbridge & Taber.....	30
King of Kings Fellowship.....	31
L'Arche Lethbridge	31
Lakeview Bible Church	31
Landlord & Tenant Advisory Board.....	31
Legacy Medical Centre.....	31
Legal Aid Alberta	31
Lethbridge 3-1-1.....	31
Lethbridge and Area Métis	31
Lethbridge & District Humane Society.....	32
Lethbridge Animal Services.....	32
Lethbridge Chinese Alliance Church	32
Lethbridge Christian Tab	32
Lethbridge College	32
Lethbridge Elder Abuse Response Network (LEARN)	32
Lethbridge Family Services	32
Lethbridge Food Bank	33
Lethbridge Integrated Coordinated Access (ICA).....	33
Lethbridge Housing Authority.....	33
Lethbridge John Howard Society	34
Lethbridge Korean Community Church	34
Lethbridge Legal Guidance Society.....	34
Lethbridge Medical Clinic.....	34

Lethbridge Mennonite Church.....	34
Lethbridge Muslim Association.....	34
Lethbridge Police Services	34
Lethbridge Pregnancy Care Centre	35
Lethbridge Pride Fest Society	35
Lethbridge Public Library	35
Lethbridge School Division.....	35
Lethbridge Senior Citizen Organization (LSCO).....	37
Lethbridge Seventh-Day Adventist Church	37
Lethbridge Soup Kitchen Association.....	37
Lethbridge Sport Council.....	37
Lethbridge Transit My Ride.....	37
Lutheran Church of the Good Shepherd.....	37
Maranatha Christian Reformed Church.....	37
McKillop United Church	38
McMan Youth, Family & Community Services.....	38
Military Family Resource Centre (MFRC).....	38
Miz City Church	38
Money Mentors	38
Multiple Sclerosis Society of Canada	39
MyCityCare.....	39
Narcotics Anonymous	39
Native Counselling Services of Alberta	39
Needle Disposal Boxes	39
Nikka Yuko Japanese Garden	40
Nord-Bridge Seniors Centre	40
Nsisi Medical Clinic.....	40
Nurture Family Feeding Clinic.....	40
Office of the Child and Youth Advocate (OCYA)	41
Office of the Public Guardian and Trustee.....	41
One Life Church.....	41
Opokaa'sin Early Intervention Society	41
Osteoporosis Canada	41
OUTreach Southern Alberta Society.....	41
Overeater Anonymous (OA).....	42

Parkinson Association of Alberta	42
Passports	42
Peak Vocational & Support Services	42
Peigan Prevention Counselling Services	42
Persons with Developmental Disabilities (PDD)	42
Piikani Employment Services	42
Piikani Nation Child and Family Services	43
Prairie Treatment Centre	43
Public Pensions	43
Quest Support Services Inc.	43
Red Crow Community College	43
Reeves College	43
Rehoboth Christian Ministries	43
Royal Canadian Legion General Stewart Branch No. 4	43
Royal Taxi	44
Saamis Employment & Training Association.....	44
Sage Clan	44
Salvation Army Community Church of Lethbridge	44
Salvation Army Community and Family Services.....	44
SASH Disability Support Services	44
Schizophrenia Society of Alberta	45
Select People Solutions.....	45
Service Canada Centre	45
Servus Sports Centre.....	45
Sexual Violence Action Team (SVAC)	45
Shoppers Home Health Care.....	45
Sik Ooh Kotoki Friendship Society	45
Six08 Health Clinic.....	46
Skipping Stone.....	46
SMART Recovery	46
Social Insurance Numbers.....	46
South Region Parents as Teachers.....	46
Southern Alberta Art Gallery (SAAG)	46
Southern Alberta Community Living Association (SACLA)	46
Southern Alberta Ethnic Association (SAEA).....	47

Southern Alberta Individualized Planning Association (SAIPA)	47
Southern Alberta Self-Help Association (SASHA).....	47
Southern Alcare Manor (SAM).....	47
Southgate Medical Centre	47
Southminster United Church	47
Southwest Alberta Child and Family Services	47
Special Olympics Alberta.....	48
St. Andrews Presbyterian Church	48
St. Augustine’s Anglican Church	48
St. Martha’s Parish	48
St. Michael’s Health Centre	48
St. Peter & Paul Ukrainian Greek Catholic Parish	48
St. Vincent de Paul Society.....	48
Streets Alive Mission.....	49
Student Aid Alberta.....	49
Sweet Grass Youth Alliance.....	49
Teamworks Career Centre	50
Temporary Foreign Worker Helpline	50
The Bridge Community Church of the Nazarene	50
The Gate Christian Church	50
The Kidney Foundation	50
The Watch Program	50
Training Inc. Vocational School.....	50
Treaty 7 Urban Indian Housing Authority.....	51
Trinity Reformed Church.....	51
University Drive Alliance Church.....	51
University of Lethbridge.....	51
Utilities Consumer Advocate	51
Veterans Service Centre (Government of Alberta).....	51
VIA Church	51
Victim Services – Lethbridge City.....	52
Victim Services – Lethbridge Corridor	52
Virtual Opioid Dependency Program (VODP)	52
Volunteer Lethbridge	52
White Eagle Wellness.....	53

Womanspace Resource Centre.....	53
Wood's Homes, Youth Connections: The Core.....	53
YMCA of Lethbridge	53
Youth One	53
YQL Neighbourhoods	53
YWCA Lethbridge & District	53

211 Alberta

Phone: 211

An essential service that helps Albertans find the right resource or service for whatever issue they need help with, at the right time. Available 24/7 by phone, text or chat. The service is free and confidential and available in over 170 languages over the phone.

5th on 5th Youth Services

Phone: 403-329-3555

Website: <http://youth.ab.ca>

In-Person: 435 - 5 St. S

Email: executivedirector@youth.ab.ca

Provides programs/services for youth (ages 15 to 30) to maximize employment opportunity and retention. Programs include: Reach Up, Forward Life Impact (FLI) and Work experience. Services are free of charge.

94 Cabs

Phone: 403-942-5694

Website: <https://94cabs.com/>

Aakom-Kiyii Health Services

Phone: 403-965-3809 or 403-965-3822

Website: <https://aakomkiyiihealthservices.com/>

In-Person: 1860 – 15 Ave., Brocket

Located on Piikani Nation and offers a full range of community health and home care to the Piikani people and their families. This includes traditional holistic approaches to care, health promotion, disease prevention, curative care, rehabilitative care and social resource advocacy. Included in these services is Non-Emergency Medical Transportation for status, registered individuals living on the Piikani Nation.

AAWEAR

Email: info@aawear.org

Website: <http://www.aawear.org>

A peer-based support group offered for individuals with a history of hard drug use and street involvement. Abstinence is not a requirement of group membership.

A-Plus Taxi

Phone: 403-317-7777

Website: <http://www.aplustaxi.ca>

Ability Resource Association

Ability Resource Centre**In-Person:** 1610 - 29 St. N**Website:** <http://www.abilityresource.ca>**Phone:** 403-329-3911

Providing supports for people with disabilities to pursue their personal goals related to learning new skills; building connections; increasing productivity; fostering independence; and maximizing their interests, strengths and abilities.

Ability Employment**In-Person:** 416 - 8 St. S**Website:** <http://www.abilityresource.ca>**Phone:** 403-317-4550

Providing supports for people with medical barriers or disabilities to prepare for, pursue, secure and maintain employment. Comprehensive services are available for people who qualify for government-funded individualized services.

Aboriginal Housing Society

Phone: 403-328-8806**In-Person:** 22, 1102 – 5 Ave. N**Website:** <https://aboriginalhousingsociety.org/>

Creating off-reserve housing opportunities for Indigenous peoples that are appropriate, safe, accessible and affordable. Applications can be completed online.

Access-A-Ride

Phone: 403-329-6464**Website:** <https://www.lethbridge.ca/living-here/getting-around/Transit/Pages/AAR.aspx>**In-Person:** 619 - 4 Ave. N

A shared ride public transportation service for people who are unable to use the larger public transit service. Service is provided on an "accessible door to door" basis, providing a safe and secure trip from origin to destination. Eligible clients must register before they can book a trip on ACCESS-A-Ride. Visit the website for eligibility criteria.

ACT Medical

Phone: 403-942-3003**Website:** <http://leviteeclinics.com/clinics/>**In-Person:** 528 - 6 St. S

An opioid replacement treatment clinic that uses evidence-based medication to treat patients with active opioid addictions. Counselling is available onsite 1 day a week, and methadone practitioners are available for patients without a family physician.

Al-Anon

Phone: 1-888-425-2666 (Toll Free Meeting Line) **Website:** <https://al-anon.ab.ca>

Al-Anon is a mutual support program for people whose lives have been affected by someone else's drinking. Call for information on meeting times and locations. Phone the toll-free phone number or visit the website for meeting information.

Alberta Aids to Daily Living

Phone: 310-0000 then 780-427-0731

Website: <https://www.alberta.ca/alberta-aids-to-daily-living.aspx>

Assists Albertans with a long-term disability, chronic illness or terminal illness, in maintaining independence in their community by providing funding for basic medical equipment and supplies to meet clinically assessed needs.

Alberta Child and Family Benefit

Phone: 1-800-959-2809

Website: <https://www.alberta.ca/alberta-child-and-family-benefit.aspx>

The Alberta Child and Family Benefit (ACFB) provides direct financial assistance to lower and middle-income families with children under 18.

Alberta Child Health Benefit

Phone: 1-877-469-5437

Website: <https://www.alberta.ca/alberta-child-health-benefit.aspx>

The Alberta Child Health Benefit covers children's health expenses such as dental, prescription drugs, and eyeglasses for families with low incomes. This health plan is for children up to 18 years of age.

Alberta Find a Doctor

Phone: 811

Website: www.albertafindadoctor.ca

Enter an address, postal code or community on the website to find out which family doctors are accepting new patients in your area. Find a doctor by phone call 811 Health Link. Alberta wide workshops and programs are also listed on this website.

Alberta Health Care Insurance Plan

Phone: 310-0000 then 780-427-1432

Website: <https://www.alberta.ca/ahcip.aspx>

Learn about the AHCIP and how to get registered for coverage of insured hospital and physician services in Alberta and Canada by phoning or visiting the website.

Alberta Health Services

Website: www.albertahealthservices.ca

Access Addiction & Mental Health (AAMH South)

Phone: 1-888-594-0211

Email: AMHAccessSouth@ahs.ca

AAMH is the access point for non-urgent AMH information and services. Callers requiring access to an AMH service will be screened, triaged, and provided with a first appointment booking, or will be provided with information on appropriate community resources. Screening staff are Mental Health Therapists. Callers should be prepared to spend 30-45 minutes to complete the screening and intake process.

Adult Addictions & Mental Health**In-Person:** 103, 200 - 5 Ave. S**Phone:** 403-381-5260

Provides adults with assistance in dealing with addictions, mental health, and concurrent disorders. To see a Psychologist, Mental Health Therapist, or Psychiatrist, clients must go to Walk-In Intakes during walk-in hours. M, Tue, W. 10am –3pm and Fri. 830am- 11am.

Alberta Health Services ID Program**In-Person:** 960 - 19 St. S, Room 2K154 inside Chinook**Phone:** 403-330-8150

Regional Hospital

Offers participant assistance to obtain ID's, and provide storage of the IDs until the participant is permanently housed. Government issued Alberta ID cards and Alberta Health Care cards can be obtained through this service. Walk-ins: Wed & Thurs, 8-12pm

Alberta Healthy Living**In-Person:** 424 - 5 St. S, Exterior Entrance**Phone:** 403-388-6675

Provides information, education, techniques, and support to help improve the health and quality of life of persons with a chronic condition. Service providers may include: dietitians, exercise physiologists, kinesiologists, occupational therapists, physiotherapists, registered nurses, respiratory therapists, and social workers.

Better Beginnings**In-Person:** 801 - 1 Ave. S**Phone:** 403-388-6661

Supports healthy pregnancy for women with limited resources, including: gift cards, cooking club classes, prenatal vitamins, infant Vitamin D drops, library membership, bus passes, breastfeeding information, nutrition advice, and pre/postnatal education and support.

Child, Youth & Family Addiction and Mental Health**In-Person:** 120A, 200 - 4 Ave. S**Phone:** 403-381-5278

Outpatient services can include: family, individual, and group therapy, case management, and referrals to other addiction and mental health supports. There is limited access to other health consultation services including psychiatry. Phone to schedule an appointment for intake.

Child and Adolescent Mental Health Program (CAMP)**Phone:** 403-381-5278

Sees children with mental health concerns who can't be treated in a community or facility-based program. Child must be referred to this program.

Children's Allied Health Services - Audiology**In-Person:** 120B, 200 - 4 Ave. S**Phone:** 403-388-6575

Provides care to children which includes: assessing for hearing loss, helping prevent hearing loss, helping caregivers understand a child's hearing loss, follow-up as needed, and teaching about hearing.

Chinook Regional Hospital - Switchboard**In-Person:** 960 - 19 St. S**Phone:** 403-388-6111**Day Treatment Centre****In-Person:** 960 - 19 St. S**Phone:** 403-388-6244

Group therapy offered to clients in the community, and psycho-educational groups offered to psychiatric inpatients. Individual and group recreation therapy offered to psychiatric

inpatients to improve coping skills. Group recreation therapy provided to community clients to improve leisure and social skills.

Early Hearing Detection and Intervention

In-Person: 960 19 St. S

Phone: 403-388-6175

Located inside the Chinook Regional Hospital. Alberta's Early Hearing Detection and Intervention (EHDI) Program is a provincial screening program that identifies permanent hearing loss as early as possible in a baby's life. This ensures that babies and families receive timely follow-up and support sooner to optimize developmental outcomes.

Family Health Home Visitation

In-Person: 110, 200 - 4 Ave. S

Phone: 403-388-6351

Families First: Helps families who need help with parenting and are experiencing life challenges. Men or Women who: are pregnant or have children 0-3 years old, and are seeking assistance with child development, mental health, stress reduction, relationships, injury prevention or nutrition.

First Steps: Helps pregnant or postnatal women who are struggling with alcohol and/or substance abuse.

Health Link

Phone: 811

Call for quick and easy advice from a registered nurse 24/7. Remember, in a medical emergency, always call 911 or visit the nearest emergency department.

Home Rehabilitation Team

In-Person: 110, 200 4 Ave. S

Phone: 403-388-6766

The Home Rehabilitation Team provides an in-home rehabilitation service for adults with a recent decline in independence, function and/or mobility living within the Medicine Hat or Lethbridge areas. Provides short-term, client-driven, home-based rehabilitation intervention.

Indigenous Health Program

In-Person: 200 - 4 Ave. S

Website: <http://www.ahs.ca/ihp>

This program enhances cultural competencies of healthcare providers, improves access to health services, customizes approaches for specific health challenges, addresses addiction and mental health issues, and monitors the health of the Indigenous population. It also helps Indigenous patients and families throughout their hospital stay, provides traditional wellness and cultural support, and connects Indigenous patients and families to health services and programs.

Landers Treatment Centre

In-Person: 221 Fairway Dr., Claresholm

Phone: 403-625-1395

Offers an 18-24-day intensive residential addiction treatment program for adult men and women who are experiencing problems as a result of their alcohol use, other drug use, and gambling

Lethbridge Community Health

In-Person: 801 - 1 Ave. S

Phone: 403-388-6666

Public Health, Immunizations, Prevention programming – Call for all program information

Lethbridge Recovery Centre - Medically Supported Detox

In-Person: 960 - 19 St. S

Phone: 403-388-6243

Located inside the Chinook Regional Hospital, we are a referral-based program that offers medically supported detoxification services to individuals who are wanting medical assistance discontinuing alcohol, stimulants or opioids. The program will require 6-10 days of 24/7 inpatient care that provides medical and clinical support (including suboxone initiation), group therapy, education, counselling, and discharge planning.

Lethbridge Youth Treatment Centre

In-Person: 402 - 6 Ave. N

Phone: 403-388-7600

Voluntary, in center residential treatment for youth ages 12 to 17, wanting to make positive changes from the harmful effects of alcohol and substance use. Individual, group and family counselling. On site school. Experiential/ Adventure treatment approach

Services may be obtained by referral through any AHS - Child, Youth and Family Addiction and Mental Health office.

Seniors Mental Health Outreach

In-Person: 300, 704 - 4 Ave. S

Phone: 403-388-6551

Provides services to older adults with mental health and/or addiction issues.

Non-emergent assessment, consultation and short term management. Supports connection to meaningful activities and support transitions in living situations. Services may be delivered to clients where they live. Offers a variety of groups, contact for more information.

Sexual and Reproductive Health

In-Person: 300, 740 - 4 Ave. S

Phone: 403-320-0110

Information on sexual decision-making, birth control methods, pregnancy options and sexually transmitted infections is available to all ages. STI testing/treatment is available to all ages. Emergency contraceptive pill (morning-after pill), pregnancy testing and physician services (birth control prescriptions) are limited to people under 29. Please call ahead for appointment.

Alberta Human Rights Commission

Phone: 310-0000 then 780-427-7661 **Website:** <https://www.albertahumanrights.ab.ca>

In-Person: 1302 - 9 Ave. N

Ensures that all Albertans are offered an equal opportunity to earn a living, find a place to live, and enjoy services customarily available to the public without discrimination.

Alberta Seniors and Housing

Phone: 1-877-644-9992

Website: <http://www.seniors-housing.alberta.ca/>

Creating affordable housing options for Albertans most in need and help Alberta's aging population lead healthy and independent lives.

Alberta Supports

Phone: 403-380-2272

In-Person: Main Floor – 200 5 Ave. S

24 hr. Emergency Income Support Line:
1-866-644-5135

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

Helps individuals access various programs and community services for seniors, employment, homelessness, financial needs, work or training, children & youth, parents & families, people with disabilities, guardianship and trusteeship, abuse, bullying and family violence prevention.

Alcoholics Anonymous

Phone: 403-327-8049

Website: <https://www.aa.org>

In-Person: Visit www.area78aa.org to find a meeting

Alcoholics Anonymous is a fellowship of people who come together to solve their drinking problem. Membership is open to anyone who wants to do something about their drinking problem. AA's primary purpose is to help alcoholics to achieve sobriety. Call for meeting times and locations.

All Saints Roman Catholic Parish

Phone: 403-327-8931

Website: <http://www.allsaintslethbridge.org>

In-Person: **Assumption:** 2405 - 12 Ave. S **St. Basils:** 604 - 13 St. N

Allied Arts Council

Phone: 403-320-0555

Website: <http://artslethbridge.org>

In-Person: 318 - 7 St. S

Works to promote the arts in Lethbridge through events, publications and the creation of opportunities for artists.

Alpha House Society

Phone: 403-942-8281

Website: <https://alphahouselethbridge.com/>

In-Person: 802 - 2A Ave. N

Emergency Shelter

Phone: 403-593-9376

Available 24/7 for adults experiencing homelessness and in need of a safe space due to personal circumstances, substance use, or inclement weather.

Services include: a culturally safe environment for individuals with diverse backgrounds, showers and sleeping mats, immediate withdrawal management and monitoring for complications due to alcohol and drug use, medical and mental health intervention, referrals to other social service providers, and daily meals provided through the Lethbridge Soup Kitchen.

Stabilization Centre

Phone: 403-332-2506

Available for intake 24/7 to support individuals in a safe and caring environment to safely withdrawal from substances. The Stabilization program is for adults seeking supports for drug dependencies.

Services include: withdrawal management, daily programming, referrals to housing/addiction treatment programs, and residential support (including food program and accommodation).

Transitional Housing

Available for adults transitioning from homelessness and in need of supports. Services include individualized case planning for short and long-term goals to move clients towards stability. Referrals for this program must come through the Shelter.

Alzheimer Society

Phone: 1-866-950-5465 or 403-329-3766 **In-Person:** 40, 1202 - 2 Ave. S

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

Offers a provincial network of educational and support services for those with dementia and their care partners, builds partnerships with health professionals and the community and advances research into effective treatments and finding a cure.

Assured Income for the Severely Handicapped (AISH)

Phone: 403-381-5186

Website: <https://www.alberta.ca/aish.aspx>

In-Person: 200 - 5 Ave. S

Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living.

Baha'i Faith

Email: bahaisoflethbridge@gmail.com

Website: <http://lethbridgebahai.blogspot.ca>

Beit Tefillah Sameach – Joyful Prayer House

Phone: 403-394-0499

Website: <https://www.btsmc.ca/>

In-Person: 336 - 13 St. N

Big Brothers Big Sisters of Lethbridge and District

Phone: 403-328-9355

Website: www.bebig.ca

In-Person: 622 - 6 Ave. S

BBBS creates individual and group mentoring relationships amongst adults and youth. Mentoring is an important way to give children experience with these essential back-and-forth relationships, developing them into healthy young people better able to deal with and overcome life's adversities. Matches are based on compatibility and a variety of programs are available.

Bigelow Fowler Clinic

Bigelow Fowler East

Website: <http://www.bigelowfowler.com>

In-Person: 103, 2049 Mayor Magrath Dr. S

Phone: 403-327-3977

Bigelow Fowler West

Website: <http://www.bigelowfowler.com>

In-Person: 30 Jerry Potts Blvd. W

Phone: 403-381-8444

BDT Cabs

Phone: 403-381-4444

Website: <http://www.lethbridgecabs.ca>

BGC Lethbridge

Phone: 403-327-6423

Website: <http://bgclethbridge.com>

In-Person: 1405 - 8 Ave. N

Provides a safe, supportive place where children and youth can experience new opportunities, overcome barriers, build positive relationships, and develop confidence and life skills. Serves children and youth ages 5-18.

Blood Tribe Department of Health

Phone: 403-737-3888

Website: <https://www.btdh.ca>

Programs offered to the Blood Tribe Community include Health Services, Home Care, Wellness Centre, Non-Insured Health Benefits, Essential Services and Continuing Care Centre.

Kainai Wellness Centre

Phone: 403-737-3883

A community-based centre, with a therapeutic component offering client centered and trauma informed approaches to wellness that emphasize Siksikaitapiiyssini – Blackfoot Ways of Knowing and Being - which includes culture, traditions, and language, in all program areas.

Blood Tribe Employment and Skills Training

Phone: 403-737-8149

Website: <https://www.facebook.com/BloodTribeEmployment/>

In-Person: PO Box 319 Standoff, AB

Offers services and programs for individuals seeking employment or skills to help them become more employable in their chosen career path.

Blood Tribe Police Service

Complaints: 403-737-3800

Website: <http://www.bloodtribepolice.com>

Victim Services: 403-737-8814

In-Person: Hwy 2 & Bta Rd. Standoff, AB

Bluefox Association

Phone: 403-320-1880

In-Person: 232 - 22 St. N

Residential and community support services for adults with disabilities.

Brain Injury Relearning Services

Community Support Cognitive Program (Lethbridge)

Phone: 403-320-7402

Website: <http://braininjurymedicinehat.ca/index.html>

In-Person: Unit 1, 1718 3 Ave. S

Email: office@braininjurymedicinehat.ca

BIRS supports people who have an acquired brain injury which could include any non-progressive brain injury caused by a stroke, a concussion, or a severe traumatic brain injury from a fall, an assault, or a motor vehicle collision.

Brain Trauma Support Society Lethbridge

Phone: 403-752-4951 or 403-381-0756

Provides emotional support and socialization for brain trauma survivors, caregivers, and their families. Meeting dates and times are listed in the Lethbridge Herald newspaper

Bridges Consulting

Phone: 587-425-4211

Website: <http://bridgesconsulting.ca>

In-Person: 290, 104 - 13 St. N

Provides group programming, individual consultation, behavioural aid funding, community aid funding, and support to children and families. Individualized support and learning in the context of a social environment helping children to gain the skills they need to reach their full potential.

Buddhist Temple of Southern Alberta

Phone: 403-327-1260

Website: <http://thebtsa.com>

In-Person: 470 - 40 St. S

BWR Taxi

Phone: 403-327-7000

Campbell Clinic

Campbell Clinic South

Website: <http://www.campbellclinic.ca>

In-Person: 430 Mayor Magrath Dr. S

Phone: 403-328-8101

Campbell Clinic West

Website: <http://www.campbellclinic.ca>

In-Person: 160 Columbia Blvd. W

Phone: 403-381-7000

Campbell Clinic Coaldale

Website: <http://www.campbellclinic.ca>

In-Person: 1915 - 17 St., Coaldale

Phone: 403-345-3072

Canada Child Benefit (CCB)

Phone: 1-800-387-1193

Website: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/canada-child-benefit-overview.html#nt>

The Canada child benefit (CCB) is a **tax-free** monthly payment made to eligible families to help them with the cost of raising children under 18 years of age. The CCB might include the child disability benefit and any related provincial and territorial programs.

Canada Revenue Agency (CRA)

Website: <https://www.canada.ca/en/revenue-agency.html>

The Canada Revenue Agency (CRA) administers tax laws for the Government of Canada and for most provinces and territories, and administers various social and economic benefit and incentive programs delivered through the tax system.

Canadian Cancer Society Toll Free

Phone: 1-888-939-3333

Website: www.cancer.ca

The Canadian Cancer Society (CCS) provides a support system for people with cancer and their loved ones to help them live their lives as fully as possible.

Canadian Hard of Hearing Association

Phone: 403-328-2929

Website: <http://www.chha.ca>

In-Person: 1010 – 18A St. N

Provides information about hard of hearing issues and solutions and works to increase public awareness of hearing loss and to help Canadians with hearing loss fully integrate into Canadian society.

Canadian Mental Health Association, Alberta South Region – CMHA, ASR

Phone: 403-329-4775

Website: <http://lethbridge.cmha.ca>

In-Person: 426 - 6 St. S

Enhancing community mental health by providing supports for all members of the community through the provision of public and professional education, social action, advocacy and direct service delivery. Please contact for more information on programs.

Community LINKS Information and Referral

In-Person: 810 - 5 Ave. S

Phone: 403-328-5465

Located inside the main branch of the Lethbridge Public Library, this service provides resources and referral information to connect people to community, health, social, and government services.

Community LINKS Intake

Phone: 403-328-5465

Provides intakes for individuals who may require a higher level of services (such as Adaptive Case Management and Permanent Supportive Housing). Individuals who seek to access housing services or other support needs should be prepared to work with a worker through an intake process to see what services that they are eligible for.

Crisis Intervention Team

Phone: 403-381-1116

Provides services 24/7 to defuse crisis situations and offer assessment, intervention and referrals. If you are supporting someone needing an intervention for an ongoing mental health crisis, or going through one yourself.

Distress Line of Southwestern Alberta

Phone: 403-327-7905

Toll free: 1-888-787-2880

The Distress Line of Southwestern Alberta is a 24-hour phone support for individuals experiencing a crisis. It is available for any individual who is in distress and require support, intervention and/or information and referral services.

Diversion Outreach Team (DOT)

Phone: 403-892-3707

A mobile diversion response to vulnerable individuals who may be facing homelessness, mental health concerns or addictions on the streets of Lethbridge.

Operates Monday to Friday 6 am – 10 pm and Weekends 6 am – 6 pm.

HomeBASE Adaptive Case Management

This program is part of the system designed to work with individuals facing homelessness or other complex needs in our community. Staff with the program provide supports aimed at assisting individuals to develop the skills to find and maintain housing.

Referrals are made through the Lethbridge Integrated Coordinated Access system. Please contact Community LINKS Intake to book an intake appointment.

Recovery College & Peer Support Programs

Phone: 403-329-4775

Website: www.recoverycollegelethbridge.ca

Using an educational based approach, Recovery College offers free courses to help people recognize and develop their own resourcefulness and awareness in order to support themselves or their loved one's recovery journey. Courses are developed and delivered in partnership with peer supporters and students who are experts by experience: they have their own experience of a mental health or addiction concern, or are supporting a loved one.

Canadian National Institute for the Blind (CNIB)

Phone: 1-800-563-2642

Website: <http://www.cnib.ca>

Provides community-based support, knowledge and a national voice to ensure Canadians who are blind or partially sighted have the confidence, skills and opportunities to fully participate in life. Vision Loss Rehabilitation Canada provides personalized rehabilitation services designed to enhance independence, safety and mobility after a loss of sight.

Canadian Red Cross

Phone: 403-317-7194

Website: <http://www.redcross.ca>

In-Person: 335 Columbia Blvd. W

Emergency and Disaster Services, First Aid and CPR, Health Equipment Loans, Migrant and Refugee Services, Swimming and Water Safety and Violence, Bullying and Abuse Prevention programs.

Casa Lethbridge

Phone: 403-327-2272

Website: <http://www.casaletbridge.ca>

In-Person: 230 - 8 St. S

Home for the Arts in Southern Alberta. Casa is a place where people develop community through learning, living and loving the arts. It is a unique facility that provides people of all ages and abilities, appropriate, safe and affordable space to create and present works of art.

CBI Health

Phone: 403-320-2003

Website: <https://www.cbi.ca/home>

In-Person: 120, 4 Ave. S

We offer a wide array of rehabilitative services to assist in the treatment of occupational injuries, motor vehicle accidents, long term disability claims, sport related injuries, and non-occupational injuries.

Central Church of Christ

Phone: 403-327-4774

In-Person: 716 - 23 St. N

Child Care Subsidy

Phone: 1-877-644-9992

In-Person: 200 - 5 Ave. S

Website: <http://www.humanservices.alberta.ca/financial-support/15104.html>

Eligible lower-income families can apply for subsidies to offset the cost of child care.

Chinook Autism Society

Phone: 403-892-9151

In-Person: 527 6 St. S

Website: <http://www.autismalberta.ca/chinook-autism-society>

Helps autism families to find upcoming events and share support, ideas, and resource information.

Chinook Sexual Assault Centre

Phone: 403-694-1094, Toll free: 1- 844-576-2512

In-Person: 502 – 740 4 Ave. S

Website: www.csacleth.ca

Free services for all genders and all ages: counselling, crisis support, court support, advocacy, public outreach & community education and professional development and resources.

Christ Trinity Lutheran Church

Phone: 403-327-0709

In-Person: 420 - 12 St. S

Church of Christ

Phone: 403-328-0855

In-Person: 2720 - 21 Ave. S

Church of Jesus Christ of Latter-Day Saints

Website: <https://www.churchofjesuschrist.org>

In-Person: 205 Fairmont Blvd. S

Phone: 403-329-8522

In-Person: 506 - 19 St. S (Seminary)

Phone: 403-327-0926

In-Person: 2410 - 28 St. S

Phone: 403-320-7114

In-Person: 2808 - 28 St. S

Phone: 403-381-0388

In-Person: 1912 - 10 Ave. S

Phone: 403-328-2777

In-Person: 4105 Forestry Ave. S

Phone: 403-320-0950

In-Person: 2223 - 6 Ave. N	Phone: 403-328-3238
In-Person: 175 Rocky Mtn Blvd. W	Phone: 403-381-8244
In-Person: 9 Keystone Terr. W	Phone: 403-380-0036
In-Person: 5 Jerry Potts Blvd. W	Phone: 403-320-0016
In-Person: 560 Highlands Blvd. W	Phone: 403-381-6633
In-Person: 50 Columbia Blvd. W	Phone: 403-381-0388

City of Lethbridge

Phone: 311 or 403-320-3111	Website: http://www.lethbridge.ca
City Hall	In-Person: 910 - 4 Ave. S
Electric Utility	In-Person: 910 - 4 Ave. S
Direct Energy (City Default Company)	Phone: 1-866-420-3174
Taxation & Assessment	In-Person: 910 - 4 Ave. S Phone: 403-320-3950
Utilities Customer Care	In-Person: 910 - 4 Ave. S Phone: 311 or 403-320-3111
Arenas	Phone: 311 or 403-320-3111
ATB Arena	In-Person: 74 Mauretania Rd. W
Civic Ice Centre	In-Person: 905 – 6 Ave. S
Enmax Centre	In-Person: 2150 Scenic Dr. S
Henderson Ice Centre	In-Person: 2301 Parkside Dr. S
Labor Ice Club Ice Centre	In-Person: 2020 – 18 Ave. N
Logan Boulet Arena	In-Person: 1302 – 9 Ave. N
Nicholas Sheran Arena	In-Person: 401 Laval Blvd. W
Pools	Phone: 311 or 403-320-3111
Cor Van Raay YMCA	In-Person: 74 Mauretania Rd. W
Fritz Sick Pool	In-Person: 420 – 11 St. S
Henderson Pool	In-Person: 2710 Parkside Dr. S
Nicholas Sheran Leisure Centre Pool	In-Person: 401 Laval Blvd. W
Max Bell Aquatic Centre	In-Person: 4401 University Dr. W
Spray Parks – Gyro	In-Person: 401 Laval Blvd. W
Spray Park – Rotary Centennial Fountain	In-Person: Galt Gardens, corner of 3 Ave. & 7 St. S
Stan Siwik Pool	In-Person: 1901 – 15 Ave. N
Westminster Outdoor Public Pool	In-Person: 411 – 16 St. N

City Light Church

Phone: 403-329-3011	Website: http://citylightchurch.ca
In-Person: 4101 - 20 Ave. S	

Cocaine Anonymous

Phone: 1-833-762-3700

Website: <https://ca-ab.org/find-a-meeting/lethbridge/>

Cocaine Anonymous is open to all persons who state a desire to stop using cocaine, including “crack” cocaine, as well as all other mind-altering substances. There are no dues or fees for membership.

College Drive Community Church

Phone: 403-320-1652

Website: <http://www.collegedrive.ca>

In-Person: 2710 College Dr. S

Community of Christ

Phone: 403-328-7337

Website: <http://www.communityofchrist.ca>

In-Person: 425 - 11 St. S

Crossroads Counselling

Phone: 403-327-7080

Website: <https://crossroadscounselling.ca>

In-Person: 202, 542 - 7 St. S

Email: info@crossroadscounselling.ca

We are a faith based non-profit organization. We strive to serve all members of our community regardless of means. We provide counselling based on current psychological theories. When the client chooses, we frame these theories in a Christian Worldview.

Custom Cabs

Phone: 403-894-6116

Diabetes Canada

Website: <https://www.diabetes.ca>

The Diabetes Canada website is the best online resource hub for Canadians living with diabetes. For all clothing donation inquiries contact 1-800-505-5525.

Dial-A-Law

Phone: 1-800-332-1091

DivorceCare

City of Light Church

Website: www.divorcecare.org/findagroup

In-Person: 4101- 20 Ave. S

Phone: 403-329-3011

Miz City Church

Website: www.divorcecare.org/findagroup

In-Person: 502 - 13 St. N

Phone: 403-381-8333

Support groups are led by people who understand how you feel and have a real concern for individuals who are experiencing separation and divorce.

Domestic Violence Action Team (DVAT)

Phone: 403-327-5724

Website: <https://dvat.ca/>

In-Person: 1098 - 3 Ave. N (Lethbridge Family Services)

The Domestic Violence Action Team (DVAT) is a committee that is dedicated to providing a coordinated prevention and early intervention response to domestic violence within South Western Alberta. This is accomplished through engagement with community partners and collaboration with local and provincial organizations.

Eating Disorder Support Network of Alberta

Email: info@edsna.ca

Website: <https://edsna.ca/>

EDSNA provides information, guidance, a provincial voice, a community hub and most of all, support. We offer professionally-facilitated support groups in Edmonton, Calgary and online. We are able to offer these groups at a very low cost to the participants and can even waive fees if people are experiencing financial difficulty.

Edenbridge Family Services

Phone: 403-320-8887

In-Person: 100, 316 - 13 St. S

Programming for children and adults with disabilities. Services include: summer day camps, community and behaviour aides, hourly respite, roommate companions, group homes, and residential supports.

Elsie's House

Phone: 1-833-460-1328

Email: elsieshouselethbridge@gmail.com

Website: <https://elsieshouse.com>

Elsie's House is a temporary housing program to equip pregnant women and new moms with a safe and caring place to call home. This is an opportunity for women in need to be part of a program that aims to prepare them for life on their own as a parent. Clients can apply anytime during pregnancy and up to the baby's 1st year.

Employment Insurance

Phone: 1-800-206-7218

Website: <https://www.canada.ca/en/services/benefits/ei.html>

The Employment Insurance (EI) program provides temporary income support to unemployed workers while they look for employment or to upgrade their skills. The EI program also provides special benefits to workers who take time off work due to specific life events.

Evangelical Free Church of Lethbridge

Phone: 403-329-3125

Website: <https://www.efreelethbridge.ca>

In-Person: 4717 - 24 Ave. S

Faith Baptist Church

Phone: 403-381-8237

Website: <https://fbclethbridge.com>

In-Person: 500 - 11 St. S

Family Centre Lethbridge

Website: <http://www.famcentre.ca>

Downtown

In-Person: 225, 200 - 4 Ave. S, Melcor Centre

Phone: 403-320-4232

North

In-Person: 1103 - 3 Ave. N, Interfaith Food Bank

Phone: 403-320-8138

West

In-Person: 10, 230 Coalbanks Blvd. W, Coalbanks Elementary School **Phone:** 403-359-8092

Family Centre empowers children and families through programs, resources and connections. Programs include information & referrals, early childhood development, parent support, family support, and developmental screening. Also, the Family Resource Network HUB.

Family Medical Centre

Phone: 403-328-2326

Website: <http://familymedicalcentre.net>

In-Person: 2931 - 20 Ave. S

Family Resource Networks (FRN)

Website: <https://www.alberta.ca/family-resource-networks.aspx>

Provincial Family Resource Networks (FRNs) deliver high quality prevention and early intervention services and supports for children aged 0 to 18.

Networks provide a range of services and supports that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community supports and resources, improving child and youth development, building resiliency and fostering well-being.

Lethbridge FRN – Family Centre

In-Person: 225, 200 - 4 Ave. S, Melcor Centre

Website: <http://www.famcentre.ca>

Phone: 403-320-4232

Lethbridge Indigenous Supporting FRN – Opokaa'sin Early Intervention Society

In-Person: 241 Stafford Dr. N

Website: <https://www.opokaasin.org/>

Phone: 403-380-2569

South Central FRN – Barons Eureka Warner FCSS

In-Person: 2107 - 13 St., Coaldale

Website: <https://fcss.ca/>

Phone: 403-795-3328

South Area West Corridor FRN – Fort Macleod Kids First Family Centre

In-Person: 1905 5 Ave., Fort Macleod

Website: <http://www.fmkidsfirst.com/>

Phone: 587-787-1071

Family Ties Association

Phone: 403-320-8888

Website: <http://familyties.ca>

In-Person: 206, 909 - 3 Ave. S

Assists families and individuals to develop the necessary skills needed to gain independence and experience success within their community.

Family Violence Info Line

Phone: 310-1818

Website: www.endfamilyviolence.alberta.ca

This 24-hour, 7 day per week service is available in more than 170 languages. Call at any time if you: are affected by family violence, need help with safety planning, know someone who needs help, or want to learn more about this issue.

Fifth Avenue Cabs

Phone: 403-381-1111

Website: <http://www.fifthavenuecabs.ca>

First Baptist Church, Lethbridge

Phone: 403-327-2082

Website: <https://firstb.net>

In-Person: 1614 - 5 Ave. S

First United Church

Phone: 403-327-2659

Website: <http://prairiespiritpc.ca>

In-Person: 703 - 13 St. N

Email: firstunited.leth@telus.net

Flexibility Learning Systems Ltd.

Phone: 403-320-2057

Website: <http://flexibilitylearning.ca>

In-Person: 506 - 4 Ave. S

Classes for newcomers to Canada for whom English is a second language to study English, learn about life in Canada, and learn to use computers. The ESL Employment Centre provides individual and small-group assistance to clients seeking employment.

Food Addicts in Recovery Anonymous

Phone: 587-425-3232

Call Josephine for more information.

Foothills Detox Centre

Phone: 403-553-4466

Website: <http://www.foothillscentre.ca>

In-Person: 810 - 18 St., Fort Macleod, AB

Foothills Centre is a medically supported, adult Detox Program located in southern Alberta. We are dedicated to providing an environment in which clients can safely withdraw from substance abuse. Our accredited detox program consists of daily group sessions, treatment referrals, discharge planning, relapse prevention and support resources.

Free Grace Fellowship

Phone: 403-394-0794

Website: <http://www.freegracefellowship.ca>

In-Person: 1807 - 2A Ave. N

Fresh Start Recovery Centre

Phone: 403-329-6603

In-Person: 85049, RR 212, Lethbridge

Website: www.freshstartrecovery.ca/about-us/fresh-start-south-country

Our 14-16 week program includes individual counseling, group facilitated treatment/healing, fitness, balanced nutritional meals and an opportunity to build and enhance recovery capital.

Galt Museum & Archives

Phone: 403-320-3954

Website: <https://galtmuseum.com>

In-Person: 502 - 1 St. S

The history of Lethbridge and southwest Alberta can be explored through the Galt's rotating world-class exhibitions, special events and school and weekend programs. Online programming announced on website.

Gamblers Anonymous

Local Hotline: 403-331-0822

Website: <http://www.albertaga.net>

A non-profit, self-supporting fellowship of recovering compulsive gamblers who meet regularly to help each other recover from the disease of compulsive gambling. Call for meeting times and locations.

Gamesense

Website: <http://gamesenseab.ca>

Provides valuable information about gambling so that people can make informed decisions when participating in gambling activities whether it is slot machines, table games, VLTs, bingo or lottery.

Gospel Lights Baptist Church of Lethbridge Alberta

Phone: 403-929-3114

Website: <http://www.glbclethbridge.com>

In-Person: 2006 - 20 St., Coaldale

Government of Alberta Switchboard

Phone: 310-0000

Website: <https://www.alberta.ca/contact.cfm>

Ask a question or send a message about a government program or service.

Government of Canada General Enquiries

Phone: 1-800-622-6232

Website: <https://www.canada.ca>

1 800 O-Canada provides a single point of contact for all Canadians to access quick, up-to-date government information over the phone. It acts as the first point of contact for general information on all Government of Canada programs, services and initiatives.

Grace Reformed Church

Phone: 403-795-7269

Website: <https://www.gracerc.ca>

In-Person: 1402 - 8 Ave. N

Green Acres Foundation

Phone: 403-328-1155

Website: <https://www.greenacres.ab.ca>

In-Person: 122 - 5 Ave. S

The Green Acres Foundation provides affordable housing and quality services responsive to the needs of clients.

GST/HST Tax Credit

Phone: 1-800-959-8281

Website: <https://www.canada.ca/en/revenue-agency/services/child-family-benefits/gsthstc-eligibility.html>

The goods and services tax/harmonized sales tax (**GST/HST**) **credit** is a tax-free quarterly payment that helps individuals and families with low and modest incomes offset all or part of the **GST** or **HST** that they pay. It may also include payments from provincial programs.

Haig Clinic

In-Person: 601 - 6 Ave. S

Phone: 403-328-6641

Website: <https://www.medicentres.com/medicentre-locations/haig-south/>

In-Person: 12 Aquitania Blvd. W

Phone: 403-329-4361

Website: <https://www.medicentres.com/medicentre-locations/haig-west/>

Heart and Stroke Foundation

Website: <http://www.heartandstroke.ca>

Fighting heart disease and stroke through research, education, prevention, and survivor supports.

Helen Schuler Nature Centre

Phone: 403-320-3064

In-Person: Indian Battle Road South, in the river bottom

Website: <https://www.lethbridge.ca/Things-To-Do/Nature-Centre/Pages/default.aspx>

A wide range of interactive experiences that connect people to their local natural heritage. Exhibits, schools & group bookings, events, parks & trails, facility rentals, and kid's programs.

Holy Spirit Roman Catholic Separate Regional Division No. 4

Head Office In-Person: 620 - 12B St. N	Website: https://www.holyspirit.ab.ca Phone: 403-327-9555
Catholic Central High School Grades: 10 – 12	Website: http://www.holyspirit.ab.ca/cch Phone: 403-327-4596
École St. Mary School Grades: PreK – 6	Website: https://esm.holyspirit.ab.ca Phone: 403-327-3098
Father Leonard Van Tighem School Grades: PreK – 9	Website: https://flvt.holyspirit.ab.ca/ Phone: 403-381-0953
Our Lady of the Assumption Grades: PreK – 6	Website: https://ola.holyspirit.ab.ca Phone: 403-327-5028
St. Francis Junior High Grades: 7 – 9	Website: http://sfjh.holyspirit.ab.ca Phone: 403-327-3402
St. Patrick Fine Arts School Grades: K – 6	Website: http://sfjh.holyspirit.ab.ca Phone: 403-327-4386
St. Paul School Grades: PreK – 6	Website: https://stpaul.holyspirit.ab.ca Phone: 403-328-0611
St. Teresa of Calcutta School Grades: PreK – 6	Website: https://stc.holyspirit.ab.ca Phone: 587-787-1490
The Children of St. Martha School Grades: PreK – 6	Website: http://csm.holyspirit.ab.ca Phone: 403-381-8110

Holy Trinity Parish Ukrainian Orthodox Church

Phone: 403-327-5471 **Website:** <http://www.lethbridge-orthodox.org>
In-Person: 643 - 13 St. N

Hoarding, Outreach, Management, & Education Team (HOME)

Phone: 403-330-7640 or 587-220-8646 **Email:** lethbridgehometeam@gmail.com
Website: <https://www.lethbridge.ca/living-here/Our-Community/Pages/Hoarding-Committee.aspx>

The Hoarding Committee was established to provide hoarding support in the three areas of Consultation, Education, and Intervention. The team works with any individual living in the area including Lethbridge, Coaldale, and Coalhurst. Inquiries for referral can be made through email or through phone.

Immanuel Lutheran Church

Phone: 403-327-4336 **Website:** <https://www.immanuelutheran.ca>
In-Person: 20 Rocky Mountain Blvd. W

Immigration, Refugees and Citizenship Canada

Phone: 1-888-242-2100
Website: <https://www.canada.ca/en/immigration-refugees-citizenship.html>

Inclusion Lethbridge

Phone: 403-327-2911

Website: <https://inclusionlethbridge.ca>

In-Person: 527 - 6 St. S

To advocate for and support individuals with developmental disabilities and their families/guardians so they can live as valued citizens, free of discrimination, enjoying all rights, responsibilities, and benefits of citizenship. Programs include: advocacy and crisis support, resource library, support groups, and family managed resource centre.

Independent Counselling Enterprises Inc. (ICE)

Phone: 403-394-0038

Website: <http://www.icenterprises.com>

In-Person: 2816 - 5 Ave. N

Provides a broad range of services to clients in many different settings including residential and non-residential. Services provide training and skills to promote independence to persons with disabilities.

Indigenous Recovery Coach Program AAPAI'TSI'TAAPII'SAAM

Phone: 403-328-8162

Website: <https://www.indigenousrecoverycoaching.com/>

In-Person: 1206 6 Ave. S

Email: info@indigenousrecoverycoaching.com

The Indigenous Recovery Coach Program is a peer-to-peer community-based and culturally informed recovery coach program, supporting adults in recovery from opioid use and methamphetamine use in Lethbridge. The program combines one-on-one community-based case management practices with culturally-focused healing and behaviour relapse prevention.

Interfaith Food Bank Society of Lethbridge

Phone: 403-320-8779

Website: <http://interfaithfoodbank.ca>

In-Person: 1103 - 3 Ave. N

Distribution of monthly food hampers, daily food supplements, clothing vouchers, referrals to other community and/or government agencies, and the Interfaith Learning Garden.

Interfaith Chinook Country Kitchen

Phone: 403-320-8138

Free cooking classes for adults, youth, children, and parents & children together help individuals and families cook tasty, inexpensive, nutritious meals at home. Call to ask for child-care opportunities.

International Qualifications Assessment

Phone: 310-000 then 780-427-2655

Website: <https://www.alberta.ca/igas-overview.aspx>

Helps people get recognition for education and training they received outside of Canada.

It's A Blast!

Phone: 403-320-3988

Website: <http://www.itsablastprogram.com>

In-Person: 290 - 10 St. N

A non-profit organization licensed to provide out of school care for children 6 to 12 years old. They offer various before, after school, and summer programs in several schools throughout the city.

Japanese United Church

Phone: 403-328-1207

In-Person: 821 9 Ave. N

Jehovah's Witness Kingdom Hall

Website: <https://www.jw.org>

In-Person: 1510 Stafford Dr. N

Phone: 403-328-4647

In-Person: 2822 - 2 Ave. S

Phone: 403-329-4110

In-Person: 5 Rocky Mountain Blvd. W

Phone: 403-381-0897

In-Person: 2822 - 2 Ave. S

Phone: 403-329-4113

Kainaiwa Children's Services Corporation

Phone: 403-737-2900

Website: www.kainaicsc.ca

In-Person: Human Resource Building, Standoff, AB

Through holistic programming, based on traditional values as outlined in the Declaration of Elders, Kainaysiin, Kainaiwa Children's Services works with the children and families in need of support and protection to become positive, healthy contributing members of the community.

Key Connections Consulting

Phone: 403-524-2522

Website: <http://www.keyconnectionsconsulting.com>

In-Person: 1245 - 2 Ave. S

Offers a multidisciplinary team of professionals who work collaboratively to provide a customized and comprehensive approach that ensures individuals are provided with a coordinated service that fits their unique needs. Services offered include: Behaviour Consultation, Counselling and Play Therapy, Occupational Therapy, Assessments, and Speech-Language Pathology, as well as an in-home aide program.

Kidsport Lethbridge & Taber

Phone: 403-359-8200

In-Person: 1001 - 3 Ave. S

Website: <http://www.kidsportcanada.ca/alberta/lethbridge-taber>

Email: lethbridgetaber@kidsport.ab.ca

Provides support to children in order to remove financial barriers that prevent them from playing organized sport.

King of Kings Fellowship

Phone: 403-394-0990

Website: <http://www.kingofkingsfellowship.com>

In-Person: 539 18 St. N

L'Arche Lethbridge

Phone: 403-328-3735

Website: <http://www.larchelethbridge.org>

In-Person: 240 - 12C St. N

Provides an opportunity for men and women with and without developmental disabilities to share, live, work, and learn together. Many local people participate in the life of our community as committed friends and respite workers.

Lakeview Bible Church

Phone: 403-327-5854

Website: <http://www.lbclethbridge.org>

In-Person: 1509 - 29 St. S

Landlord & Tenant Advisory Board

Phone: 1-877-427-4088

Website: <https://www.landlordandtenant.org>

Legacy Medical Centre

Phone: 403-320-1504

In-Person: 378 - 4 Ave. S

Legal Aid Alberta

Phone: 403-381-5194, toll-free 1-866-845-3425 **Website:** <http://www.legalaid.ab.ca>

Provides legal advice and representation in a broad range of services in family law and child welfare, adult criminal law, youth criminal law, immigration and refugee law and civil legal areas. To access services, phone their centralized number and a worker will connect individuals to lawyers.

Lethbridge 3-1-1

Phone: 3-1-1

Website: <https://www.lethbridge.ca/living-here/Pages/311.aspx>

Staffed with trained customer service specialists who can help callers, regardless of what City questions they have. The customer contact centre will be open Monday to Friday, 8 a.m. to 4:30 p.m. and an after-hours trouble line is available at the same number. For those calling from outside of Lethbridge, the City can be reached at 403-320-3111

Lethbridge and Area Métis

Phone: 403-328-7828

Website: <https://www.metis3.org>

In-Person: 132, 909 - 3 Ave. N

Email: info@lethbridgemetis.com

The Lethbridge and Area Métis are committed to improving the overall well-being of Métis People in and around this region.

Lethbridge & District Humane Society

Phone: 403-320-8991

Website: <http://lethbridgehumanesociety.com>

In-Person: 2920 - 16 Ave. N

A no-kill haven whose main goal is to find the best possible homes for abandoned, stray and previously owned cats and dogs from Lethbridge and surrounding area. Call to be connected to their pet food bank and supply program for pet owners that are in need.

Lethbridge Animal Services

Phone: 403-320-4099

In-Person: 2405 - 41 St. N

Services include adoptions, animal care and control, education and the enforcement of the dog bylaw. A proud partner of Pets of the Homeless, they have a pet food bank for cats and dogs. Please call ahead to see what is in stock.

Lethbridge Chinese Alliance Church

Phone: 403-320-1168

In-Person: 1501- 6 Ave. S

Website: <https://church.oursweb.net/church.php?pkey=815487>

Lethbridge Christian Tab

Phone: 403-327-6688

Website: <http://thetab.ca>

In-Person: 1805 - 9 Ave. N

Lethbridge College

Phone: 403-320-3200

Website: <https://lethbridgecollege.ca>

In-Person: 3000 College Dr. S

Lethbridge Elder Abuse Response Network (LEARN)

Phone: 403-394-0306

Website: <http://lethseniors.com/support-services/learn-lethbridge-elder-abuse-response-network>

In-Person: 500 - 11 St. S

LEARN is a collaboration of human services organizations that responds to and provides education, awareness and advocacy for those at risk of or already experiencing abuse, as well as the community at large. Case Management services are provided free of charge within the City of Lethbridge and County of Lethbridge.

Lethbridge Family Services

Phone: 403-327-5724

Website: <https://www.lfsfamily.ca>

Counselling, Outreach & Education

In-Person & Online: 1098 - 3 Ave. N

Phone: 403-327-5724

Individual, couples and family counselling, group counselling, educational presentations, training/workshops, personal growth groups and individual education.

DaCapo Disability Services

In-Person: 1107 - 2A Ave. N

Phone: 403-320-9119

Assists individuals to develop skills and relationships that enhance their well-being, independence, and connectivity to the community. FASD Assessment & Diagnostic Service.

Home Services

In-Person: 106, 1410 Mayor Magrath Dr. S **Phone:** 403-317-4624

Providing personal, respite, palliative, and private care to seniors, physically & developmentally disabled, and acute, chronic or terminally ill persons in Southern Alberta.

Immigrant Services

In-Person: 1107 - 2A Ave. N

Phone: 403-320-1589

Newcomers to the community are provided with services that include community orientation, referrals, cross-cultural awareness, and networking, interpretation and translation services and others. Please contact for more information.

Lethbridge Food Bank

Phone: 403-320-1879

Website: <http://lethbridgefoodbank.ca>

In-Person: 1016 - 2 Ave. S

Email: director@lethbridgefoodbank.ca

A non-profit resource, the “food share” program aims to provide healthy food security for families in need. Mindful Munchies lunch program provides nutritious lunches for children in need.

Lethbridge Integrated Coordinated Access (ICA)

Website: www.lethbridgeica.ca

The Integrated Coordinated Access (ICA) network will provide streamlined access for residents to receive tailored support by connecting individuals to the appropriate community services through consistent system navigation and referral processes.

Visit the website for information on:

- System Navigation and Referral Pathways
- Population Support Navigators for
 - Seniors – *see Lethbridge Senior Citizen Organization contact information, also known as Senior Systems Navigators*
 - Youth – *see Wood’s Homes contact information*
 - Indigenous Peoples – *see Opokaa’sin Early Intervention Society contact Information*
- Calendar of Events for trainings and other opportunities
- Counselling Subsidy

Lethbridge Housing Authority

Phone: 403-329-0556

Website: <https://lethbridgehousing.ca>

In-Person: 314 - 3 St. S

Provides safe, secure and affordable housing for people in need, in our region. Programs include: community housing, seniors self-contained, the Castle Apartments, affordable housing, rent supplement and eviction prevention program.

Lethbridge John Howard Society

Phone: 403-327-8202

Website: <http://www.johnhoward.ab.ca>

In-Person: 909 - 3 Ave. N

Re-Entry Support program: delivered at the Lethbridge Correctional Centre to support individuals in their re-integration into the community. Includes support for goal-setting, addressing addictions, employment, housing, family reunification and more.

Lethbridge Korean Community Church

Phone: 403-942-3053

In-Person: 715 - 13 St. N

Lethbridge Legal Guidance Society

Phone: 403-380-6338

Website: <http://www.lethbridgelegalguidance.ca>

In-Person: 423 - 5 St. S

Provides free legal assistance, information, and advocacy to individuals experiencing financial difficulties (low-income) who need legal services and representation and who do not qualify for legal aid. Phone for more information on dates for seminars and legal advice clinics.

Lethbridge Medical Clinic

Phone: 403-394-2002

In-Person: 517 - 6 St. S

Lethbridge Mennonite Church

Phone: 403-329-8557

Website: <http://lethbridge.mennonitechurch.ab.ca>

In-Person: 4303 - 3 Ave. S

Lethbridge Muslim Association

Phone: 403-328-8499

Website: <http://www.lethbridgemuslims.ca>

In-Person: 207 - 13 St. N

Lethbridge Police Services

Phone: Emergency 9-1-1

Website: <https://www.lethbridgepolice.ca>

In-Person: 135 - 1 Ave. S

Complaints

Phone: 403-328-4444

Deaf Person Teletype

Phone: 403-328-4445

Crime Stoppers

Phone: 1-800-222-8477

Youth Justice Program

Phone: 403-308-8164

Email: FASD@lethbridgepolice.ca

The Youth Justice Program is a partnership between the South Alberta FASD Network and the Lethbridge City Police. It was created to increase awareness and management of FASD within the Youth Justice System. The purpose of the program is to influence change in the criminal justice system through mentorship, education, training about FASD and related effects

Lethbridge Pregnancy Care Centre

Phone: 403-942-1819

Website: <https://lethbridgepregcentre.com>

In-Person: 118 - 8 St. S

Free, confidential and non-judgmental services for individuals facing an unplanned pregnancy. Providing both emotional and physical supports, including pregnancy tests, clothing room, and client advocacy. Information on adoption, abortion, and parenting.

Lethbridge Pride Fest Society

Website: <http://lethbridgepride.ca>

Email: info@lethbridgepride.ca

The goal of the Lethbridge Pride Fest Society is to organize and provide an annual Pride Festival and to promote events to citizens in and around Southern Alberta, as well as to promote 2SLGBTQIA+ pride and equality throughout Southern Alberta through the Pride Festival Season.

Lethbridge Public Library

Email: questions@lethlib.ca

Website: <http://www.lethlib.ca>

Crossings Branch

Phone: 403-320-4037

In-Person: 255 Britannia Blvd. W

Downtown Main Branch

Phone: 403-380-7310

In-Person: 810 - 5 Ave. S

Books, materials, programs, and events for children, teens, and adults. Homework help, Read On, Adult Literacy, movie screenings, and more at the library while the bookmobile provides mobile library services in the community. Check the website for program information and times.

Read On is an Adult Literacy and Learning program fun through the Lethbridge Public Library. It provides one on one volunteer-based tutoring for adult students residing in Lethbridge that helps improve their reading, writing, grammar, and even math skills.

Lethbridge School Division

Head Office

Website: <http://www.lethsd.ab.ca>

In-Person: 433 - 15 St. S

Phone: 403-380-5300

Indigenous Education

Phone: 403-317-4550

Website: <https://www.lethsd.ab.ca/departments/instructional-services/indigenous-education>

Chinook High School

Website: <http://chs.lethsd.ab.ca>

Grades: 9 - 12

Phone: 403-320-7565

Coalbanks Elementary

Website: <http://cb.lethsd.ab.ca>

Grades: PreK - 5

Phone: 403-394-9076

Dr. Gerald B. Probe Elementary School

Website: <http://gpro.lethsd.ab.ca>

Grades: PreK - 5

Phone: 403-381-3103

Dr. Robert Plaxton Elementary School

Website: <http://drp.lethsd.ab.ca>

Grades: K - 5

Phone: 825-399-0602

École Agnes Davidson School Grades: PreK - 5	Website: http://ad.lethsd.ab.ca Phone: 403-328-5153
Fleetwood Bawden Elementary School Grades: PreK - 5	Website: http://fb.lethsd.ab.ca Phone: 403-327-5818
G.S. Lakie Middle School Grades: 6 - 8	Website: https://gsl.lethsd.ab.ca/ Phone: 403-327-3465
Galbraith Elementary School Grades: PreK - 5	Website: http://gal.lethsd.ab.ca Phone: 403-327-3653
General Stewart Elementary School Grades: Pre - 5	Website: http://gs.lethsd.ab.ca Phone: 403-328-1201
Gilbert Paterson Middle School Grades: 6 - 8	Website: http://gp.lethsd.ab.ca Phone: 403-329-0125
Immanuel Christian Elementary School Grades: PreK - 5	Website: http://ices.lethsd.ab.ca Phone: 403-317-7860
Immanuel Christian Secondary School Grades: 6 - 12	Website: http://icss.lethsd.ab.ca Phone: 403-328-4783
Lakeview Elementary School Grades: K - 5	Website: http://lv.lethsd.ab.ca Phone: 403-328-5454
Lethbridge Christian School Grades: K - 8	Website: http://lcs.lethsd.ab.ca Phone: 403-320-0677
Lethbridge Collegiate Institute Grades: 9 - 12	Website: http://lci.lethsd.ab.ca Phone: 403-328-9606
Mike Mountain Horse Elementary School Grades: PreK - 5	Website: http://mmh.lethsd.ab.ca Phone: 403-381-2211
Nicholas Sheran Community School Grades: PreK - 5	Website: http://ns.lethsd.ab.ca Phone: 403-381-1244
Park Meadows Elementary School Grades: PreK - 5	Website: http://pm.lethsd.ab.ca Phone: 403-328-9965
Senator Buchanan Elementary School Grades: PreK - 5	Website: http://sb.lethsd.ab.ca Phone: 403-327-7321
Senator Joyce Fairbairn Middle School Grades: 6 - 8	Website: https://sjf.lethsd.ab.ca/ Phone: 403-381-2977
Victoria Park High School Grades: 9 - 12	Website: https://lasp.lethsd.ab.ca/ Phone: 403-327-3945
Westminster Elementary School Grades: PreK - 5	Website: http://west.lethsd.ab.ca Phone: 403-327-4169
Wilson Middle School Grades: 6 - 8	Website: http://wms.lethsd.ab.ca Phone: 403-329-3144
Winston Churchill High School Grades: 9 - 12	Website: http://wchs.lethsd.ab.ca Phone: 403-328-4723

Lethbridge Senior Citizen Organization (LSCO)

Phone: 403-320-2222

Website: <http://lethseniors.com>

In-Person: 500 - 11 St. S

A multipurpose community centre supporting the connection of older adults through physical activity, educational opportunities, socialization opportunities and supportive social services. Programs and services include art, fitness, cards and games, dining room, classes, housekeeping, transportation, snow- removal, lawn care, and the Keep-In-Touch program.

LSCO Meals on Wheels

Website: <http://www.mealsonwheelslethbridge.ca>

Phone: 403-327-7990

Operate Monday through Friday, providing hot meals delivered by volunteer drivers.

Lethbridge Seventh-Day Adventist Church

Phone: 403-327-6029

Website: <http://www.lethbridgeadventist.ca>

In-Person: 2606 - 16 Ave. S

Lethbridge Soup Kitchen Association

Phone: 403-320-8688

Website: <http://www.lethbridgesoupkitchen.ca>

In-Person: 10, 802 - 2A Ave. N

Meals are prepared and served almost entirely by volunteer church groups. Breakfast, lunch and dinner are served Monday through Saturday.

Lethbridge Sport Council

Phone: 403-320-5412

Website: <https://lethbridgesportcouncil.ca/>

In-Person: 401 Laval Blvd. W, 2nd floor Nicolas Sheran Ice Centre

This state is about enjoying lifelong participation in a variety of competitive and recreational opportunities in sport and physical activity.

Lethbridge Transit My Ride

Phone: 311 or 403-320-3111

Website: <https://myride.lethbridge.ca>

In-Person: 619 - 4 Ave. N

Lutheran Church of the Good Shepherd

Phone: 403-328-3445

Website: <https://www.lutheranchurchofthegoodshepherd.com>

In-Person: 2406 - 11 Ave. S

Maranatha Christian Reformed Church

Phone: 403-381-7744

Website: <http://www.maranatha-crc.ca>

In-Person: 260 McGill Blvd. W

McKillop United Church

Phone: 403-328-2703

Website: <http://www.mckillopunitied.ca>

In-Person: 2329 - 15 Ave. S

McMan Youth, Family & Community Services

Phone: 403-328-2488

Website: <http://www.mcmansouth.ca>

In-Person: 435 - 5 St. S

Mobile Addiction Outreach

Phone: 403-328-2488 Ext 222

Provides information to high risk vulnerable individuals who are experiencing addiction concerns.

FASD Lifespan Program

Phone: 403-328-2488 Ext 224

Outreach Workers provide support to caregivers of individuals of any age, who are either diagnosed with or suspected of having FASD. Life Coaches provide assistance with daily living supports based on the assessed needs of the individual, aged 17 +, who are diagnosed or suspected of having FASD.

First Nations Parent-Child Assistance Program (PCAP)

Phone: 403-339-1599 (PCAP Mentor)
403-634-7897 (Supervisor)

Provides support to Indigenous women who report alcohol and/or drugs abuse; are pregnant or up to six months after birth; are not engaged with other community services or are at risk of having a child prenatally exposed to alcohol or drugs.

Transition to Independence Program (TIP)

Phone: 403-328-2488 Ext 250

Provides flexible and responsive housing options for youth aged 16-24 years who have Child Intervention Status.

Military Family Resource Centre (MFRC)

Phone: 403-410-2320 ext. 3590

Website: www.cafconnection.ca/Calgary/Home.aspx

In-Person: 337 Stubb Ross Rd. S

Email: Lethbridge.mfrc@calgarymfrc.ca

We support families of CAF members within our service area of Southern Alberta, including Lethbridge. Our programs and services include prevention, support and intervention services, social activities and events, personal development workshops, family separation and reunification support counselling, crisis intervention, child and youth programs, disconnected admission passes, and more.

Miz City Church

Phone: 403-381-8333

Website: <http://www.themizcitychurch.ca>

In-Person: 502 - 13 St. N

Money Mentors

Phone: 1-888-294-0076

Website: <https://moneymentors.ca>

In-Person: 101, 1221 - 2 Ave. S

A not-for-profit organization that offers free, confidential debt counseling, money counseling and debt repayment programs.

Multiple Sclerosis Society of Canada

Phone: 1-844-859-6789

Email: msnavigators@mssociety.ca

Website: <https://mssociety.ca/>

The MS Society provides services to people with multiple sclerosis and their families and funds research to find the cause and cure for this disease. For MS information, program details, and support on navigating your MS journey, please contact an MS Navigator.

MyCityCare

Phone: 403-942-1378

Email: carol@mycitycare.ca

In-Person: 120 Mayor Magrath Dr. N

Free clothing and grocery resources, free hygiene and women's health care, Christmas and back to school programs and outreach services.

Programs include: Shop of Wonders, Stuff the Bus, Night to Shine, The Cinderella Project and Thankful Boxes. Our office location provides access all week to free clothing, grocery and hygiene as well as mindful activities, free sewing classes and women's wellness studio.

Narcotics Anonymous

Phone: 1-877-463-3537 (24 hr. helpline)

Website: <http://chinookna.org/na-meetings/>

Recovering addicts who meet regularly to help each other stay clean. This is a program of complete abstinence from all drugs. There is only one requirement for membership, the desire to stop using. Call for meeting times and locations.

Native Counselling Services of Alberta

Phone: 403-329-6140

Website: <http://www.ncsa.ca>

In-Person: 410 Stafford Dr. S

A program promoting the resilience of the Indigenous individual and family, through programs and services that are grounded in reclaiming our interconnectedness, reconciliation of relationships and self-determination.

Needle Disposal Boxes

Phone: 403-332-0722

Website: <https://www.lethbridge.ca/living-here/Waste-Recycling/Pages/Safe-Needle-Disposal.aspx>

The Needle Collection Program oversees all syringe management. This includes the Needle Debris Hotline, and collection and disposal of syringes from the public. Can pick up sharps containers when requested.

Outdoor Needle Drop Boxes

London Road Park	7 Ave. & 7 St. S
YWCA	604 - 8 St. S (East fence & West of bldg in alley)
Alpha House Society	802 - 2A Ave. N (beside Stafford Bridge)
Galt Gardens	601 - 3rd Ave. S (beside washrooms, under pergola, behind SAAG)
Lethbridge Public Library	810 - 5 Ave. S (parking lot & by HVAC unit)

Kinsmen Park	10 St & 9 Ave.
Provincial Court House	320 - 4 St. S
Provincial Building	200 - 5 Ave. S
Bowman Arts Centre	811 - 5 Ave. S (rear of the bldg.)
Dave Elton Park	622 Stafford Dr. N (North of the parking area)
Between City Hall & Yates Centre	910 - 4 Ave. S
Stafford Bridge Overpass	On & north fence along railway tracks East of overpass
Adams Park	South and West of Logan Boulet Arena
Crabb Street Parking Lot	607 - 5 Ave. S
Civic Field	Northwest Corner
6 Avenue Bus Stop	6 Ave & 8 St. S

Nikka Yuko Japanese Garden

Phone: 403-328-3511

Website: <http://www.nikkayuko.com>

In-Person: 9 Ave & Mayor Magrath Dr. S

Email: info@nikkayuko.com

Nikka Yuko expresses the merging of Japanese and Canadian culture in a garden rich in symbolism. It captures the signature of the southern Alberta landscape while simultaneously integrating traditional Japanese philosophy and symbols. Open May through October with special events throughout the year.

Nord-Bridge Seniors Centre

Phone: 403-329-3222

Website: <http://nordbridgeseniors.com>

In-Person: 1904 - 13 Ave. N

Provides educational, social, and support service programs for senior citizens. Programs and services include: educational & life-skills, fitness and socialization, activities, Keep-In-Touch Program, Monthly Outreach Program, social programs, travel, volunteer recruitment, and Dunford Diner.

Nsisi Medical Clinic

Phone: 403-942-1505

In-Person: 414 -13 St. N

Nurture Family Feeding Clinic

Phone: 403-942-6611

Website: www.nurturefeeding.com

In-Person: 30, 1202 - 2 Ave. S

Nurture Family Feeding Clinic is formerly known as The Lethbridge Breastfeeding Medicine Clinic. Our goal is to provide high quality care focusing on wellness and feeding during the post-partum period. At Nurture, we believe that a well bonded family is the most important part of the post-partum journey and we are here to support you in whatever methods you choose to feed your child.

Office of the Child and Youth Advocate (OCYA)

Phone: 1-800-661-3446

Website: <http://www.ocya.alberta.ca>

The OCYA advocates on behalf of children and youth receiving child intervention services or who are involved with the youth justice system by ensuring that their rights, interests and viewpoints are acknowledged and acted upon. Access to legal representation, engagement and education, Indigenous engagement, individual advocacy, investigative reviews and systemic advocacy.

Office of the Public Guardian and Trustee

Phone: 403-381-5648 or 1- 877-427-4525

Website: <https://www.alberta.ca/office-public-guardian-trustee.aspx>

The OPGT provides services, tools and support for personal and financial matters to vulnerable Albertans and their families.

One Life Church

Phone: 403-394-7707

Website: <https://www.onelifechurch.ca>

In-Person: 501 – 40 St. S

Opokaa'sin Early Intervention Society

Phone: 403-380-2569

Website: <http://www.opokaasin.org>

In-Person: 241 Stafford Dr. N

Nurturing and supporting the strengths and resilience of Indigenous families, children, and youth. Programs and services include early learning, childcare, family preservation and home of the Indigenous serving Family Resource Network HUB.

Osteoporosis Canada

Phone: 1-800-463-6842

Website: <https://osteoporosis.ca>

Osteoporosis Canada is the only national organization serving people who have, or are at risk for, osteoporosis. The organization works to educate, empower and support individuals and communities in the risk-reduction and treatment of osteoporosis.

OUTreach Southern Alberta Society

Website: <https://www.outreachsa.org/>

Email: info@outreachsa.org

Responds to the needs of the local and the broader lesbian, gay, bisexual, trans, two-spirit, and queer (2SLGBTQIA+) community of Lethbridge and the surrounding area by supplying resources, education and opportunities to foster self-determination, civic engagement and community participation.

Overeater Anonymous (OA)

Phone: 403-382-7478 Phone or online meetings – Call Ron for more information

Parkinson Association of Alberta

Phone: 403-317-7710, toll-free 1-800-561-1911 **Website:** <http://www.parkinsonalberta.ca>
Provide support services, education, advocacy and funds for research.

Passports

Phone: 1-800-567-6868 **Website:** <https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html>
Service Canada Lethbridge 101, 920 - 2A Ave. N, Crowsnest Trail Plaza
Calgary Office 120, 23 Sunpark Dr. SE, Calgary,

Peak Vocational & Support Services

Phone: 403-329-1262 **Website:** <http://peaksupport.ca>
In-Person: 1804 - 2 Ave.
Provides services to adults with disabilities: daily supports, employment training, residential services, and assistance for people with FASD going through the justice system

Peigan Prevention Counselling Services

Phone: 403-965-3919 **Website:** <https://www.facebook.com/PPCS17/>
In-Person: 1860 15 Ave. Brocket, AB
A private rehab facility located in Brocket, Alberta, specializing in the treatment of substance, drug and alcohol abuse.

Persons with Developmental Disabilities (PDD)

Phone: 403-381-5777 **In-Person:** 215 – 200 4 Ave. S
Website: <https://www.alberta.ca/persons-with-developmental-disabilities-pdd.aspx>
PDD helps adults with developmental disabilities to live as independently as possible in their community.

Piikani Employment Services

Phone: 403-965-2002 **Website:** <http://www.piikanihrd.ca/piikanihrd.ca/HOME.html>
In-Person: 1590 - 15 Ave., Brocket, AB
Designed for individuals who require training to secure employment. Applicants approved for funding may be eligible to receive financial assistance for tuition, fees, books and monthly living allowance. Funding is based on program criteria and eligibility.

Piikani Nation Child and Family Services

Phone: 403-965-2390

Website: <http://piikanicfs.ca>

Email: admin@piikanicfs.ca

Deliver strong healthy children, and families through the delivery of Piikani based protection and preventative services.

Prairie Treatment Centre

Phone: 403-942-7077

In-Person: 901 - 3 Ave. S

Website: <http://www.methadonetreatmentlethbridge.ca>

Treatment clinic for active opioid dependency. Counselling is available 1 day a week, and a methadone practitioner is onsite up to 5 days a week.

Public Pensions

Phone: 1-800-277-9914 (OAS, GIS, Allowance & Allowance for the survivor)

Website: <https://www.canada.ca/en/services/benefits/publicpensions.html>

Quest Support Services Inc.

Phone: 403-381-9515

Website: <https://www.questsupport.com>

In-Person: 860, 862 Heritage Blvd. W

Provides supports and programs to children and adults with disabilities.

Red Crow Community College

Phone: 403-737-2400 or
toll-free 1-866-937-2400

Website: <http://www.redcrowcollege.com>

Satellite Campus

Phone: 403-327-6984

Website: <http://www.redcrowcollege.com>

In-Person: 450 - 31 St. N, Lethbridge

Reeves College

Phone: 1-800-269-7095

Website: <http://www.reevescollege.ca>

In-Person: 110, 601 - 4 Ave. S

Rehoboth Christian Ministries

Phone: 403-349-5199

Website: <https://www.rcmflourish.ca>

In-Person: 1222 - 20 St., Coaldale

Serve people with disabilities through four programs: residential services, vocational services, outreach support services, and relief services.

Royal Canadian Legion General Stewart Branch No. 4

Phone: 403-327-6644

Website: <https://www.lethbridgelegion.ca/>

In-Person: 324 Mayor Magrath Dr. S

Branch Service Officers assist Veterans by identifying those with unmet health needs and possible benefits from VAC (Veteran Affairs Canada) and then by making appropriate referrals to Command Service Officers.

Royal Taxi

Phone: 403-328-5333

Saamis Employment & Training Association

Phone: 403-320-7699

Website: <https://saamisemployment.com/>

In-Person: 102, 514 Stafford Dr. N

Email: info@saamisaboriginal.ca

Our vision is that all Metis and First Nations People will have pride in their heritage and have equal opportunity to pursue their goals, hopes, and dreams. We have been able to provide our clients with Labour Market Training projects, and resources that have benefited all Aboriginal People in Medicine Hat and Lethbridge.

Sage Clan

Phone: 403-915-7650

Website: <http://sageclan.ca/>

Email: mark@sageclan.ca

Community patrol that specializes in helping the homeless and those suffering from addiction. They patrol normally at nights and provide lunches, snacks, water, and someone to talk to. A volunteer-based program.

Salvation Army Community Church of Lethbridge

Phone: 403-328-8611

Website: <https://www.lethbridgesalvationarmy.ca/>

In-Person: 1302 - 4 Ave. S

Salvation Army Community and Family Services

Phone: 403-327-8084

Website: <https://www.lethbridgesalvationarmy.ca/>

In-Person: 1811 - 2 Ave. S

Emergency resources for persons in need. Vouchers and referrals for clothing, household items, furniture, foodbank referrals, and more.

SASH Disability Support Services

Phone: 403-942-2052

Website: <https://www.sashab.org/>

In-Person: 135 13 St. N

SASH is committed to enriching the lives of adults with developmental disabilities through supports and services that (1) encourage community connections and social inclusion, (2) promote and encourage employment options and opportunities and (3) provide opportunities for life skills, personal and social development.

Schizophrenia Society of Alberta

Phone: 403-327-4305

In-Person: 234C - 12B St. N

Website: <https://www.schizophrenia.ab.ca/branch-activities/lethbridge-events>

Provide services and programming, in person or online, to empower those affected by schizophrenia through peer support, education, and supportive housing and employment.

Select People Solutions

Phone: 403-382-3669

Website: <http://www.selectrecruiting.ca>

In-Person: 300, 704 - 4 Ave. S

Specializes in finding the right career fit for people, and the right people for businesses in Southern Alberta.

Service Canada Centre

Phone: 1-800-622-6232

In-Person: 920 2A Ave North

Website: <http://www.servicecanada.gc.ca/tbsc-fsco/sc-dsp.jsp?rc=4860&lang=eng>

Servus Sports Centre

Phone: 403-320-5425

Website: <https://www.lethbridgesoccer.com/>

In-Person: 2501 - 28 Ave. S

Houses two regulation size indoor soccer pitches with grandstand seating

Sexual Violence Action Team (SVAC)

Website: www.svaclethbridge.com

SVAC is a committee dedicated to ensuring well-grounded response and prevention related to sexual violence in Southwestern Alberta. We believe in collaboration, information sharing & raising public awareness about the community impacts of sexual violence.

Shoppers Home Health Care

Phone: 403-328-5509, Ext 45

In-Person: 2045 Mayor Magrath Dr. S

Provides mobility aids, daily living, therapeutic aids, specialized services, and funding for persons with additional health care needs.

Sik Ooh Kotoki Friendship Society

Phone: 403-328-2414

Website: <https://lethbridgefriendship.ca/>

In-Person: 1709 - 2 Ave. S

Provides programs and services to the Indigenous population of Lethbridge who need a support system to cope with the urban environment and all the challenges it brings.

Six08 Health Clinic

Phone: 403-394-3352

Website: <https://six08health.com/>

In-Person: 608 - 5 Ave. S

Skipping Stone

Phone: 587-333-4342

Website: <https://skippingstone.ca>

In-Person: 1250, 407 – 2 St. SW, Calgary

Email: info@skippingstone.ca

Offer a welcoming, positive, and judgement free space for anyone who identifies as trans, transgender, non-binary, or gender diverse, as well as those questioning, exploring or looking to affirming their gender identity expression across Alberta.

SMART Recovery

General Website: <https://www.smartrecoverytest.org/local/>

Please search the Lethbridge Chapter website for contact information

Social Insurance Numbers

Phone: 1-866-274-6627

Website: <https://www.canada.ca/en/employment-social-development/services/sin/apply.html>

South Region Parents as Teachers

Phone: 403-320-5983

Website: <http://www.southregionpat.ca>

In-Person: 71, 4510 Fairmont Gate S (Dr. Robert Plaxton Elementary)

Helps parents understand child development and connects them to the resources they need to make the best choices for their family. Offers personal home visits customized to the needs of each family.

Southern Alberta Art Gallery (SAAG)

Phone: 403-327-8770

Website: <https://saag.ca>

In-Person: 601 - 3 Ave. S

The Southern Alberta Art Gallery fosters the work of contemporary artists who challenge boundaries through public engagement, promoting awareness, and exploring artistic expression. Work extends to local, national, and international communities.

Southern Alberta Community Living Association (SACLA)

Phone: 403-329-1525

Website: <https://www.sacla.ca>

In-Person: 1016 1 Ave. S

Provides customized services and supports to adults and children with developmental disabilities and their families.

Southern Alberta Ethnic Association (SAEA)

Phone: 403-320-1577

Website: <http://saea.ca>

In-Person: 421 - 6 Ave. S

Represents a wide diversity of ethnic societies and clubs in Southern Alberta. SAEA showcases ethnic diversity by highlighting different global cultures, languages, cuisines, cultural dancing and performances, ethnic music, thoughts and philosophies.

Southern Alberta Individualized Planning Association (SAIPA)

Phone: 403-320-1515

Website: <http://saipa.org>

In-Person: 210, 410 Stafford Dr. S

Resources, advocacy, training, and community development for the empowerment of persons with developmental disabilities to have the opportunity to live rich and productive lives as fully participating members of, and leaders in, their communities.

Southern Alberta Self-Help Association (SASHA)

Phone: 403-942-2263

Website: <http://www.sashahouse.org>

In-Person: 1239 - 5 Ave. S

SASHA supports adults with severe and/or persistent mental illness to achieve individual success through a continuum of supportive living options and individualized services.

Southern Alcare Manor (SAM)

Phone: 403-328-0955

Website: <https://www.southernalcaremanor.ca>

In-Person: 520 - 7 St. S

Email: admin.alcare@shaw.ca

A 25 – bed residential recovery treatment facility for men and women who have a sincere desire to abstain from alcohol, drugs or gambling and require a stable living environment during recovery.

Southgate Medical Centre

Phone: 403-942-7790

In-Person: 10, 15 Southgate Blvd. S

Website: <https://chinookprimarycarenetwork.ab.ca/clinic/Southgate-Medical-Centre>

Southminster United Church

Phone: 403-327-3404

Website: <http://southminsterunited.org>

In-Person: 1011 - 4 Ave. S

Southwest Alberta Child and Family Services

General Number: 403-381-5555

Regional Office: 403-381-5543

In-Person: 147, 200 - 4 Ave. S

Child Care Subsidy/Kin Care

Phone: 1-877-644-9992

In-Person: 200 - 5 Ave. S

Family Support for Children with Disabilities (FCSD)

Phone: 403-381-5777

In-Person: 215, 200 - 4 Ave. S	Website: www.alberta.ca/fscd.aspx
Foster Care/Adoptions	Phone: 403-388-7651
In-Person: 133, 200 - 4 Ave. S	
Sifton Family & Youth Services	Phone: 403-381-5411
In-Person: 528 Stafford Dr. N	
Youth/TRAC Team	Phone: 403-388-1297
In-Person: 416 - 4 Ave. S	

Special Olympics Alberta

In-Person: 2810 - 5 Ave. N **Website:** <http://www.specialolympics.ca/alberta/lethbridge>
Facebook: <https://www.facebook.com/Special-Olympics-Alberta-Lethbridge-302766826581538>

Provide year-round sports training and athletic competition in a variety of Olympic-type sports for children and adults with intellectual disabilities.

St. Andrews Presbyterian Church

Phone: 403-327-2582 **Website:** <https://standrews-lethbridge.ca/>
In-Person: 1818 5 Avenue South

St. Augustine's Anglican Church

Phone: 403-327-3970 **Website:** <http://www.staug.org>
In-Person: 411 - 11 St. S

St. Martha's Parish

Phone: 403-381-8891 **Website:** <http://www.stmarthasparish.ca>
In-Person: 355 Columbia Blvd. W

St. Michael's Health Centre

Phone: 403-382-6400 **In-Person:** 1400 - 9 Ave. S
Website: <https://www.covenanthealth.ca/hospitals-care-centres/st-michaels-health-centre>
Services provided include: Geriatric outpatient programs, long-term care, palliative care, post-acute rehabilitation program, recreation therapy, social work, spiritual care, supportive living, and supportive living dementia.

St. Peter & Paul Ukrainian Greek Catholic Parish

Phone: 403-328-4753 **Website:** <https://sites.google.com/site/ssppparish>
In-Person: 643 - 12B St. N

St. Vincent de Paul Society

Phone: 403-328-5493
Serving Lethbridge and Coalhurst. Administered by Volunteers.

Hours: 9:00am - 5:00pm, Mon. - Thurs. (closed July - August)

SERVICES PROVIDED: Furniture; Household Items; Part payment of Utilities or rent (excludes damage deposit & first month's rent), referrals

*Other requests may be considered, subject to review.

Streets Alive Mission

Phone: 403-320-1159

Website: <https://streetsalive.ca/>

In-Person: 323 - 4 St. S

Streets Alive Mission provides for the physical, emotional, social, and spiritual needs of the addicted, poor and marginalized in our community to empower them to change their lives through the Gospel of Jesus Christ. Evening supper program M-F 7-9pm

Genesis Home

A secure and safe place where women can reclaim their lives and their independence in a caring and affordable Christian environment.

Exodus Home

A secure and safe place where men can reclaim their lives and their independence in a caring and affordable Christian environment.

Feedin' Them Hope

A safe and welcoming location for individuals to come in to get warm or cool down, have refreshments, or a change of clothes.

People in Need Bank

Supplies clothing to those in need

Foot Fridays

People with no fixed address have access to a warm foot wash, nail clippings and fresh socks nearly every Friday

Trusteeship

Helping people grow in their financial stability by serving as their financial guardian to help them gradually move out of poverty and into a place where they can maintain their own financial future

Student Aid Alberta

Phone: 1-855-606-2096

Website: <https://studentaid.alberta.ca>

Sweet Grass Youth Alliance

Phone: 403-795-7850

Email: SweetgrassYA@gmail.com

Website: <http://www.sweetgrassya.org/> or <https://www.facebook.com/SweetgrassYA>

Sweetgrass Youth Alliance exists to make positive changes in the lives of all youth no matter where they come from or where they are going. We assist in the transition to adulthood and provide programs and activities to improve quality of life especially for our most vulnerable youth. Sweet Grass YA provides Outreach Services for ages 30 and under. We have Pow Wow Club weekly, Life Skills Workshops and other Outreach Supports.

Teamworks Career Centre

Phone: 403-382-3770

Website: <https://www.teamworktraining.ca>

In-Person: 300, 704 - 4 Ave. S

Helping southern Alberta job seekers to realize their career goals through career coaching, job search support, career workshops, and skills training.

Temporary Foreign Worker Helpline

Phone: 403-476-4540, toll-free 1-877-944-9955

Can help temporary foreign workers, international students (with work authorization) and employers understand their rights and find solutions to situations involving unfair, unsafe or unhealthy working conditions.

The Bridge Community Church of the Nazarene

Phone: 403-327-8827

Website: <https://thebridgecommunitychurch.ca/>

In-Person: 355 Stafford Dr. N

The Gate Christian Church

Phone: 403-320-9998

Website: <http://www.thegate.org>

In-Person: 522 - 3 Ave. S

The Kidney Foundation

Website: <https://kidney.ca/>

A collaborative, inventive and focused leader in the development of programs, services, research opportunities and awareness campaigns that have had a positive impact on the millions of Canadians living with, or at risk of developing kidney disease.

The Watch Program

Phone: 1-403-715-WALK (9255)

A volunteer-based initiative of Lethbridge Police Service with the objective of enhancing the community as a safe and friendly place for everyone to live, work, shop and enjoy, through social outreach, connection, and intervention. The Watch is out on the street working in the downtown community seven days per week, from 10:00 AM until 10:00 PM every day. The Watch Program offers SafeWalk service to individuals during their operating hours. Call to arrange a SafeWalk service.

Training Inc. Vocational School

Phone: 403-320-5100

Website: <http://www.traininginc.ca>

In-Person: 444 - 5 Ave. S

Training Inc. aims to enhance lives through lifelong learning. We specialize in hands-on training focused on industry related skills. We are a licensed post-secondary institution recognized by the provincial education system, offering our programs in accordance to

provincial regulations. To eligible Albertans, we provide personalized job searching assistance and employment counselling to aid in achieving your career goals, free of charge

Treaty 7 Urban Indian Housing Authority

Phone: 403-327-1995

Website: <https://t7housing.com>

In-Person: 234 - 12C St. N

An Indigenous operated, non-profit organization which provides subsidized rental units for low to moderate income native families seeking accommodations in the urban areas.

Applicants are approved for a specific size of unit based on the family composition of the household.

Trinity Reformed Church

Phone: 403-327-6434

Website: <http://www.trinityurc.ca>

In-Person: 1100 - 40 Ave. N

University Drive Alliance Church

Phone: 403-381-7171

Website: <https://udac.ca>

In-Person: 55 Columbia Blvd. W

University of Lethbridge

Phone: 403-329-2111

Website: <https://www.uleth.ca>

In-Person: 4401 University Dr. W

Utilities Consumer Advocate

Phone: 310-4822

Website: <https://ucahelps.alberta.ca>

The UCA has a mandate to educate and mediate for Alberta's small business, farm, and residential electricity, natural gas and water consumers, and advocate for energy consumers.

Veterans Service Centre (Government of Alberta)

Phone: 1-888-228-3871

Email: vetscanada@gmail.com

In-Person: 12325 – 97 St. NW, Edmonton

Website: <https://www.alberta.ca/veterans-service-centre.aspx>

Veterans outside of Edmonton can access support by contacting VETS Canada directly <https://vetscanada.org/>

VIA Church

Phone: 403-320-2005

Website: <https://www.viachurch.ca>

In-Person: 2820 - 18 Ave. N

Victim Services – Lethbridge City

Website: <https://www.lethbridgepolice.ca/victim-services>

Victim Services (8:30am-4:00pm)

Phone: 403-330-5176

Victim Services After Hours

Phone: 403-327-2210

In-Person: 135 - 1 Ave. S

The Lethbridge Police Victim/Witness Services Unit is a 24/7 police-based victim assistance program. Our mission is to provide trauma-informed victim-focused support to victims of crime and tragedy while preserving their right to be treated with fairness, compassion and dignity.

Victim Services – Lethbridge Corridor

Phone: 403-345-8590

Website: <https://vsleth.ca/>

Crisis Line: 403-393-8107

Lethbridge Corridor Victim services unit consists of a team of volunteers that work in coordination with Lethbridge RCMP, providing support, information and referral services to assist you, your family or anyone impacted by crime or tragedy. Our services that Lethbridge Corridor Victim services unit offer are free and confidential.

Virtual Opioid Dependency Program (VODP)

Phone: 403-783-7688

Website: <https://vodp.ca>

Toll Free- 1-844-383-7688

The intake process is a simple phone call to one of the above numbers, you will speak to a nurse or intake worker. You will be set up with a safe and barrier free prescription for your opioid dependency and withdrawal.

Volunteer Lethbridge

Phone: 403-332-4320

Website: <http://volunteerlethbridge.com>

In-Person: 324 - 5 St. S

Email: info@volunteerlethbridge.com

Exists as a support network for both volunteers and non-profit organizations to help them build capacity and thrive. Our aim is to safely provide opportunities for people to contribute to their community, and to offer continued aid and guidance to the change-makers.

We accomplish this through connecting volunteers with ideal volunteer opportunities, and giving non-profit organizations the help they need to run effectively.

White Eagle Wellness

Phone: 403-965-3404

Website: <https://www.facebook.com/whiteeaglewellness/>

In-Person: 1277 – 3 Ave. S

Email: info@whiteeaglewellness.ca

White Eagle Wellness Services empowers Indigenous Youth to make Healthy Lifestyle Choices

Womanspace Resource Centre

Phone: 403-329-8338

Website: <http://www.womanspace.ca>

In-Person: 16, 740 - 4 Ave. S

Email: office@womanspace.ca

Hours of operation are restricted to Thursdays

Womanspace provides resources, referrals and education to the community and to individual women. Womanspace also advocates for, and conducts research on women's issues, supports policy development in areas of interest to women.

Wood's Homes, Youth Connections: The Core

Phone: 403-317-1777

In-Person: 312 - 3 St. S – lower level

Website: www.woodshomes.ca/programs/youth-connections-the-core/

This 8-bed staffed facility provides youth under the age of 18 with a bed, laundry facilities, showers, clothing and crisis counselling. Staff will assist to connect the youth with information, referrals, employment, and skills development. Max. stay is 15 consecutive days.

YMCA of Lethbridge

Phone: 403-942-5757

Website: <https://lethbridgeymca.ca>

In-Person: 140, 74 Mauretania Rd. W

Promotes wellness through recreation for people of all ages and stages. Provides health and wellness training, swimming lessons, fitness centre, leadership courses, youth programs, First Aid training, and party bookings. Subsidies may be available.

Youth One

Phone: 403-380-4426

Website: <https://www.youthone.ca>

In-Person: 1303 - 13 St. N

Offers programming, including drop-in groups and events for youth ages 11-18 that is safe, fun, and free! Our hope is to create a place of support where youth can find belonging and mentorship to become the best version of themselves.

YQL Neighbourhoods

Website: <http://yqlneighbourhoods.ca>

Email: weareyqlneighbourhoods@gmail.com

Supporting and advocating for neighbourhood associations in Lethbridge.

YWCA Lethbridge & District

Phone: 403-329-0088

Website: <https://www.ywcalethbridge.org>

In-Person: 604 - 8 St. S

Creates and facilitates a variety of programs and services to meet the needs of women and girls in Southern Alberta.

Harbour House Women's Emergency Shelter

Phone: 403-320-1881

Is a 30-bed crisis unit for women and children who are involved in abusive intimate partner relationships. Families are provided accommodations for a maximum of 21 days, with staff available for counselling and support 24 hours a day. There are no fees for this program.

Hestia Homes Program

Phone: 403-329-0088

Supports and empowers young adults aged 18-24, who are homeless or have the potential of becoming homeless. The program is comprised of three houses each with an adult role model living in the home to provide assistance and to be a mentor.

YWCA Amethyst Project

Phone: 403-329-1881

Amethyst Project supports individuals that present to the Chinook Regional Hospital after experiencing sexual violence. Will be contacted by the hospital to provide support, advocacy and discuss the options of care. Amethyst Project can offer a unique 3rd option to those who have experienced sexual violence. This option involves the completion of a sexual assault kit with no police involvement and is kept for one year. This is to give the individual time to decide when or if they want to do an investigation.