

MAY SUPPORT SERVICES

WELLBEING SERVICES

**appointment required*



403-329-1544



intake@lethseniors.com

May 1 1st Wednesday	Service Canada & CRA Onsite 10:00 am - 12:00 pm Card Area	On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
May 1 1st Wednesday	Mobile Food Support 10:00 am - 12:00 pm Card Area	On-site Service Canada and CRA representatives available to answer your questions regarding federal benefits and programs, no appointment necessary.
May 7	Single Session Counselling* 9:00am - 12:00 pm Quiet Room	FREE Single session counselling provides an opportunity to individuals interested in exploring counselling. Sessions are 1 ½ hr in length. Call intake to book 403-329-1544.
May 7 1st Tuesday	Prescribing Pharmacist Onsite* 10:00 am - 12:00 pm Clinic Room	On-site pharmacist from Medicine Shoppe available for: blood pressure check, laboratory testing requisition, medication review, adjustment of dosing/changes to medication therapy, strep throat testing, minor ailment prescribing, travel health consultation and vaccinations (ie. covid and flu vaccinations). Vaccinations require appointments, Call intake to book 403-329-1544.
May 7 1st Tuesday	Community Connect Coffee Group 1:30 pm - 3:00 pm Room C/D	FREE opportunity to build connections, grow meaningful connections, and strengthen access to community supports. Drop-in style, no need to register.
May 8 2nd Wednesday	Free Lawyer Consultations* 1:00 pm - 4:00 pm Quiet Room	15-min FREE consultations with a Ausyn Anderson from Letourneau Law. Call LSCO to book 403-320-2222
May 9 2nd Thursday	Hearing Screening* 10:00 am - 12:00 pm Clinic Room	FREE hearing screenings by Lethbridge Hearing Centre to assist you in understanding your hearing health.
May 16	Manicures* 11:00 am - 4:00 pm Clinic Room	30 Minute appointments provided by Back 2 You Esthetics. Regular or Gel polish available. Fee for services \$10 - \$15. Call LSCO to book your appointment 403-320-2222.
May 23 4th Thursday	Eyeglasses Adjustments 1:00 pm - 2:00 pm Card Area	FREE eyeglasses adjustments provided by Specsavers.

SUPPORT GROUPS

May 3-24 Saturdays	AA Eye Opener 8:30 - 10:30 am Room C/D	May 16 3rd Thursday	Parkinsons Support Group Registration for Parkinson's Group is encouraged. Call 1-800-561-1911.
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Empathy. Assistance. Advocacy.