



## Crisis Counselling & Information

24 Hour Distress Line 1-780-482-HELP (4357)  
 Central Alberta Women's Outreach Society  
*(outreach worker will come to Lacombe)* 403-347-2480  
 Central AB Refugee Effort  
*(outreach worker will come to Lacombe)* 403-346-8818  
 Central Alberta Women's Emergency Shelter  
*(outreach worker will come to Lacombe)* 403-346-5643  
 Child Abuse Hotline 1-800-387-KIDS (5437)  
 Child & Family Services Authority 403-340-5400  
 Children's Services Hotline 1-800-638-0715  
 Crisis Centre *(Sexual Assault Services)*  
 403-340-1124/1-866-956-1099  
 Family Services of Central Alberta 403-343-6400  
 Family Violence info Line 403-310-1818  
 Kids Help Phone 1-800-668-6868  
 www.kidshelpphone.ca  
 Medication & Herbal Advice Line 1-800-332-1414  
 Safe Harbour 403-347-0181  
*(5246—53 Ave. Red Deer)*  
 Shalom Counselling 403-342-0339  
 Victim Services 403-782-3279



## Addictions Support

AHS- Addictions 403-340-5274  
*(formerly AADAC, avail. @ Lacombe Mental Health)*  
 AHS Addiction Helpline 1-866-332-2322  
 Serenity Ranch 403-784-3993  
 Alberta Quits Helpline 1-866-710-7848  
 www.albertaquits.ca



## Financial Aid

AISH 403-340-7077  
*(funding for those w/ severe & permanent disabilities)*  
 Alberta Employment & Immigration  
 Canada Revenue Agency 1-800-959-8281  
 CPP/Old Age Security 1-800-277-9914  
 Financial Processing (existing clients) 403-754-6208  
 Income Support (to apply) 403-340-5485  
 Money Mentors 1-888-294-0076  
 Volunteer Income Tax Assistance (FCSS)  
 403-782-6637



## Other Useful Resources

Central Alberta Community Legal Clinic  
*(avail. By apt. @ FCSS)* 403-314-9129  
 City of Lacombe 403-782-6666  
 Community Information Referral Society (CIRS)  
 403-346-4636  
 Lacombe County 403-782-6601  
 Lacombe Neighborhood Place 403-782-0886  
 Legal Aid 403-340-5119/403-340-7730  
 Mary C. Moore Public Library 403-782-3433  
 Ministerial Association 403-748-3676  
 Volunteer Link 403-786-0110  
 Volunteer Central 403-346-3710  
 Welcome Wagon 403-782-0475



Lacombe and District FCSS  
 #201 - 5214 - 50 Ave.  
 Lacombe Memorial Centre  
 Lacombe, AB T4L 0B6  
 403-782-6637  
 info@lacombefcss.net  
 www.lacombefcss.net

## my Alberta SUPPORTS

Alberta Supports provides information on social-based supports offered by the Government of Alberta to help Alberta's children, youth, adults and seniors with a broad range of needs. The supports offered are specific to each individual's situation. The online tool helps to target the most appropriate supports available.

Before visiting the Alberta Supports Centre, you are encouraged to:

- Click [www.albertasupports.ca](http://www.albertasupports.ca) to find information.
- Use the 'myAlbertaSupports—Connecting you to services' tool to find supports specific to your situation and needs.
- Call Toll Free—1-877-644-9992

### Alberta Supports

Red Deer Office:  
 2nd Floor, First Red Deer Place  
 4911 51 Street  
 Red Deer, Alberta  
 T4N 4V4

Hours of operation: 8:30 am—4:30 pm.  
 Monday to Friday excluding Stat holidays



info@lacombefcss.net  
 www.lacombefcss.net

# COMMUNITY SUPPORT SERVICES RESOURCE GUIDE



## EMERGENCY SERVICES

### Dial 9-1-1 for Police, Ambulance

#### or Fire Department

Lacombe Fire Department	403-782-1230
Lacombe Hospital (5430—47 Ave.) (Community Health Care Centre)	403-782-3336
Lacombe Police Services/Victim Services	403-782-3279
Health Link Alberta	811
Mental Health Help Line (AB)	1-877-303-2642
Poison Control	1-800-332-1414



## Food

Backyard Friends (Community Supper & Good Food Box)	403-782-6637
Circle of Friends (Thursdays - 5:00 pm at Bethel Christian Reformed Church 5704—51 Ave.)	403-782-6400
Christmas Fill a Fridge (FCSS)	403-782-6637
Good Food Box (FCSS)	403-782-6637
Kozy Korner Seniors Dinner (Tuesdays at noon)	403-782-4357
Lacombe Food Bank (5225 - 53rd Street) (Open Tues/Wed 1-4pm, Thurs 6-8pm, Fri 1-3pm)	403-782-6777



## Clothing & Furniture

Building Blocks (5111 - 50th Ave. Lacombe)	403-782-9511
Career Closet (Neighbourhood Place)	403-782-0886
Castaways (4420 Heritage Way Lacombe)	403-782-1456
Community Clothing Centre (5225 - 53 St. Lacombe)	403-782-6777



## Employment

Alberta Works (2nd Floor 4911 - 51 St. Red Deer)	403-340-5353
Lacombe Employment Centre (Mall Bay 16 5230 – 45 St. Lacombe)	403-786-0044
Employment Insurance	1-800-206-7218
Employment Placement & Support Services (EPSS)	403-343-6249



## Child and Youth Services

Big Brothers Big Sisters	403-782-7870
Child Abuse Hotline	1-800-387-KIDS (5437)
Child & Family Services Authority	403-340-5400
	1-800-440-5478
Children's Services Hotline	1-800-638-0715
Coats for Kids/ Tools for Schools (FCSS)	403-782-6637
Healthy Families (FCSS)	403-782-6637
Lacombe Day Care Society	403-782-3477
Lacombe YU-Turn Youth Centre (5025 - 50 St. Lacombe)	403-789-2298
Jump Start - Canadian Tire	1-877-616-6600
Kids Connection Dayhomes	403-885-2755
KidSport	403-347-1000
Parent Link (FCSS)	403-782-4686
PASS (recreational activities subsidy, FCSS)	403-782-6637
Rainbows program (FCSS)	403-782-6637
A bereavement support group for children facing loss due to death or divorce.	



## Individual and Family Supports

Building Incredible Babies (Family Services of Central Alberta)	403-343-6400
Lacombe & District Family & Community Support Services (FCSS)	403-782-6637
Community Outreach Program (FCSS)	403-782-6637
Lacombe Neighbourhood Place	403-782-0886
Central Alberta Women's Outreach Society (4101-54 Ave. Red Deer) (outreach worker will come to Lacombe)	403-347-2480
Central AB Refugee Effort (outreach worker will come to Lacombe)	403-346-8818
Central Alberta Women's Emergency Shelter (outreach worker will come to Lacombe)	403-346-5643
Crisis Centre (Sexual Assault Services)	403-340-1124/1-866-956-1099
John Howard Society of Red Deer	403-343-1770
Stepping Stones (YU Turn Youth centre) (5025 - 50 St. Lacombe)	403-872-1818 403-789-2298



## Senior's Services

Alberta Elder Abuse Awareness Network (A.E.A.A. N.) 24 HR 1-877-454-2580 or 403-346-6076	
Home Care (medical care)	403-782-6535
Home Support (light housekeeping, FCSS)	403-782-6637
Kozy Korner Senior's Center	403-782-4357
Lifeline (Personal Response Service, FCSS)	403-782-6637
Meals on Wheels (FCSS)	403-782-6637
Senior's Outreach (FCSS)	403-782-6637
Seniors Information Line	1-800-642-3853
Veteran's Affairs	1-866-522-2122



## Transportation

BOLT Regional Transit Service	403-782-1263
Connex (FCSS)	403-786-9000
Driving Miss Daisy	403-391-7927
	1-877-61-Daisy
Volunteer Link	403-786-0110
Wolf Creek Schools	403-341-4153 ext. 1335



## Health Care (Physical/Mental Health)

Aids to Daily Living	310-0000-780-427-0731
Alberta Adult/Child Health Benefit	1-877-469-5437
Alberta Health & Wellness (use rite Line 310-0000 to dial)	780-427-1432
Canadian Mental Health Association	403-342-2266
Lacombe Mental Health Clinic (301 5033 - 52 St. Lacombe)	403-782-3413
Lending Cupboard	403-356-1678
Mental Health Help Line	1-877-303-2642
Community Health Unit (5010 - 51 St. Lacombe)	403-782-3218
Nurse Next Door	403-506-3304
Poison & Drug Information Service	1-800-332-1414
Walk-in Clinic (Medcombe) (4956 – Hwy 2A Lacombe 9am -12pm 1pm-5pm)	403-782-1408
Wolf Creek Primary Care Network	403-782-1408



## Education

Adult Literacy Program	403-782-7955
Burman University	403-782-3381
	1-800-661-8129
Catholic School Division	403-782-9345
Family School Wellness/Liaison Program	403-785-0733/402-782-0886
First Step Adult Education	403-782-5040
Lacombe Outreach School	403-782-7438
Lifelong Learning Association	403-782-7955
Wolf Creek School Division	403-341-4153/403-783-3473



## Disability Services

Lacombe Action Group	403-782-5531
Alberta Aids to Daily Living	403-341-2100
	toll free—310-000 then 780-427-0731
Family Supports for Children with Disabilities (FSCD)	403-340-5478
PDD (Persons with Developmental Disabilities)	403-340-5003



## Housing

Lacombe Foundation (4622 - C & E Trail Lacombe)	403-782-4118
Lacombe Senior's Lodge	403-782-3811
Landlord & Tenant Information Services	403-346-4636/1-877-427-4088
Royal Oak Manor	403-782-4523
People's Place/Loaves and Fishes (6002-54th Ave. Red Deer)	403-347-1844
Safe Harbour (5246 - 53 Ave. Red Deer)	403-347-0181
	an overnight shelter for adults with addictions 8am to 8pm 365 days a year