

# REDUCING THE IMPACT OF FINANCIAL STRAIN



## PATIENT HANDOUT

Your family doctor and health team can provide you better care if they know you are experiencing financial strain.

### Key Resources

#### Canada Benefits

[canadabenefits.gc.ca](http://canadabenefits.gc.ca)

Provides a listing of federal and provincial income and other supports, organized by personal status or life situation with links to the relevant program information and to the application forms.

#### Free Community Tax Clinics

[canada.ca](http://canada.ca)

Tax returns are required to access many income security benefits (e.g. GST/HST, credits, child benefits, working income tax benefits and property tax credits). Even people without official residency status can file returns.

#### Alberta Supports

[alberta.ca](http://alberta.ca)

Helping you find and apply for family and social supports, with access to more than 30 programs and 120 community services for seniors, employment, homelessness, children and youth, parents and families, people with disabilities and more.

#### Drug Coverage

[drugcoverage.ca](http://drugcoverage.ca)

All Albertans have access to prescription drug benefits through Alberta Government sponsored drug program. Visit the website to see what benefits you may be eligible for.

#### LawCentral Alberta

[lawcentralalberta.ca](http://lawcentralalberta.ca)

Provides law-related information and educational resources on justice and legal issues of interest to Albertans.

#### 2-1-1

[ab.211.ca](http://ab.211.ca)

Call 2-1-1 or browse the website to find community support and advocacy organizations, based on topic and location.

#### Service Canada

Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, Employment Insurance, Disability Tax Credit, Child Tax Credit, Survivor's Benefits.

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### Local Resources

#### **St. Albert CIVC**

[stalbertcivic.com](http://stalbertcivic.com)

The St. Albert Community Information and Volunteer Centre connects residents to programs, events and local non-profits to make life richer, happier and safer for everyone.

#### **Sturgeon Community Resource Network**

To connect community with information on resources, assist in addressing barriers to access resources and advocate for community when resources are not available. The Sturgeon Community Resource Network serves Morinville.  
Phone: 780-923-2374

#### **Morinville Community Library**

[morinvillelibrary.ca](http://morinvillelibrary.ca)

#### **Morinville Food Bank**

[foodbanksalberta.ca](http://foodbanksalberta.ca)

#### **Family and Community Support Services - Sturgeon County**

[sturgeoncounty.ca](http://sturgeoncounty.ca)

Sturgeon County provides a wide range of healthy lifestyle programming to meet the needs of residents. Programs include Senior/Youth Support, community assistance grant program, a Living Well resource service and numerous preventative programs and services for children, youth and adults.

#### **Family and Community Support Services - Morinville**

[morinville.ca](http://morinville.ca)

#### **Midstream Support Society and Thrift Store**

Phone: 780-939-3953

| <b>ST. ALBERT RESIDENTS</b>  |  |
|--|--|
| <b>Food</b>  |  |
| St. Albert Food Bank   | Call: 780-459-0599<br><a href="http://www.stalbertfoodbankandcommunityvillage.com">www.stalbertfoodbankandcommunityvillage.com</a>   |
| Meals on Wheels – St. Albert Senior Association  | <a href="http://www.stalbertseniors.ca">www.stalbertseniors.ca</a> call: 780-459-0433  |
| Catholic School Board – GC for Groceries program   | Call: 780-459-7711 <a href="http://www.gsacrd.ab.ca">www.gsacrd.ab.ca</a> *for enrolled families   |
| <b>Local Resources</b>   |  |
| St. Albert Community Village - Social Worker, income tax help, housing help                    | <a href="http://www.stalbertfoodbankandcommunityvillage.com">www.stalbertfoodbankandcommunityvillage.com</a><br>Call: 780-459-0599   |
| <b>STURGEON COUNTY RESIDENTS</b>   |  |
| <b>Food</b>  |  |
| Morinville Food Bank   | Call: 780-939-2636 <a href="http://www.foodbanksalberta.ca">www.foodbanksalberta.ca</a>  |
| Bon Accord & Gibbons Food Bank   | Call: 780-923-2344   |
| Higher Grounds Morinville Espresso Bar   | Call: 780-266-5282 *giving tree for free meals   |
| Meals on wheels - Morinville   | Call: 780-939-4412   |
| Chef's choice  | Call: 780-429-2020   |
| Catholic School Board – GC for Groceries program   | Call: 780-459-7711 <a href="http://www.gsacrd.ab.ca">www.gsacrd.ab.ca</a> *for enrolled families   |
| WECAN Food Baskets   | Call: 780-413-4525 <a href="http://www.wecanfood.com/?page_id=1168">www.wecanfood.com/?page_id=1168</a>  |
| <b>Local Resources</b>   |  |
| Morinville Utilities payment deferral program  | <a href="http://www.morinville.ca/en/living-here/covid-19-taxes-utilities.aspx">www.morinville.ca/en/living-here/covid-19-taxes-utilities.aspx</a>   |
| Sturgeon County - Utilities deferral & penalty waive program                                   | <a href="http://www.sturgeoncounty.ca/COVID19#27186-tax-and-utilities">www.sturgeoncounty.ca/COVID19#27186-tax-and-utilities</a>   |
| Income Tax Help - (eligibility removed, now open to all for a small fee)                       | Call: 780-939-7839 <a href="http://www.morinville.ca/en/living-here/community-supports.aspx">www.morinville.ca/en/living-here/community-supports.aspx</a>  |
| Sturgeon County's Family & Community Support Services – Living Well Counselling program (free) | Call: 780-939-4321 Call: Living well @ 780-939-8334<br><a href="http://www.sturgeoncounty.ca/Services/Community-Services/Family-Community-Support">www.sturgeoncounty.ca/Services/Community-Services/Family-Community-Support</a>  |
| <b>OTHER RESOURCES &amp; INFORMATION</b>   |  |
| CANADA Emergency Response Benefit  | Call: 1-800-959-2019 or 1-800-959-2041<br><a href="http://www.canada.ca/en/services/benefits/ei/cerb-application.html">www.canada.ca/en/services/benefits/ei/cerb-application.html</a>   |
| CANADA Emergency Business Account  | <a href="http://www.canada.ca/en/department-finance/news/2020/03/additional-support-for-canadian-businesses-from-the-economic-impact-of-covid-19.html# New Loan Programs">www.canada.ca/en/department-finance/news/2020/03/additional-support-for-canadian-businesses-from-the-economic-impact-of-covid-19.html# New Loan Programs</a> |
| Employment Insurance Info  | <a href="http://www.canada.ca/en/services/benefits/ei/ei-regular-benefit/eligibility.html">www.canada.ca/en/services/benefits/ei/ei-regular-benefit/eligibility.html</a>   |
| Child Care for essential workers   | <a href="http://www.alberta.ca/assets/documents/covid-19-reopened-child-care-centres.pdf">www.alberta.ca/assets/documents/covid-19-reopened-child-care-centres.pdf</a>   |
| Wage Subsidy for employers/businesses  | Call: 1-833-966-2099 <a href="http://www.canada.ca/en/revenue-agency/services/subsidy/emergency-wage-subsidy.html">www.canada.ca/en/revenue-agency/services/subsidy/emergency-wage-subsidy.html</a>  |
| United Way for Seniors   | <a href="http://www.ab.211.ca/211-topics/seniors-older-adults">www.ab.211.ca/211-topics/seniors-older-adults</a>   |
| Changes to taxes and benefits  | <a href="http://www.canada.ca/en/revenue-agency/campaigns/covid-19-update.html">www.canada.ca/en/revenue-agency/campaigns/covid-19-update.html</a>   |
| CANADA Economic Response Plan Covid-19   | <a href="http://www.canada.ca/en/department-finance/economic-response-plan.html">www.canada.ca/en/department-finance/economic-response-plan.html</a>   |
| Up to date COVID-19 information  | <a href="http://www.albertahealthservices.ca/topics/Page16997.aspx">www.albertahealthservices.ca/topics/Page16997.aspx</a>   |
| Business Link- Small business help for Covid-19  | Call: 1-800-272-9675 <a href="http://www.businesslink.ca">www.businesslink.ca</a>  |
| Alberta Supports   | Call: 1-877-644-9992 <a href="http://www.alberta.ca/alberta-supports.aspx">www.alberta.ca/alberta-supports.aspx</a>  |
| Jessie's House – Emergency Shelter   | <a href="http://www.jessicamartelmorialfoundation.com">www.jessicamartelmorialfoundation.com</a> Call: 780-939-5289  |
| Alberta Drug and Benefits Coverage   | <a href="http://www.alberta.ca/drug-coverage-health-benefits.aspx">www.alberta.ca/drug-coverage-health-benefits.aspx</a>   |



# REDUCING THE IMPACT OF FINANCIAL STRAIN: COMMUNITY RESOURCE GUIDE



Kalyna Country PCN is participating in a pilot project to improve the health of our patients. Financial strain is shown to have a negative impact on health outcomes. We are working with local organizations and community programs to provide different resources to reduce the impact of financial strain.

Should you need any assistance navigating through the following resources please do not hesitate to call the **Vermilion PCN office at 780-853-6966**

All addresses are in Vermilion unless otherwise stated.

## Food, Clothing, & Household Needs

| Organization                                 | Address  | Contact      | Hours of Operation  | Service(s)   | Notes   |
|--|--|--------------|---|--|---|
| <b>Vermilion &amp; Area Food Bank</b>        | Holy Name of Jesus Catholic Church<br>4620 53 Ave      | 780-853-5161 | Fri: 1-3pm  | Provides free, nutritious food hampers to Vermilion residents in need. | Must provide Alberta Health Care Card and proof of residence in the Vermilion area.   |
| <b>Mannville-Minburn-Innisfree Food Bank</b> | Mannville United Church<br>5048 49 St<br>Mannville, AB | 780-763-3005 | Wed: 10am-1pm   | Provides free, pre-packaged food hampers residents of the MMI area.    | Operated by MMI FCSS. Will orchestrate pick-ups outside of regular hours in an emergency. Eligibility is determined by a brief questionnaire. |
| <b>Soup's On at the Edge</b>                 | The Edge (Parkview Alliance Church)<br>4906 49 Ave     | 780-853-4229 | 1 <sup>st</sup> & 3 <sup>rd</sup> Fri of the month:<br>11:30am-1pm<br>Sept - June | Homemade soup and a bun served free of cost. All are welcome.          |   |

# COVID-19 COMMUNITY RESOURCES

## VERMILION



LAST REVISED 30 APRIL

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Should you need any assistance navigating through the following resources please do not hesitate to call the **Vermilion PCN**.

 **780-853-6966**

## HEARTS AND HANDS

Reaching out to families and individuals.



We will provide a gift of Food, Personal Items, Cleaning Products, Baby Formula and Diapers.

Please Call: **780-581-0521**.

Leave a message and we will return your call.

**RESPECT - PRIVACY - ANONYMITY**

## MIDTOWN MEDICAL CLINIC

Your family physician is still here to help. Walk-in clinics are still open. PLEASE CALL FIRST.

 **780-853-2809**

## VERMILION FOOD BANK

The Food Bank remains operational and available to anyone in the service area, including those who are self-quarantining, regardless of their financial situation.

Please call to request a hamper.

 **780-853-5161**

## TOWN OF VERMILION FCSS

STILL OPEN AND ABLE TO BE ACCESSED  
OVER THE PHONE

### SENIORS PROGRAM

We are still here to assist seniors and help them access benefits, connect them to local resources, provide them with educational opportunities and promote independent living in the community.

If you are a senior and feel socially isolated call to get connected to a neighbour.

Call Shirley McRobert

 **780-581-2414**



TOWN OF  
**VERMILION**  
ALBERTA

## VERMILION PROVINCIAL BUILDING



### Home Care, Immunization and Prenatal Appointments

Everyone entering the building gets screened and must wear a mask. If there is not a nurse available you will be turned away. Only one parent per child allowed.

 **780-853-5270**

### Oral Health

Currently suspended. Patients will be waitlisted until further notice.

 **780-853-5270**

### Allied Health

**Speech Language Pathologist, Occupational Therapist and Respiratory Therapist:** Coordinated Intake through Camrose.

 **780-608-8611 or 1-866-937-7476**

**Social Worker:** Available via phone only.

 **780-853-5270**

**Chronic Disease Management:** All group classes suspended. The Diabetes Basics may be offered via Zoom.

 **1-877-314-6997**

**Adult Physio therapy/Occupational Therapy:** Outpatient post surgical or immediate fall risk can still come in-person; but will be required to wear a mask.

 **780-853-5270**

**Nutrition Services—Dietitian:** Referrals screened and appointments via phone only. Monday, Tuesday, Thursday (08:30-13:50)

 **403-309-2810**

### Diabetic Neuropathy Clinic

Appointments by phone.

 **780-853-8769 or 780-853-8768**

Free text messaging support during uncertain times

# Text4Hope

To subscribe: text COVID19HOPE to 393939

**Supporting Mental Health & Wellness  
in a Time of Stress & Isolation**

For more information visit [ahs.ca/text4hope](https://ahs.ca/text4hope)

## UTILITIES

Residential customers can defer electricity and natural gas bill payments for the next 90 days to ensure no one will be cut off, regardless of the service provider.

**Call your utility provider directly to arrange for a 90-day deferral on all payments.**

### Direct Energy

If people need assistance, to explore flexible payment options, extend payment dates or answer other questions.

 **1-866-420-3174**

### EPCOR

Customers can defer bill payments penalty interest free for the next 90 days. The company will not disconnect customers who are in arrears.

 **780-310-4300**

## TOWN OF VERMILION

 **780-853-5358**

The Town of Vermilion will continue to provide all essential services during the COVID-19 (Coronavirus) Pandemic but please call the office.

All penalties on late payment of utility accounts from April 01, 2020 to June 30, 2020 will be waived. 50% of the municipal portion of tax billing and all penalties will be waived until December 31, 2020. The full balance will be due and payable as well as any subsequent balance will be subject to penalties as of January 01, 2021 at a rate of 8%.

For more information visit:



**[vermilion.ca](https://vermilion.ca)**

## RESPONSES OF BANK INSTITUTIONS

Bank of Montreal, CIBC, National Bank of Canada, RBC Royal Bank, Scotiabank and TD Bank have made a commitment to work with personal and small business banking customers on a case-by-case basis to provide flexible solutions to help them manage through this current challenging times. Support includes up to a six-month payment deferral for mortgages, and the opportunity for relief on other credit products.

Individuals are encouraged to contact their bank directly to discuss options that could be available to them.

### Vermilion Credit Unions

Only Drive thru service is available. Contact them to work out a plan for your personal situation.

 **780-853-2822**

## VERMILION PUBLIC LIBRARY

The library facility is closed to the public. All programs have been cancelled. Any items that you had checked out have been extended until May 15th. Late fees have been suspended until further notice. Curbside Pickup and Online Services Online resources are available to cardholders.

You can review current eResources collection and view tutorials on how to access these resources online at:

 [vermilionpubliclibrary.ca/eResources](http://vermilionpubliclibrary.ca/eResources)

Library staff are on site to help from 10-5:30pm; Tuesday to Friday. Curbside Pickup is available to check out requested library material. The library will contact you to set up a pickup appointment after they have received your request. The library is offering free temporary library memberships to residents.

 **780-853-4288**

## BATTLE RIVER VICTIM ASSISTANCE SOCIETY

Only available Mondays.

Providing support over the phone or via email, but in person assistance has been suspended at this time.

 **780-853-2839**



Our facility is closed but  
we're still lending books

## RENTERS AND LANDLORDS

New protections are in place for residential and mobile homes site tenants facing financial hardship due to COVID-19:

- Tenants cannot be evicted for non-payment of rent and/or utilities before May 1, 2020.
- Rents on residential properties or mobile home sites will not increase while Alberta's State of Public Health Emergency remains in effect.
- Late fees cannot be applied to late rent payments until June 30 and cannot be collected retroactively for this time.
- Landlords and tenants need to work together to develop payment plans while COVID-19 is being managed.
- Landlords can still file applications and receive orders for possession if the reason for the eviction is unrelated to rent and/or utility payments, or if a tenant refused to negotiate or comply with a payment plan.

For More information go to:



[Alberta.ca/COVID-19-information.aspx](http://Alberta.ca/COVID-19-information.aspx)

# Mental Health Resources

- **Abuse Helpline** 1-855-4HELPAB  
or 1-855-443-5722
- **Child Abuse Hotline** 1-800-638-0715
- **Kids Help Phone** 1-800-668-6868
- **Mental Health Helpline** 1-877-303-2642
- **Addictions Helpline** 1-866-332-2322
- **Seniors' Abuse Helpline** 211 or 780-454-8888  
(24 hours)
- **Alberta's One Line for Sexual Violence**  
1-866-403-8000 (call or text)
- **Canadian Mental Health Crisis Line**  
1-800-232-7288 (press 3)
- **Crisis Services Canada** 1-833-456-4566  
(24 hours)
- **Distress Line for People in Crisis** 1-800-661-4606  
(24 hours)
- **Family Violence Information Line** 310-1818  
(24 hours)
- **Mental Health Help Line** 1-877-303-2642  
(24 hours)
- **First Nations & Inuit Hope for Wellness**  
1-855-242-3310
- **Alberta Supports** 1-877-644-9992  
(provincial social programs)
- **Alberta Works Income Support Centre**  
1-866-644-5135 (emergency benefits)

■ **You are not alone.**



## MENTAL HEALTH SUPPORT

### Community Addiction and Mental Health—Adult and Youth Services

Appointments will continue by Skype/Zoom or Phone.

 **780-581-8000**

### Canadian Mental Health Association

Offices closed in Camrose, Killam, Wainwright, Vegreville. Phone line will remain open Monday – Thursday; 8:30-4:30 PM. All calls will be responded to in a timely manner. Still providing assistance over the phone.

 **780-672-2570**

New clients referrals can be faxed **780-672-2574**

### Premura Counselling (Catholic Social Services)

Still providing individual, couple and family counselling. Residents of the Town are entitled to five free sessions a year. Appointments must be booked through the Lloydminster office.

 **780-875-9084**



# ATTENTION!

## SERVICE CANADA READY TO HELP

Please access our many online services at:  
**Canada.ca/service-canada-home**

If you require assistance accessing services,  
please complete an online request at:  
**Canada.ca/service-canada-e-service**



A Service Canada officer will contact you  
within 2 business days.

If you do not have access to the internet and require  
assistance accessing services, please contact us at:  
**1-877-631-2657**

Follow the infection prevention and control guidance provided by  
the Public Health Agency of Canada available at:

**Canada.ca/coronavirus**

If you experience these symptoms, please contact your health care  
provider or your local public health unit.

Canada

### VEHICLE INFORMATION

#### Vehicle registration:

Albertans with surnames or company names beginning with B, D, G,  
Y will now have until May 15, 2020 to renew their vehicle registrations.

#### Driver's licences:

Albertans who have birthdays between March 17 and May 15 and  
whose cards expire this year, now have until May 15, 2020 to renew.  
Expiry dates can be found on your card and Albertans with birthdays  
between March 17 and May 15 are encouraged to confirm whether or  
not they need to renew this year.

*Senior Shopping Hours*

*We welcome all Seniors to  
shop every day from 8-9am*

*@St.Paul, Vermilion, Wainwright*



## SERVICE CANADA

Offices are now closed to the public.

If an individual does not have access to the internet or face other  
barriers to access critical benefits; contact a Service Canada Outreach  
Support Centre. The Outreach Support Centre can be accessed by  
calling and is available to assist from 8:30am to 4:00pm Monday-  
Friday.

 **1-877-631-2657**

## ALBERTA SUPPORT CENTRES

Suspended all in-person services until further notice.

If you are currently receiving benefits or services and need assistance,  
call your caseworker or local office from Monday to Friday, between  
8:15 am to 4:30 pm. All other enquiries, call the Alberta Supports  
Contact Centre at

 **1-877-644-9992**

They are experiencing higher than normal wait times and appreciate  
your patience.

For more information about Alberta's COVID-19 response, visit

 **alberta.ca/alberta-supports.aspx**



## CALL 811

If you have symptoms including fever, cough,  
shortness of breath, difficulty breathing, sore  
throat or runny nose, you **MUST self-isolate** for 10  
days after the onset of symptoms and until your  
symptoms have resolved (whichever is longer).  
Under no circumstance should you leave your  
property during self-isolation. Complete the  
COVID-19 online self-assessment for more  
information.



**myhealth.alberta.ca/COVID-  
Self-Assessment**

**DO NOT** visit a hospital, physician's office, lab or  
healthcare facility without consulting Health Link  
811 first.

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Should you need any assistance navigating through the following resources please do not hesitate to call the **Viking PCN office at 780-336-0190.**

All addresses are in Viking unless otherwise stated.

## Mental Health Addiction

| Organization   | Address   | Contact  | Description   |
|--|---|--|---|
| AHS Community Addictions & Mental Health – Adults & Youth Services | Viking Community Health Centre<br>5224 50 St<br>Viking, AB<br>T0B 4N0   | 780-842-7522<br><br>Kim Ruptash<br><a href="mailto:kim.ruptash@ahs.ca">kim.ruptash@ahs.ca</a><br><br>Available alternating Tuesdays<br><br>Self-referral; or referral by Physician or another agency | Offers individual and family counselling for adults struggling with and/or affected by mental illness and addiction. This service is provided by Wainwright Addiction & Mental Health Services and appointments must be made through Wainwright office. All services are free, voluntary and confidential.  |
| AHS Social Worker  | Viking Community Health Centre<br>5224 50 St<br>Viking, AB<br>T0B 4N0   | Rhonda Yoder<br>Social Worker<br><a href="mailto:Rhonda.yoder@ahs.ca">Rhonda.yoder@ahs.ca</a><br>780-662-5213  | Intake is through Tofield and appointments must be made through Tofield. Patients are able to self-refer.   |
| AHS Continuing Care Counselling                                    | Viking Community Health Centre<br>5224 50 St<br>Viking, AB<br>T0B 4N0<br><br>Continuing Care Contact Info Updated<br>Central Access number 1-855-371-4182 (have Alberta Health Care number ready) | 780-336-4782   | Offers support and navigation for those experiencing changes in their health. Services may include short-term counselling to help manage change, grief counselling, referrals to other services/healthcare providers as needed, and information on advanced care and end-of-life planning. Referral from physician, long term care, or home care is required. |

|  |  |  |  |
|--|--|--|--|
| <p>Children's Mental Health</p>  | <p>Appointments no longer available in Viking.</p> <p>4911 47 Street<br/>Camrose, Alberta<br/>T4V 1J9</p>                  | <p>780-672-1181 or 780-679-1241</p> <p>1-877-303-2642 (24 hr Help Line)</p>  | <p>General counselling for children is offered through Camrose Addiction &amp; Mental Health. This service is geared towards children experiencing emotional and mental health problems that affect their daily life. No referral required.</p>  |
| <p>Independent Living Support (Canadian Mental Health Association)</p> | <p>Support takes place in-home or in the community.</p> <p>In Viking every Wednesday at Viking Community Health Centre</p> | <p>780-385-7193</p> <p>Donna Tindall<br/><a href="mailto:donna.tindall@cmhacamrose.ca">donna.tindall@cmhacamrose.ca</a></p>                        | <p>The Canadian Mental Health Association offers individualized support for adults (16 years and older) that require assistance with daily living. Services may include assistance with accommodations, budgeting, meal planning, recreation, socialization, community integration and daily routines.</p> <p>Referral will be taken on a continuing basis. A referral form must be completed, faxed or dropped off at a C.M.H.A. location. Staff will review the referral and contact the referring source within 5 working days of receiving the referral.</p> |
| <p>Mental Health Liaison Nurse</p>                                     | <p>Viking Health Centre<br/>5110 57 Ave.<br/>Viking, AB<br/>T0B 4N0</p> <p>Tues and Thurs<br/>8:00-4:00</p>                | <p>780-336-4786</p> <p>Ingrid Nijssen<br/><a href="mailto:Ingrid.Nijssen@albertahealthservices.ca">Ingrid.Nijssen@albertahealthservices.ca</a></p> | <p>Assessment and mental health resource navigation for patients struggling with mental health problems by a registered psychiatric nurse. Ongoing individual therapy is also available on a case-by-case basis. Patients can call the health center and ask to speak to Ingrid.</p>   |
| <p>Viking/Beaver FCSS Counselling Services</p>                         | <p>Viking/Beaver FCSS<br/>4920 53 Ave.<br/>Viking, AB<br/>T0B 4N0</p> <p>Available on Saturdays from 08:30-16:30</p>       | <p>780-336-4024</p>  | <p>Viking/Beaver Family and Community Support Services offers counselling services for adults experiencing daily life stressors, including marital or partner relationships, parenting challenges, family violence, anger management, grief, and a variety of other problems. No referral required.</p> <p>Fee for service based on sliding scale.</p>   |

|            |   |              |   |
|------------|---|--------------|---|
| GriefShare | Golden Valley Lutheran Church<br>5327 56 Ave<br>Box 72<br>Viking, AB<br>TOB 4N0 | 780-336-3155 | Runs from September to December. No charge. |
|------------|---|--------------|---|

### Food, Clothing, & Household Needs

| Organization                | Address  | Contact   | Description   |
|-----------------------------|--|---|---|
| Viking Food Bank            | Viking/Beaver FCSS<br>Box 688<br>4924 53 Ave<br>Viking, AB<br>TOB 4N0<br><br>Available for collection on Wednesday from 11:00-12:00. Order needs to be placed by Tuesday; 4pm. | 780-336-4024                                      | Food baskets prepared weekly.<br><br>Requires piece of identification. Maximum availability of 1 food basket every 3 months.  |
| Meals on Wheels             | 5307 50 St<br>Viking, AB<br>TOB 4N0  | Donna Brooke<br>(Food with Flair)<br>780-336-2476 | Meals on Wheels is available for \$7 per meal through Viking Food with Flair.   |
| Home Help                   | Viking/Beaver FCSS<br>Box 688<br>4924 53 Ave<br>Viking, AB<br>TOB 4N0  | 780-336-4024                                      | Light housekeeping services for seniors or persons with conditions that may hinder their ability to do their own cleaning. Cost is determined by a sliding fee scale based on income. |
| New to You                  | 5413 50 St<br>Viking, AB<br>TOB 4N0  | Need phone number, if they have one               | Second-hand store carrying men's, women's, and children's clothing, as well as books and household items. Open Tuesdays and Thursdays from 10am-4pm.                                  |
| Golden Valley Helping Hands | Golden Valley Lutheran Church<br>5327 56 Ave<br>Box 72   | 780-336-3155<br>Pastor Alvin<br>Sorenson          | Emergency aid up to \$500.00. for persons experiencing financial need i.e. utilities, arrears. A Committee assesses the need and approves the amount.                                 |

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|  | Viking, AB<br>TOB 4N0 | <a href="mailto:gvluthernchurch@gmail.com">gvluthernchurch@gmail.com</a> | ALVIN will be sending the intake form and contact person to send it to. (as per Katherine) |
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### Family Supports

| Organization                     | Address   | Contact   | Description   |
|----------------------------------|---|---|---|
| Viking/Beaver<br>FCSS (Viking)   | 4924 53 Ave<br>Box 688<br>Viking, AB<br>TOB 4N0                 | 780-336-4024<br><a href="mailto:Dchrystian@vbfcss.ab.ca">Dchrystian@vbfcss.ab.ca</a>  | Delivers preventative social initiatives and programs to help enhance the well-being of individuals, families, and communities. Also provides information and referrals to other community organizations. Contact the office for up to date information about programs and opportunities that may be right for you. Open Monday-Friday 8:30-4:30, closed from 12pm-1pm for lunch.   |
| Viking/Beaver<br>FCSS (Holden)   | Box 266<br>4810 50 St<br>Holden, AB<br>TOB 2C0                  | 780-688-3928<br><a href="mailto:Holdenprogram@vbfcss.ca">Holdenprogram@vbfcss.ca</a>  | See above.  |
| Children's<br>Services           |   | Bailey Mayowski<br><a href="mailto:Bailey.mayowski@gov.ab.ca">Bailey.mayowski@gov.ab.ca</a>   |   |
| Query whether to<br>add to list. |   |   |   |
| Family School<br>Liaison         | Viking School<br>Box 720<br>5503 51 St<br>Viking, AB<br>TOB 4N0 | Georgina White<br>780-336-3352<br><a href="mailto:Gwhite@brsd.ab.ca">Gwhite@brsd.ab.ca</a><br><br><a href="https://www.brsd.ab.ca/learning/family-school-liaison">https://www.brsd.ab.ca/learning/family-school-liaison</a> | Provides a variety of services to students at Viking School and their families, including education and counselling to manage challenging life problems, support services, programs to enhance personal strengths and coping skills, and referrals to appropriate community agencies when necessary. The service is meant to ensure that students and families are involved in the decisions that affect their lives. Students and families may self-refer or be referred by school staff and community agencies. |

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| Kidsport Viking  | N/A   | Laura Yakiwchuk-Arndt<br><a href="mailto:javablossomflowersltd@gmail.com">javablossomflowersltd@gmail.com</a><br>OR <a href="mailto:viking@kidsport.ab.ca">viking@kidsport.ab.ca</a><br><br><a href="https://www.kidsportcanada.ca/">https://www.kidsportcanada.ca/</a> | Provides support to families in the Viking area who require financial assistance for their children to participate in organized sport activities. Families can apply online Viking chapter directly for more information.  |
| Camrose Family Resource Centre Association (Parent Link) | 4821 51 St<br>Camrose, AB<br>T9V 1R9  | Kari Cameron<br>780-672-0141  | Provides outreach Parent Link services to Viking, including Stay & Play, a play group for families with young children that has songs, stories, rhymes, crafts, and sensory play. Runs every 4 <sup>th</sup> Wednesday of the month from 10am-11am at the Viking Alliance Church (5115 48 St). Contact the Camrose office for more information or other programming options.   |
| Camrose Open Door Society                                | Main Floor – Gateway Centre<br>4825 51 St<br>Camrose, AB<br>T9V 1R9                 | Office: 780-679-6803<br>24hr Help Line: 780-679-4357<br><br><a href="http://www.camroseopendoor.com/">http://www.camroseopendoor.com/</a><br><br>Self-referral/provider referral.<br><br>Intake could be done over the phone.   | Regional support center for youth ages 11-24. Programs and services include temporary emergency housing for youth, transitional housing, free counselling, library drop-in, photo ID assistance program, community assistance program, FASD supports, outreach services, access to basic needs, restorative justice, and an integrated youth hub.  |
| Indoor Activity Centre                                   | 2 <sup>nd</sup> Level, Viking Carena Complex<br>5120 45 St<br>Viking, AB<br>T0B 4N0 | 780-336-3466 (Carena Office)  | Heated indoor playground, mini stick floor hockey rink, and toddler play area located in the arena.<br><br>During the weekdays between 9:00am-4:00PM clients can sign in at Town office front desk and get a card for free. For drop in's when concession is open. Deposit of \$20.00, when you return the card you get \$10.00 back. You can buy a membership \$25.00/month, \$90.00 for 6 months and \$150.00 year. Cheque's payable to Viking Families for Fun. |
| Healthy Families   |   | Michelle Mazurenko<br>780-672-0257<br><a href="mailto:mmazurenko@cafcl.org">mmazurenko@cafcl.org</a>  | Healthy Families provides prevention programs aimed to help young women build healthy families by providing the support needed to create healthy homes. During home visitation mentors provide mothers and families  |

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|  |  |  | <p>who are expecting (prenatally) or have infants/children 0-6 years of age with information</p> <ul style="list-style-type: none"> <li>* Support in areas of positive-child relationships</li> <li>* Increasing parenting knowledge</li> <li>* Promoting family wellness fostering healthy child development</li> <li>* Creating a safe stimulating home environment</li> <li>* Support to access a network of formal and informal services and supports in the community.</li> </ul> <p>They provide long term support in response to the concern of substance use during pregnancy. Mentors work directly with participants offering personalized services for 3 years. This program is for women who are pregnant or up to six months post-partum, that self-report alcohol and/or drug use during pregnancy and are ineffectively engaged with community or women who have delivered a child with fetal alcohol spectrum disorder and/or are using alcohol in childbearing years. Program is voluntary, with no fee.</p> |
| Association of Communities Against Abuse | 5005-47 Street<br>P.O. Box 2132<br>Stettler, AB<br>T0C 2L0 | <p>TOLL FREE:<br/>1 (866)807-3558<br/>403-742-3558<br/><a href="mailto:acaa@telusplanet.net">acaa@telusplanet.net</a></p> <p>Stephanie Hadley<br/><a href="mailto:acaa@telusplanet.net">acaa@telusplanet.net</a></p>                             | Provide preventive education programs and contracted, trained therapists provide our treatment services. Please call our central office in Stettler for information regarding our programs and services. Requests for treatment are referred to our Intake Worker who will respond to all inquiries.  |
| Prairie Central FASD                     | 4838 49 St, Camrose<br>AB<br>T4V 1N2                       | <p>FASD assessment and diagnostic services for adults contact:</p> <p>Amanda Lindholm, Clinic Coordinator<br/>Telephone:<br/>(587) 386-0186 Ext 2<br/><a href="mailto:a.lindholm@prairiecentralfasd.ca">a.lindholm@prairiecentralfasd.ca</a></p> | Provide FASD Outreach based programs to children, youth, adults and their families. FASD Community Outreach works to educate on the effects of alcohol, support and encourage healthy choices, encourage diagnosis, assist in understanding FASD, assist in FASD intervention strategies, develop long term plans for   |



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|                           |                      | <a href="http://prairiecentralfasd.ca/">http://prairiecentralfasd.ca/</a> | families, and assist in accessing supports through extended family and the community.  |
| Adult Day Support Program | Killam Health Centre | Megan & Jennifer 780-385-3285   | <p>Our service includes goal orientated social activities, recreational activities, exercise, caregiver respite and support, health maintenance and assistance with activities of daily living to help the client remain physically active and cognitively engaged within our community. The program operates on Tuesdays and Thursdays from 10am to 4pm.</p> <p>Clients who would like to attend the Adult Social Day Support Program must be a <b>Homecare Client</b>.</p> <p>Other services offered as required are:</p> <ul style="list-style-type: none"> <li>- Pastoral Care</li> <li>- Social Worker</li> <li>- Foot Care</li> <li>- Home care bathing</li> <li>- Occupational Therapy</li> <li>- Physical Therapy</li> <li>- Nutritional Counseling</li> <li>- Beauty Parlor/Barber</li> <li>- Palliative – EOL Care</li> </ul> <p>The cost is \$10.00 per day</p> |

### Housing

| Organization | Address   | Contact   | Description   |
|--------------|---|---|---|
| Beaver Manor | Box 780<br>5803 52 St.<br>Viking, AB<br>T0B 4N0 | 780-336-3353<br>Wanda Lefsrud<br><a href="mailto:Vialta@telusplanet.net">Vialta@telusplanet.net</a> | Independent living apartment complex for adults over the age of 50. Rent is determined from a sliding fee scale based on resident's income, plus utilities. The manor is operated by Beaver Housing Foundation. Office and manager are located at Vialta Lodge. |

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| Vialta Lodge            | Box 780<br>5128 57 Ave<br>Viking, AB<br>T0B 4N0 | 780-336-3353<br>Wanda Lefsrud<br><a href="mailto:Vialta@telusplanet.net">Vialta@telusplanet.net</a>  | Assisted living facility with a variety of programming and entertainment opportunities available for adults age 65 and up. Younger residents with special considerations may be considered. Staff are on site 24 hours and services for residents include: meals, home care, bath assistance, hairdresser, laundry services, activities from crafts, exercise, to outings, bible studies, church services, Handi-Van shuttle downtown twice per month. Vialta is operated by Beaver Housing Foundation. |
| Extendicare Viking      | 5020 57 Ave<br>Viking, AB<br>T0B 4N0            | 780-336-4790<br>Darlene Thibault<br><a href="mailto:Cnh_viking@extendicare.com">Cnh_viking@extendicare.com</a>   | Offers 24/7 residential care for people with complex medical needs, including assessment and treatment of health issues and help with everyday activities. Placement in Extendicare requires a case worker and must be through AHS Continuing Care:<br><a href="https://www.albertahealthservices.ca/cc/page15328.aspx">https://www.albertahealthservices.ca/cc/page15328.aspx</a>  |
| Camrose Women's Shelter | CONFIDENTIAL                                    | Amber Davis<br>780-679-4975<br>Nora-Lee Rear<br>Executive Director<br><a href="mailto:exec@camrosewomenshelter.org">exec@camrosewomenshelter.org</a><br><br>Outreach Coordinator at 780-679-4975 ext. 2<br>Family Support Coordinator at 780-679-4975 ext. 5<br><br><a href="http://www.camrosewomenshelter.org">www.camrosewomenshelter.org</a> | Assist individuals and families experiencing the effects of family violence to work towards a lifestyle free of abuse.<br><br>For more information about our school and shelter learning environment, call 780-679-4975 ext. 5<br>Battle River School Division contact 1-780-672-6131   |
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## Improving Livable Income

| Organization                           | Address   | Contact  | Description  |
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| Community Tax Clinic                   | Viking/Beaver FCSS<br>Box 688<br>4924 53 Ave<br>Viking, AB<br>T0B 4N0 | 780-336-4024   | Free, volunteer-based assistance for persons with modest income to file their tax returns.   |
| Money Matters Series                   | Beaver County CALP<br>5120 50 St.<br>Ryley, AB<br>T0B 4A0             | 780-663-3730<br><a href="http://www.beavercountycalp.ca/">http://www.beavercountycalp.ca/</a>  | A four-session course with foundational instruction on spending plans, banking basics, borrowing money, RRSP's and other ways to save. Katherine Left message about cost and availability.   |
| East Central Alberta Community Futures | 5104 53 Ave<br>Viking, AB<br>T0B 4N0                                  | 780-336-3497<br><a href="http://eastcentralalberta.albertacf.com/">http://eastcentralalberta.albertacf.com/</a>  | Provides services, loans, training, and programs for rural Albertans starting or expanding a small business. Business counselling and advice is available free of cost for the first four hours. Detailed descriptions of services available on website. |
| Alberta Works                          |   | Viking Beaver FCSS assists clients with the application process 780-336-4024<br>Alberta Supports Contact Centre 1-877-644-9992 toll-free province-wide (if someone needs to be directed to a particular service)<br>Phone: 780-853-8164<br>Fax: 780-853-8205<br>Vermilion Alberta Works Centre<br>Closed: 12 pm to 1 pm<br>Provincial Building, 4701-52 Street<br>Vermillion<br><br>Contact <a href="#">my Alberta Supports Online</a><br>Email: <a href="mailto:css.ds-central@gov.ab.ca">css.ds-central@gov.ab.ca</a><br><br><a href="https://myalbertasupports.alberta.ca/CitizenPortal/application.do">https://myalbertasupports.alberta.ca/CitizenPortal/application.do</a> | Alberta Health Benefits is<br>Income based – plastic card fiscal year is Jul 1 June 30 <sup>th</sup><br>Children - basic dental, basic optical (per year) and prescription<br><br>Adults basic dental, optical once every two years.                     |

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|                         |                                 | <p>The “best: first step is to call the Vermilion office. The reception will collect the personal info that they need and be entered into the Mobias work que and assigned a task. They make 3 calls to do a phone interview and if they can’t reach the client the task is closed. Clients can also go to Wainwright or Camrose.</p> <p>Here is the latest update:<br/> Kelly Poitras, Delivery Manager- 780-872-6483.<br/> Joan Kaziechko is the worker and her direct line is 780-853-8162.<br/> Shelley Killoran Acting Supervisor - Income Support.</p> <p>Children’s Services Child Care Subsidy Program – based on annual income if approved for up to a year at a time. At the end of the month the licensed daycare sends an invoice to childcare subsidy and paid directly. Fees 0-18 months \$628.00 based on 100 hours of care. 19 month to grade 1 max is \$546/month based on 100 hours of care. Grades 1- 6 out of school care is 310.00/month based on 50 hours of care. No benefit year for this program</p> |   |
| <p>Alberta Supports</p> | <p>Confirm Vermilion office</p> | <p>780-853-8164.</p> <p>The supervisor out of that office is Kelly Poitras, and her direct phone number is</p>  | <p>Viking Beaver FCSS helps clients with forms and faxing. Consent forms are signed.</p> <p>Clients can also apply on-line or go into an Alberta Supports office.</p> |

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|                     |                                       | 780-872-6483. Joan Kaziechko is the worker and her direct line is 780-853-8162.                   |            |
| Service Canada      |                                       |   |            |
| Vision Credit Union | 5302-50th St<br>Viking, AB<br>T0B 4N0 | Chelsey Bromley<br>780-336-4944<br><a href="mailto:CBromley@visioncu.ca">CBromley@visioncu.ca</a> | One-on-One |
| ATB                 | 5217-50th St<br>Viking, AB<br>T0B 2N0 | Tracy Roeleveld<br><a href="mailto:troeleveld@atb.com">troeleveld@atb.com</a><br>780-336-3209     | One-on-One |

### Literacy and Skill Development

| Organization                                   | Address   | Contact   | Description  |
|--|---|---|--|
| Viking Municipal Library                       | 2 <sup>nd</sup> Level –<br>Carena Complex<br>Box 300<br>5120 45 St<br>Viking, AB<br>T0B 4N0 | 780-336-4992<br>Barb Chrystian<br><a href="mailto:Librarian@vikinglibrary.ab.ca">Librarian@vikinglibrary.ab.ca</a><br><a href="https://www.vikinglibrary.ab.ca/">https://www.vikinglibrary.ab.ca/</a> | Provides affordable access to books and resources for individuals and families. Annual family memberships are \$15, individuals are \$12. Computer and Wifi use are free for members and public, printing and scanning are available for a small cost. Hours: Tuesday 3pm to 8pm, Wednesday 10am to 5pm, Thursday 10am to 8 pm. Outreach and summer reading programs are also available. Katherine Called and emailed.   |
| Beaver County Community Adult Learning Program | 5120 50 St.<br>Ryley, AB<br>T0B 4A0   | 780-663-3730<br>Lavonne Svenson<br><a href="mailto:Calp@beaver.ab.ca">Calp@beaver.ab.ca</a><br><a href="http://www.beavercountycalp.ca/">http://www.beavercountycalp.ca/</a>                          | Provides a variety of learning services to adults and families, including learner support (assistance with basic technology, filling out forms, job searches, resumes/cover letters, etc.), adult learning classes (ESL, technology, foundational skills, etc.), and family literacy. See website for full list of programs. Services are available in Tofield, Ryley, Holden, Bruce, Viking, and Kinsella.<br><br>Money Matters learning opportunities can be free if the participant is a foundational learner. Foundational learners are individuals whose skills are at or below the grade 9 equivalency level in Literacy, Numeracy or English Language Learning. We can provide this instruction in a one on one tutoring format or in a |

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|  |  |  | <p>small group. Due to the financial constraints of our foundational learners, we do not charge for any of our Foundational Learning opportunities. One on One tutoring in Basic Math, Literacy, Basic Digital Skills or ESL is free of cost to the learners.</p> <p>They also offer free Learner Support Services to all community members. Depending on the need of the learner, we can assist with mapping out a post secondary learning plan, reviewing financial aid options, or resume/cover letter supports. This service is usually limited to 2 hours per learner</p> |
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### Legal Supports

| Organization                  | Address  | Contact  | Description  |
|-------------------------------|--|--|--|
| Viking RCMP Detachment        | 5215 52 Ave<br>Viking, AB<br>T0B 4N0                                 | 780-336-3441 (office)<br>780-336-3434 (non-emergency complaint line)   | Provides RCMP services to Viking, Bruce, and Kinsella. Services include criminal record checks, police certificates, vulnerable sector checks, crime reporting, general information, and non-emergency complaints. Office open Monday-Friday from 8:45am-4:45pm.   |
| Beaver County Victim Services | Box 540<br>5515 49 St<br>Tofield, AB<br>T0B 4J0                      | 780-662-2258<br>Carmen Natchtiga<br><a href="mailto:Bcvictimservices@gmail.com">Bcvictimservices@gmail.com</a> | Provides free, confidential support for victims of crime and tragedy with the goal of minimizing the impact of trauma. Services include visits to victims in the manner most convenient to them, referral agency, 24-hour crisis intervention, crime prevention awareness, information about the criminal justice system, court support and accompaniment, liaison with police and crown prosecutor, sudden death support, victim and community impact statements, crime restitution, and access to Victim of Crimes Financial Benefits Program. |
| Knaut Johnson Francoeur       | 5314-50th St<br>Viking, AB<br>T4V 1S4<br><br>Head Office:<br>Camrose | 780-336-3332<br>Wednesday only<br>Open 10am-4pm<br><br>Head office: Camrose 780-672-5561                       | Charge \$300 and does not have a sliding scale for lower income. Does not support legal aid clients.<br><br>Firm does have a lawyer that will represent legal aid clients but they would have to contact the Camrose office to find out and make arrangements.   |

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|                               | 4925-51 St,<br>Camrose |  |   |
| Legal Aid                     |                        | 1-866-845-3425   | Knaut Johnson Francoeur has a lawyer that clients can access through legal aid.<br>Call 780-672-5561 or Camrose for access.   |
| Office of the Public Guardian |                        | 1-877-427-4525<br>780-427-2744<br>Mon-Fri<br>8:15-4:30 | <a href="http://www.seniors.alberta.ca/org">www.seniors.alberta.ca/org</a><br>AGTA offers a variety of options to support adult Albertans who need assistance making personal or financial decisions. |

### Transportation

| Organization             | Address | Contact   | Description  |
|--------------------------|---------|---|--|
| Viking Handi-Van Society | N/A     | 780-385-1757<br><a href="http://viking.ca/p/viking-handi-van">http://viking.ca/p/viking-handi-van</a> | The Viking Handi-Van is a 12-person bus with 3 wheelchair spaces and a wheelchair lift. Wednesdays are “shuttle days” - \$5 for a round-trip to local and nearby destinations, including Bruce and Kinsella. The bus can also be booked privately for group trips. |

### Places of Worship & Faith-Based Charitable Groups

| Organization                  | Address  | Contact  | Description   |
|-------------------------------|--|--|---|
| Golden Valley Lutheran Church | 5327 56 Ave<br>Box 72<br>Viking, AB<br>TOB 4N0 | 780-336-3155<br><a href="http://www.goldenvalleylutheran.com">www.goldenvalleylutheran.com</a>   | Pastor Alvin Sorenson<br>Provides spiritual leadership, counselling, bible study, worship services, Sunday school, confirmation, youth activities<br>Sunday worship – 10 am, Sunday School = 10:45 am.<br>More info on counselling, youth activities, and charity activities. Katherine Left message. |
| Viking Alliance Church        | 5115 48 St<br>Viking, AB<br>TOB 4N0            | 780-336-4950<br><a href="mailto:Vikall@telus.net">Vikall@telus.net</a><br><a href="http://www.vikingalliancechurch.com">www.vikingalliancechurch.com</a> | Pastor Darren Anderson<br>9:45 am Sunday School & 10:45 am Worship<br><br>Offers Pastoral pre-marital and marriage counselling and youth programming. Hockey Program Sept-Dec. Intake anytime. Self-referral.   |

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| St. Mathew Anglican Church         | 5411 50 St Viking, AB TOB 4N0  | 780-904-9026<br><a href="mailto:l.blondin@shaw.ca">l.blondin@shaw.ca</a>   | Reverend Laureta Blondin<br>Sunday service – 11:15 am on 2 <sup>nd</sup> & 4 <sup>th</sup> Sunday of the month<br>One-on-one is offered at no charge. If long term spiritual counselling is needed, a donation to church is requested. |
| Viking United Church               | 5120 51 St Viking, AB TOB 4N0  | 780-336-3103<br><a href="mailto:united01@telus.net">united01@telus.net</a> | Reverend Scott Reynolds<br>9 am Sunday Worship & Sunday School<br>Pre-marital and marriage counselling. Charity work? Katherine left message.  |
| Holy Heart of Mary Catholic Church | 5208 54 Ave Viking, AB TOB 4N0 | 780-336-3382<br><a href="mailto:Hhmary@telus.net">Hhmary@telus.net</a>     | Fr. Luan Vu<br>Weekend Mass Times: 1st and 3rd Sunday - 11:15 AM, 2nd and 3rd Saturday-6:30 PM 5th Sunday: 9:00 AM<br>Any services? Katherine left message.  |

### Health Care

| Organization                   | Address                        | Contact                    | Description   |
|--------------------------------|--------------------------------|----------------------------|---|
| Viking Health Centre           | 5110 57 Ave Viking, AB TOB 4N0 | 780-336-4786 (switchboard) | <a href="https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1000189">https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1000189</a><br><br>Services in emergency, acute, continuing and palliative care, surgery, obstetrics, rehabilitation, respiratory therapy and X-Ray   |
| Viking Community Health Centre | 5224 50 St Viking, AB TOB 4N0  | 780-336-4782 (switchboard) | <a href="https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1023657">https://www.albertahealthservices.ca/findhealth/facility.aspx?id=1023657</a><br><br>Service Hours: 8:15 a.m. - 4:30 p.m. Closed 12:00 p.m. to 1:00 p.m.<br>Home Care, Self-Managed/Respite Care.                       |
| Children's Walk-In Clinic      | 5110 57 Ave Viking, AB TOB 4N0 | 780-336-7114               | Located in the Viking Health Centre in the rehabilitation department.<br>Runs on the 3 <sup>rd</sup> Wednesday of every month from 9:30am – 11:30am.<br>Services offered include occupational, physical, and respiratory therapy, speech-language pathology, early intervention support, and social work. |



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| <p>Alberta Healthy Living Program,</p>  | <p>Killam Alberta Health Services Building<br/>4811-49th Ave<br/>Killam AB<br/>TOB 2L0</p> | <p>Appointments 1-877-314-6997</p>                                | <p>is an integrated community-based chronic disease management program</p> <p>The program includes the following services:</p> <ul style="list-style-type: none"> <li>• Patient education, including disease-specific and general health and lifestyle topics</li> <li>• Self-management support through Better Choices, Better Health<sup>®</sup> workshops</li> <li>• Supervised exercises</li> </ul> <p>Services may also include specialty services and services targeting diverse and vulnerable populations</p> <p>AHLP website <a href="http://www.ahs.ca/ahlp">www.ahs.ca/ahlp</a></p> |
| <p>Viking Pharmacy<br/>PharmaChoice</p> | <p>5305-51st Street.</p>   | <p>780-336-3380</p> <p>Pharmacy Manager<br/>Brodie Weisgerber</p> | <p>Consult your pharmacist for a medication review and enquire about potential affordable medication alternatives.</p>   |



# Town of Viking Financial Wellness Resources

## Recreation & Activities



- Curling Club Multiplex 4431-55 Avenue 780-336-3424 for ice times, running track, league information and schedules.
- Viking Apple Fitness Centre, Second Floor, 5120 - 45 St. 780-336-3466.
- Viking Carena Complex, 5120 - 45 St, 780-336-3466 for ice times, bookings and schedule.
- Indoor Activity Centre inside the Viking Carena Complex 5120-45 St, 780-336-3466, Families 4 Fun Society
- [Kidsport Login](#) 1-888-914-5437
- Outdoor Skating rink is located just north of the main doors of the Viking Multiplex 4431-55 Ave
- Elks Playground located west of the Viking Health Centre 5110-57 Ave
- Eastview Park Playground located adjacent to Eastview Campground
- Killam Supervised Water Exercise Program. Call 587-280-1598 to register
- Viking Fish Pond located in the Viking/Beaver Business Park

## Financial Wellness



- Community Futures, 5104-53rd Ave, 780-336-3497 or 877-336-3497 Small business specialists connect you with the skills, financing and resources.
- Bookkeeping Solutions 780-336-3335 Cell 587-256-0345 [dshoffman@mcsnet.ca](mailto:dshoffman@mcsnet.ca) (pro bono)
- Economic Incentive Program, Town of Viking 780-336-3466 Email: [don.mcleod@viking.ca](mailto:don.mcleod@viking.ca)
- AISH : 1-800-232-7215 Alberta Supports/Works 1-877-644-9992 Provincial Building, 4701-52 St Vermillion Email: [css.ds-central@gov.ab.ca](mailto:css.ds-central@gov.ab.ca) Phone: 780-853-8164
- [Service Canada Forms including CPP and Disability](#)
- Revenue Canada Tax Debt Payment Arrangement 1-888-863-8657
- [My Account - Revenue Canada](#)
- Food Bank - Viking Beaver FCSS Phone: 780-336-4024 call on Tuesday's by 4:00pm to receive a hamper on the following Wednesday. Hampers can be picked up at the Viking United Church between 11:00am and 12:00pm.
- Meals on Wheels - Viking Beaver FCSS Phone: 780-336-4024 4924 - 53 Avenue
- Community Tax Clinic - Viking Beaver FCSS Phone: 780-336-4024 4924 - 53 Avenue
- Vision Credit Union 780-336-4944 – 5302-50th Street. *Each One-Teach One* (plain lang. program)
- ATB 780-336-3209 5217-50th Street One-on-One
- Money Advice Canada (888) 303 6285 Mon - Thurs 8:30am-8:00pm Fri 9:00am-6:00pm
- [Money Mentors Free Credit Counselling](#)

## Family Education & Health Services



- Viking School, 5503-51 St 780-336-3352
- Beaver County Adult Learning Council 780-663-3730, email [calp@beaver.ab.ca](mailto:calp@beaver.ab.ca)
- Viking Beaver FCSS Main Office Viking Phone: 780-336-4024 4924 - 53 Avenue Holden Office Phone: 780-688-3928 <http://www.vbfcss.com>
- Healthy Families, Parenting Program 780-918-0229 No cost to access service
- Family School Liaison, Georgina White Battle River School Division Viking / Tofield 1-587-280-0880

### Private/Blended Practice

- Viking Dental Clinic, 780-336-4040 [Vikingdentalclinic@gmail.com](mailto:Vikingdentalclinic@gmail.com)
- Viking Pharmacy, 780-336-3380 [Vikingpharmacy@outlook.com](mailto:Vikingpharmacy@outlook.com)
- Dr. Marck Kallal Tofield Eye Clinic. 780-662-0104

## Places of Worship



- St Mathew Anglican Church, 5411 - 50th Street 11:15 a.m. on the second & fourth Sundays of the month Rev. Laureta Blondin 780.904.9026s Email: l.blondin@shaw.ca
- Viking Alliance Church 780-336-4950 5115-48 Street www.vikingalliancechurch.com Email: vikall@telus.net Service 10:45
- Golden Valley Lutheran Church, 10 a.m. Sunday, with Holy Communion every 1st and 3rd Sunday 780-336-3155 5327 56 Ave, Pastor Alvin Sorenson Email: gvlc@telus.net Web site: Goldenvalleylutheran.com
- Viking United Church, Sunday @ 9:00 a.m. 5120-51 St 780-336-3103. Minister: Scott Reynolds
- Holy Heart of Mary Catholic Church Weekend Mass Times: 1st and 3rd Sunday: 11:15 AM 2nd and 3rd Saturday: 6:30 PM 5th Sunday: 9:00 AM Pastor: Fr Luan Vu: 780-336-3382 5208-54 Avenue Email: [hhmary@telus.net](mailto:hhmary@telus.net)

## Health Care Services

### Hospitals & Clinics

- Viking Health Centre (Hospital) 5110-57 Avenue 780-336-4786 offers services in emergency, acute, continuing and palliative care, surgery, obstetrics, rehabilitation, respiratory therapy, X-Ray, and more
- Viking Medical Clinic 5301 - 51 Street Phone: 780-336-4780 Hours of operation: Monday - Thursday 8 am - 4:30 pm Friday 8 am - 12 pm Walk-in Clinic runs every weekday from 8 am - 12 pm. Phone lines open at 9 am daily Closed for lunch daily from 12pm - 1pm
- Kalyna County Primary Care Network 5301 51st Street, Phone: 780-336-0190



### Public Health Facilities

- Viking Community Health Centre 5224 - 50 Street 780-336-4782 Service Hours: 8:15 a.m. - 4:30 p.m. Closed 12:00 p.m. to 1:00 p.m. Home Care: Self-Managed/Respite Care
- Alberta Health Services Children's Walk-In Clinic at the Viking Health Centre (Hospital) – Rehabilitation Department The 3rd Wednesday of every month 9:30 a.m. – 11:30 a.m. 780-336-7114 (Child Development, OT, PT and Speech Therapy)
- Alberta Healthy Living Program, Killam Alberta Health Services Building, 4811-49th Ave Appointments 1-877-314-6997

## Additional Services and Resources

- Viking Municipal Library, 5120 - 45 Street, 780-336-4992 www.vikinglibrary.ab.ca
- Internet Service: Nutec Electro Tel 1-800-898-3336 email: les@nutecelctrotel.com
- [Viking E-News Sign up to register on the Town website to be notified of all that is happening](#)
- New to You Tuesday & Thursday from 10 am to 4 pm. 5413-50 St (used clothing store)
- Camrose Open Door Society (Youth), 24 Hour Outreach Helpline - 780-679-HELP (4357)
- Handi-Van Society- 1-780-385-1757
- Camrose Women's Shelter 780-672-1035
- Beaver County Victim Services -1-780-662-2258
- Rural Elder Abuse, Coordinated Community Response Viking/Beaver FCSS office at 780-336-4024.
- Men's Lunch 1<sup>st</sup> Tues. of the month 12:00-1:00 5327 56 Ave (free)





# REDUCING THE IMPACT OF FINANCIAL STRAIN: COMMUNITY RESOURCE GUIDE



Kalyna Country PCN is participating in a pilot project to improve the health of our patients. Financial strain is shown to have a negative impact on health outcomes. We are working with local organizations and community programs to provide different resources to reduce the impact of financial strain.

Should you need any assistance navigating through the following resources please do not hesitate to call the **Vermilion PCN office at 780-853-6966**

All addresses are in Vermilion unless otherwise stated.

## Food, Clothing, & Household Needs

| Organization                                 | Address  | Contact      | Hours of Operation  | Service(s)   | Notes   |
|--|--|--------------|---|--|---|
| <b>Vermilion &amp; Area Food Bank</b>        | Holy Name of Jesus Catholic Church<br>4620 53 Ave      | 780-853-5161 | Fri: 1-3pm  | Provides free, nutritious food hampers to Vermilion residents in need. | Must provide Alberta Health Care Card and proof of residence in the Vermilion area.   |
| <b>Mannville-Minburn-Innisfree Food Bank</b> | Mannville United Church<br>5048 49 St<br>Mannville, AB | 780-763-3005 | Wed: 10am-1pm   | Provides free, pre-packaged food hampers residents of the MMI area.    | Operated by MMI FCSS. Will orchestrate pick-ups outside of regular hours in an emergency. Eligibility is determined by a brief questionnaire. |
| <b>Soup's On at the Edge</b>                 | The Edge (Parkview Alliance Church)<br>4906 49 Ave     | 780-853-4229 | 1 <sup>st</sup> & 3 <sup>rd</sup> Fri of the month:<br>11:30am-1pm<br>Sept - June | Homemade soup and a bun served free of cost. All are welcome.          |   |

|  |  |              |                               |  |   |
|--|--|--------------|-------------------------------|--|---|
| <b>Hot Lunch &amp; Breakfast Programs</b>        | Available at all schools in community. |              |                               | Contact your child's school for detailed information about affordable hot lunch and breakfast items for their age group.                 |   |
| <b>Downtown Farmers Market</b>                   | Elk's Hall<br>5018 49 Ave              | 780-853-4669 | Tues: 10am-1pm<br>March - Dec | Indoor farmers market featuring locally produced fresh food and craft items.   |   |
| <b>Vermilion Hearts &amp; Hands</b>              |  | 780-581-0521 |                               | Provides one-time gift packages of food, household, and personal items to individuals and families struggling to meet their basic needs. | Packages can be requested by the client or referrals can be made by health and community organizations. |
| <b>Community Closet Society</b>                  | 4840 50 Ave                            | 780-853-4224 | Tues-Fri: 9am-4:30pm          | Second-hand store carrying clean, gently used clothing and household items donated by community members.                                 |   |
| <b>Mannville Community Church Clothes Closet</b> | 5260 47 St<br>Mannville, AB            | 780-763-3060 | Thurs: 12-3pm, 6-8pm          | Free of charge access to donated clothing.   |   |

## Family Supports

### General

| Organization                            | Address                                | Contact      | Hours of Operation   | Service(s)   | Notes  |
|---|--|--------------|--|--|--|
| <b>County of Vermilion River FCSS</b>   | 4912 50 Ave<br>Kitscoty, AB<br>T0B 2P0 | 780-846-2244 | Mon-Fri:<br>8:30am-<br>4:30pm                                    | Provides services and programs for families, seniors, children, and those in need.   | Contact for up-do-date info on specific programs and initiatives as they are subject to change regularly based on funding.   |
| <b>Mannville-Minburn-Innisfree FCSS</b> | 5504 49 St<br>Mannville, AB            | 780-763-3005 | Mon-Fri: 9am-<br>4pm   | Programs and services are aimed at enhancing the social well-being of people of all ages, including seniors and families. Services for seniors include home support, telecare, socialization opportunities, and meals on wheels. MMI FCSS is part of a network of Parent Link Centres with Vegreville, Two Hills, and Lamont County, with several centers in the area (subject to change in March). Also provides information, referrals, and drop-in service for those requiring assistance filling out forms, using basic technology, and navigating public systems. | Provides services to Mannville, Minburn, Innisfree, and Minburn County. All services are free or available for a small fee. Contact for up-do-date info on specific programs and initiatives as they are subject to change regularly based on funding. |
| <b>Two Hills FCSS</b>                   | 4712 50 St<br>Two Hills, AB            | 780-657-3540 | Mon-Fri: 8am-<br>4:30pm<br>Closed from<br>12pm-1pm for<br>lunch. | Offers a variety family and community supports, including: Parent Link, home alone and babysitting courses, youth space, community tax clinics, meals on wheels, senior/limited mobility   | All services are free or available for a small fee. Contact for up-do-date info on specific programs and initiatives as they are subject to change regularly based on funding.   |

transportation services, family counselling, family school liaison worker, Christmas hampers and food drives, translation services, newcomer welcome centre, and referral services to other community and government organizations.

|  |                                    |              |   |  |  |
|--|------------------------------------|--------------|---|--|--|
| <b>Lloydminster Native Friendship Centre</b> | 4602-49 Ave<br>Lloydminster,<br>SK | 306-825-6558 | Mon-Fri: 9am-4:30pm<br>Closed from 12:30pm-1pm for lunch. | Registered charity that provides community access programs, work placement, skills training, outreach employment and training services, household needs, clothing, food, referral/advocacy service, healing and wellness, personal empowerment, and physical activity. | Visit website for a full and detailed list of activities: <a href="https://lnfc.org/">https://lnfc.org/</a><br><br>Services available to those of both FNMI and non-FNMI descent in Lloydminster and area. |
|--|------------------------------------|--------------|---|--|--|

*Babies & Toddlers*

| Organization                       | Address                                      | Contact      | Hours of Operation         | Service(s)  | Notes   |
|------------------------------------|--|--------------|----------------------------|---|---|
| <b>Mothers and Tiny Tots (MAT)</b> | Vermilion Pentecostal Assembly<br>4709 43 St | 780-853-2171 | Every second Thurs: 9:30am | A support group for mothers of young children based on the principles of mentorship, encouragement, parenting skills, and combatting social isolation and loneliness. | Child care is provided during meetings for \$20 per year. MAT is based in Christian values but is non-denominational.   |
| <b>Midwest Family Connections</b>  | 103-4910 50 St<br>Lloydminster,<br>SK        | 306-825-5911 |                            | Provides free parental education, early learning and play development, family support, and information and referral services for                                      | Vermilion programming listed below. Full event/program calendar and free resources can be found at <a href="http://www.midwestfamilyconnections.ca">www.midwestfamilyconnections.ca</a> |

families in Vermilion, Lloydminster, and surrounding rural communities.

|                                    |   |              |                    |   |  |
|------------------------------------|---|--------------|--------------------|---|--|
| <i>Let's Play Vermilion</i>        | Kiddie Oasis<br>5702 College Dr         |              | Tues: 10am-12pm    | Fun family activities, parenting tips, connections with other families.   | Activities focus on children Preschool aged and under. |
| <i>Vermilion Kids' Connections</i> | Vermilion Public Library<br>5001 49 Ave |              | Wed: 10:30am-12pm  | Preschool aged children and their caregivers come together for stories, crafts, and activities to support literacy. |  |
| <b>Time to Rhyme</b>               | Vermilion Public Library<br>5001 49 Ave | 780-853-6633 | Thurs: 10:15-11:30 | Weekly children's reading program. No registration required.  |  |

### Children & Youth

| Organization              | Address                                      | Contact                                       | Hours of Operation                | Service(s)   | Notes   |
|---------------------------|--|---|-----------------------------------|--|---|
| <b>Kiddie Oasis</b>       | Vermilion Regional Centre<br>5702 College Dr | 780-581-8850                                  | Unlimited access with membership. | Indoor playground for children aged 0-8 years. Facility rentals available.   | A variety of membership options are available, ranging from \$50-\$150. Visit <a href="http://www.kiddieoasis.ca">www.kiddieoasis.ca</a> for full info. |
| <b>KidSport Vermilion</b> |  | 780-581-2406<br>vermilion@kidsport.alberta.ca |                                   | Provides financial support to families in the County of Vermilion River (Vermilion, Marwayne, Clandonald, Kitscoty, Paradise Valley, Dewberry) who struggle to meet the cost of organized sports for their children. | Website: <a href="http://www.kidsportcanada.ca">www.kidsportcanada.ca</a>   |



|   |   |   |                               |  |   |
|---|---|---|-------------------------------|--|---|
| <b>Family School Liaison (ECCS)</b>       | St. Jerome's School<br>4820 46 St   | 780-853-5251                                  | Available on all school days. | Free, one on one, confidential support for ECCS students and their families who may be experiencing a variety of academic, behavioural, and social issues.   | Available at all East Central Catholic Schools locations. Can be accessed at the request of a student, parent, or school staff member.  |
| <b>Social Emotional Coach (BTPS)</b>      | Vermilion Elementary School<br>4837 44 St<br>J.R. Robson School<br>5102 46 St | VES – 780-853-5444<br><br>J.R. - 780-853-4177 | Available on all school days. | Free, short-term counselling for BTPS students and their families to address issues such as anger management, body image, life skills, bullying, divorce and separation, grief and loss, self-esteem, peer pressure and stress.  | Available at all Buffalo Trail Public Schools locations. Can be accessed at the request of a student, parent, or school staff member.   |
| <b>'The Edge' Drop-In Youth Centre</b>    | 4906 49 Ave   | 780-853-4229                                  | Thursdays:<br>3:30-6pm        | A free, drop-in, after school socializing spot for youth grades 7-12. Facility includes a variety of activities including board games, video games, computers, pool, and air hockey.   |   |
| <b>Snowflake House Respite Foundation</b> |   | 306-830-2655                                  |                               | Provides supports to families caring for children (age 0-18) with disabilities. Their primary service is hourly respite care to provide relief for regular caregivers, which can be provided in home or in the community. The foundation also offers supports for siblings, and a toy lending library. | Services are eligible to be subsidized under a variety of provincial and federal programs.<br>Website: <a href="http://www.snowflake-house.weebly.com">www.snowflake-house.weebly.com</a> |

## Seniors

| Organization                              | Address     | Contact  | Hours of Operation | Service(s)   | Notes |
|---|-------------|--|--------------------|--|-------|
| <b>Town of Vermilion Seniors' Support</b> | 5021 49 Ave | 780-853-5358<br><a href="mailto:smcrobert@vermilion.ca">smcrobert@vermilion.ca</a> |                    | Community referral/liaison service offered to person's over age 55 in Vermilion and area. Provides individualized advice to assist seniors with accessing relevant community and government services (e.g. housing, transportation, subsidies, health care, etc.). |       |

## Childcare

| Organization  | Address   | Contact  | Hours of Operation | Service(s)  | Notes   |
|---|---|--|--------------------|---|---|
| <b>Vermilion Play Development (VPD) – Early Learning Centre</b> | Vermilion Elementary School<br>4837 44 St         | 780-581-0108<br><a href="mailto:vpdearlylearning@gmail.com">vpdearlylearning@gmail.com</a> |                    | Pre-school programming for children aged 3-5 that includes play centres, crafts, hot lunch, field trips, physical activities, and outdoor play.               | Alberta Child Care subsidies available for those who qualify.<br>Website:<br><a href="http://www.vermilionplaydevelopment.com">www.vermilionplaydevelopment.com</a> |
| <b>VPD – Early Learning Lakeland</b>                            | Bentley Building<br>Room #114<br>Lakeland College | 780-853-8531<br><a href="mailto:v.p.dlakeland@gmail.com">v.p.dlakeland@gmail.com</a>       |                    | Daily programming for children ages 12 months to 5 years that includes activities, play centres, crafts, and physical activity. Lunch and snacks re provided. | Alberta Child Care subsidies available for those who qualify.<br>Website:<br><a href="http://www.vermilionplaydevelopment.com">www.vermilionplaydevelopment.com</a> |
| <b>VPD – Kids Korner</b>  | Vermilion Elementary School<br>5102 46 St         | 780-581-5376<br><a href="mailto:kids.korner345@gmail.com">kids.korner345@gmail.com</a>     |                    | Before and after school care for children in grades 1 to 6 that includes play, crafts, field trips, and   | Alberta Child Care subsidies available for those who qualify.<br>Website:<br><a href="http://www.vermilionplaydevelopment.com">www.vermilionplaydevelopment.com</a> |

outdoor and gym activities. Snacks are provided.

|                         |   |   |   |  |
|-------------------------|---|---|---|--|
| <b>VPD - Kindercare</b> | Vermilion Elementary School<br>5102 46 St | 780-581-5376<br>vpdkindercare@gmail.com | Before/after school and off-day programming for kindergarten students. Includes play centres, crafts, field trips, and outdoor and gym activities. Snacks are provided, hot lunch is available. | Alberta Child Care subsidies available for those who qualify.<br>Website: <a href="http://www.vermilionplaydevelopment.com">www.vermilionplaydevelopment.com</a> |
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|  |  |              |  |  |
|--|--|--------------|--|--|
| <b>East Central Family Day Home Agency</b> |  | 780-853-6190 | Connects families with licensed day home providers for children of all ages. |  |
|--|--|--------------|--|--|

|   |  |              |  |   |
|---|--|--------------|--|---|
| <b>Snowflake House Respite Foundation</b> |  | 306-830-2655 | Provides supports to families caring for children (age 0-18) with disabilities. Their primary service is hourly respite care to provide relief for regular caregivers, which can be provided in home or in the community. The foundation also offers supports for siblings, and a toy lending library. | Services are eligible to be subsidized under a variety of provincial and federal programs.<br>Website: <a href="http://www.snowflake-house.weebly.com">www.snowflake-house.weebly.com</a> |
|---|--|--------------|--|---|

**Housing**

| <b>Organization</b>                                | <b>Address</b>                       | <b>Contact</b> | <b>Hours of Operation</b> | <b>Service(s)</b>  | <b>Notes</b>   |
|--|--------------------------------------|----------------|---------------------------|--|--|
| <b>Vermilion &amp; District Housing Foundation</b> | Vermilion Valley Lodge<br>5401 46 St | 780-853-5706   |                           | Operates independent and assisted living facilities for seniors (55 yrs and older) and community housing for | Rent in community housing is based on 30% of the resident's monthly income. Applications are assessed based on |

|   |                                 |              |                      |  |   |
|---|---------------------------------|--------------|----------------------|--|---|
|   |                                 |              |                      | low-income families in the Vermilion area.   | need and can be obtained from the VDFH office.<br>Website: <a href="http://www.vdfh.ca">www.vdfh.ca</a>   |
| <b>Lloydminster Interval Home Women's Shelter</b> |                                 | 780-808-5282 |                      | Free emergency shelter for women and children who are victims of family violence or other life crises. While in residence, 24/hr staff offer support programs, in-home-programming, and referral to community resources. Length of stay can be up to three weeks. A 'next step' housing option is also available where families can spend up to one year living in a fully furnished, independent suite with staff support during the day. | 24/hr crisis support line: 780-875-0966<br>24/hr text support: 780-808-1777<br><br>Website: <a href="https://intervalhome.org/">https://intervalhome.org/</a> |
| <b>Lloydminster Men's Shelter</b>                 | 5001 48 Ave<br>Lloydminster, SK | 306-825-3977 | 5pm-8am<br>7 days/wk | Provides clean, safe temporary emergency housing for homeless adult males aged 18 and older.   |   |
| <b>Residents in Recovery</b>                      | 4804 50 Ave<br>Lloydminster, AB | 877-201-3955 |                      | Sober community housing and programming for individuals struggling with substance addiction. Residents of sober housing will be charged \$495 per month for rent and are required to attend daily programming at the centre. Programs are also open to community members using the housing service.  | No referral is required.<br><br>Website: <a href="https://www.residentsinrecovery.com/">https://www.residentsinrecovery.com/</a>                              |

## Literacy & Skill Development

| Organization                                      | Address                         | Contact                     | Hours of Operation   | Service(s)  | Notes  |
|---|---------------------------------|-----------------------------|--|---|--|
| <b>Vermilion Public Library</b>                   | 5001 49 Ave                     | 780-853-4288                | Mon: 12-5pm<br>Tues-Thurs:<br>10am-7pm<br>Fri & Sat:<br>10am-5pm | Offers affordable family and individual memberships, printing, scanning, photocopying, and free public access to computers and internet.  | For children's reading program, see Family Supports → Time to Rhyme.<br><br>Website: <a href="http://www.vermilionpubliclibrary.ca">www.vermilionpubliclibrary.ca</a>  |
| <b>Vermilion Outreach School</b>                  | 4925 50 Ave                     | 780-853-2111<br>vos@btps.ca |  | Offers an alternative method of completing a high school diploma for students in a variety of circumstances, including those who wish to redo or upgrade courses, are several courses short of their diploma, or are raising or expecting a child and require a flexible program. | VOS offers a variety of additional supports to students including asset building, goal setting, career planning, personal counselling, and breakfast.<br><br>Website: <a href="http://www.vos.btps.ca">www.vos.btps.ca</a> |
| <b>CLASS – Vermilion River Community Learning</b> | 5036 49 Ave                     | 780-853-2000                |  |   | Subsidy available for foundational learning courses.<br><br>Website: <a href="http://www.classab.ca">www.classab.ca</a>  |
| <b>Lloydminster Native Friendship Centre</b>      | 4602-49 Ave<br>Lloydminster, SK | 306-825-6558                | Mon-Fri: 9am-4:30pm<br>Closed 12pm-12:30pm for lunch.            | Offers free computer, photocopying, and fax use to the public to support job search needs (resume writing, emails, etc.) with the option of technical support/basic computer skills information for those who have little computer experience.                                    | Website: <a href="http://www.lnfc.org">www.lnfc.org</a>  |

## Improving Livable Income

| Organization                             | Address                                      | Contact        | Hours of Operation   | Service(s)   | Notes   |
|--|--|----------------|--|--|---|
| <b>Vermilion Alberta Works Centre</b>    | Vermilion Provincial Building<br>4701 52 St. | 780-853-8164   | Mon-Fri:<br>8:15am-4:30pm<br>Closed 12pm-1pm for lunch.      | Provides career and employment programs and resources to help local Albertans prepare for, find, and maintain employment. This includes providing career information, helping clients locate and obtain jobs, and offering use of computers, phones, fax machines, and photocopiers.                         |   |
| <b>Vermilion Alberta Supports Centre</b> | Vermilion Provincial Building<br>4701 52 St. | 780-853-8164   | Mon-Fri:<br>8:15am-4:20pm<br>Closed from 12pm-1pm for lunch. | Provides information and access to over 30 Government of Alberta programs and 120 community services regarding seniors, employment training, education planning, homelessness, financial needs, children/youth, families, guardianship, persons with disabilities, and abuse, bullying, violence prevention. |   |
| <b>Service Canada</b>                    | Vermilion Alberta Works<br>4701 52 St        | 1-800-206-7218 | 9:30am-3:30pm<br>Closed from 12pm-1pm for lunch.             | Quarterly, walk-in outreach services regarding Social Insurance Numbers, Canada Pension Plan, Old Age Security, Guaranteed Income Supplement, Employment Insurance, and My Service Canada Accounts.  | Contact for the next service date in Vermilion. |

|                            |                                       |              |   |   |  |
|----------------------------|---------------------------------------|--------------|---|---|--|
| <b>Each One, Teach One</b> | Vermilion Credit Union<br>5019 50 Ave | 780-853-2822 | Credit Union –<br>Mon-Wed:<br>9am-4pm<br>Thurs, Fri:<br>9am-5pm | Free financial literacy program focused on providing information to students in plain language. Sessions are instructed by volunteers from local financial institution. | Programs do not promote the Credit Union or other financial institutions to students. Contact for info on next available sessions. |
| <b>Scotia Cares</b>        | Vermilion Scotiabank<br>5037 50 Ave   | 780-853-5386 |   | Free financial planning information. Contact the branch for more information on how to access.  |  |

### Mental Health and Addiction

| Organization  | Address                                    | Contact      | Hours of Operation  | Service(s)   | Notes   |
|---|--|--------------|---------------------|--|---|
| <b>AHS Community Addiction &amp; Mental Health – Adult &amp; Youth Services</b> | Vermilion Provincial Building<br>4701 52st | 780-581-8000 | Mon-Fri: 8am-4:30pm | Offers addiction and mental health services for adults, children, and seniors who are experiencing addiction and mental health concerns that affect their daily life.  | No referral required.   |
| <b>AHS Continuing Care Counselling</b>  | Vermilion Provincial Building<br>4701 52st | 780-853-5270 | Mon-Fri: 8am-4:30pm | Offers support and navigation for those experiencing changes in their health. Services may include short-term counselling to help manage change, grief counselling, referrals to other services/healthcare providers as needed, and information on advanced care and end-of-life planning. | Referral from a doctor, long term care, or home care is required. |
| <b>Premura Counselling (Catholic)</b>   | 6612 35 St<br>Lloydminster, AB             | 780-875-9084 | By appointment      | Offers individual, couple, and family counselling services in Vermilion on Fridays. Residents of the Town are  | Appointments must be booked through the Lloydminster office.      |

|  |  |              |                               |  |  |
|--|--|--------------|-------------------------------|--|--|
| <b>Social Services)</b>  |  |              |                               | entitled to five free sessions a year, while those residing outside the town limits may access the service based on a sliding fee scale.   | Psychologist meets with patients at the Midtown Medical Clinic (5706 50 Ave).<br><br>No referral required.   |
| <b>VIBE – Vermilion is Being Empowered</b>                                   | JR Robson School<br>5102 46 St         | 780-853-3718 | Available on all school days. | A division of Mental Health Capacity Building that provides preventative mental health care to students in schools in Vermilion, Kitscoty, Mannville, Innisfree, Clandonald, and Dewberry. Programming includes presentations and events surrounding the development of mental health skills.                                    |  |
| <b>Canadian Mental Health Association – Independent Living Skills Worker</b> |  | 780-672-2570 | By appointment.               | Provides support to persons over the age of 16 suffering from mental illness. May assist with accommodations, financial assistance, skill development, recreation, accessing health care, etc. Services are provided with the goal of designing an individualized plan to overcome barriers and develop skills and independence. | Clients can self-refer or be referred by a health or community organization. Also available to help with filling out AISH and other financial assistance forms – a mental illness is not required for this service.<br><br>Comes to Vermilion on Wednesdays.         |
| <b>Thorpe Recovery Centre</b>  | 21060 Tranquility Way<br>Blackfoot, AB | 780-875-8890 |                               | Offers a variety of services for individuals struggling with substance addiction and their families, including medically supported detox, residential treatment, continuing care, and family education intensives.   | Clients are eligible for government-subsidized treatment, but numbers are limited. The centre may help connect clients with other funding sources as necessary.<br><br>Website:<br><a href="https://thorperecoverycentre.org/">https://thorperecoverycentre.org/</a> |



|                                      |                                    |              |                   |  |  |
|--------------------------------------|------------------------------------|--------------|-------------------|--|--|
| <b>Walking Through Grief Society</b> | 4837 51 Ave<br>Kitscoty, AB        | 780-853-1818 |                   | Provides programming and support in the form of parent groups and general grief groups to support survivors of suicide and other individuals dealing with grief and loss. Support for developmentally delayed individuals is also available. | Service is provided in the Lloydminster, Vermilion, and Wainwright area. |
| <b>Turning Point</b>                 |                                    | 403-346-8858 |                   | Offers a range of supplies to help mitigate potential impacts of high-risk behaviour. Some of the items people can access include safer sex, drug use, and piercing supplies. Will send supplies to patients address.                        |  |
| <b>Al-Anon Vermilion</b>             | First United Church<br>4918 52 Ave | 780-581-5359 | Tuesdays @<br>8pm | Support group for persons affected by the excessive drinking of loved ones. Group follows a Twelve Step program rooted in healing and understanding.   |  |

## Legal Supports

| Organization  | Address  | Contact      | Hours of Operation       | Service(s)  | Notes  |
|---|--|--------------|--------------------------|---|--|
| <b>Resolution Services (Family Court Counsellors)</b> | St. Paul Court House<br>4704 50 St<br>St. Paul, AB | 780-614-6300 | Mon-Fri:<br>8:15am – 4pm | Works directly with self-represented individuals and families to find appropriate solutions for family law issues, including family court counsellors and family court assistance. Services are appropriate for families going through separation/divorce or dealing with | Provides information assistance to St. Paul and area, including Vermilion. |

child custody, access, and support issues who are not represented by a lawyer.

**Battle River Victim Assistance Society**      Vermilion RCMP Detachment 5115 50 Ave      780-853-2839      Mon-Fri: 8am-5pm      Battle River Victim Assistance Society provides support, information and appropriate referral to victims of crime, crisis, tragedy and other misfortune.

**Affordable Transit**

| Organization                                | Address  | Contact      | Hours of Operation   | Service(s)  | Notes  |
|---|--|--------------|--|---|--|
| <b>Vermilion Handi-Van Society</b>          |  | 780-581-8905 |  | Wheelchair accessible van available for rent. Can accommodate up to 6 wheelchairs. Must be booked in advance.   | In town - \$10/round trip<br>Out of town appointments – charge \$10/person + \$1.50/km   |
| <b>Town of Vermilion Transport Vouchers</b> |  | 780-853-5358 |  | Transportation vouchers for seniors and persons with mobility challenges that can be used for taxi services in Vermilion.   | Vouchers can be accessed through the Seniors Centre, Midtown Medical Clinic, Vermilion Valley Lodge, and Town of Vermilion office. |
| <b>KCTI Travels</b>                         | Pick-up/drop off at Sammy’s Family Restaurant 4320 52 St | 780-263-5284 | Mon, Tues, Thurs, Fri, Sat<br>Pick-up/drop-off:<br>Lloyd – 10:15am/6:25 pm<br>Vermilion – 11am/5:40m | Offers bus service between to communities between Prince Albert and Edmonton (Prince Albert – Saskatoon-North Battleford-Lloydminster-Vermilion-Vegreville-Sherwood Park-Edmonton). | Website: <a href="http://www.kcti.ca">www.kcti.ca</a><br>Fare is dependent on route and can be calculated on website.              |

## Seasonal Programs

| Organization                                | Address                                      | Contact                     | Hours of Operation    | Service(s)   | Notes   |
|---|--|-----------------------------|-----------------------|--|---|
| <b>Vermilion Santa's Anonymous</b>          |  | 780-853-4240                |                       | Provides gifts for families in need during the Christmas season. Applications for assistance can be accessed through a variety of community organizations beginning in early November and can be mailed in or arranged to be picked up.  | Home gift deliveries take place during the week before Christmas. Access to the program is free and confidential.   |
| <b>Ron Moses Community Christmas Dinner</b> | Vermilion Seniors Centre<br>5324 50 Ave      | Lynda Moses<br>780-853-1818 | Dec 25 @<br>12pm      | Annual, free dinner held on Christmas Day at the Vermilion Senior's Centre. Entertainment begins at 12pm; dinner is served at 1pm. Delivery is available to those with mobility issues or lack of transportation in Vermilion and surrounding communities. Those wishing to attend or have food delivered must RSVP to Lynda by December 22. | Detailed info is usually published on the town website and in the Voice at the beginning of December each year.   |
| <b>Summer Fun Program</b>                   | Vermilion Regional Centre<br>5702 College Dr | 780-853-5358                | Mon-Fri<br>July & Aug | Activity program aimed at providing new and exciting learning experiences for children ages 5-11. Offers a variety of activities, field trips, and experiences each week.  | Families can choose daily, weekly, or 4-8 consecutive weeks of programming. Program was \$30/day in 2019 with significant savings for increased registration. Contact the town office for more info as summer approaches. |