



## Adult Learning & Literacy

- Portage College  
-780-645-5223
- Blue Quills University  
-780-645-4455
- St. Paul Municipal Library  
Computer access, books.  
-780-645-4904
- SPAEC Outreach Campus  
Finishing high school,  
or upgrading.  
-780-645-5015

## ID & Legal Documents

- Alberta ID Card  
Photo ID for those that do  
not have a driver's license.  
-310-0000, then  
780-427-7013
- Service Canada  
Birth and adoption, death, divorce  
and separation, marriage, legal  
name changes, registry services,  
ordering and updating  
documents.  
-1-800-622-6232

## Employment/ Job Search

- BGS St. Paul  
Resume development  
& consults.  
-587-252-3320
- Alberta Supports  
-780-645-6473
- Accès emploi  
-780-826-9003
- Employabilities  
Job supports for persons  
with disabilities.  
-780-614-1944
- Rupertsland Institute  
-780-826-7368

## Food Programs

- Town of St. Paul FCSS  
Meals on Wheels Program for  
Seniors and those with Physical/  
Mental Exceptionalities.  
-780-645-5311
- Heart to Home Meals  
Meals delivered to St. Paul  
-780-666-2336
- St. Paul Foodbank  
-780-645-4548
- Mannawanis Native Friendship  
Centre  
-780-645-4630

## Crime & Safety

- Emergencies  
9-1-1
- St. Paul RCMP  
-780-645-8870
- Report a Poacher  
-1-800-642-3800
- St. Paul & Area Victim  
Services Society  
Victim's of domestic/ dating  
violence, trauma, protection  
& support  
-780-645-8858
- Capella Centre  
Women's Shelter  
A safe place for women,  
fleeing abuse or homelessness,  
outreach supports.  
-780-645-5132

## Childcare & Subsidies

- Alberta Supports  
-1-877-644-9992
- St. Paul Childcare Society  
-780-645-1984
- Boys and Girls Club  
St. Paul District  
-780-645-6769
- TLC Daycare Inc  
-780-645-1909
- Childcare Playschool  
Subsidy  
-1-877-644-9992
- Early Childhood Federal  
Resources  
-1-800-267-6999

## Mental Wellness

- National Suicide Crisis Line  
-1833-456-4566  
or Text 45645
- Help Line  
-1-877-303-2642
- Distress Line  
-1-877-321-2747
- Health Link  
-811
- Alberta 211  
-Dial 2-1-1 to find support  
services in your area
- Alberta Healthy Living  
-1-877-349-5711
- Alberta Health Services,  
Addictions & Mental Health  
Drop-In, appointments, referrals  
-780-645-6346
- Community Counselling Services  
-Town: 780-645-5311  
-County: 780-645-1950  
-Healthcare Centre:  
780-645-1850

## Physical Wellness

- Emergencies  
-911
- Health Link  
-811
- Environmental Public Health  
Program  
-780-645-3396
- Home Care  
In-home care  
-780-645-3396
- Lakeland Primary  
Care Network  
-780-645-1188
- Alberta Healthy Living  
-1-877-349-5711
- Indigenous Health Liaison  
St Therese Hospital, Culturally  
appropriate Health Care  
-780-645-3331
- Showers Facilities  
St. Paul Aquatic Centre  
-780-645-3388

## Senior Supports

- Town of St. Paul FCSS  
Senior benefits, Income Tax &  
Senior programs  
-780-645-5311
- Alberta Health Services  
Seniors Health Services,  
Home Care.  
-780-645-3396
- Alberta Supports  
-1-877-644-9992
- Lakeland Primary Care  
Network  
-780-645-1188
- Senior's Citizens Centre  
-780-645-5566
- Senior Centennial Centre  
-780-645-2929
- Caregivers Alberta  
Program & services for caregivers.  
-1-877-453-5088

## Indigenous Supports

- Native Youth Crisis Line  
-1-877-209-1266
- Rupertsland Institute  
Job training, education  
funding & supports.  
-780-826-7368
- Mannawanis Native  
Friendship Centre  
-780-645-4630
- Native Counselling  
Services of Alberta  
Court supports & services.  
-780-645-5250
- Indigenous Health Program  
St. Paul Community  
Health Services  
-780-645-3396
- Tribal Chiefs  
-780-645-4288

## Parenting Supports

- Lakeland Family Resource  
Network  
Parenting support, family  
programs & referrals.  
-780-645-5311
- Inclusion St. Paul  
Support for families of Persons  
with Developmental Disabilities.  
-780-645-0461
- Lakeland Centre for FASD  
We help kids, adults, caregivers,  
families & Communities.  
-1-877-594-5454 / 780-594-9905
- Native Counselling Services of  
Alberta Family  
Home Visitation & navigation.  
Referrals.  
-780-645-5250
- Credit Help  
-1-888-294-0076
- Debt Crisis Line  
-1-800-463-3328
- Credit Counselling Society  
Help with managing your debt..  
-1-888-527-8999
- AB Supports/Income Support  
-1-866-644-5135  
-1-877-644-9992
- Assured Income  
For the Severely Handicapped  
(AISH)—Provincial Building, AISH  
Office  
-780-614-6511
- Income Tax Filing  
For seniors and low income indi-  
viduals & families. (March & April  
Only)  
Town of St. Paul FCSS  
-780-645-5311
- Scholarships for Métis Youth  
Rupertsland Institute  
-780-826-7368

## Youth Supports

- Kids Help Phone  
-1-800-668-6868 or  
text CONNECT to 686868
- 24/7 Child Abuse Hotline  
-1800-387-5437
- Youth Mental  
Health Canada  
ymhc.ngo, facebook or  
-1-647-952-9642
- St. Paul Youth Council (SPYC)  
-780-645-5311

## Addictions Supports

- Addictions Info & Support  
-1-866-332-2322
- Addictions & Mental Health  
Drop-In, appointments  
& referrals.  
-780-645-6346
- Alcoholics Anonymous  
Men's: 780-645-8590  
Women's: 780-614-4727

## Affordable Housing

- MD of St. Paul Foundation  
Housing for Seniors  
-780-645-5366
- Métis Urban Housing Corp.  
Rentals for Métis/  
Indigenous persons.  
-1-877-458-8684

## Community Connection

- FCSS & Lakeland Family  
Resource Network  
-780-645-5311
- Mannawanis Friendship Centre  
-780-645-4630
- St. Paul Municipal Library  
-780-645-4904

## LGBTQ2S+ Supports

- Kids Help Phone  
-1-800-668-6868 or  
Text CONNECT to 686868
- Trans Lifeline  
-1-877-330-6366

## Legal Supports

- Legal Aid  
-1-866-845-3425
- Rural Family Law Project  
-780-702-1725 ext. 291

