

# 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](mailto:communitylinks@cmhalethbridge.ca)

WEBSITE [www.lethbridgeica.ca](http://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](http://www.helpseeker.org) or download their app, available on Apple or Google Play.

This booklet is funded in partnership with



## EMERGENCY NUMBERS

<b>AMBULANCE</b>	9-1-1
NON-Emergency Ambulance	403-327-3340
Chinook Regional Hospital	403-388-6111

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

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

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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

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### 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

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### 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

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## 211 Alberta

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**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

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**Phone:** 403-329-3555

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

**In-Person:** 435 - 5 St. S

**Email:** [executivedirector@youth.ab.ca](mailto: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

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**Phone:** 403-942-5694

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

## Aakom-Kiyii Health Services

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**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

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**Email:** [info@aawear.org](mailto: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

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**Phone:** 403-317-7777

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



## Ability Resource Association

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**Ability Resource Centre****In-Person:** 1610 - 29 St. N

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.

**Website:** <http://www.abilityresource.ca>**Phone:** 403-329-3911

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**Ability Employment****In-Person:** 416 - 8 St. S

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.

**Website:** <http://www.abilityresource.ca>**Phone:** 403-317-4550

## Aboriginal Housing Society

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**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

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**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

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**Phone:** 403-942-3003**Website:** <http://leviteclinics.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

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**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

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**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

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**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

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**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

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**Phone:** 811

**Website:** [www.albertafindadoctor.ca](http://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

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**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

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**Website:** [www.albertahealthservices.ca](http://www.albertahealthservices.ca)

### **Access Addiction & Mental Health (AAMH South)**

**Phone:** 1-888-594-0211

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.

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**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.

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**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

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**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.

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**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.

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**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.

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**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.

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**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.

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

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**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

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

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**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.

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**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.

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**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.

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**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.

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**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.

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**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

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**Lethbridge Community Health**

**In-Person:** 801 - 1 Ave. S

**Phone:** 403-388-6666

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

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**Lethbridge Recovery Centre - Medically Supported Detox**

**In-Person:** 960 - 19 St. S

**Phone:** 403-388-6243

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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.

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#### **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.

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#### **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.

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#### **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.

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### [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.

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### [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.

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### [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>

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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

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**Phone:** 403-327-8049

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

**In-Person:** Visit [www.area78aa.org](http://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

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**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

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**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

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**Phone:** 403-942-8281

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

**In-Person:** 802 - 2A Ave. N

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### 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.

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### 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).

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### 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

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**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)

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**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

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**Email:** [bahaisoflethbridge@gmail.com](mailto:bahaisoflethbridge@gmail.com)

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

### Beit Tefillah Sameach – Joyful Prayer House

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**Phone:** 403-394-0499

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

**In-Person:** 336 - 13 St. N

### Big Brothers Big Sisters of Lethbridge and District

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**Phone:** 403-328-9355

**Website:** [www.bebig.ca](http://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

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**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

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**Phone:** 403-381-4444

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

## BGC Lethbridge

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**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

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**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.

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**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

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**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

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**Complaints:** 403-737-3800

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

**Victim Services:** 403-737-8814

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

## Bluefox Association

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**Phone:** 403-320-1880

**In-Person:** 232 - 22 St. N

Residential and community support services for adults with disabilities.

## Brain Injury Relearning Services

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**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](mailto:office@braininjurymedicinehat.ca)



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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

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**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

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**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

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**Phone:** 403-327-1260

**Website:** <http://thebtsa.com>

**In-Person:** 470 - 40 St. S

## BWR Taxi

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**Phone:** 403-327-7000

## Campbell Clinic

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**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)

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**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)

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**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

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**Phone:** 1-888-939-3333

**Website:** [www.cancer.ca](http://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

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**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

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**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.

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### 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.

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### 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.

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### 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.

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### Distress Line of Southwestern Alberta

**Phone:** 403-327-7905

**Toll free:** 1-888-787-2880

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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.

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**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.

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**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.

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**Recovery College & Peer Support Programs**

**Phone:** 403-329-4775

**Website:** [www.recoverycollegelethbridge.ca](http://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)

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**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

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**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

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**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

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**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

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**Phone:** 403-327-4774

**In-Person:** 716 - 23 St. N

## Child Care Subsidy

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**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

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**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

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

**In-Person:** 502 – 740 4 Ave. S

**Website:** [www.csacleth.ca](http://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

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**Phone:** 403-327-0709

**In-Person:** 420 - 12 St. S

## Church of Christ

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**Phone:** 403-328-0855

**In-Person:** 2720 - 21 Ave. S

## Church of Jesus Christ of Latter-Day Saints

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**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

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

**City of Lethbridge**

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

**City Light Church**

<b>Phone:</b> 403-329-3011	<b>Website:</b> <a href="http://citylightchurch.ca">http://citylightchurch.ca</a>
<b>In-Person:</b> 4101 - 20 Ave. S	

## Cocaine Anonymous

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**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

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**Phone:** 403-320-1652

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

**In-Person:** 2710 College Dr. S

## Community of Christ

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**Phone:** 403-328-7337

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

**In-Person:** 425 - 11 St. S

## Crossroads Counselling

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**Phone:** 403-327-7080

**Website:** <https://crossroadscounselling.ca>

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

**Email:** [info@crossroadscounselling.ca](mailto: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

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**Phone:** 403-894-6116

## Diabetes Canada

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**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

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**Phone:** 1-800-332-1091

## DivorceCare

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**City of Light Church**

**In-Person:** 4101- 20 Ave. S

**Website:** [www.divorcecare.org/findagroup](http://www.divorcecare.org/findagroup)

**Phone:** 403-329-3011

**Miz City Church**

**In-Person:** 502 - 13 St. N

**Website:** [www.divorcecare.org/findagroup](http://www.divorcecare.org/findagroup)

**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)

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**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

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**Email:** [info@edsna.ca](mailto: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

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**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

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**Phone:** 1-833-460-1328

**Email:** [elsieshouselethbridge@gmail.com](mailto: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

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**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

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**Phone:** 403-329-3125

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

**In-Person:** 4717 - 24 Ave. S

## Faith Baptist Church

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**Phone:** 403-381-8237

**Website:** <https://fbclethbridge.com>

**In-Person:** 500 - 11 St. S

## Family Centre Lethbridge

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

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### Downtown

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

**Phone:** 403-320-4232

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### North

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

**Phone:** 403-320-8138

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### 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

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**Phone:** 403-328-2326

**Website:** <http://familymedicalcentre.net>

**In-Person:** 2931 - 20 Ave. S

## Family Resource Networks (FRN)

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**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.

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### Lethbridge FRN – Family Centre

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

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

**Phone:** 403-320-4232

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### Lethbridge Indigenous Supporting FRN – Opokaa'sin Early Intervention Society

**In-Person:** 241 Stafford Dr. N

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

**Phone:** 403-380-2569

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### South Central FRN – Barons Eureka Warner FCSS

**In-Person:** 2107 - 13 St., Coaldale

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

**Phone:** 403-795-3328

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### 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

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**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

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**Phone:** 310-1818

**Website:** [www.endfamilyviolence.alberta.ca](http://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

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**Phone:** 403-381-1111

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

## First Baptist Church, Lethbridge

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**Phone:** 403-327-2082

**Website:** <https://firstb.net>

**In-Person:** 1614 - 5 Ave. S

## First United Church

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**Phone:** 403-327-2659

**Website:** <http://prairiespiritpc.ca>

**In-Person:** 703 - 13 St. N

**Email:** [firstunited.leth@telus.net](mailto:firstunited.leth@telus.net)

## Flexibility Learning Systems Ltd.

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**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

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**Phone:** 587-425-3232

Call Josephine for more information.

## Foothills Detox Centre

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**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

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**Phone:** 403-394-0794

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

**In-Person:** 1807 - 2A Ave. N

## Fresh Start Recovery Centre

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**Phone:** 403-329-6603

**In-Person:** 85049, RR 212, Lethbridge

**Website:** [www.freshstartrecovery.ca/about-us/fresh-start-south-country](http://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

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**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

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**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

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**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

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**Phone:** 403-929-3114

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

**In-Person:** 2006 - 20 St., Coaldale

## Government of Alberta Switchboard

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**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

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**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

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**Phone:** 403-795-7269

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

**In-Person:** 1402 - 8 Ave. N

## Green Acres Foundation

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**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

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**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

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**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

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

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

## Helen Schuler Nature Centre

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**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

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

## Holy Trinity Parish Ukrainian Orthodox Church

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

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

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**Phone:** 403-330-7640 or 587-220-8646      **Email:** [lethbridgehometeam@gmail.com](mailto: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

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

## Immigration, Refugees and Citizenship Canada

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

## Inclusion Lethbridge

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**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)

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**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

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**Phone:** 403-328-8162

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

**In-Person:** 1206 6 Ave. S

**Email:** [info@indigenousrecoverycoaching.com](mailto: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

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**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.

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### 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

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**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!

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**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

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**Phone:** 403-328-1207

**In-Person:** 821 9 Ave. N

## Jehovah's Witness Kingdom Hall

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**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

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**Phone:** 403-737-2900

**Website:** [www.kainaicsc.ca](http://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

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**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

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**Phone:** 403-359-8200

**In-Person:** 1001 - 3 Ave. S

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

**Email:** [lethbridgetaber@kidsport.ab.ca](mailto: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

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**Phone:** 403-394-0990

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

**In-Person:** 539 18 St. N

## L'Arche Lethbridge

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**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

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**Phone:** 403-327-5854

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

**In-Person:** 1509 - 29 St. S

## Landlord & Tenant Advisory Board

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**Phone:** 1-877-427-4088

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

## Legacy Medical Centre

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**Phone:** 403-320-1504

**In-Person:** 378 - 4 Ave. S

## Legal Aid Alberta

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**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

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**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

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**Phone:** 403-328-7828

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

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

**Email:** [info@lethbridgemetis.com](mailto: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

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**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

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**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

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**Phone:** 403-320-1168

**In-Person:** 1501- 6 Ave. S

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

## Lethbridge Christian Tab

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**Phone:** 403-327-6688

**Website:** <http://thetab.ca>

**In-Person:** 1805 - 9 Ave. N

## Lethbridge College

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**Phone:** 403-320-3200

**Website:** <https://lethbridgecollege.ca>

**In-Person:** 3000 College Dr. S

## Lethbridge Elder Abuse Response Network (LEARN)

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**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

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**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.

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**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.

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#### **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.

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#### **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

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**Phone:** 403-320-1879

**Website:** <http://lethbridgefoodbank.ca>

**In-Person:** 1016 - 2 Ave. S

**Email:** [director@lethbridgefoodbank.ca](mailto: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)

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**Website:** [www.lethbridgeica.ca](http://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

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**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

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**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

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**Phone:** 403-942-3053

**In-Person:** 715 - 13 St. N

## Lethbridge Legal Guidance Society

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**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

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**Phone:** 403-394-2002

**In-Person:** 517 - 6 St. S

## Lethbridge Mennonite Church

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**Phone:** 403-329-8557

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

**In-Person:** 4303 - 3 Ave. S

## Lethbridge Muslim Association

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**Phone:** 403-328-8499

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

**In-Person:** 207 - 13 St. N

## Lethbridge Police Services

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**Phone:** Emergency 9-1-1

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

**In-Person:** 135 - 1 Ave. S

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**Complaints**

**Phone:** 403-328-4444

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**Deaf Person Teletype**

**Phone:** 403-328-4445

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**Crime Stoppers**

**Phone:** 1-800-222-8477

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**Youth Justice Program**

**Phone:** 403-308-8164

**Email:** [FASD@lethbridgepolice.ca](mailto: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

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**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

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**Website:** <http://lethbridgepride.ca>

**Email:** [info@lethbridgepride.ca](mailto: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

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**Email:** [questions@lethlib.ca](mailto: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

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**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

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

## Lethbridge Senior Citizen Organization (LSCO)

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**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.

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**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

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**Phone:** 403-327-6029

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

**In-Person:** 2606 - 16 Ave. S

## Lethbridge Soup Kitchen Association

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**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

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**Phone:** 403-320-5412

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

**In-Person:** 401 Laval Blvd. W, 2<sup>nd</sup> 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

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**Phone:** 311 or 403-320-3111

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

**In-Person:** 619 - 4 Ave. N

## Lutheran Church of the Good Shepherd

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**Phone:** 403-328-3445

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

**In-Person:** 2406 - 11 Ave. S

## Maranatha Christian Reformed Church

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**Phone:** 403-381-7744

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

**In-Person:** 260 McGill Blvd. W

## McKillop United Church

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**Phone:** 403-328-2703

**Website:** <http://www.mckillopuned.ca>

**In-Person:** 2329 - 15 Ave. S

## McMan Youth, Family & Community Services

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**Phone:** 403-328-2488

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

**In-Person:** 435 - 5 St. S

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### Mobile Addiction Outreach

**Phone:** 403-328-2488 Ext 222

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

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### 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.

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### 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.

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### 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)

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**Phone:** 403-410-2320 ext. 3590

**Website:** [www.cafconnection.ca/Calgary/Home.aspx](http://www.cafconnection.ca/Calgary/Home.aspx)

**In-Person:** 337 Stubb Ross Rd. S

**Email:** [Lethbridge.mfrc@calgarymfrc.ca](mailto: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

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**Phone:** 403-381-8333

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

**In-Person:** 502 - 13 St. N

## Money Mentors

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**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

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**Phone:** 1-844-859-6789

**Email:** [msnavigators@mssociety.ca](mailto: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

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**Phone:** 403-942-1378

**Email:** [carol@mycitycare.ca](mailto: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

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**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

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**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

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**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*

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

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

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**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

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**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

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**Phone:** 403-394-7707

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

**In-Person:** 501 – 40 St. S

## Opokaa'sin Early Intervention Society

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**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

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**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

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

**Email:** [info@outreachsa.org](mailto: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)

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

## Parkinson Association of Alberta

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**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

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**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

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**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

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**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)

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**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

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**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

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**Phone:** 403-965-2390

**Website:** <http://piikanicfs.ca>

**Email:** [admin@piikanicfs.ca](mailto:admin@piikanicfs.ca)

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

## Prairie Treatment Centre

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**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

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**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.

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**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

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**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

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**Phone:** 1-800-269-7095

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

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

## Rehoboth Christian Ministries

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**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

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**Phone:** 403-327-6644

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

**In-Person:** 324 Mayor Magrath Dr. S

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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

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**Phone:** 403-328-5333

## Saamis Employment & Training Association

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**Phone:** 403-320-7699

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

**In-Person:** 102, 514 Stafford Dr. N

**Email:** [info@saamisaboriginal.ca](mailto: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

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**Phone:** 403-915-7650

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

**Email:** [mark@sageclan.ca](mailto: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

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**Phone:** 403-328-8611

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

**In-Person:** 1302 - 4 Ave. S

## Salvation Army Community and Family Services

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**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

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**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

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**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

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**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

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**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

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**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)

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**Website:** [www.svaclethbridge.com](http://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

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**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

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**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

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**Phone:** 403-394-3352

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

**In-Person:** 608 - 5 Ave. S

## Skipping Stone

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**Phone:** 587-333-4342

**Website:** <https://skippingstone.ca>

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

**Email:** [info@skippingstone.ca](mailto: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

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

Please search the Lethbridge Chapter website for contact information

## Social Insurance Numbers

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**Phone:** 1-866-274-6627

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

## South Region Parents as Teachers

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**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)

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**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)

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**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)

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**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)

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**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)

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**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)

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**Phone:** 403-328-0955

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

**In-Person:** 520 - 7 St. S

**Email:** [admin.alcare@shaw.ca](mailto: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

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**Phone:** 403-942-7790

**In-Person:** 10, 15 Southgate Blvd. S

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

## Southminster United Church

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**Phone:** 403-327-3404

**Website:** <http://southminsterunited.org>

**In-Person:** 1011 - 4 Ave. S

## Southwest Alberta Child and Family Services

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**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](http://www.alberta.ca/fscd.aspx)

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**Foster Care/Adoptions**

**Phone:** 403-388-7651

**In-Person:** 133, 200 - 4 Ave. S

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**Sifton Family & Youth Services**

**Phone:** 403-381-5411

**In-Person:** 528 Stafford Dr. N

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**Youth/TRAC Team**

**Phone:** 403-388-1297

**In-Person:** 416 - 4 Ave. S

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## 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.

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## St. Andrews Presbyterian Church

**Phone:** 403-327-2582

**Website:** <https://standrews-lethbridge.ca/>

**In-Person:** 1818 5 Avenue South

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## St. Augustine's Anglican Church

**Phone:** 403-327-3970

**Website:** <http://www.staug.org>

**In-Person:** 411 - 11 St. S

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## St. Martha's Parish

**Phone:** 403-381-8891

**Website:** <http://www.stmarthasparish.ca>

**In-Person:** 355 Columbia Blvd. W

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## 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.

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## St. Peter & Paul Ukrainian Greek Catholic Parish

**Phone:** 403-328-4753

**Website:** <https://sites.google.com/site/ssppparish>

**In-Person:** 643 - 12B St. N

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## St. Vincent de Paul Society

**Phone:** 403-328-5493

Serving Lethbridge and Coalhurst. Administered by Volunteers.



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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

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**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

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### **Genesis Home**

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

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### **Exodus Home**

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

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### **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.

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### **People in Need Bank**

Supplies clothing to those in need

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### **Foot Fridays**

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

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### **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

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**Phone:** 1-855-606-2096

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

## Sweet Grass Youth Alliance

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**Phone:** 403-795-7850

**Email:** [SweetgrassYA@gmail.com](mailto: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

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**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

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**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

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**Phone:** 403-327-8827

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

**In-Person:** 355 Stafford Dr. N

## The Gate Christian Church

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**Phone:** 403-320-9998

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

**In-Person:** 522 - 3 Ave. S

## The Kidney Foundation

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**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

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**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

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**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

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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

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**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

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**Phone:** 403-327-6434

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

**In-Person:** 1100 - 40 Ave. N

### University Drive Alliance Church

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**Phone:** 403-381-7171

**Website:** <https://udac.ca>

**In-Person:** 55 Columbia Blvd. W

### University of Lethbridge

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**Phone:** 403-329-2111

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

**In-Person:** 4401 University Dr. W

### Utilities Consumer Advocate

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**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)

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**Phone:** 1-888-228-3871

**Email:** [vetscanada@gmail.com](mailto: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

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**Phone:** 403-320-2005

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

**In-Person:** 2820 - 18 Ave. N

## Victim Services – Lethbridge City

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**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

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**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)

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**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

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**Phone:** 403-332-4320

**Website:** <http://volunteerlethbridge.com>

**In-Person:** 324 - 5 St. S

**Email:** [info@volunteerlethbridge.com](mailto: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

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**Phone:** 403-965-3404      **Website:** <https://www.facebook.com/whiteeaglewellness/>  
**In-Person:** 1277 – 3 Ave. S      **Email:** [info@whiteeaglewellness.ca](mailto:info@whiteeaglewellness.ca)

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

## Womanspace Resource Centre

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**Phone:** 403-329-8338      **Website:** <http://www.womanspace.ca>  
**In-Person:** 16, 740 - 4 Ave. S      **Email:** [office@womanspace.ca](mailto: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

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**Phone:** 403-317-1777      **In-Person:** 312 - 3 St. S – lower level  
**Website:** [www.woodshomes.ca/programs/youth-connections-the-core/](http://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

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**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

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**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

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**Website:** <http://yqlneighbourhoods.ca>      **Email:** [weareyqlneighbourhoods@gmail.com](mailto:weareyqlneighbourhoods@gmail.com)  
Supporting and advocating for neighbourhood associations in Lethbridge.

## YWCA Lethbridge & District

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**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.

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**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.

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**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.

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**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.