

For emergencies call 911

24 Hr. Distress Line

780-482-HELP (4357)

AADAC

1-866-332-2322 (24Hr.)

Website: www.aadac.com

What is AADAC? - As an agency of the Government of Alberta, AADAC operates and funds information, prevention and treatment services to help Albertans with alcohol, other drug and gambling problems. AADAC also has a program specialized for youth with addictions.

Al Anon/Alateen

1-888-4AL-ANON

Only one requirement for membership – each member has been affected by someone else's drinking.

Is a fellowship of relatives and friends of alcoholics who meet anonymously to share their experience, strength, and hope in order to solve their common problems; adult children of alcoholics, parents, partners, spouses, co-workers, etc. can all find help in Al-Anon.

This is a separate fellowship from Alcoholics Anonymous (AA). Al-Anon is based on the Twelve Steps and Twelve Traditions adapted from AA.

Is nonprofessional, self-supporting, spiritually based, apolitical, welcomes all cultures, and is available almost everywhere.

Alateen is part of the Al-Anon Family Groups. It is for younger members who use the Al-Anon program to recover from the effects of someone else's drinking.

Alberta Child Health Benefit

780-427-6848

E-mail: achb@gov.ab.ca

Alberta Child Health Benefit

P.O. Box 2222

Edmonton AB T5H 5H3

Coverage includes:

- dental care
- eyeglasses
- prescription drugs
- ambulance services – emergency trips to the nearest hospital
- basic diabetic supplies – injection supplies, testing strips, lancets and penlets.

Parents must apply to receive the **Alberta Child Health Benefit** for their children. There is no cost to enroll. The program looks at the number of children in your family and your family's income to decide if your children are eligible. (Wording taken from Guide to Services for Lower-Income Albertans booklet)

Lamont Public Health and Rehabilitation Services

Services include early intervention, Speech and Language Pathology, Occupational therapy, Physical Therapy Services. Providing services to all children of Lamont County we also provide information regarding developmental milestones, assessment and therapy services to children experiencing delays in development and information sessions/presentations.

Lamont Hospital**780-895-2211****Lamont Community Health Centre****780-895-5817****Christine Danyluk**

Mental Health Liason Nurse

Description: Christine is available to provide a variety of services and resources regarding mental health. She is available to provide counselling, information sessions, school presentations and much more.

Carol Lynn Babiuk**780-632-3331**

Health Promotion Facilitator

Email: carolynn.babiuk@albertahealthservices.ca

Fax: 780-632-4334

Alberta Health Services Vegreville**780-632-3331**

P.O. Box 99

5318-50 Street

Vegreville, Ab T9C 1R1

Fax: 780-632-4334

David Nelson**780-679-1241**

Community Addiction & Mental Health

Fax: 780-679 -1740

Brain Injury Program:

The program provides promotion and prevention around brain safety; client consultation; and education specific to brain injury. The program positively influences people 16 years of older who have acquired a brain injury; people affected by the acquired brain injury of and adult, including families, friends, service providers and other community members.

Description: Alberta Heartland PCN is a group of 30 physicians serving the area of Fort Saskatchewan, Redwater, Gibbons, Lamont and surrounding areas. The physicians are supported by a multidisciplinary team of health professionals to provide care for patients. Your physician and the health care team work together to support positive changes toward a healthier lifestyle.

We will help you achieve a healthy lifestyle - be active, eat right, reduce stress, quit smoking. We offer a number of programs to improve your health:

- A.C.E.S. Healthy Living Program
- Diabetes Management
- Nutrition Workshops
- Heart Health and Cardiac Rehab
- Chronic Pain Management Clinic
- Women's Health Clinic
- Alberta Shoulder Assessment Program
- Respiratory Services
- Mental Health Support
- Exercise Services and Support
- Smoking Cessation
- Senior's Health Clinic
- Specialist Referral Coordination

For more information, visit our website at www.albertaheartlandpcn.com

Alberta Healthy Living Program**780-632-3331****Vegreville**

The Alberta Healthy Living Program offers a variety of workshops in Lamont, Vegreville, Viking, Two Hills and Tofield. Better Choices Better Health, Craving Change, Diabetes the Basics, Heart Wise and Weight Wise have all been designed for people with one or more chronic health conditions such as high blood pressure or diabetes.

Workshops are facilitated by a Client Health Educator, Exercise Specialist, Registered Dietitian and/or Registered Nurse.

Please Call 780-632-3331 or 1877-314-6997 for more information or to register.

Toll Free: 1-866-644-5135
Vegreville Service Center
PO Box 1590
5121-49th Street
Vegreville, Alberta, Canada
T9C 1S7
Fax: 1-780-632-8687

Hours of Operation: Monday-Friday: 8:15 a.m - 12:00 noon and 1:00 - 4:20 p.m.

Alberta Works focuses on training people for employment. The goal of Alberta Works is to help unemployed people find and keep jobs, help employers meet their need for skilled workers, as well as help Albertans with low incomes cover their basic costs of living. Alberta Works brings together Employment and Training Services, Income Support, Health Benefits and Child Support Services to better help Albertans.

Employment & Training Programs and Services - Employment and Training programs and services provides opportunities for Albertans to make successful transitions from school to work, unemployment to employment and from one career path to another.

Income Support - Alberta Works provides financial benefits to individuals and families who do not have the resources to meet their basic needs, like food, clothing and shelter.

Health Benefits - Through Alberta Works, people who are eligible for incomes support receive health benefits for themselves and their families.

Child Support Services - Child Support Services help single parents and parents living in blended families get the legal agreements or court orders they need to obtain child support.

Website: www.humanservices.alberta.ca

Fort Saskatchewan 780-998-4466
Lamont 780-895-2231
Two Hills 780-657-3459

Bullying.org Canada Inc.

E-mail: help@bullying.org

Website: www.bullying.org

“Where You Are NOT Alone”

Purpose: To eliminate bullying in our society by supporting individuals and organizations to take positive actions against bullying through the sharing of resources, and to guide and champion them in creating non-violent solutions to the challenges and problems associated with bullying.

Objectives: Bullying.org is dedicated to increasing the awareness of, and the problems associated with, bullying and to preventing, resolving and eliminating bullying in society.

Canadians Against Child Abuse

780-463-2064

4223 29 Ave NW

Edmonton, AB, T6L5K3

Canadian Mental Health Association

780-603-8929

Alina Stephenson

Counties of Lamont, Min burn and Two Hills

Careers Under Construction:

780-992-0250

10404 99th Avenue

Fort Saskatchewan

Aimee Penny

Regional Manager

Email: apenny@psdn.ca

Description: Careers Under Construction provides career and employment related services and information to persons in the Fort Saskatchewan, Lamont, Redwater and surrounding areas. We offer resume development, cover letter assistance, career related workshops, computer workshops, introductory computer training, and possible funding for short-term training. We also have access to a job board, internet, faxing and job search resources. All services free of charge.

Child Abuse Hotline:

1-800-387-KIDS (5437)

Child Development Center

780-764-2272

Funshine Child Development Center

Box 26

5236-50 Street

Mundare, AB, T0B 3H0 Email: littlewondersmundare@hotmail.com

Child & Family Services Authority (CFSA) Region 5

780-603-2500

Family Support for Children with Disabilities

780-603-2512

Chrystine Dorey BSW RSW

Email: chrystine.dorey@gov.ab.ca

Community Adult Learning Council (CALC)

780-895-2233 (Ext. 224)

Website: www.lamontcounty.ca/community/CALC

5303-50 Avenue

Lamont, AB

T0B 2R0

Debbie Holland

Director

Email: debbie.h@lamontcounty.ca

CALC offers programs, courses and training for adults. CALC also runs a family literacy program called P.A.L (Play and Learn). Visit our website for upcoming program information.

Community Futures Elk Island Region

1-888-526-6689

Box 547, Two Hills, AB T0B 4R0

Fax: 780-657-2359

Website: www.cfelkisland.com

Sherry Beaudette

Office Manager

Email: sherry@cfelkisland.ca

Community Association for Lasting Success (CALS)

780-632-3225

Fax: 780-632-3225

E-mail: family@vcals.org

Website: www.vcals.org

Mission: "To make a difference in children's lives by supporting families and responding to their individual needs in building a foundation in learning that allows every child to strive to his/her potential."

CALS offers programs and services that support families and enhances the development and well-being of children. We are dedicated to assisting families and educators to help children develop the experiences and skills necessary for successful life-long learning.

CALS offers the following programs to families in Vegreville and communities in Lamont County:

The Family Literacy Program provides services that support families with children ages 0-6 years, to strengthen and build literacy skills and foster the involvement of parents in their children's learning. Our families are introduced to play ideas with an emphasis on early language and literacy development. Parents are provided with information on choosing books and ways to share books with their children in a positive way. Connecting families to resources available to them is another important aspect of our programs. All programs are open to parents/caregivers and their children. There is no charge to attend any of our programs.

We offer early literacy programs in Lamont, Mundare and Andrew.

Counseling Services:

Fort Saskatchewan

780-992-6267

Vegreville

1-877-482-6215

Confidential professional counseling provided to those residing in Lamont County who are going through:

- marriage, family, or relationship issues
- financial or legal problems
- addictions
- emotional or personal problems
- conflict resolution
- grief recovery
- abuse
- any other issue that need resolving

Fees are subsidized and based on a sliding fee scale according to gross household income.

Crime Stoppers: 1-800-922-8477

Emergency Social Services 780-427-3390

EmployAbilities Innovation Project 780-998-3313

Joanne Fisher

Employment Facilitator

Fort Saskatchewan

Email: joanne@employabilities.ab.ca

Description: We offer assistance to employers interested in hiring an individual with a disability.

Services include: Recruiting, Job Carving, Job Analysis, Assistance with employment supports and Train the Trainer Workshops. We assist individuals with disabilities to find employment.

Services include: Comprehensive Employment Assessments, Job Preparation Assistance, Job Coaching, Exposure Courses and Long Term Support. All Services Free of Charge

Family & Community Support Services

FCSS Lamont County Region

Bruderheim Office: **780-575-0014**

Lamont Office **780-895-7751**

Toll Free **1-877-895-2233**

Administrative Building

5303-50 Ave

Lamont, AB

T0B 2R0

Sara Rindero

Director

Email: sara.r@lamontcounty.ca

Website: www.lamontcounty.ca/community/fcss

Family and Community Support Services Lamont County Region is a cooperative venture between the Town of Bruderheim, Town of Mundare, The Village of Chipman and Lamont County. FCSS funding is an 80/20 partnership between the Province of Alberta and these local municipalities.

Our role in the community is to provide preventative social service programs that promote and facilitate the development of healthy families, individuals and communities. The key purpose of FCSS is to let citizens and communities assume responsibility for the decisions and actions which affect them. FCSS believes that when citizens develop skills that enhance constructive relationships, they develop awareness of social needs, which in turn strengthens coping skills. This facilitates citizens and our communities to grow, flourish and become more resistant to crisis.

Andrew FCSS

780-365-3885

Fax: 780-365-2342

5019 - 51 Street, Andrew AB T0B 0C0

Elka Carr

Director

E-mail: andrewfcss@telus.net

Office Hours: Tuesday and Wednesday 9:00 a.m. to 3:30 p.m.

Working with local and county organizations, Andrew FCSS provides an Information Resource and Referral Centre and Supportive Counseling. Building community and working with volunteers is a cornerstone of our work.

FCSS Town of Lamont

780-895-2010

Betty Malica

Director

Farmer Distress Line:

1-877-303-2642

Toll-free from anywhere in Alberta

- Confidential
- Serving communities across Alberta
- Available 24 hours daily, seven days per week
- Access to mental health professionals
- Crisis intervention
- Callers can choose to be anonymous
- Available to individuals, family members, concerned others and community agencies dealing with stress, anxiety, depression, suicide and other emotional or psychiatric crises.

Helping Alberta Farmers & Ranchers with:

- Stress
- Anxiety
- Depression
- Suicide
- Emotional or psychiatric crises

For non-emergency information check out: www.amhb.ab.ca

It is a sign of strength to ask for help if you need it.

Fire Stations 911

Andrew	780-365-3731
Bruderheim	780-796-3811
Chipman	780-363-3811
Lamont	780-895-2277
Mundare	780-764-3023

Food Bank

Lamont and Area Food Hamper	780-619-6955
------------------------------------	---------------------

Provides assistance to families within Lamont County. Deadline for hamper requests is Wednesday by noon. Hampers are distributed Thursdays. There is a limit of one hamper per household per month.

Vegreville	780-632-6002
-------------------	---------------------

Hours: Tuesday & Friday 10:00 a.m. – 12:00 p.m.

Fort Saskatchewan	780-998-4099
--------------------------	---------------------

Hours: Tuesday & Friday 10:00 a.m. – 12:00 p.m., 1:00 p.m. – 3:00 p.m.

<u>Food Safety Information Society</u>	<u>1-800-892-8333</u>
---	------------------------------

<u>Gambling Help Line:</u>	<u>1-800-665-9676</u>
-----------------------------------	------------------------------

Hospitals

Lamont Hospital	780-895-2211
------------------------	---------------------

Mundare Hospital	780-764-3730
-------------------------	---------------------

Alberta Hospital Edmonton**780-472-5555**

17480 Fort Road, P.O. Box 307
Edmonton, AB
T5B 4K0

Fort Saskatchewan Health Centre**780-998-2256**

9430 – 95 Street
Fort Saskatchewan, AB
T8L 1R8

Independent Living Support Worker ages 16+**780-672-2570****Sain Match**

Areas Covered: Lamont/Bruderheim

Rhonda Yoder

Areas Covered: Mundare, Andrew, Two Hills, Vegreville

Description: Assist people with Mental Health Disorders (from Depression to Schizophrenia) to cope with everyday living, including budgeting, grocery shopping and meal prep, socialization and recreation. Spend 1 hour a week as needed.

Inner City Youth Housing Project**780-479-1404**

13047 102 St.
Edmonton, AB

Kids Help Line**1-800-668-6868 (24 Hr.)**

Support to young people 24 – hours a day, 365 days a year.

KidSport™

Fort Saskatchewan Chapter (for Bruderheim and Lamont applications)

Ken Shand 780-992-3138

Edmonton Regional Manager

Liz Herbert 780-492-0105

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

Description: We believe that no kid should be left on the sidelines and all should be given the opportunity to experience the positive benefits of organized sports. KidSport provides support to children in order to remove financial barriers that prevent them from playing organized sport.

Lamont Alliance Church

780-895-2879

Pastor Ron Wurtz

Box 87- 5004-44street

Lamont Alberta, T0B 2R0

Description: We as a Church body want to serve this community with the gifts and talents God has given us. This will take many forms:

- Emergency response to peoples spiritual needs.
- Emergency response to critical situations.
- A spiritual support network for County of Lamont Families.
- Christian programs and regular church services, offered for everyone.

Men at Risk:

780-679-1241

Neil Harris

Addiction and Mental Health Facilitator

Email: neil.harris@albertahealthservices.ca

306-825-5523

Mental Health Clinic - Vegreville

780-632-2714

5318-50th street

Vegreville, AB T9C 1R1

Services:

The Alberta Health Services Mental health program provides voluntary clinical community based mental health services to persons of all ages with a clearly definable mental illness who are experiencing moderate to severe dysfunction. Teams providing services to children, adults and the senior population comprise the mental health program. Treatment services from the various programs are provided free of charge.

Prevention/Promotion Coordinator:

The program primarily promotes mental health promotion activities through the coordination of various partners throughout the region; will enhance mental health and emotional wellness

through educational initiatives; assist with the assessment of community and consumers' needs.

Midwest Family Connections

306-825-5911

Jamie Soucy

Team Leader - Family Support

Fax: (306) 825-5912

Missing Children Society of Canada

1-800-661-6160

New Venture Self Employment

1-866-696-2150

Cary Ledoux

Business Consultant

Email: venture7@telus.net

Description: Cary Ledoux is a Business Consultant with the New Venture program for Kalyna Country. New Venture is operated by ABILITY Career & Employment Services under contract to Alberta Employment and Immigration. We work with unemployed Albertans seeking to start their own business.

Parent Help Line

1-888-603-9100

Parent Link

780-632-2912

5106-48 Ave (Box 640)

Vegreville, AB T9C 1R7

Fax: 780-632-2916

Josephine Galandy

Parent Link Program Supervisor

Vegreville & District FCSS

Laurie Haaland

Parent Link Outreach Coordinator

Vegreville & District FCSS

Phone: 780-632-2912

Email: vegplout@telus.net

Poison Centre

1-800-332-1414

R.C.M.P.**911**

Fort Saskatchewan**780-992-6100**

9901 - 90 Street

Ft Saskatchewan, AB T8L 3T1

Vegreville**780-632-2155**

Box 730

4945 - 49 Avenue

Vegreville, AB T9C 1R8

Two Hills**780-657-2760**

Box 100

5209 - 50 Street

Two Hills, AB T0B 4K0

Andrew**780-365-3533****Tofield****780-662-3353**

Box 540

5515 - 49 Street

Tofield, AB T0B 4J0

Edmonton Police Service**780-423-4567**

9620 - 103A Avenue

Edmonton, T5H 0H7

E-mail: eps@police.edmonton.ab.caWebsite: www.police.edmonton.ab.ca/**Safe Kids Hotline****1-877-385-5437**

(Child & Family Services – Region 5)

Schools

Andrew School**780-365-3501**

Teaching Kindergarten to Grade 12 for students from Andrew and Area

Bruderheim Elementary School**780-796-3936**

Kindergarten to Grade 6 for students from Bruderheim and Area

Lamont Elementary School**780-895-2269**

Kindergarten to Grade 6 for students from Lamont and Area

Preschool Communication Program

Kindergarten to Grade 6 for students from Lamont and Area

Sonya Zimmerman - Counselor

Lamont High School**780-895-2228**

4811 - 50AV

Lamont, AB T0B 2R0

Dianna Graziano - Counselor

Grades 7 – 12 for students from Lamont and Area.

Mundare School**780-764-3962**

5201 Sawchuck Street

Mundare, AB T0B 3H0

Contains classes Kindergarten to Grade 8, Play and Learn in Schools (PAL) Program, Family School Liaison Worker, Speech Pathologist and Occupational Therapist.

Lynda Bettac

Family School Liaison Worker

Mundare/Andrew School

As I am a Family School Liaison Worker, I can provide counseling services to students and their families, as well as aid and co-ordinate community connections. This service is provided at your child's school during school hours. It is confidential and free of charge. The Family School Liaison Worker can help to enhance your child's personal strengths and well being. There are many reasons to make a referral which can include behavior concerns, social skills, low self-esteem, and general support in other areas. A referral can be made by talking to your teacher, school counselor, principal or FSLW directly

Second Nature Solutions**780-235-6801****Tom Lademann B.Ed. MCT MCSE**

Director of Training

Email: tom@sns-it.ca

Website: www.sns-it.ca

Seniors Abuse Line**1-888-603-9100****Seniors Assistance****780-796-2140**

The Little Things -Support for Seniors, serving Lamont County

Deanna Ruether

Police Checked, Vulnerable Sector Checked, Bonded, Insured Services

The Little Things provides personalized transportation and support for seniors to medical appointments, personal shopping, groceries and social outings. No one is left to wait for pick up, as service includes constant companionship. Housekeeping, basic yard work and all related needs will be provided within the ability of the business.

Flexible, convenient, considerate care.

Seniors Centers

Bruderheim Senior Citizens Club

780-796-3055

5001 Queen Street

Bruderheim AB, T0B 0S0

Sexual Assault Center of Edmonton

780-423-4121

24-hour Crisis Line (Please call collect)

Counseling Services/Information 780-423-4102

14964 121 Ave

Edmonton, AB T5A 0A3

Fax: (780) 421-8734

Sexual Assault Center

780-449-0900

(Sherwood Park)

Service Alberta

(Toll Free in Alberta) 310-0000

Website: www.servicealberta.ca

Hours of Operation: 8:00 a.m. to 6:00 p.m. Weekdays

Call for information about all Government of Alberta services and information.

Shelters

A Safe Place

Crisis Line 780-464-7233

Business Line 780-464-7232

PO Box 3282
Sherwood Park, AB
T8H 2T2
Email: sssltd@shaw.ac
Website: www.asafeplace.ca

Mission: "To end domestic abuse and violence in the lives of women and their children by supporting the shelter, A Safe Place, and impacting public policy through education and awareness".

Strathcona Shelter Society Ltd "A Safe Place" provides safe accommodations for women and their children fleeing violence. Offers crisis counseling and programming for women and children impacted by violence.

Herb Jameson Center **780-429-3470 or 780-420-3828**
(For Men)

Laurana Shelter (Edmonton) **780-424-5875**

Win House Women's Crisis Center **780-479-0058**

Suicide/Distress Line

780-482-4357

Veg AI-Drug Society **780-632-6617**

Fax: 780-632-6618

E-mail: vegaldrug@digitalweb.net

Room 207 Provincial Building, 4809- 50 Street
Box 65
Vegreville, AB T9C 1R6

Program Manager: Colleen Pidzarko

Hours: Weekdays: 8:15 am – 12:00 pm, 1:00 pm – 4:30 pm

Outpatient counseling services for alcohol, other drugs and problem gambling. Prevention and Education.

Hours of Operation: Weekdays 8:15 - 12:00 and 1:00 – 4:30

24, 5341 – 50 Avenue – Husky Plaza Mall
Vegreville, AB T9C 1P8

We invest in People, Skills, and Workplaces.

- Career & Employment Counseling
- Labor Market Information
- Free Workbook Publications
- Internet Access for Work Search
- Workplace Programs
- Alberta Works Programs
- Employment and Training
- Income Support
- Child Support Services
- Health Benefits

Victim Services

Fort Saskatchewan

780-998-6126

Fax: 780-998-5299

C/O RCMP

9901 90th St

Fort Saskatchewan, AB, T8L 3T1

Website: www.fortsaskvsu.com

Email: twohillsvsu@hotmail.com

We are a police-based program that works in partnership with Alberta Justice and the RCMP to promote and advocate the rights and entitlements of victims of crime and tragedy. Fort Saskatchewan Victim Services provides information, support, and community referrals in accordance with the provincial guidelines outlined in the Victims of Crime Act, the Criminal Code of Canada, and the Victims of Crime Protocol.

Youth Connections

780-632-3966

Fax: 780-632-3935

E-mail: ycc@vegreville.com

Vegreville and District Family Community Support Services

4829-50 Street

Town Administration Building

Vegreville, AB T9C 1R7

Alberta Human Resources & Employment:

- Open to the public (do not need to be referred).
- Ages 16-24
- Goes to Lamont and Two Hills.
- Mostly one on one work, but has done some classroom presentations.
- Works with employers.
- Partnered with FCSS.

Youth Emergency Shelter (Start House)

Start House

15116 – 100th ave. Edmonton, AB

780-484-4600

Armory Youth Centre

10310-85th ave. Edmonton, AB

780-468-7070