

Community LINKS

Your Information and Referral Source

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

GETTING CONNECTED

PHONE 403-328-LINK (5465)

EMAIL communitylinks@cmhalethbridge.ca

WEBSITE www.lethbridgeica.ca

IN-PERSON 810 5th Ave. South
Inside the Lethbridge Public Library,
Main Branch



LETHBRIDGE ICA



Revised Mar/2022



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.

Listings will include contact information and a brief description of the service, with information contributed by providers.

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

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

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

This booklet is funded in partnership with





EMERGENCY NUMBERS

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

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

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

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

EMERGENCY SHELTER

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

HELP & CRISIS NUMBERS

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

SERVICE CATEGORY

Page 2SLGTBQ+ SUPPORTS

- 34 Lethbridge Pride Fest Society
- 41 OUTreach Southern Alberta Society
- 42 Pflag Canada
- 46 Skipping Stone

Page ADDICTIONS

- 7 AAWEAR
- 8 Al-Anon
- 13 Alcoholics Anonymous
- 20 Cocaine Anonymous
- 21 Eating Disorder Support Network of Alberta
- 24 Foothills Detox Centre
- 25 Fresh Start Recovery Centre
- 25 Gamesense
- 28 Indigenous Recovery Coach Program
– AAPAITS/TAAPII/SAAM
- 37 Levitee Clinics
- 39 Narcotics Anonymous
- 39 Needle Disposal Boxes
- 41 Overeater Anonymous
- 43 Prairie Treatment Centre
- 43 Recovery Access Alberta
- 46 SMART Recovery
- 47 Southern Alcare Manor
- 52 Virtual Opioid Dependency Program

Page ANIMAL SERVICES

- 31 Lethbridge & District Humane Society
- 31 Lethbridge Animal Services

Page ARTS AND RECREATION

- 13 Allied Arts Council
- 18 Casa Lethbridge
- 25 Galt Museum & Archies | Akaisamitohkanao'pa
- 28 Helen Schuler Nature Centre
- 29 Kidsport Lethbridge & Taber
- 36 Lethbridge Sport Council
- 40 Nikka Yuko Japanese Garden
- 45 Servus Sports Centre
- 46 Southern Alberta Art Gallery
- 53 YMCA of Lethbridge
- 53 YQL Neighbourhoods

Page CITY OF LETHBRIDGE

- 20 Arenas
- 19 City Hall
- 19 Fee Assistance Program
- 20 Pools
- 20 Taxation & Assessment
- 30 Lethbridge 3-1-1
- 34 Lethbridge Public Library
- 20 Utilities

Page DISABILITY SERVICES

- 7 Ability Resource Association
- 13 Alzheimer Society
- 13 Autism Alberta – Family Resource Centres
- 15 Bluefox Association
- 15 Brain Injury Relearning Services
- 15 Brain Trauma Support Society Lethbridge
- 16 Bridges Consulting
- 19 Chinook Autism Society
- 22 Edenbridge Family Services
- 28 Inclusion Lethbridge
- 28 Independent Counselling Enterprises
- 29 Key Connections Consulting
- 30 L'Arche Lethbridge
- 32 Lethbridge Family Services
- 37 McMan Youth, Family & Community Services
- 42 Peak Vocational & Support Services
- 43 Quest Support Services Inc
- 44 SASH Disability Support Services
- 46 Southern Alberta Community Living
Association
- 47 Southern Alberta Individualized
Planning Association
- 47 Southern Alberta Self-Help Association
- 48 Special Olympics Alberta

Page CITY OF LETHBRIDGE

- 19 Chinook Sexual Assault Centre
- 21 Domestic Violence Action Team
- 23 Family Violence Info Line
- 44 Safe at Home
- 45 Sexual Violence Action Committee
- 54 YWCA Lethbridge & District

Page EDUCATION

- 27 Holy Spirit Roman Catholic Separate
Regional Division No. 4
- 28 Internationa; Qualifications Assessment
- 31 Lethbridge College
- 35 Lethbridge School Division
- 43 Red Crow Community College
- 43 Reeves College
- 46 South Region Parents as Teachers
- 51 University of Lethbridge

Page EMPLOYMENT & TRAINING

- 15 Blood Tribe Employment & Skills Training
- 21 Downtown Lethbridge BRZ
- 24 Flexibility Learning Systems
- 42 Piikani Employment Systems
- 44 Saamis Employment & Training Association
- 45 Select People Solutions
- 50 Teamworks Career Centre
- 51 Training Inc. Vocational School
- 52 Volunteer Lethbridge

SERVICE CATEGORY

Page EMPLOYMENT & TRAINING

- 50 Teamworks Career Centre
- 51 Training Inc. Vocational School
- 53 Volunteer Lethbridge

Page FAMILY SUPPORTS

- 21 DivorceCare
- 22 Family Centre Lethbridge
- 23 Family Resource Networks (FRN)
- 23 Family Ties Association
- 34 Lethbridge Pregnancy Care Centre
- 37 McMan Youth, Family & Community Services
- 40 Nurture Family Feeding Clinic
- 44 Salvation Army Community & Family Services

Page CLOTHING, FINANCE & FOOD

- 28 Interfaith Food Bank Society of Lethbridge
- 32 Lethbridge Food Bank
- 36 Lethbridge Soup Kitchen Association
- 38 Money Mentors
- 38 MyCityCare
- 48 St. Vincent de Paul Society
- 48 Streets Alive Mission
- 53 Womanspace Resource Centre

Page IMMIGRANT & NEW CANADIAN SUPPORTS

- 27 Immigration, Refugees & Citizenship Canada
- 32 Lethbridge Family Services
- 46 Southern Alberta Ethnic Association
- 50 Temporary Foreign Worker Helpline

Page INDIGENOUS SUPPORT SERVICES

- 7 Aakom-Kiyii Health Services
- 8 Aboriginal Housing Society
- 14 Blackfoot Resource Hub
- 15 Blood Tribe Department of Health
- 15 Blood Tribe Employment & Skills Training
- 23 Family Information Liaison Unit
- 24 First Nation Health Consortium
- 28 Indigenous Recovery Coach Program – AAPI/TSI/TAAPI/SAAM
- 29 Kainaiwa Children's Services Corporation
- 30 Lethbridge & Area Métis
- 39 Native Counselling Services of Alberta
- 41 Opokaa'sin Early Intervention Society
- 42 Peigan Prevention Counselling Services
- 42 Piikani Employment Services
- 42 Piikani Nation Child & Family Services
- 43 Red Crow Community College
- 44 Saamis Employment & Training Association
- 45 Sik Ooh Kotoki Friendship Society
- 50 Sweet Grass Youth Alliance
- 52 White Eagle Wellness

Page LEGAL & JUSTICE

- 30 Legal Aid Alberta
- 31 Lethbridge Courthouse
- 33 Lethbridge John Howard Society
- 33 Lethbridge Legal Guidance Society
- 34 Lethbridge Police Services
- 52 Victim Services – Lethbridge City
- 52 Victim Services – Lethbridge Corridor

Page MENTAL HEALTH & COUNSELLING SERVICES

- 9 Alberta Health Services
- 17 Canadian Mental Health Association, Alberta South Region
- 19 Chinook Sexual Assault Centre
- 22 Family Centre Lethbridge
- 23 Family Ties Association
- 29 Key Connections Consulting
- 32 Lethbridge Family Services
- 32 Lethbridge ICA (Counselling Subsidy)
- 42 Peigan Prevention Counselling Services

Note: A list of service providers offering subsidized counselling through the Lethbridge ICA can be found at www.lethbridgeica.ca/counselling

Page OUTREACH SUPPORTS & STREET ENGAGEMENTS

- 7 AAWEAR
- 9 Alberta Health Services - Outreach
- 9 Diversion Outreach Team (CMHA, ASR)
- 28 Indigenous Recovery Coach Program – AAPI/TSI/TAAPI/SAAM
- 44 Sage Clan
- 48 Streets Alive Mission
- 50 The Watch Program
- 54 YWCA of Lethbridge & District

Page RELIGIOUS & SPIRITUAL

- 13 All Saints Roman Catholic Parish
- 14 Baha'I Faith
- 14 Beit Tefillah Sameach – Joyful Prayer House
- 16 Buddhist Temple of Southern Alberta
- 18 Central Church of Christ
- 19 Christ Trinity Lutheran Church
- 19 Church of Christ
- 19 Church of Jesus Christ of Latter-Day Saints
- 20 City Light Church
- 20 College Drive Community Church
- 20 Community of Christ
- 22 Evangelical Free Church of Lethbridge
- 22 Faith Baptist Church
- 24 Free Grace Fellowship
- 25 Gospel Lights Baptist Church of Lethbridge Alberta

SERVICE CATEGORY

Page RELIGIOUS & SPIRITUAL

- 26 Grace Reformed Church
- 27 Holy Trinity Parish Ukrainian Orthodox Church
- 27 Immanuel Lutheran Church
- 29 Japanese United Church
- 29 Jehovah's Witness Kingdom Hall
- 29 King of Kings Fellowship
- 30 Lakeview Bible Church
- 31 Lethbridge Chinese Alliance Church
- 31 Lethbridge Christian Tabernacle
- 33 Lethbridge Korean Community Church
- 33 Lethbridge Mennonite Church
- 33 Lethbridge Muslim Association
- 36 Lethbridge Seventh-Day Adventist Church
- 37 Lutheran Church of the Good Shepard
- 37 Maranatha Christian Reformed Church
- 37 McKillop United Church
- 38 Miz City Church
- 41 One Life Church
- 43 Rehoboth Christian Ministries
- 44 Salvation Army Community Church of Lethbridge
- 47 Southminster United Church
- 48 St. Andrews Presbyterian Church
- 47 St. Augustine's Anglican Church
- 48 St. Martha's Parish
- 48 St. Peter & Paul Ukrainian Greek Catholic Parish
- 50 The Bridge Community Church of the Nazarene
- 50 The Gate Christian Church
- 51 Trinity Reformed Church
- 51 University Drive Alliance Church
- 51 VIA Church

Page SENIORS SUPPORTS

- 31 Lethbridge Elder Abuse Response Network (LEARN)
- 32 Lethbridge Family Services
- 36 Lethbridge Senior Citizens Organization
- 40 Nord-Bridge Seniors Centre
- 45 Seniors Community Services Partnership

Page TRANSPORTATION

- 7 94 Cabs
- 7 A-Plus Taxi
- 8 Access-A-Ride
- 14 BDT Cabs
- 16 BWR Taxi
- 21 Custom Cabs
- 21 Diversion Outreach Team (CMHA, ASR)
- 24 Fifth Avenue Cabs
- 36 Lethbridge Transit – My Ride
- 44 Royal Taxi

Page VETERANS

- 38 Military Family Resource Centre
- 43 Royal Canadian Legion General Stewart Branch No. 4
- 51 Veterans Service Centre

Page YOUTH SERVICES

- 7 5th on 5th Youth Services
- 14 Big Brothers Big Sisters of Lethbridge & District
- 14 BGC Lethbridge
- 29 It's a Blast!
- 37 McMan Youth, Family & Community Services
- 53 Woods Homes
- 53 Youth One



Contents

211 Alberta.....	7
5th on 5th Youth Services.....	7
94 Cabs.....	7
Aakom-Kiyii Health Services.....	7
AAWEAR.....	7
A-Plus Taxi.....	7
Ability Resource Association.....	7
Aboriginal Housing Society.....	8
Access-A-Ride.....	8
Al-Anon.....	9
Alberta Aids to Daily Living.....	9
Alberta Child and Family Benefit.....	9
Alberta Child Health Benefit.....	10
Alberta Find a Doctor.....	10
Alberta Health Care Insurance Plan.....	10
Alberta Health Services.....	10
Alberta Human Rights Commission.....	12
Alberta Seniors, Community and Social Services.....	12
Alberta Supports.....	12
Alcoholics Anonymous.....	13
All Saints Roman Catholic Parish.....	13
Allied Arts Council.....	13
Alzheimer Society.....	13
Assured Income for the Severely Handicapped (AISH).....	13
Autism Alberta – Family Resource Centres.....	13
Baha’i Faith.....	14
Beit Tefillah Sameach – Joyful Prayer House.....	14
Big Brothers Big Sisters of Lethbridge and District.....	14
Bigelow Fowler Clinic.....	14
BDT Cabs.....	14
BGC Lethbridge.....	14
Blackfoot Resource Hub.....	14
Blood Tribe Department of Health.....	15
Blood Tribe Employment and Skills Training.....	15
Blood Tribe Police Service.....	15
Bluefox Association.....	15
Brain Injury Relearning Services.....	15
Brain Trauma Support Society Lethbridge.....	15
Bridges Consulting.....	16
Buddhist Temple of Southern Alberta.....	16
BWR Taxi.....	16
Campbell Clinic.....	16





Canada Child Benefit (CCB)	16
Canada Revenue Agency (CRA)	16
Canadian Cancer Society Toll Free	16
Canadian Hard of Hearing Association	17
Canadian Mental Health Association, Alberta South Region – CMHA, ASR	17
Canadian National Institute for the Blind (CNIB).....	18
Canadian Red Cross	18
Casa Lethbridge.....	18
CBI Health	18
Central Church of Christ	18
Chinook Autism Society	19
Chinook Sexual Assault Centre	19
Christ Trinity Lutheran Church.....	19
Church of Christ	19
Church of Jesus Christ of Latter-Day Saints.....	19
City of Lethbridge	19
City Light Church.....	20
Cocaine Anonymous.....	20
College Drive Community Church	20
Community of Christ.....	20
Custom Cabs	21
Diabetes Canada	21
DivorceCare	21
Domestic Violence Action Team (DVAT)	21
Downtown Lethbridge BRZ	21
Eating Disorder Support Network of Alberta	21
Edenbridge Family Services.....	22
Elsie's House	22
Employment Insurance.....	22
Evangelical Free Church of Lethbridge	22
Faith Baptist Church.....	22
Family Centre Lethbridge	22
Family Information Liaison Unit	23
Family Medical Centre.....	23
Family Resource Networks (FRN).....	23
Family Ties Association	23
Family Violence Info Line.....	23
Fifth Avenue Cabs	24
First Baptist Church Lethbridge	24
First Nation Health Consortium	24
First United Church	24
Flexibility Learning Systems Ltd.	24
Foothills Detox Centre	24





Free Grace Fellowship	24
Fresh Start Recovery Centre	25
Galt Museum & Archives Akaisamitohkanao'pa	25
Gamblers Anonymous	25
Gamesense.....	25
Gospel Lights Baptist Church of Lethbridge Alberta.....	25
Government of Alberta Switchboard	25
Government of Canada General Enquiries.....	25
Grace Reformed Church.....	26
Green Acres Foundation.....	26
GST/HST Tax Credit	26
Haig Clinic	26
Heart and Stroke Foundation	26
Helen Schuler Nature Centre	26
HIV/AIDS Hotline.....	26
Holy Spirit Roman Catholic Separate Regional Division No. 4.....	27
Holy Trinity Parish Ukrainian Orthodox Church.....	27
Hoarding, Outreach, Management, & Education Team (HOME).....	27
Immanuel Lutheran Church.....	27
Immigration, Refugees and Citizenship Canada.....	27
Inclusion Lethbridge	28
Independent Counselling Enterprises Inc. (ICE)	28
Indigenous Recovery Coach Program AAPAI'TSI'TAAPII'SAAM	28
Interfaith Food Bank Society of Lethbridge	28
International Qualifications Assessment	28
It's A Blast!	29
Japanese United Church.....	29
Jehovah's Witness Kingdom Hall.....	29
Kainaiwa Children's Services Corporation.....	29
Key Connections Consulting	29
Kidsport Lethbridge & Taber	29
King of Kings Fellowship	29
L'Arche Lethbridge	30
Lakeview Bible Church.....	30
Landlord & Tenant Advisory Board.....	30
Legacy Medical Centre	30
Legal Aid Alberta.....	30
Lethbridge 3-1-1	30
Lethbridge and Area Métis.....	30
Lethbridge Courthouse	31
Lethbridge & District Humane Society.....	31
Lethbridge Animal Services	31
Lethbridge Chinese Alliance Church.....	31





Lethbridge Christian Tab.....	31
Lethbridge College.....	31
Lethbridge Elder Abuse Response Network (LEARN).....	31
Lethbridge Family Services.....	32
Lethbridge Food Bank.....	32
Lethbridge Integrated Coordinated Access (ICA).....	32
Lethbridge Housing Authority.....	33
Lethbridge John Howard Society.....	33
Lethbridge Korean Community Church.....	33
Lethbridge Legal Guidance Society.....	33
Lethbridge Medical Clinic.....	33
Lethbridge Mennonite Church.....	33
Lethbridge Muslim Association.....	33
Lethbridge Police Services.....	34
Lethbridge Pregnancy Care Centre.....	34
Lethbridge Pride Fest Society.....	34
Lethbridge Public Library.....	34
Lethbridge School Division.....	35
Lethbridge Senior Citizen Organization (LSCO).....	36
Lethbridge Seventh-Day Adventist Church.....	36
Lethbridge Soup Kitchen Association.....	36
Lethbridge Sport Council.....	36
Lethbridge Transit My Ride.....	36
Lethbridge Wellness Shelter & Stabilization Unit.....	37
Levitee Clinics.....	37
Lutheran Church of the Good Shepherd.....	37
Maranatha Christian Reformed Church.....	37
McKillop United Church.....	37
McMan Youth, Family & Community Services.....	37
Military Family Resource Centre (MFRC).....	38
Miz City Church.....	38
Money Mentors.....	38
Multiple Sclerosis Society of Canada.....	38
MyCityCare.....	38
Narcotics Anonymous.....	39
Native Counselling Services of Alberta.....	39
Needle Disposal Boxes.....	39
Nikka Yuko Japanese Garden.....	40
Nord-Bridge Seniors Centre.....	40
Nsisi Medical Clinic.....	40
Nurture Family Feeding Clinic.....	40
Office of the Child and Youth Advocate (OCYA).....	40
Office of the Public Guardian and Trustee.....	40





One Life Church	41
Opokaa'sin Early Intervention Society	41
Osteoporosis Canada	41
OUTreach Southern Alberta Society	41
Overeater Anonymous (OA)	41
Palliser Medical & Travel Clinic.....	41
Parkinson Association of Alberta	41
Passports	42
Peak Vocational & Support Services	42
Peigan Prevention Counselling Services.....	42
Persons with Developmental Disabilities (PDD).....	42
Pflag Canada.....	42
Piikani Employment Services	42
Piikani Nation Child and Family Services.....	42
Prairie Treatment Centre.....	43
Public Pensions.....	43
Quest Support Services Inc.	43
Raymond Medical Clinic.....	43
Recovery Access Alberta	43
Red Crow Community College	43
Reeves College.....	43
Rehoboth Christian Ministries.....	43
Royal Canadian Legion General Stewart Branch No. 4.....	43
Royal Taxi.....	44
Saamis Employment & Training Association	44
Safe at Home, A Rowan House Society Project.....	44
Sage Clan	44
Salvation Army Community Church of Lethbridge	44
Salvation Army Community and Family Services	44
SASH Disability Support Services	44
Schizophrenia Society of Alberta.....	44
Select People Solutions.....	45
Seniors Community Services Partnership (SCSP).....	45
Service Canada Centre	45
Servus Sports Centre.....	45
Sexual Violence Action Committee (SVAC).....	45
Shoppers Home Health Care	45
Sik Ooh Kotoki Friendship Society	45
Six08 Health Clinic.....	46
Skipping Stone.....	46
SMART Recovery	46
Social Insurance Numbers.....	46
South Region Parents as Teachers	46





Southern Alberta Art Gallery (SAAG).....	46
Southern Alberta Community Living Association (SACLA).....	46
Southern Alberta Ethnic Association (SAEA).....	46
Southern Alberta Individualized Planning Association (SAIPA).....	47
Southern Alberta Self-Help Association (SASHA).....	47
Southern Alcare Manor (SAM).....	47
Southgate Medical Centre.....	47
Southminster United Church.....	47
Southwest Alberta Child and Family Services.....	47
Special Olympics Alberta.....	48
St. Andrews Presbyterian Church.....	48
St. Augustine's Anglican Church.....	48
St. Martha's Parish.....	48
St. Michael's Health Centre.....	48
St. Peter & Paul Ukrainian Greek Catholic Parish.....	48
St. Vincent de Paul Society.....	48
Streets Alive Mission.....	48
Student Aid Alberta.....	49
Sweet Grass Youth Alliance.....	50
Teamworks Career Centre.....	50
Temporary Foreign Worker Helpline.....	50
The Bridge Community Church of the Nazarene.....	50
The Gate Christian Church.....	50
The Kidney Foundation.....	50
The Watch Program.....	50
Training Inc. Vocational School.....	51
Treaty 7 Urban Indian Housing Authority.....	51
Trinity Reformed Church.....	51
University Drive Alliance Church.....	51
University of Lethbridge.....	51
Utilities Consumer Advocate.....	51
Veterans Service Centre (Government of Alberta).....	51
VIA Church.....	51
Victim Services – Lethbridge City.....	52
Victim Services – Lethbridge Corridor.....	52
Virtual Opioid Dependency Program (VODP).....	52
Volunteer Lethbridge.....	52
White Eagle Wellness.....	52
Womanspace Resource Centre.....	53
Wood's Homes.....	53
YMCA of Lethbridge.....	53
Youth One.....	53
YQL Neighbourhoods.....	53
YWCA Lethbridge & District.....	54





211 Alberta

Phone: 211

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

5th on 5th Youth Services

Phone: 403-329-3555

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

In-Person: 435 - 5 St. S

Email: executivedirector@youth.ab.ca

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

94 Cabs

Phone: 403-942-5694

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

Aakom-Kiyii Health Services

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

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

In-Person: 1860 – 15 Ave., Brocket

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

AAWEAR

Phone: 403-715-4858

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

Email: heidi.reinke@aawear.org

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

A-Plus Taxi

Phone: 403-317-7777

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

Ability Resource Association

Ability Resource Centre

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

In-Person: 1610 - 29 St. N

Phone: 403-329-3911

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



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

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

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

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

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

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

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

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

Alberta Aids to Daily Living**Phone:** 310-0000 then 780-427-0731**Website:** <https://www.alberta.ca/alberta-aids-to-daily-living.aspx>

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

Alberta Child and Family Benefit**Phone:** 1-800-959-2809**Website:** <https://www.alberta.ca/alberta-child-and-family-benefit.aspx>

The Alberta Child and Family Benefit (ACFB) provides direct financial assistance to lower and middle-income families with children under 1.





Alberta Child Health Benefit

Phone: 1-877-469-5437

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

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

Alberta Find a Doctor

Phone: 811

Website: www.albertafindadoctor.ca

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

Alberta Health Care Insurance Plan

Phone: 310-0000 then 780-427-1432 **Website:** <https://www.alberta.ca/ahcip.aspx>

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

Alberta Health Services

Website: www.albertahealthservices.ca – visit for all services provided by AHS

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.

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 Mental Health Therapist and/or Addiction Counsellor. Please contact Access Addiction & Mental Health to access services.

Adult Addictions & Mental Health Outreach

In-Person: 200 - 5 Ave. S

Phone: 403-388-6551

Alberta Health Services ID Program

In-Person: 960 - 19 St. S, Room 2K154 inside Chinook Regional Hospital

Phone: 403-330-8150

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





Alberta Healthy Living

In-Person: 424 - 5 St. S, Exterior Entrance

Phone: 403-388-6675

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

Better Beginnings

In-Person: 801 - 1 Ave. S

Phone: 403-388-6661

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

Child, Youth & Family Addiction and Mental Health

In-Person: 120A, 200 - 4 Ave. S

Phone: 403-381-5278

Outpatient services can include: family, individual, and group therapy, case management, and referrals to other addiction and mental health supports. There is limited access to other health consultation services including psychiatry. Please contact Access Addiction & Mental Health to access services.

Children's Allied Health Services - Audiology

In-Person: 120B, 200 - 4 Ave. S

Phone: 403-388-6575

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

Chinook Regional Hospital - Switchboard

In-Person: 960 - 19 St. S

Phone: 403-388-6111

Community Paramedic Program

Website: <https://www.albertahealthservices.ca/ems/page16487.aspx>

Phone: 1-855-491-5868

Community Paramedics are specially trained to provide short-term treatment for low-acuity illnesses, under the medical direction of Physicians and Nurse Practitioners. Visit the website for more detailed information.

Day Treatment Centre

In-Person: 960 - 19 St. S

Phone: 403-388-6244

Group therapy offered to clients in the community, and psycho-educational groups offered to psychiatric inpatients. Individual and group recreation therapy offered to psychiatric inpatients to improve coping skills. Group recreation therapy provided to community clients to improve leisure and social skills. Please contact Access Addiction & Mental Health to access services.

Early Hearing Detection and Intervention

In-Person: 960 19 St. S

Phone: 403-388-6175

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



Family Health Home Visitation

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

Phone: 403-388-6351

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, are seeking assistance with child development, mental health, stress reduction, relationships, injury prevention or nutrition, requiring support in accessing community resources, and helps pregnant or postnatal women who are struggling with alcohol and/or substance abuse.

Family Violence Treatment Program

In-Person: 200 - 5 Ave S.

Phone: 403-388-6547

Provides counselling services for individuals and families who are impacted by intimate partner violence (IPV). Mental Health and Addiction counsellors provide treatment and other services that will address the specific needs of each individual. Counselling services may be delivered individually or in group format. Treatment may include addiction and mental health assessment and counselling, as well as family violence specific counselling.

Health Link

Phone: 811

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

Home Rehabilitation Team

In-Person: 110, 200 4 Ave. S

Phone: 403-388-6766

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

Indigenous Wellness Core

In-Person: 960 19 St. S (Chinook Regional Hospital). **Phone:** 403-388-6386

Email: SZIndigenousWellnessCore@ahs.ca

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

Landers Treatment Centre

In-Person: 221 Fairway Dr., Claresholm

Phone: 403-625-1395

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

Lethbridge Community Health Unit

In-Person: 801 - 1 Ave. S

Phone: 403-388-6666

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





Lethbridge Recovery Centre - Medically Supported Detox

In-Person: 960 - 19 St. S

Phone: 403-388-6243

Located inside the Chinook Regional Hospital, this is a 24/7 service that helps people detoxifying from alcohol and other drugs in a safe, controlled setting. It is an adult detoxification service that also provides residential substance use disorder treatment.

Lethbridge Youth Treatment Centre

In-Person: 402 - 6 Ave. N

Phone: 403-388-7600

The Lethbridge Youth Treatment Centre offers treatment to youth whose lives have been negatively impacted by substance use and gambling.

Seniors Mental Health Outreach

In-Person: 200 - 5 Ave. S

Phone: 403-388-6551

Provides services to older adults (65+) 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. Please contact Access Addiction & Mental Health to access services.

Sexual and Reproductive Health

In-Person: 801 - 1 Ave. S

Phone: 403-320-0110

Provides youth-friendly (ages 29 or younger), non-judgmental and confidential sexual and reproductive health services. Please call ahead for appointment and more information on available services.

Alberta Human Rights Commission

Phone: 310-0000 then 780-427-7661

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

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

Alberta Seniors, Community and Social Services

Website: <https://www.alberta.ca/seniors-community-and-social-services.aspx>

Leads seniors, income, employment, disabilities and community-based supports, family violence prevention, and family & community support services.

Alberta Supports

Phone: 403-380-2272 or Alberta Supports Contact Centre 1-877-644-9992

In-Person: Main Floor - 200 5 Ave. S

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

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

Helps individuals access various programs and community services for seniors, people with disabilities, job seekers, parents and families, homelessness, financial assistance, abuse, and family violence prevention.





Child Care Subsidy

In-Person: 200 - 5 Ave. S

Phone: 1-877-644-9992

Website: <https://www.alberta.ca/child-care-subsidy.aspx>

Family Support for Children with Disabilities (FCSD)

In-Person: 215, 200 - 4 Ave. S

Phone: 403-381-5777

Website: www.alberta.ca/fscd.aspx

Alcoholics Anonymous

Phone: 403-327-8049

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

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

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

All Saints Roman Catholic Parish

Phone: 403-327-8931

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

In-Person: Assumption: 2405 - 12 Ave. S

St. Basils: 604 - 13 St. N

Allied Arts Council

Phone: 403-320-0555

Website: <http://artslethbridge.org>

In-Person: 318 - 7 St. S

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

Alzheimer Society

Phone: 1-866-950-5465 or 403-329-3766

In-Person: 40, 1202 - 2 Ave. S

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

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

Assured Income for the Severely Handicapped (AISH)

Phone: 403-381-5186

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

In-Person: 200 - 5 Ave. S

Email: css.south-aish@gov.ab.ca

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

Autism Alberta – Family Resource Centres

Phone: 587-220-6320

Website: <https://autismalberta.ca/> x

Email: chantalg@autismalberta.ca

The Family Resource Centres support individuals with disabilities and their families to access and navigate a variety of disability supports and services available in Alberta. Call to book an appointment with Chantal Gaebel or Brandon Rudics.



Baha'i Faith

Email: bahaisoflethbridge@gmail.com **Website:** <http://lethbridgebahai.blogspot.ca>

Beit Tefillah Sameach – Joyful Prayer House

Phone: 403-394-0499

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

In-Person: 336 - 13 St. N

Big Brothers Big Sisters of Lethbridge and District

Phone: 403-328-9355

Website: www.bebig.ca

In-Person: 622 - 6 Ave. S

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

Bigelow Fowler Clinic

Bigelow Fowler East

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

In-Person: 103, 2049 Mayor Magrath Dr. S **Phone:** 403-327-3977

Bigelow Fowler West

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

In-Person: 30 Jerry Potts Blvd. W

Phone: 403-381-8444

BDT Cabs

Phone: 403-381-4444

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

BGC Lethbridge

Phone: 403-327-6423

Website: <http://bgclethbridge.com>

In-Person: 1405 - 8 Ave. N

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

Blackfoot Resource Hub

Phone: 587-787-4486

Website: maryp@bloodtribe.org

In-Person: Contact Mary Plume - Manager

The goal for the Blackfoot Resource Hub is to ensure that Blackfoot and other Indigenous people in the city of Lethbridge have the cultural support that they need and that they have equal access to programs and services that will improve their quality of life. Cultural Support services provided will strive to:

- improve self-sufficiency and prosperity of individuals;
- strengthen connection to Indigenous culture and community;
- nurture hope and healing and build healthy, successful communities for all individuals, and;
- ensure a continuum of opportunity for Indigenous people within the Lethbridge community.





Blood Tribe Department of Health

Phone: 403-737-3888

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

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

Lethbridge Wellness Shelter and Stabilization Centre

Phone: 587-612-5356

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

Bringing the Spirit Home

Phone: 403-737-8600

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 Siksikaisitapiyssini – Blackfoot Ways of Knowing and Being - which includes culture, traditions, and language, in all program areas.

Blood Tribe Employment and Skills Training

Phone: 403-737-8149

In-Person: PO Box 319 Standoff, AB (located in Lavern)

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

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

Blood Tribe Police Service

Complaints: 403-737-3800

Victim Services: 403-737-8814

Website: <http://www.bloodtribepolice.com> **In-Person:** Hwy 2 & Bta Rd. Standoff, AB

Bluefox Association

Phone: 403-320-1880

In-Person: 232 - 22 St. N

Residential and community support services for adults with disabilities.

Brain Injury Relearning Services

Community Support Cognitive Program (Lethbridge)

Phone: 403-320-7402

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

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

Email: office@braininjurymedicinehat.ca

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

Brain Trauma Support Society Lethbridge

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

Provides emotional support and socialization for brain trauma survivors, caregivers, and their families. For meeting dates, times and other information please call the numbers above.





Bridges Consulting

Phone: 587-425-4211

Website: <http://bridgesconsulting.ca>

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

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

Buddhist Temple of Southern Alberta

Phone: 403-327-1260

Website: <http://thebtsa.com>

In-Person: 470 - 40 St. S

BWR Taxi

Phone: 403-327-7000

Campbell Clinic

Campbell Clinic South

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

In-Person: 430 Mayor Magrath Dr. S **Phone:** 403-328-8101

Campbell Clinic West

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

In-Person: 160 Columbia Blvd. W **Phone:** 403-381-7000

Campbell Clinic Coaldale

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

In-Person: 1915 - 17 St., Coaldale **Phone:** 403-345-3072

Canada Child Benefit (CCB)

Phone: 1-800-387-1193

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

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

Canada Revenue Agency (CRA)

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

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

Canadian Cancer Society Toll Free

Phone: 1-888-939-3333

Website: www.cancer.ca

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





Canadian Hard of Hearing Association

Phone: 403-328-2929

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

In-Person: 1010 – 18A St. N

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

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

Phone: 403-329-4775

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

In-Person: 426 - 6 St. S

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

Community LINKS

In-Person: 810 - 5 Ave. S

Phone: 403-328-5465

Email: communitylinks@cmhalethbridge.ca

Information and Referral services: 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.

Intake services: Mobile within the community, this service provides short-term, intensive system navigation with individuals who are living unhoused (homeless), at risk of being unhoused and/or have complex needs that would impact their housing stability. Practitioners are able to assess for referrals to case management programs such as HomeBASE Adaptive Management and Permanent Supportive Housing.

Crisis Intervention Team

Phone: 403-381-1116

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

Distress Line of Southwestern Alberta

Phone: 403-327-7905

Toll free: 1-888-787-2880

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

Diversion Outreach Team (DOT)

Phone: 403-892-3707

A mobile diversion response to vulnerable individuals who may be facing homelessness, mental health concerns or addictions on the streets of Lethbridge. Calls are triaged according to community priorities and needs.

Operates Mon-Fri 7:00am-10:00pm, Sat-Sun 7:00am-7:00pm, Closed Stat Holidays

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. Please contact Community LINKS regarding referrals to this program.

Wellness Recovery College & Peer Support Programs

Phone: 403-329-4775

Website: www.recoverycollegelethbridge.ca

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

Canadian National Institute for the Blind (CNIB)

Phone: 1-800-563-2642

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

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

Canadian Red Cross

Phone: 403-317-7194

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

In-Person: 3131 - 1 Ave. S

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

Casa Lethbridge

Phone: 403-327-2272

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

In-Person: 230 - 8 St. S

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

CBI Health

Phone: 403-320-2003

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

In-Person: 120, 4 Ave. S

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

Central Church of Christ

Phone: 403-327-4774

In-Person: 716 - 23 St. N





Chinook Autism Society

Phone: 587-257-8845

In-Person: 421 – 6 Ave. S

Website: <https://www.facebook.com/groups/chinookautismsociety/>

Helps children with autism, their families and individuals to find upcoming events and share support, ideas, and resource information.

Chinook Sexual Assault Centre

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

Email: admin@csacleth.ca

In-Person: 502 – 740 4 Ave. S

Website: www.csacleth.ca

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

Christ Trinity Lutheran Church

Phone: 403-327-0709

In-Person: 420 - 12 St. S

Church of Christ

Phone: 403-328-0855

In-Person: 2720 - 21 Ave. S

Church of Jesus Christ of Latter-Day Saints

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

In-Person: 205 Fairmont Blvd. S

Phone: 403-329-8522

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

Phone: 403-327-0926

In-Person: 2410 - 28 St. S

Phone: 403-320-7114

In-Person: 2808 - 28 St. S

Phone: 403-381-0388

In-Person: 1912 - 10 Ave. S

Phone: 403-328-2777

In-Person: 4105 Forestry Ave. S

Phone: 403-320-0950

In-Person: 2223 - 6 Ave. N

Phone: 403-328-3238

In-Person: 175 Rocky Mtn Blvd. W

Phone: 403-381-8244

In-Person: 9 Keystone Terr. W

Phone: 403-380-0036

In-Person: 5 Jerry Potts Blvd. W

Phone: 403-320-0016

In-Person: 560 Highlands Blvd. W

Phone: 403-381-6633

In-Person: 50 Columbia Blvd. W

Phone: 403-381-0388

City of Lethbridge

Phone: 311 or 403-320-3111

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

City Hall

In-Person: 910 - 4 Ave. S

Electric Utility

In-Person: 910 - 4 Ave. S

Fee Assistance Program

[https://www.lethbridge.ca/Things-To-](https://www.lethbridge.ca/Things-To-Do/Pages/Fee%20Assistance%20Program.aspx)

[Do/Pages/Fee%20Assistance%20Program.aspx](https://www.lethbridge.ca/Things-To-Do/Pages/Fee%20Assistance%20Program.aspx)



Taxation & Assessment**In-Person:** 910 - 4 Ave. S
Phone: 311 or 403-320-3111

Utilities Customer Care**In-Person:** 910 - 4 Ave. S
Phone: 311 or 403-320-3111

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

Cavendish Farms Centre**In-Person:** 74 Mauretania Rd. W

Civic Ice Centre**In-Person:** 905 - 6 Ave. S

Enmax Centre**In-Person:** 2150 Scenic Dr. S

Henderson Ice Centre**In-Person:** 2301 Parkside Dr. S

Labor Ice Club Ice Centre**In-Person:** 2020 - 18 Ave. N

Logan Boulet Arena**In-Person:** 1302 - 9 Ave. N

Nicholas Sheran Arena**In-Person:** 401 Laval Blvd. W

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

Cor Van Raay YMCA**In-Person:** 74 Mauretania Rd. W

Fritz Sick Pool**In-Person:** 420 - 11 St. S

Henderson Pool**In-Person:** 2710 Parkside Dr. S

Nicholas Sheran Leisure Centre Pool**In-Person:** 401 Laval Blvd. W

Max Bell Aquatic Centre**In-Person:** 4401 University Dr. W

Spray Parks - Gyro**In-Person:** 401 Laval Blvd. W

Spray Park - Rotary Centennial Fountain**In-Person:** Galt Gardens,
corner of 3 Ave. & 7 St. S

Stan Siwik Pool**In-Person:** 1901 - 15 Ave. N

Westminster Outdoor Public Pool**In-Person:** 411 - 16 St. N

City Light Church

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

Cocaine Anonymous

Phone: 1-833-762-3700 **Website:** <https://ca-ab.org/find-a-meeting/lethbridge/>

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

College Drive Community Church

Phone: 403-320-1652 **Website:** <http://www.collegedrive.ca>**In-Person:** 2710 College Dr. S

Community of Christ

Phone: 403-328-7337 **Website:** <http://www.communityofchrist.ca>**In-Person:** 425 - 11 St. S



Custom Cabs

Phone: 403-894-6116

Diabetes Canada

Phone: 1-800-226-8464

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.

DivorceCare

City of Light Church

Website: www.divorcecare.org/findagroup

In-Person: 4101- 20 Ave. S

Phone: 403-329-3011

Miz City Church

Website: www.divorcecare.org/findagroup

In-Person: 502 - 13 St. N

Phone: 403-381-8333

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

Domestic Violence Action Team (DVAT)

Phone: 403-327-5724

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

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

The Domestic Violence Action Team (DVAT) is a committee that is dedicated to providing a coordinated prevention and early intervention response to domestic violence within South Western Alberta. This is accomplished through engagement with community partners and collaboration with local and provincial organizations. The Community Domestic Violence Response Lead provides educational services such as presentations, workshops, and training.

Downtown Lethbridge BRZ

Phone: 403-327-9002

Website: <https://www.downtownlethbridge.com/index.asp>

In-Person: 309 - 6 St. S

The BRZ provides public advocacy on important issues affected the downtown core. It maintains partnerships with the City of Lethbridge, cultural venues, service groups and other non-profit agencies.

Eating Disorder Support Network of Alberta

Phone: 780-729-3376 **Email:** info@edsna.ca

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

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





Edenbridge Family Services

Phone: 403-320-8887 **Website:** <https://edenbridge.ca> **In-Person:** 100, 316 - 13 St. S
Programming for children and adults with disabilities. Services include: summer day camps, community and behaviour aides, hourly respite, roommate companions, group homes, and residential supports.

Elsie's House

Phone: 1-833-460-1328 **Email:** elsieshouselethbridge@gmail.com

Website: <https://elsieshouse.com>

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

Employment Insurance

Phone: 1-800-206-7218

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

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

Evangelical Free Church of Lethbridge

Phone: 403-329-3125 **Website:** <https://www.efreelethbridge.ca>

In-Person: 4717 - 24 Ave. S

Faith Baptist Church

Phone: 403-381-8237 **Website:** <https://fbclethbridge.com>

In-Person: 416 12 St. S (meetings held at Christ Trinity Lutheran Church)

Family Centre Lethbridge

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

Downtown **In-Person:** 225, 200 - 4 Ave. S, Melcor Centre
Phone: 403-320-4232

North **In-Person:** 1103 - 3 Ave. N, Interfaith Food Bank
Phone: 403-320-8138

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

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





Family Information Liaison Unit

Phone: 780-644-9825

Website: <https://www.alberta.ca/family-information-liaison-unit.aspx>

This unit provides support and information for families of missing and murdered Indigenous women and girls.

Family Medical Centre

Phone: 403-328-2326 **Website:** <http://familymedicalcentre.net>

In-Person: 2931 - 20 Ave. S

Family Resource Networks (FRN)

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

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

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

Lethbridge FRN – Family Centre

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

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

Phone: 403-320-4232

Lethbridge Indigenous Supporting FRN – Opokaa'sin Early Intervention Society

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

In-Person: 241 Stafford Dr. N

Phone: 403-380-2569

South Central FRN – Barons Eureka Warner FCSS

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

In-Person: 2107 - 13 St., Coaldale

Phone: 403-795-3328

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

Website: <http://www.fmkidsfirst.com/> **In-Person:** 1905 5 Ave., Fort Macleod

Phone: 587-787-1071

Family Ties Association

Phone: 403-320-8888

Website: <http://familyties.ca>

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

Assists families and individuals to develop the necessary skills needed to gain independence and experience success within their community. The program consists of Youth Engagement, Family Preservation, Supervised Visits, Community Asset group, and the Abilities Program, please contact if any of these programs are of interest to check eligibility.

Family Violence Info Line

Phone: 310-1818

Website: <https://www.alberta.ca/family-violence-prevention.aspx>

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 helps, or want to learn more about this issue.





Fifth Avenue Cabs

Phone: 403-381-1111

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

First Baptist Church, Lethbridge

Phone: 403-327-2082

Website: <https://firstb.net>

In-Person: 1614 - 5 Ave. S

First Nation Health Consortium

Phone: 1-844-558-8748

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

Email: nochild4gotten@abfnhc.com

The First Nations Health Consortium (FNHC) is an Alberta-wide organization developed to improve access to health, social, and education services and supports to First Nations and Inuit Children throughout the province, living both on and off reserve.

We strive to raise public and community awareness of our Enhanced Service Coordination for Jordan's Principle: A Child-First Initiative.

First United Church

Phone: 403-327-2659

Website: <http://prairiespiritpc.ca>

In-Person: 703 - 13 St. N

Email: firstunited.leth@telus.net

Flexibility Learning Systems Ltd.

Phone: 403-320-2057

Website: <http://flexibilitylearning.ca>

In-Person: 506 - 4 Ave. S

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

Foothills Detox Centre

Phone: 403-553-4466

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

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

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

Free Grace Fellowship

Phone: 403-394-0794

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

In-Person: 1807 - 2A Ave. N





Fresh Start Recovery Centre

Phone: 403-329-6603

In-Person: 85049, RR 212, Lethbridge

Website: <https://www.freshstartrecovery.ca/about-us/lethbridge/>

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 | Akaisamitohkanoa'pa

Phone: 403-320-3954

Website: <https://galtmuseum.com>

In-Person: 502 - 1 St. S

The Galt Museum & Archives | Akaisamitohkanoa'pa is an eternal gathering place that explores the history of Lethbridge and southwestern Alberta through rotating world-class exhibitions, special events and school and community programs. The Galt's extensive calendar of events and programs for families, adults and seniors can be viewed online.

Gamblers Anonymous

Local Hotline: 403-331-0822

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

In-Person: 403 - 13 St. N

Email: sagaletbridge@gmail.com

A non-profit, self-supporting fellowship of recovering compulsive gamblers who meet regularly to help each other recover from the disease of compulsive gambling. Meetings are Tuesday evenings at 7pm and Thursday evening at 6pm. Meetings are open to anyone.

Gamesense

Website: <http://gamesenseab.ca>

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

Gospel Lights Baptist Church of Lethbridge Alberta

Phone: 403-929-3114

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

In-Person: 2006 - 20 St., Coaldale

Government of Alberta Switchboard

Phone: 310-0000

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

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

Government of Canada General Enquiries

Phone: 1-800-622-6232

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

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





Grace Reformed Church

Phone: 403-795-7269

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

In-Person: 1402 - 8 Ave. N

Green Acres Foundation

Phone: 403-328-1155

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

In-Person: 122 - 5 Ave. S

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

GST/HST Tax Credit

Phone: 1-800-959-8281

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

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



Haig Clinic

In-Person: 601 - 6 Ave. S

Phone: 403-328-6641

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

In-Person: 12 Aquitania Blvd. W

Phone: 403-329-4361

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

Heart and Stroke Foundation

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

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

Helen Schuler Nature Centre

Phone: 403-320-3064

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

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

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

HIV/AIDS Hotline

Phone: 1-800-772-2437

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

If you have questions about HIV/AIDS, think you may be infected, or would like to find out how to arrange for testing in your community, please contact the number.



Holy Spirit Roman Catholic Separate Regional Division No. 4

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

Holy Trinity Parish Ukrainian Orthodox Church

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

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

Phone: 403-330-7640 **Email:** lethbridgehometeam@gmail.com
Website: www.lethbridgehousing.ca

Hoarding, Outreach, Management, & Education (HOME) team is a collaborative partnership of supportive residents and diverse professional agencies who seek to raise awareness of hoarding, and to reserve safe housing by developing and implementing best practices and intervention strategies through consultation, education, and agency referrals. The team works with any individual living in the area including Lethbridge, Coaldale, and Coalhurst.

Immanuel Lutheran Church

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

Immigration, Refugees and Citizenship Canada

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





Inclusion Lethbridge

Phone: 403-327-2911

Website: <https://inclusionlethbridge.ca>

In-Person: 527 - 6 St. S

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

Independent Counselling Enterprises Inc. (ICE)

Phone: 403-394-0038

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

In-Person: 2816 - 5 Ave. N

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

Indigenous Recovery Coach Program AAPAI'TSI'TAAPII'SAAM

Phone: 403-328-8162 **Website:** <https://www.indigenousrecoverycoaching.com/>

In-Person: 1206 6 Ave. S **Email:** info@indigenousrecoverycoaching.com

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

Interfaith Food Bank Society of Lethbridge

Phone: 403-320-8779

Website: <http://interfaithfoodbank.ca>

In-Person: 1103 - 3 Ave. N

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

Interfaith Chinook Country Kitchen

Phone: 403-320-8138

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

International Qualifications Assessment

Phone: 310-000 then 780-427-2655

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

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





It's A Blast!

Phone: 403-320-3988

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

In-Person: 290 - 10 St. N

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

Japanese United Church

Phone: 403-328-1207

In-Person: 821 9 Ave. N

Jehovah's Witness Kingdom Hall

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

In-Person: 1510 Stafford Dr. N

Phone: 403-328-4647

In-Person: 2822 - 2 Ave. S

Phone: 403-329-4110

In-Person: 5 Rocky Mountain Blvd. W

Phone: 403-381-0897

Kainaiwa Children's Services Corporation

Phone: 403-737-2900

Website: www.kainaicsc.ca

In-Person: Human Resource Building, Standoff, AB

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

Key Connections Consulting

Phone: 403-524-2522

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

In-Person: 1245 - 2 Ave. S

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

Kidsport Lethbridge & Taber

Phone: 403-359-8200

In-Person: 1001 - 3 Ave. S

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

Email: lethbridgetaber@kidsport.ab.ca

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

King of Kings Fellowship

Phone: 403-394-0990

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

In-Person: 539 18 St. N





L'Arche Lethbridge

Phone: 403-328-3735 **Website:** <http://www.larchelethbridge.org>

In-Person: 240 - 12C St. N

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

Lakeview Bible Church

Phone: 403-327-5854 **Website:** <http://www.lbclethbridge.org>

In-Person: 1509 - 29 St. S

Landlord & Tenant Advisory Board

Phone: 1-877-427-4088 **Website:** <https://www.landlordandtenant.org>

Legacy Medical Centre

Phone: 403-320-1504 **Website:** <https://legacy-medical-centre.business.site/>

In-Person: 378 - 4 Ave. S

Legal Aid Alberta

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

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

Lethbridge 3-1-1

Phone: 3-1-1 **Website:** <https://www.lethbridge.ca/living-here/Pages/311.aspx>

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

Lethbridge and Area Métis

Phone: 403-328-2828

Website: www.lethbridgemetis.com

In-Person: 909 - 3 Ave. N

Email: info@lethbridgemetis.com

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





Lethbridge Courthouse

Phone: 403-381-5223 **In-Person:** 320 - 4 St. S

Family Court Assistance

Phone: 403-388-3102

Website: <https://www.alberta.ca/family-court-assistance.aspx>

Contact family court counsellors to get help with preparing for court, accessing the court system and resolving your parenting dispute.

Lethbridge & District Humane Society

Phone: 403-320-8991 **Website:** <http://lethbridgehumanesociety.com>

In-Person: 2920 - 16 Ave. N

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

Lethbridge Animal Services

Phone: 403-320-4099 **In-Person:** 2405 - 41 St. N.

Website: <https://communityanimalservices.ca>

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

Lethbridge Chinese Alliance Church

Phone: 403-320-1168 **In-Person:** 1501- 6 Ave. S

Lethbridge Christian Tab

Phone: 403-327-6688 **Website:** <http://thetab.ca>

In-Person: 1805 - 9 Ave. N

Lethbridge College

Phone: 403-320-3200 **Website:** <https://lethbridgecollege.ca>

In-Person: 3000 College Dr. S

Lethbridge Elder Abuse Response Network (LEARN)

Phone: 403-394-0306 **In-Person:** 500 - 11 St. S

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

The Lethbridge Elder Abuse Response Network (LEARN) is a collaboration of human service organizations that are invested in addressing and supporting those experiencing elder abuse by responding to concerns and providing education, awareness, and advocacy for those at risk of or already experiencing elder abuse. These services are offered at no charge to those residing in Lethbridge and surrounding area.





Lethbridge Family Services

Phone: 403-327-5724 **Website:** <https://www.lfsfamily.ca>

Counselling, Outreach & Education

In-Person & Online: 1098 - 3 Ave. N **Phone:** 403-327-5724

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

DaCapo Disability Services

In-Person: 1107 - 2A Ave. N **Phone:** 403-320-9119

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

Home Services

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

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

Immigrant Services

In-Person: 1107 - 2A Ave. N **Phone:** 403-320-1589

Newcomers to the community are provided with services to assist them with daily life and adjusting to living in Lethbridge. These include community orientation, referrals, cross-cultural awareness, networking, interpretation and translation services, assistance filling most government forms, education, and the school system. Please contact for more information.

Lethbridge Food Bank

Phone: 403-320-1879

Website: <http://lethbridgefoodbank.ca>

In-Person: 1016 - 2 Ave. S

Email: director@lethbridgefoodbank.ca

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

Lethbridge Integrated Coordinated Access (ICA)

Website: www.lethbridgeica.ca

Lethbridge Integrated Coordinated Access (ICA) is a system or network that helps people get to the services that they need in the quickest way possible.

Visit the website for information on:

- System Navigation and ICA Referral Pathways
- Population Support Navigators for
 - o Seniors – see Seniors Community Services Partnership contact information
 - o Youth – see Wood’s Homes contact information
 - o Indigenous Peoples – see Opokaa’sin Early Intervention Society contact Information
- Calendar of Events
- Counselling Subsidy





Lethbridge Housing Authority

Phone: 403-329-0556 **Website:** <https://lethbridgehousing.ca>

In-Person: 314 - 3 St. S

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

Lethbridge John Howard Society

Phone: 403-327-8202 **Website:** <http://www.johnhoward.ab.ca>

In-Person: 909 - 3 Ave. N

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

Lethbridge Korean Community Church

Phone: 403-942-3053 **In-Person:** 715 - 13 St. N

Lethbridge Legal Guidance Society

Phone: 403-380-6338 **Website:** <http://www.lethbridgellegalguidance.ca>

In-Person: 423 - 5 St. S

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

Lethbridge Medical Clinic

Phone: 403-394-2002 **Website:** <https://lethbridgemc.wixsite.com/clinic>

In-Person: 517 - 6 St. S

Lethbridge Mennonite Church

Phone: 403-329-8557 **Website:** <http://lethbridge.mennonitechurch.ab.ca>

In-Person: 4303 - 3 Ave. S

Lethbridge Muslim Association

Phone: 403-328-8499 **Website:** <http://www.lethbridgemuslims.ca>

In-Person: 207 - 13 St. N





Lethbridge Police Services

Phone: Emergency 9-1-1

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

In-Person: 135 - 1 Ave. S

Complaints

Phone: 403-328-4444

Deaf Person Teletype

Phone: 403-328-4445

Crime Stoppers

Phone: 1-800-222-8477

Youth Justice Program

Phone: 403-308-8164

Email: FASD@lethbridgepolice.ca

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

Lethbridge Pregnancy Care Centre

Phone: 403-942-1819

Website: <https://lethbridgepregcentre.com>

In-Person: 118 - 8 St. S

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

Lethbridge Pride Fest Society

Website: <http://lethbridgepride.ca>

Email: info@lethbridgepride.ca

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

Lethbridge Public Library

Email: questions@lethlib.ca

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

Crossings Branch

Phone: 403-320-4037

In-Person: 255 Britannia Blvd. W

Downtown Main Branch

Phone: 403-380-7310

In-Person: 810 - 5 Ave. S

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

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



Lethbridge School Division

Head Office	Website: http://www.lethsd.ab.ca
In-Person: 433 - 15 St. S	Phone: 403-380-5300
Indigenous Education	Phone: 403-317-4550
Website: https://www.lethsd.ab.ca/departments/instructional-services/indigenous-education	
Chinook High School	Website: http://chs.lethsd.ab.ca
Grades: 9 - 12	Phone: 403-320-7565
Coalbanks Elementary	Website: http://cb.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-394-9076
Dr. Gerald B. Probe Elementary School	Website: http://gpro.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-381-3103
Dr. Robert Plaxton Elementary School	Website: http://drp.lethsd.ab.ca
Grades: K - 5	Phone: 825-399-0602
École Agnes Davidson School	Website: http://ad.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-328-5153
Fleetwood Bawden Elementary School	Website: http://fb.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-327-5818
G.S. Lachie Middle School	Website: https://gsl.lethsd.ab.ca/
Grades: 6 - 8	Phone: 403-327-3465
Galbraith Elementary School	Website: http://gal.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-327-3653
General Stewart Elementary School	Website: http://gs.lethsd.ab.ca
Grades: Pre - 5	Phone: 403-328-1201
Gilbert Paterson Middle School	Website: http://gp.lethsd.ab.ca
Grades: 6 - 8	Phone: 403-329-0125
Immanuel Christian Elementary School	Website: http://ices.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-317-7860
Immanuel Christian Secondary School	Website: http://icss.lethsd.ab.ca
Grades: 6 - 12	Phone: 403-328-4783
Lakeview Elementary School	Website: http://lv.lethsd.ab.ca
Grades: K - 5	Phone: 403-328-5454
Lethbridge Christian School	Website: http://lcs.lethsd.ab.ca
Grades: K - 8	Phone: 403-320-0677
Lethbridge Collegiate Institute	Website: http://lci.lethsd.ab.ca
Grades: 9 - 12	Phone: 403-328-9606
Mike Mountain Horse Elementary School	Website: http://mmh.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-381-2211
Nicholas Sheran Community School	Website: http://ns.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-381-1244
Park Meadows Elementary School	Website: http://pm.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-328-9965
Senator Buchanan Elementary School	Website: http://sb.lethsd.ab.ca
Grades: PreK - 5	Phone: 403-327-7321

**Senator Joyce Fairbairn Middle School****Grades:** 6 - 8**Website:** <https://sjf.lethsd.ab.ca/>**Phone:** 403-381-2977**Victoria Park High School****Grades:** 9 - 12**Website:** <https://lasp.lethsd.ab.ca/>**Phone:** 403-327-3945**Westminster Elementary School****Grades:** PreK – 5**Website:** <http://west.lethsd.ab.ca>**Phone:** 403-327-4169**Wilson Middle School****Grades:** 6 - 8**Website:** <http://wms.lethsd.ab.ca>**Phone:** 403-329-3144**Winston Churchill High School****Grades:** 9 - 12**Website:** <http://wchs.lethsd.ab.ca>**Phone:** 403-328-4723**Lethbridge Senior Citizen Organization (LSCO)****Phone:** 403-320-2222**Website:** <http://lethseniors.com>**In-Person:** 500 - 11 St. S

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

LSCO Meals on Wheels**Website:** <http://www.mealsonwheelslethbridge.ca>**Phone:** 403-327-7990

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

Lethbridge Seventh-Day Adventist Church**Phone:** 403-327-6029**Website:** <http://www.lethbridgeadventist.ca>**In-Person:** 2606 - 16 Ave. S**Lethbridge Soup Kitchen Association****Phone:** 403-320-8688 **Website:** <http://www.lethbridgesoupkitchen.ca>**In-Person:** 10, 802 - 2A Ave. N

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

Lethbridge Sport Council**Phone:** 403-320-5412**Website:** <https://lethbridgesportcouncil.ca/>**In-Person:** 401 Laval Blvd. W, 2nd floor Nicolas Sheran Ice Centre

Explore over 250 local sport, physical activity, and active recreation listings and programs for all ages and abilities on our Online Sport Directory. Roving Gyms are free, inclusive play spaces nurturing the love of movement and social/emotional learning for children five and under and their parents/caregivers.

Lethbridge Transit My Ride**Phone:** 311 or 403-320-3111**Website:** <https://myride.lethbridge.ca>**In-Person:** 619 - 4 Ave. N



Lethbridge Wellness Shelter & Stabilization Unit

Phone: 403-612-5356

Website: <https://btdh.ca/departments/lethbridge-shelter/>

In-Person: 802 2 Ave N

Provides emergency shelter services to individuals experiencing homelessness throughout Lethbridge. Individuals accessing services must go through screening to ensure the safety of other individuals. Access and connections to other services are provided on site.

Levitee Clinics

Phone: 403-942-3003

Website: <http://leviteeclinics.com/clinics/>

In-Person: 528 - 6 St. S

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

Lutheran Church of the Good Shepherd

Phone: 403-328-3445

In-Person: 2406 - 11 Ave. S

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

Maranatha Christian Reformed Church

Phone: 403-381-7744

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

In-Person: 260 McGill Blvd. W

McKillop United Church

Phone: 403-328-2703

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

In-Person: 2329 - 15 Ave. S

McMan Youth, Family & Community Services

Phone: 403-328-2488

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

In-Person: 435 - 5 St. S

Mobile Addiction Outreach

Phone: 403-894-9767

Provides information and helps individuals get connected to addiction services and supports.

FASD Lifespan Program

Phone: 403-634-7897

This program supports individuals 16+ years old who are suspected of or diagnosed with FASD and do not qualify for PDD services. This program also includes Family Support Workers who provide support to caregivers of individuals of any age, who are either diagnosed with or suspected of having FASD.

Parent-Child Assistance Program (PCAP)

Phone: 403-339-1599

This service is for Indigenous individuals who can become pregnant living in Pincher





Creek and area, that are at increased risk to have child(ren) born with FASD. Provides support to Indigenous women who report alcohol and/or drugs abuse; are pregnant or up to six months after birth; are not engaged with other community services or are at risk of having a child prenatally exposed to alcohol or drugs.

Transition to Independence Program (TIP)

Phone: 403-328-2488

Provides flexible and responsive transition options for youth aged 16-22 years who have Child Intervention Status to adult services and/or independence.

Military Family Resource Centre (MFRC)

Phone: 403-410-2320 ext. 3590

Email: Lethbridge.mfrc@calgarymfrc.ca

In-Person: 337 Stubb Ross Rd. S.

Website: [https://cfmws.ca/calgary/calgary-military-family-resource-centre-\(mfrc\)](https://cfmws.ca/calgary/calgary-military-family-resource-centre-(mfrc))

We support families of CAF members within our service area of Southern Alberta, including Red Deer and south to Lethbridge. Our programs and services include prevention, support and intervention services, social activities and events (Stampede Breakfast, Christmas party), personal development workshops, family separation and reunification support, counselling, crisis intervention, child and youth programs, discounted admission passes, and more.

Miz City Church

Phone: 403-381-8333

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

In-Person: 502 - 13 St. N

Money Mentors

Phone: 1-888-294-0076

Website: <https://moneymentors.ca>

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

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

Multiple Sclerosis Society of Canada

Phone: 1-844-859-6789

Email: msnavigators@mssociety.ca

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

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

MyCityCare

Phone: 403-942-1378

Email: Lethbridge@mycitycare.ca

In-Person: 120 Mayor Magrath Dr. N

Website: <https://parallelchurch.com/programs/mycitycare/>

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

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





Narcotics Anonymous

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

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

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

Native Counselling Services of Alberta

Phone: 403-329-6140

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

In-Person: 410 Stafford Dr. S

Promoting the fair and equitable treatment of Aboriginal people in the justice system.

Needle Disposal Boxes

Phone: 403-332-0722

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

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

Outdoor Needle Drop Boxes

London Road Park	7 Ave. & 7 St. S
YWCA	604 - 8 St. S (East fence & West of bldg in alley)
Lethbridge Wellness Shelter & Stabilization Centre	802 - 2A Ave. N (beside Stafford Bridge)
Galt Gardens	601 - 3rd Ave. S (beside washrooms, under pergola, behind SAAG)
Lethbridge Public Library	810 - 5 Ave. S (parking lot & by HVAC unit)
Kinsmen Park	10 St & 9 Ave.
Provincial Court House	320 - 4 St. S
Provincial Building	200 - 5 Ave. S
Bowman Arts Centre	811 - 5 Ave. S (rear of the bldg.)
Dave Elton Park	622 Stafford Dr. N (North of the parking area)
Between City Hall & Yates Centre	910 - 4 Ave. S
Stafford Bridge Overpass	On & north fence along railway tracks East of overpass
Adams Park	South and West of Logan Boulet Arena
Crabb Street Parking Lot	607 - 5 Ave. S
Civic Field	Northwest Corner
6 Avenue Bus Stop	6 Ave & 8 St. S





Nikka Yuko Japanese Garden

Phone: 403-328-3511

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

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

Email: info@nikkayuko.com

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

Nord-Bridge Seniors Centre

Phone: 403-329-3222

Website: <http://nordbridgeseniors.com>

In-Person: 1904 - 13 Ave. N

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

Nsisi Medical Clinic

Phone: 403-942-1505

In-Person: 414 -13 St. N

Nurture Family Feeding Clinic

Phone: 403-942-6611

Website: www.nurturefeeding.com

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

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

Office of the Child and Youth Advocate (OCYA)

Phone: 403-297-8435 or 1-800-661-3446

Website: <http://www.ocy.a.alberta.ca>

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

Office of the Public Guardian and Trustee

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

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

In-Person: 500, 740 4 Ave S. (Professional Building)

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





One Life Church

Phone: 403-394-7707

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

In-Person: 501 – 40 St. S

Opokaa'sin Early Intervention Society

Phone: 403-380-2569

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

In-Person: 241 Stafford Dr. N

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

Indigenous Community Supports Navigator

Email: chevie-lee.mitchell@opokaasin.org

This program is for any Indigenous persons/people who are looking to access supports and/or cultural supports.

Osteoporosis Canada

Phone: 1-800-463-6842

Website: <https://osteoporosis.ca>

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

OUTreach Southern Alberta Society

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

Email: info@outreachsa.org

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

Overeater Anonymous (OA)

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

Palliser Medical & Travel Clinic

Phone: 403-381-1013

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

In-Person: 210, 740 - 4 Ave. S (2nd Floor Professional Building)

Parkinson Association of Alberta

Phone: 403-317-7710, toll-free 1-800-561-1911

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

Provide support services, education, advocacy and funds for research.





Passports

Phone: 1-800-567-6868

Website: <https://www.canada.ca/en/immigration-refugees-citizenship/services/canadian-passports.html>

Service Canada Lethbridge 101, 920 - 2A Ave. N, Crownsnest Trail Plaza

Calgary Office 120, 23 Sunpark Dr. SE, Calgary

Peak Vocational & Support Services

Phone: 403-329-1262

Website: <http://peaksupport.ca>

In-Person: 1804 - 2 Ave.

Provides services to adults with disabilities: daily supports, employment training, residential services, and assistance for people with FASD going through the justice system.

Peigan Prevention Counselling Services

Phone: 403-965-3919

Website: <https://www.facebook.com/PPCST17/>

In-Person: 1860 15 Ave. Brocket, AB

A private rehab facility located in Brocket, Alberta, specializing in the treatment of substance, drug and alcohol abuse.

Persons with Developmental Disabilities (PDD)

Phone: 403-381-5777

In-Person: 215 - 200 4 Ave. S

Website: <https://www.alberta.ca/persons-with-developmental-disabilities-pdd.aspx>

PDD helps adults with developmental disabilities to live as independently as possible in their community.

Pflag Canada

Phone: 1-888-530-6777

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

Email: operations@pflagcanada.ca

Helping Canadians with issues of sexual orientation, gender identity & gender expression.

Piikani Employment Services

Phone: 403-965-2002

In-Person: 1590 - 15 Ave., Brocket, AB

Designed for individuals who require training to secure employment. Applicants approved for funding may be eligible to receive financial assistance for tuition, fees, books and monthly living allowance. Funding is based on program criteria and eligibility.

Piikani Nation Child and Family Services

Phone: 403-965-2390

Website: <http://piikanicfs.ca>

Email: admin@piikanicfs.ca

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





Prairie Treatment Centre

Phone: 403-942-7077

In-Person: 901 - 3 Ave. S

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

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

Public Pensions

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

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

Quest Support Services Inc.

Phone: 403-381-9515

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

In-Person: 860, 862 Heritage Blvd. W

Provides supports and programs to children and adults with disabilities.

Raymond Medical Clinic

Phone: 403-752-3337

In-Person: 150 N - 4 St. E, Raymond

Recovery Access Alberta

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

Recovery Access Alberta supports Albertans by offering a centralized access point to a province-wide addiction treatment matching tool.

Red Crow Community College

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

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

Satellite Campus

Phone: 403-327-6984

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

Reeves College

Phone: 1-800-269-7095 **Website:** <http://www.reevescollege.ca>

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

Rehoboth Christian Ministries

Phone: 403-349-5199

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

In-Person: 1222 - 20 St., Coaldale

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

Royal Canadian Legion General Stewart Branch No. 4

Phone: 403-327-6644

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

In-Person: 324B Mayor Magrath Dr. S

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



Royal Taxi

Phone: 403-328-5333

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

Saamis Employment & Training Association

Phone: 403-320-7699

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

In-Person: 102, 514 Stafford Dr. N

Email: info@saamisaboriginal.ca

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

Safe at Home, A Rowan House Society Project

Phone: 403-468-2042

Website: <https://www.safeathomeab.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.

Sage Clan

Phone: 587-220-8568

Website: <http://sageclanpatrol.org/>

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

Salvation Army Community Church of Lethbridge

Phone: 403-327-8084

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

In-Person: 1811 - 2 Ave. S

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

SASH Disability Support Services

Phone: 403-942-2052

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

In-Person: 135 13 St. N

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

Schizophrenia Society of Alberta

Phone: 403-327-4305

In-Person: 1274 - 3 Ave. S

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

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





Select People Solutions

Phone: 403-382-3669 **Website:** <http://www.selectrecruiting.ca>

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

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

Seniors Community Services Partnership (SCSP)

Phone: 403-329-1544 **In-Person:** 500 - 11 St. S **Email:** intake@lethseniors.com

Website: <https://lethseniors.com/seniors-systems-navigator/>

Seniors System Navigators

The Seniors System Navigation Team is for residents of Lethbridge 60 years of age or older experiencing age related challenges. Services target improved access to community, health, housing, financial and social resources via outreach. Walk-in times are available at either Lethbridge Senior Citizen Organization or Nord-Bridge Seniors Centre.

Service Canada Centre

Phone: 1-800-622-6232 **In-Person:** 920 2A Ave North

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

Servus Sports Centre

Phone: 403-320-5425 **Website:** <https://www.lethbridgesoccer.com/>

In-Person: 2501 - 28 Ave. S

Houses two regulation size indoor soccer pitches with grandstand seating

Sexual Violence Action Team (SVAC)

Alberta's One Line for Sexual Violence: 1-866-403-8000

The Sexual Violence Action Committee is a community collaborative supporting evidence-based response and prevention related to sexual violence in South Western Alberta.

Shoppers Home Health Care

Phone: 403-328-5509, Ext 45 **In-Person:** 2045 Mayor Magrath Dr. S

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

Sik Ooh Kotoki Friendship Society

Phone: 403-328-2414 **Website:** <https://lethbridgefriendship.ca/>

In-Person: 1709 - 2 Ave. S

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





Six08 Health Clinic

Phone: 403-394-3352 **Website:** <https://six08health.com/>

In-Person: 608 - 5 Ave. S

Skipping Stone

Phone: 587-333-4342 **Website:** <https://skippingstone.ca>

In-Person: 1250, 407 - 2 St. SW, Calgary **Email:** info@skippingstone.ca

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

SMART Recovery

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

Please search the Lethbridge Chapter website for contact information.

Social Insurance Numbers

Phone: 1-866-274-6627

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

South Region Parents as Teachers

Phone: 403-320-5983 **Website:** <http://www.southregionpat.ca>

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

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

Southern Alberta Art Gallery (SAAG)

Phone: 403-327-8770 **Website:** <https://saag.ca> **In-Person:** 601 - 3 Ave. S

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

Southern Alberta Community Living Association (SACLA)

Phone: 403-329-1525 **Website:** <https://www.sacla.ca>

In-Person: 1016 1 Ave. S

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

Southern Alberta Ethnic Association (SAEA)

Phone: 403-320-1577 **Website:** <http://saea.ca> **In-Person:** 421 - 6 Ave. S

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



Southern Alberta Individualized Planning Association (SAIPA)

Phone: 403-320-1515 **Website:** <http://saipa.org>

In-Person: 210, 410 Stafford Dr. S

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

Southern Alberta Self-Help Association (SASHA)

Phone: 403-942-2263 **Website:** <http://www.sashahouse.org>

In-Person: 1239 - 5 Ave. S

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

Southern Alcare Manor (SAM)

Phone: 403-328-0955 **Website:** <https://www.southernalcaremanor.ca>

In-Person: 520 - 7 St. S **Email:** admin.alcare@shaw.ca

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

Southgate Medical Centre

Phone: 403-942-7790 **In-Person:** 10, 15 Southgate Blvd. S

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

Southminster United Church

Phone: 403-327-3404 **Website:** <http://southminsterunited.org>

In-Person: 1011 - 4 Ave. S

Southwest Alberta Child and Family Services

General Number: 403-381-5555 or 403-381-5500 **Regional Office:** 403-381-5543

In-Person: 147, 200 - 4 Ave. S **Website:** <https://www.alberta.ca/family-supports.aspx>

Foster Care/Adoptions

Phone: 403-388-7651

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

Sifton Family & Youth Services

Phone: 403-381-5411

In-Person: 528 Stafford Dr. N

Youth/TRAC Team

Phone: 403-388-1297

In-Person: 416 - 4 Ave. S





Special Olympics Alberta

In-Person: 2810 - 5 Ave. N

Website: <http://www.specialolympics.ca/alberta/lethbridge>

Facebook: <https://www.facebook.com/Special-Olympics-Alberta-Lethbridge-302766826581538>

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

St. Andrews Presbyterian Church

Phone: 403-327-2582

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

In-Person: 1818 5 Avenue South

St. Augustine's Anglican Church

Phone: 403-327-3970

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

In-Person: 411 - 11 St. S

St. Martha's Parish

Phone: 403-381-8891

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

In-Person: 355 Columbia Blvd. W

St. Michael's Health Centre

Phone: 403-382-6400

In-Person: 1400 - 9 Ave. S

Website: <https://www.covenanthealth.ca/hospitals-care-centres/st-michaels-health-centre>
Services provided include: Long-Term Care, Palliative Care, post-acute rehabilitation program, complex mental health, supportive living and supportive living dementia. Along with Geriatric Outpatient Programs, recreation therapy, social work and spiritual care for our residents/patients

St. Peter & Paul Ukrainian Greek Catholic Parish

Phone: 403-328-4753

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

In-Person: 643 - 12B St. N

St. Vincent de Paul Society

Phone: 403-328-5493

Serving Lethbridge and Coalhurst. Administered by Volunteers.

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

SERVICES PROVIDED: Part payment of Utilities or Rent, subject to information provided by the client (neither damage deposit nor first month's rent will be paid); Referrals *Other requests may be considered, subject to review.

Streets Alive Mission

Phone: 403-320-1159

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

In-Person: 323 - 4 St. S

Streets Alive Mission provides for the physical, emotional, social, and spiritual needs





of the addicted, poor and marginalized in our community to empower them to change their lives through the Gospel of Jesus Christ.

Referral and Resource Services

Assisting people in connecting with resources.

Genesis Women's Life Recovery Program

A secure and safe place where women can reclaim their lives and their independence in a caring and affordable Christian environment. Genesis Women's Ministry is a multi-tiered program assisting vulnerable women who want to recover their lives.

Exodus Men's Life Recovery Program

A secure and safe place where men can reclaim their lives and their independence in a caring and affordable Christian environment. Exodus Men's Recovery Program is about leaving the past behind to heal the brokenness of their lives.

Libertas Men's Home and Segue Women's Home

Libertas Men's and Segue Women's Homes provides an abstinence-based, safe, and supportive housing environment where individuals can heal and receive the supports they need to reclaim their lives.

Feeding 'em Hope

A safe and welcoming location for individuals to come in to get warm or cool down, have refreshments, and a change of clothes. A place where they are treated with dignity and respect and can build relationships. A much-needed sanctuary to briefly escape life on the streets and have hope fed into their lives.

Takin' it to the Streets

The outreach team provides nourishment to the mind, body and soul for individuals on the street. They also assist in cleaning up our community to keep it beautiful.

P.I.N. (People in Need) Bank

Supplies clothing to those in need.

Care Cuts

Care Cuts provides hair washing and a haircut to those in need in our community. The Care Cuts Salon is operated by volunteer hair stylists.

Foot Fridays

A warm foot wash, nail clippings, and some fresh socks make a huge difference in foot health.

RePurpose Donation Centre

The Repurpose Donation Centre receives community donations of clothing, furniture, household items and more. Items are distributed to those in need at no cost.

Trusteeship Program

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

Student Aid Alberta

Phone: 1-855-606-2096

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





Sweet Grass Youth Alliance

Phone: 403-795-7850

Email: SweetgrassYA@gmail.com

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

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

Teamworks Career Centre

Phone: 403-382-3770

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

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

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

Temporary Foreign Worker Helpline

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

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

The Bridge Community Church of the Nazarene

Phone: 403-327-8827

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

In-Person: 355 Stafford Dr. N

The Gate Christian Church

Phone: 403-320-9998

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

In-Person: 522 - 3 Ave. S

The Kidney Foundation

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

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

The Watch Program

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

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





Training Inc. Vocational School

Phone: 403-320-5100

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

In-Person: 444 - 5 Ave. S

Training Inc. aims to enhance lives through lifelong learning. We specialize in hands-on training focused on industry related skills. We are a licensed post-secondary institution recognized by the provincial education system, offering our programs in accordance to provincial regulations. To eligible Albertans, we provide personalized job searching assistance and employment counselling to aid in achieving your career goals, free of charge.

Treaty 7 Urban Indian Housing Authority

Phone: 403-327-1995

Website: <https://t7housing.com>

In-Person: 234 - 12C St. N

An Indigenous operated, non-profit organization which provides subsidized rental units for low to moderate income native families seeking accommodations in the urban areas. Applicants are approved for a specific size of unit based on the family composition of the household.

Trinity Reformed Church

Phone: 403-327-6434 **Website:** <http://www.trinityurc.ca> **In-Person:** 1100 - 40 Ave. N

University Drive Alliance Church

Phone: 403-381-7171 **Website:** <https://udac.ca> **In-Person:** 55 Columbia Blvd. W

University of Lethbridge

Phone: 403-329-2111

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

In-Person: 4401 University Dr. W

Utilities Consumer Advocate

Phone: 310-4822

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

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

Veterans Service Centre (Government of Alberta)

Phone: 1-888-228-3871

Email: vetscanada@gmail.com

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

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

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

VIA Church

Phone: 403-320-2005 **Website:** <https://www.viachurch.ca> **In-Person:** 2820 - 18 Ave. N





Victim Services – Lethbridge City

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

Victim Services (8:30am-4:00pm) Phone: 403-330-5176

Victim Services After Hours Phone: 403-327-2210

In-Person: 135 - 1 Ave. S

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

Victim Services – Lethbridge Corridor

Phone: 403-345-8590 **Crisis Line:** 403-393-8107 **Website:** <https://vsleth.ca/>

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

Virtual Opioid Dependency Program (VODP)

Phone: 403-783-7688 Toll Free-1-844-383-7688 **Website:** <https://vodp.ca>

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

Volunteer Lethbridge

Phone: 403-332-4320

Website: <http://volunteerlethbridge.com>

In-Person: 324 - 5 St. S

Email: info@volunteerlethbridge.com

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

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

White Eagle Wellness

Phone: 403-965-3404 **Website:** <https://www.facebook.com/whiteeaglewellness/>

In-Person: 1277 - 3 Ave. S

Email: info@whiteeaglewellness.ca

White Eagle Wellness Association empowers Indigenous youth to make healthy lifestyle choices by providing education and wellness sessions in a safe environment that encourages success, personal growth and contributes to health community.





Womanspace Resource Centre

Phone: 403-329-8338

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

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

Email: office@womanspace.ca

Hours of operation are restricted to Thursdays

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

Wood's Homes, Youth Connections: The Core

Phone: 403-317-1777

Youth Connections: The CORE

In-Person: 312 3 St. S (Downstairs Door)

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

Email: lethbridge.youthshelter@woodshomes.ca or sarah.shaw@woodshomes.ca or shauna.cohen@woodshomes.ca

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.

Youth Support Navigator

In-Person: 312 3 St. S (green door, ring doorbell)

Website: <https://www.woodshomes.ca/programs/youth-support-navigators/>

Email: kelsey.desroche@woodshomes.ca or shauna.cohen@woodshomes.ca

This program/service is for youth ages 12-24. For Youth needing support in navigating and connecting with the services in Lethbridge.

YMCA of Lethbridge

Phone: 403-942-5757

Website: <https://lethbridgeymca.ca>

In-Person: 140, 74 Mauretania Rd. W

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

Youth One

Phone: 403-380-4426 **Website:** <https://www.youthone.ca> **In-Person:** 1303 - 13 St. N

Offers programming, including after school drop-in for youth ages 11-18 and lunch program for youth ages 14-18, that is safe, fun, and free! Our hope is to create a place of support where youth can find belonging and mentorship to become the best version of themselves.

YQL Neighbourhoods

Website: <http://yqlneighbourhoods.ca>

Email: weareyqlneighbourhoods@gmail.com

Supporting and advocating for neighbourhood associations in Lethbridge.





YWCA Lethbridge & District

Phone: 403-329-0088 **Website:** <https://www.ywcalethbridge.org>

In-Person: 604 - 8 St. S

Harbour House Women's Emergency Shelter

Phone: 403-320-1881

Is a 24-bed crisis shelter for women and children who are fleeing abusive relationships, as well as a 24-hour Crisis Line for anyone in the community. Single women and families are provided accommodations for a maximum of 21 days, with staff available for crisis support 24 hours a day. All basic needs are met during each person's stay in the shelter. There are no fees for this program.

Harbour House Support Service

Phone: 403-329-0088

Is an Outreach program that consists of four Intensive Case Managers, a Child Trauma Support Specialist and a Client and Community Educational Specialist. Harbour House participants, as well as community member, who are fleeing abusive relationships can be referred to the Intensive Case Managers. The Child Trauma Specialist and the Client and Community Educational Specialist are available to assist with certain legal needs and advocacy.

YWCA Amethyst Project

Phone: 403-329-1881

The YWCA Amethyst Project supports individuals that have currently or historically experienced sexual violence. The Amethyst Project offers a unique 3rd. option for those reporting to the Chinook Regional Hospital after a sexual assault. The YWCA Amethyst Project can provide support, advocacy, and information on options for care. The 3rd option allows the individual to collect forensic evidence after their assault, with no police involvement, giving the individual time to decide if they would like to pursue their evidence to an investigation.

Hestia Homes Program

Phone: 403-329-0088

Supports and empowers young adults aged 17-24, 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.
