

# SUNDRE AND AREA



**ASSISTANCE INFORMATION DIRECTORY**



# WELCOME



We all face hard times now and then. This is a helpful resource to access information, tools, and assistance. The acronym A.I.D. stands for Assistance Information Directory. Inside features local agencies, services, and non-profit organizations who provide most services free of charge. Newcomers, seniors, families, and individuals deserve easy to access direction on where to find help. Hard times can look very different to everyone, as can the path to well-being and success.

Sundre and Area A.I.D. was brought to you by Greenwood Neighbourhood Place Society (GNP), in partnership with Family Community Support Services (FCSS), the Town of Sundre, and Mountain View County. Valuing and striving for a healthy community since 2000, Greenwood Neighbourhood Place Society offers a variety of support programs, including information and referrals for the public. Please visit our office (#5 - 96 2 Ave NW, Sundre, AB), or call us at 403-638-1011 for resources. As information and listings are constantly changing, the most up to date version of this guide can be found at [www.mygnp.org/publications](http://www.mygnp.org/publications).



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# EMERGENCY SERVICES AND HELP LINES



## 24/7 SERVICES

### 9-1-1 Emergency

Police/Fire/Ambulance ..... 9-1-1

### 8-1-1 Health Link Alberta

24/7 Health Advice ..... 8-1-1

### 2-1-1 Alberta

Information and Referral System ..... 2-1-1

### Alberta Family Violence Info Line

24 Hr Support ..... 403-310-1818

### Bullying Help Line

24 Hr Help Line ..... 1-888-456-2323

### Canadian Human Trafficking Help Line

24 Hr Help Line ..... 1-833-900-1010

### Central Alberta Pregnancy Care Centre

24 Hr Help Line ..... 403-343-1619

Olds Location 24 Hr Help Line ..... 1-844-343-1611

### Central Alberta Sexual Assault Support Centre (CASASC)

24 Hr Support (Call or Text) ..... 1-866-956-1099

### Central Alberta Women's Emergency Shelter

24 Hr Tollfree Help Line ..... 1-888-346-5643

Crisis Text Line ..... 403-506-0485

### Child Abuse Hot Line

24 Hr Hot Line ..... 1-800-387-5437 (KIDS)

### ConnecTeen

24 Hr Help Line ..... 103-264-TEEN (8336)

Text and Chat (limited hours) ..... 587-333-2724

### Distress Centre

24 Hr Crisis Help Line ..... 403-266-HELP (4357)

### Kid's Help Phone

24 Hr Help Line ..... 1-800-668-6868

### Mental Health and Addictions (Tollfree)

24 Hr Mental Health Help Line . 1-877-303-2642

24 Hr Addiction Help Line ..... 1-866-332-2322

### Mountain View Food Bank

5025 50 St, Olds, AB

24 Hr Answering Service ..... 403-556-1693

### Native Youth Crisis Help Line

24 Hr Help Line ..... 1-877-209-1266

### Parent Help Line

24 Hr Help Line ..... 1-855-427-2736

### Poison & Drug Information Service (PADIS)

24 Hr Tollfree Help Line ..... 1-800-332-1414

### Suicide Distress Line

24 Hr Help Line ..... 1-800-SUICIDE (784-2433)

### Sundre Petroleum Operators Group (SPOG)

24 Hr Emergency # ..... 1-800-567-0818

## MUNICIPALITY/ EMERGENCY OFFICES

### Town of Sundre Office / Town Council

717 Main Ave W, Sundre, AB

Phone ..... 403-638-3551

Fax ..... 403-638-2100

Visit [www.sundre.com](http://www.sundre.com) for more information and to access the online business directory. Email: [townmail@sundre.com](mailto:townmail@sundre.com).

### Mountain View County Office

1408 TWP Rd 320, Mountain View County, AB

Tollfree ..... 1-877-264-9754

Need help finding a program or service? Relocating your family? Need more information regarding county issues, taxes, or permits? Contact the county office: [www.mountainviewcounty.com](http://www.mountainviewcounty.com).

[ **For Police/Fire/Ambulance Services**  
CALL 911 ]

### Sundre RCMP (Non-Emergency Support)

215 6 Ave NE, Sundre, AB

..... 403-638-3655

### Sundre Volunteer Fire Department

112 1 St NW, Sundre, AB

..... 403-638-4044

### Sundre Volunteer Search and Rescue Society

Phone ..... 403-638-6491

Email ..... [sundresearchandrescue@gmail.com](mailto:sundresearchandrescue@gmail.com)

### Chinook Arch Victim's Services

Crisis Supports ..... 1-844-828-4133



## OTHER GOVERNMENT SERVICES

### Provincial Government

Government of Alberta

Tollfree ..... 310-0000

The Government of Alberta's website provides a wide range of information and resources for individuals and families. Visit Alberta's provincial website here: [www.alberta.ca](http://www.alberta.ca). To contact your local Member of Legislative Assembly (MLA), visit: [www.assembly.ab.ca/members/members-of-the-legislative-assembly](http://www.assembly.ab.ca/members/members-of-the-legislative-assembly). To contact the Premier of Alberta, visit: [www.alberta.ca/premier-contact.cfm](http://www.alberta.ca/premier-contact.cfm).

### Federal Government

Government of Canada

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

Tollfree ..... 1-800-O-Canada (622-6232)

Contact your local Member of Parliament (MP) to voice your concerns and make recommendations. You can find your MP's contact details by visiting [www.ourcommons.ca/members/en](http://www.ourcommons.ca/members/en).

## DID YOU KNOW?...

Sundre and area residents combine to a permanent population estimated to total more than 7000! The seasonal population is much larger, as campers and travelers flock to our rugged backyard to participate in outdoor sports, camping, hiking, and annual rodeo festivities. A wide range of community services and resources are crucial for supporting both residents and visitors.

# HOME AND WORK ESSENTIALS



## FOOD AND NUTRITION

### Plus 1 - Sundre Emergency Food Hamper Program

Call/Text ..... 403-636-0554  
McDougal Church ..... 403-638-3503

An emergency food supplement program serving the Sundre community. This program is operated by McDougal Church. They are not a food bank, nor are they affiliated with any government agencies. Call or text to set up an appointment or receive donation details.

### Mountain View Food Bank

5025 50 St, Olds, AB  
..... 403-556-1693

Open Tuesdays from 9:00am to 1:00pm in Olds. A 24 hour answering service is available for emergency assistance outside of those hours. They provide hampers for individuals and families in Olds, Sundre, Carstairs, Cremona, Didsbury, and the county. For those in Sundre, free transportation can be arranged ahead of time via the Sundre Community Van Association (403-638-3266). Visit [www.mountainviewfoodbank.com](http://www.mountainviewfoodbank.com) for information.

### Sundre Santas Christmas Hamper Program

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

A program provided by Greenwood Neighbourhood Place Society, hampers of non-perishable food items and local gift cards are prepared for those requiring a helping hand over the holidays. Annually, Sundre Santas supports approximately 300 individuals with Christmas Hampers. Call GNP for details or visit [www.mygnp.org](http://www.mygnp.org) for more information.

### Nutrition for Learning

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Sundre and District Nutrition for Learning Society provides healthy snacks and milk to over 600 elementary students and a prepared breakfast is available to Sundre High School students. For information visit: [www.sundrenutrition.com](http://www.sundrenutrition.com).

### Public Health Dietitian - Alberta Health Services

..... 587-797-2200

A program providing direction on health, diet, and meeting nutritional needs. Registered dietitians work with communities to recognize the important role food and nutrition play in our lives and health.

### Sundre Community Garden

..... 403-638-1011

The Sundre Community Garden is coordinated by a volunteer committee operating under the umbrella of Greenwood Neighbourhood Place Society. The Sundre Community Garden is located on the Sundre Hospital grounds just west of the main entrance. It is a fenced-in area comprised of 28 plots of equal size available to community members to grow their own produce. Visit [www.mygnp.org](http://www.mygnp.org) for more information.

## CLOTHING

### Coats for the Cold

Bay 3 - 308 Main Ave W, Sundre, AB  
..... 403-638-8065

Donations accepted at Heart n Hand Creations and Gifts in Sundre. Free coats are offered to residents during winter months.

### Sundre Thrift Shop

212 5 St SE, Sundre, AB  
..... 403-638-3200

A thrift shop operated by the Sundre Hospital and Care Centre Auxiliary Society. Raised funds support the local hospital. Provides a range of clothing and household supplies. Call to confirm hours of operation. \$5 bag sales are twice a month!

### The Community Lending Shelf

4810 50 St, Olds, AB  
..... 403-438-0273

Offers gently-used and new clothing to anyone that needs it, newborn to adult sizes (always free!). To request items or donate, send a message through their Facebook page (@CommunityLendingShelf) and let them know what you need. Pick up is in Olds.

## TRANSPORTATION

### Sundre Community Van Association

..... 403-638-3266

Must call ahead to make arrangements. Available to anyone in need of a ride to run errands within the town of Sundre, from groceries, to appointments, to banking. The van will drop users off, then pick them up again and take them home. Cost is \$5 for the day, and operates Thursdays. Offers a wheelchair lift. On Tuesdays, the van can take people to Olds, AB to the Food Bank at no charge. The van is volunteer run.

### Harry's Taxi Service\*

..... 403-636-0288

\* The listed organization is a business



## HOUSING AND SHELTERS

### Mountain View Emergency Shelter Society (MVESS)

Olds Office - 4920 50 Ave, Olds, AB  
..... 403-586-4765

Serving Sundre, MVESS, promotes and supports Outreach Services for individuals and families who may be in an abusive relationship, are seeking information surrounding issues of domestic violence and/or are pursuing healthier lifestyle changes. The Outreach Coordinator is available to meet clients in person in Sundre. Call or email: [mountainviewemergencyshelter@gmail.com](mailto:mountainviewemergencyshelter@gmail.com). Visit their website for more information: [www.mountainviewemergencyshelter.ca](http://www.mountainviewemergencyshelter.ca).

### Red Deer Women's Emergency Shelter

24 Hr Tollfree Help Line ..... 1-888-346-5643  
Local ..... 403-346-5643  
Crisis Text Line ..... 403-506-0485

The Central Alberta Women's Emergency Shelter offers safe refuge, personal counseling, and community support for families experiencing family violence. Visit [www.cawes.com](http://www.cawes.com) for more information. Email [generalinfo@cawes.com](mailto:generalinfo@cawes.com) for general inquiries.

### Mountain Rose Women's Shelter Association

Phone ..... 403-845-5339  
24 Hr Crisis Line ..... 1-877-845-4141

Provides a free and safe emergency shelter. Outreach workers can provide an array of supports. Visit [www.mrwsa.net](http://www.mrwsa.net) for more information.



# FAMILY SUBSIDIES / FINANCIAL AID

## Tools for School

..... 403-638-1011

A program to collect and distribute school supplies for families in our Sundre and area. The objective is to guarantee that all children in the Sundre School have the opportunity to participate fully in all school activities, regardless of their family's financial status. Contact Greenwood Neighbourhood Place to access assistance or for more information.

## Play 4 Sundre Kidz

..... 403-507-0404

Play 4 Sundre Kidz provides financial assistance to support sport participation in youth and allow children the opportunity to participate in an activity of their choice. Apply by emailing [play4sundrekidz@gmail.com](mailto:play4sundrekidz@gmail.com) and requesting an application form. Applications can be for program fees or equipment costs required for the enrolled activity.

## Hope for Mountain View Kids

..... 403-507-2299

Helps local families with children in medical need across Mountain View County, including the community of Sundre. Financial aid may be provided, as well as assistance acquiring specialty equipment or therapy. Apply online or nominate a family in need. Visit [www.hope4mvckids.org](http://www.hope4mvckids.org) to apply.

## Jumpstart's Child Grant for Sport/Play

..... 1-844-YES-PLAY (937-7529)

Provides funding to families in financial need to cover the costs of participating in sport and recreation for kids ages 4-18 years old. Read eligibility requirements and apply for the grant through their website's online portal at [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca). Note: To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada's Low-Income Cut-Offs (LICO) chart.

## Alberta Child Health Benefit

Phone ..... 780-427-6848

Tollfree ..... 1-877-469-5437

A program provided for low income families who can apply to receive eyeglasses, prescription drugs, and dental care for their kids. This health plan is for children up to 18 years of age. Children who are 18 or 19 years old also qualify, if they are living at home and attending high school. Apply online: [www.alberta.ca/alberta-child-health-benefit.aspx](http://www.alberta.ca/alberta-child-health-benefit.aspx).

## Child Care Subsidy

Tollfree ..... 1-877-644-9992

Subsidies are available to offset the cost of child care for eligible families. Subsidy rates vary based on the child's age, family income, the child care program and the number of hours a child attends each month. Visit [www.alberta.ca/child-care-subsidy.aspx](http://www.alberta.ca/child-care-subsidy.aspx) to determine the subsidy that is right for you and fill out an application form.





## CLOTHING

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### Sunshine Taxi\*

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### Red Deer Women's Emergency Shelter

24 Hr Tollfree Help Line ..... 1-888-346-5643  
Local ..... 403-346-5643  
Crisis Text Line ..... 403-506-0485

The Central Alberta Women's Emergency Shelter offers safe refuge, personal counseling, and community support for families experiencing family violence. Visit [www.cawes.com](http://www.cawes.com) for more information. Email [generalinfo@cawes.com](mailto:generalinfo@cawes.com) for general inquiries.

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## EMPLOYMENT/CAREER MANAGEMENT

### Alberta Works Career Services - Olds Alberta Supports Centre

Ralph Klein Centre, 4500 - 50 St, Olds, AB  
..... 403-507-8060

The closest support centre serving Sundre area is located in Olds. Such centres offer job fairs, job postings, job search libraries, work training information, employment counselling, use of computers and photocopiers for job searches, and workshops. For more information visit: [www.alberta.ca/employment-services.aspx](http://www.alberta.ca/employment-services.aspx). Jobs are also regularly posted on their public Facebook page: @CentralAlbertaJobs.

### Greenwood Neighbourhood Place

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Greenwood Neighbourhood Place Society offers a range of employment support services to their community. They provide photocopying/faxing services, an up-to-date job board, and career development programs. Free access to computers is provided for job searches or EI applications. Resources can be accessed by calling or visiting their office.

### Career Assistance Network (CAN)

..... 403-341-7811

Though based in Red Deer, services are offered to Sundre. Information about their employment assistance programs, training services, and workshops can be found on their website. They offer career counselling and resources to assist in building a good resume/cover letter, improving interview skills, and searching for jobs. Offer one-on-one career support. Visit [www.rdcn.ca](http://www.rdcn.ca).

### Employment Placement Support Services (EPSS)

2830 Bremner Ave, Red Deer, AB  
..... 403-343-6249

Provide employment placement services and online training programs for workers in central Alberta and support services for families/individuals with disabilities. Offer virtual or in-person meetings. They serve all communities within Chinook's Edge School Division, including Sundre. Visit [epssreddeer.com](http://epssreddeer.com).



## ONLINE JOB SEARCH ENGINES

Technology makes job searching easier than ever before. Not only can you search job postings based on a location, key word, or qualification, you can often subscribe to receive email notifications whenever a new job is posted. Be one of the first applicants and never miss an opportunity!

[www.mvcareers.ca](http://www.mvcareers.ca)  
[www.ca.indeed.com](http://www.ca.indeed.com)  
[www.jobbank.gc.ca](http://www.jobbank.gc.ca)  
[www.ca.linkedin.com](http://www.ca.linkedin.com)  
[www.simplyhired.ca](http://www.simplyhired.ca)  
[www.workopolis.com](http://www.workopolis.com)  
[www.wowjobs.ca](http://www.wowjobs.ca)  
[www.glassdoor.ca](http://www.glassdoor.ca)

### ★ TIP!

Apply directly through the company website rather than through the above platforms. Use the above search engines to find opportunities, then pursue these opportunities in person, via email, or through the job posting on the company's website!

## ADULT EDUCATION

### Mountain View Communities Adult Learning Society (MVCALS)

Bay 123 - 1001 20 Ave, Didsbury, AB  
..... 403-415-6870

Supports adult learners and families in the mountain view county. Some programs are delivered at no cost. Visit [www.mvcals.org](http://www.mvcals.org) for more information or email [mvcalsed@mvcals.org](mailto:mvcalsed@mvcals.org). Programs can be found on their website.

### Sundre Continuing Education

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Provided through Greenwood Neighbourhood Place Society, Sundre Continuing Education provides non-credit courses, workshops, and learning opportunities for the general public. Courses are generally facilitated by people who have a special skill, extended experience, and expertise to bring local life-long learning opportunities to our community. Resources can be accessed by calling or visiting GNP's office or website ([www.mygnp.org](http://www.mygnp.org).)

### Campus Alberta Central Learning Site

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Greenwood Neighbourhood Place Society, in partnership with the Town of Sundre, is a Learning Site for Campus Alberta Central and can connect you to the right information and courses offered in your community. Visit the Campus Alberta website ([www.campusalbertacentral.com](http://www.campusalbertacentral.com)) or call or visit GNP's office for a list of current programs.

### Sundre Municipal Library

Box 539, #2 - 96 2 Ave NW, Sundre, AB  
..... 403-638-4000

The Sundre Municipal Library offers book, movie, audio-book, and other lending options. They provide a computer space, internet access, a meeting space, scanning/faxing services, courses, childrens' programs, and seminars. A library membership is free. Visit [www.sundre.prl.ab.ca](http://www.sundre.prl.ab.ca).



## LAW

### Central Alberta Community Legal Clinic

#106 - 4916 50 St, Red Deer, AB  
..... 1-877-314-9129

The Central Alberta Community Legal Clinic provides legal advice and information to people who cannot afford a lawyer and do not qualify for legal aid. For more information, visit [www.communitylegalclinic.net](http://www.communitylegalclinic.net) or email [info@communitylegalclinic.net](mailto:info@communitylegalclinic.net).

### Landlord and Tenant Issues

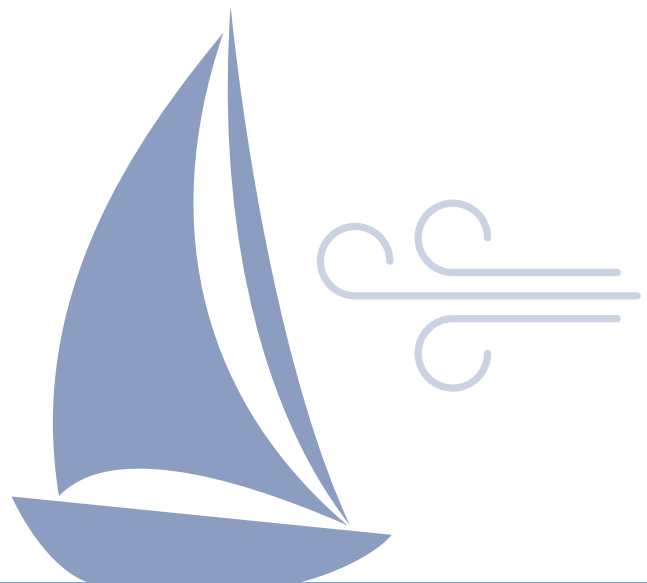
..... 1-877-427-4088

Service Alberta's Consumer Investigations Unit (CIU) accepts and reviews consumer complaints, and investigates potential violations of consumer protection and tenancy laws. This system provides a way for landlords and tenants to resolve serious disputes outside of court. Visit [www.alberta.ca/file-consumer-complaint.aspx](http://www.alberta.ca/file-consumer-complaint.aspx).

### Legal Aid Society of Alberta

..... 1-866-845-3425

The Legal Aid Society provides legal aid in civil and criminal matters for people who cannot afford to pay for a lawyer from their own resources. Visit [www.legalaid.ab.ca](http://www.legalaid.ab.ca) for more information.



## FINANCIAL ASSISTANCE / MONETARY RESOURCES

### Alberta Income Support Centre

Ralph Klein Centre, 4500 - 50 St, Olds, AB  
Olds ..... 403-507-8060  
Tollfree ..... 1-877-644-9992

Providing financial help for Albertans who do not have resources to meet their basic needs (food, clothing, shelter). They offer health benefit programs as well. More information can be found here: [www.alberta.ca/alberta-supports.aspx](http://www.alberta.ca/alberta-supports.aspx).

### Assured Income for the Severely Handicapped (AISH) - Alberta Supports

Ralph Klein Centre, 4500 - 50 St, Olds, AB  
Olds ..... 403-507-8060  
Tollfree ..... 1-877-644-9992

Financial and health benefits for eligible Albertans with a permanent medical condition that prevents them from earning a living. More information can be found by visiting [www.alberta.ca/aish.aspx](http://www.alberta.ca/aish.aspx).

### Service Canada Centre

General ..... 1-800-O-CANADA (622-6232)  
Outreach Support Centre ..... 1-877-631-2657

Service Canada provides Canadians with a single-point of access to a wide range of government services and benefits, including: Old Age Security, Canada Pension Plan, Employment Insurance, Medical EI, Student Aid, and other. If you require an appointment and do not have access to the internet, call the toll-free Service Canada Outreach Support Centre number above. Most other services can be accessed via their website ([www.canada.ca/service-canada-home](http://www.canada.ca/service-canada-home)) or by calling the general line.

### Community Volunteer Income Tax Program (CVITP)

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Program provided by Greenwood Neighbourhood Place. Free tax preparation is offered in the months of March and April for those needing assistance in filing their personal tax returns. Individuals and families must meet certain criteria to participate in this free program (an income threshold). The following returns do NOT qualify: self-employment, business or rental income, capital gains or losses, bankruptcy, or deceased in the year. Contact GNP for more information, or visit their office.



[eServiceCanada Service Request Form]

### Neighbours Helping Neighbours - Sundre and Area

..... 403-636-1111

An online non-profit that auctions off donated items from people in Sundre (and area) to raise funds to help people in the community who may need various forms of assistance. Those in need of assistance should phone for further information. Others looking to donate or purchase items can view their local Facebook page.

### Credit Counselling - Money Mentors

Suite 104 - 6740 Johnstone Drive,  
Red Deer, AB  
..... 1-888-294-0076

Money Mentors is the only Alberta-based, non-profit credit counselling, debt consolidation, and financial education agency. They work to educate Albertans in personal money management and the wise use of credit, and to provide alternatives for families and individuals facing financial crisis. Visit [www.moneymentors.ca](http://www.moneymentors.ca).

## EMPLOYMENT INSURANCE (EI)

Do you qualify for EI? Visit the Government of Canada website to determine your eligibility, fill out an online application, and submit your bi-weekly electronic reports. You will need to create a My Service Canada Account and keep your 4-digit access code in a safe place. You can submit reports by internet or by telephone.

[www.canada.ca/ei](http://www.canada.ca/ei)  
**1-800-206-7218**

### Applying for or calling EI? Have ready...

- Records of Employment (ROE)
- Banking information
  - o Transit number
  - o Branch number
  - o Account number
- Your physical and mailing address
- SIN number
- Mother's maiden name and spelling
- Previous employment information
  - o Employers' names and the dates you worked
  - o Date of your last day worked
  - o Hours/pay stub for your last week of work

# CHILDREN AND FAMILY SUPPORT SERVICES



## INFORMATION AND RESOURCES

### **Greenwood Neighbourhood Place (GNP)/ Sundre Family Community Support Services (FCSS)**

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

GNP is your community resource centre offering a wide range of support services, including information and referrals. Programming for youth, families, and seniors is offered in partnership with Sundre FCSS. FCSS offers a broad range of preventative programs that support people to develop independence, strengthen skills, and become more resistant to crisis. Resources can be accessed by calling or visiting their office or website [www.mygnp.org](http://www.mygnp.org).

### **Mountain View Family Resource Network (MVFRN)**

1606 14 St, Didsbury, AB  
..... 1-877-761-0033

Offers programming and services that promote healthy child/youth development and strengthen parents'/caregivers' capacity to meet their family needs. Their network of resources serve families with youth aged 0-18 years. Their Didsbury hub also serves Sundre, Carstairs, Cremona, and Olds. More information can be found at [www.mvfrn.ca](http://www.mvfrn.ca).

### **Teen & Young Adult Clinic - Primary Care Network: Peaks to Prairies**

Bay 7 - 557 Main Ave W, Sundre, AB  
Clinic Nurse ..... 403-586-0371  
General ..... 587-796-0765

The doctors and nurses at Sundre's Teen and Young Adult Clinic can provide support and care to teens and young adults on any health issue in a caring, sensitive, and confidential environment. For more information visit [www.peakstoprairiespcn.com](http://www.peakstoprairiespcn.com).

### **Healthy Families - Accredited Supports to the Community**

4322 50 Ave, Olds, AB  
..... 403-556-4110

Offers a free home visitation service for new parents, connecting families with resources in their community, helping to promote positive parent-child relationships and share information on growth development. In addition, their Parent-Child Assistance Program (PCAP) is a home visitation service for those who have self-reported use of alcohol and/or drugs. Visit [www.asc-mva.ab.ca](http://www.asc-mva.ab.ca).

### **Parents Empowering Parents (PEP) Society**

Family Support Line (Tollfree) .... 1-877-991-2737

A non-profit providing parents a resource to help them feel less alone and helpless when dealing with the issue of substance abuse/addiction in the home. The best way to help youth/adult children with substance abuse/addiction issues is through supporting and educating the parents & families. Visit [www.pepsociety.ca](http://www.pepsociety.ca) for more information.

### **Olds Pregnancy Care Center**

4801 49 Ave, Olds, AB  
Office ..... 587-796-1611  
24 Hr Help Line ..... 1-844-343-1611

A non-profit who provides compassionate support and education for individuals and families impacted by unexpected pregnancy and its effects. All programs and services are free, confidential, and offered in a safe, non-judgmental environment, regardless of age, gender, race, or religion. Visit [www.pregnancycares.ca](http://www.pregnancycares.ca).



### Family School Wellness Program

River Valley School ..... 403-638-3939  
Sundre High School ..... 403-638-4545

Works to provide a variety of supports and resources to school-aged children and their families throughout the school division to help them reach their social and emotional goals. For more information about their free and confidential services (offered within the Chinook's Edge School Division #73), please call your child's school.

### Central Region - Children's Services

Ralph Klein Centre, 4500 50 St, Olds, AB  
Main Phone ..... 403-507-8035  
After Hours Crisis Line ..... 1-800-638-0715

Children's Services is a safe place to report child safety concerns. Their offices are open Monday through Friday 8:15am – 4:30pm. If you are calling outside of business hours, please contact the Crisis line. Children's Services also provides Intervention Record Checks for individuals either working or volunteering with youth.

### DID YOU KNOW?...

**Each year in Canada, it is estimated that up to 362,000 children are exposed to family violence.**

## CHILDCARE

### Sundre Daycare Centre - Daycare (Ages 0-3)

#5B - 96 2 Ave NW, Sundre, AB  
..... 403-636-1088

Fully licensed. Offered to children ages 0-3. This program balances interactive care with preparing your child for kindergarten. They offer early morning drop off (6:30am) and late evening pick up (5:30pm). They are conveniently located by River Valley School. Government subsidies available to qualifying families. Visit [www.sundredaycare.ca](http://www.sundredaycare.ca).

### Little Duckling Daycare\*

267 4 St NW, Sundre, AB  
..... 403-638-2627

Is a privately run, fully licensed and funded daycare who focus on offering a "day-home feeling" service. They offer a subsidy for those who qualify. Visit [www.sundreducklings.wixsite.com/daycare](http://www.sundreducklings.wixsite.com/daycare).

### Mt. Imagination Childcare Centre\*

104 3 St NW, Sundre, AB  
..... 403-638-8062

"A happy home away from home for children." Mt. Imagination is an accredited daycare centre and boast a wonderful outdoor space in which they spend most of their free time enjoying.

### Sundre Daycare Centre - Preschool (Ages 3-4)

#5B - 96 2 Ave NW, Sundre, AB  
..... 403-636-1088

Fully licensed. Offered to children ages 3-4. The program runs from 8:30am - 12:30pm and prepares your child for kindergarten by balancing child chosen and teacher directed activities. They are conveniently located by River Valley School. Government subsidies available to qualifying families. Visit [www.sundredaycare.ca](http://www.sundredaycare.ca).

### Bergen Community Playschool (Ages 3-4)

..... 403-638-1704

Located at the Bergen Missionary Church. Offers a fun and educational play-based program for 3 and 4 year olds. They are non-denominational and limit class sizes to 12 children or less. Fully licensed with subsidies available.

### Sundre Daycare Centre - Valley Kids - Out of School Care (Ages 5-12)

#5B - 96 2 Ave NW, Sundre, AB  
..... 403-636-1088

Fully licensed. Offered to children ages 5-12, this program is catered to before and after school care. They offer early morning drop off (6:30am) and late evening pick up (5:30pm). They are conveniently located by River Valley School. Government subsidies available to qualifying families. Visit [www.sundredaycare.ca](http://www.sundredaycare.ca)

\* The listed organization is a business



## YOUTH PROGRAMMING

### Sundre Municipal Library Events

Box 539, #2 - 96 2 Ave NW, Sundre, AB  
..... 403-638-4000

The Sundre library offers programming for various ages of youth, including summer camps! Visit [www.sundre.prl.ab.ca](http://www.sundre.prl.ab.ca).

### The Den - Sundre Youth Centre (SYC)

Bay 5 - 102 Centre St N, Sundre, AB  
..... 403-638-1011

The Den SYC is a centrally located youth centre, walking distance to both the high school and elementary school. Open to youth in grades 7-12, different days of the week host junior/senior drop-ins, special events, and fun off-site activities. Contact Greenwood Neighbourhood Place for further details or visit [www.thedensyc.org](http://www.thedensyc.org).

### MainAveKidzClub.Naz

402 Main Ave W, Sundre, AB  
Program Director ..... 403-436-0186  
Church ..... 403-638-4055

The Nazarene Church in Sundre offers an after-school program on Wednesdays for kids in Kindergarten to Grade 5. Kids enjoy snacks, games, meeting new friends, Bible stories, and more! Visit [mainavefellowship.blogspot.com](http://mainavefellowship.blogspot.com).

### Greenwood Neighbourhood Place (GNP)/ Sundre Family Community Support Services (FCSS)

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Greenwood Neighbourhood Place Society and Sundre Family Community Support Services host a variety of preventative programs, day camps, and events for differing age groups. For inquires, please call or visit the office and ask to speak with the FCSS youth programmer, or visit [www.mygnp.org](http://www.mygnp.org).

### Mountain View Family Resource Network (MVFRN)

1606 14 St, Didsbury, AB  
..... 1-877-761-0033

Offers youth programming for ages 0-6, 7-12, and 13+. Visit [www.mvfrn.ca](http://www.mvfrn.ca) for more information and to register for a program!



### McDougal Community Christian Youth Group

..... 403-638-3503

McDougal Community Youth Group exists to accept and reach youth, teaching them to praise God and serve each other and their community in love. They meet most Friday nights throughout the school year. Through these events, they strive for each student to grow spiritually, emotionally, and relationally.

### YES - Youth Empowerment and Support Program

..... 403-556-9552

YES Program supports and protects the mental health and wellness needs of school children and youth in our communities. Call the above phone number, or contact your child's school within the Chinook's Edge School Division for more program information.

## CHILDREN'S EDUCATION

Schools within the Town of Sundre are a part of the Chinook's Edge School Division #73.

### River Valley School (Grades K-8)

..... 403-638-3939

### Sundre High School (Grades 9-12)

..... 403-638-4545

### Sundre Community Learning Centre

..... 403-638-3135

### Sundre Municipal Library

..... 403-638-4000

### Home School within Chinook's Edge School Division

..... 403-227-7070

Tollfree ..... 1-800-561-9229

# FAMILY SUBSIDIES / FINANCIAL AID

## Tools for School

..... 403-638-1011

A program to collect and distribute school supplies for families in our Sundre and area. The objective is to guarantee that all children in the Sundre School have the opportunity to participate fully in all school activities, regardless of their family's financial status. Contact Greenwood Neighbourhood Place to access assistance or for more information.

## Play 4 Sundre Kidz

..... 403-507-0404

Play 4 Sundre Kidz provides financial assistance to support sport participation in youth and allow children the opportunity to participate in an activity of their choice. Apply by emailing [play4sundrekidz@gmail.com](mailto:play4sundrekidz@gmail.com) and requesting an application form. Applications can be for program fees or equipment costs required for the enrolled activity.

## Hope for Mountain View Kids

..... 403-507-2299

Helps local families with children in medical need across Mountain View County, including the community of Sundre. Financial aid may be provided, as well as assistance acquiring specialty equipment or therapy. Apply online or nominate a family in need. Visit [www.hope4mvckids.org](http://www.hope4mvckids.org) to apply.

## Jumpstart's Child Grant for Sport/Play

..... 1-844-YES-PLAY (937-7529)

Provides funding to families in financial need to cover the costs of participating in sport and recreation for kids ages 4-18 years old. Read eligibility requirements and apply for the grant through their website's online portal at [jumpstart.canadiantire.ca](http://jumpstart.canadiantire.ca). Note: To be eligible for funding for one or more children, families must first meet specific financial criteria as per Revenue Canada's Low-Income Cut-Offs (LICO) chart.

## Alberta Child Health Benefit

Phone ..... 780-427-6848

Tollfree ..... 1-877-469-5437

A program provided for low income families who can apply to receive eyeglasses, prescription drugs, and dental care for their kids. This health plan is for children up to 18 years of age. Children who are 18 or 19 years old also qualify, if they are living at home and attending high school. Apply online: [www.alberta.ca/alberta-child-health-benefit.aspx](http://www.alberta.ca/alberta-child-health-benefit.aspx).

## Child Care Subsidy

Tollfree ..... 1-877-644-9992

Subsidies are available to offset the cost of child care for eligible families. Subsidy rates vary based on the child's age, family income, the child care program and the number of hours a child attends each month. Visit [www.alberta.ca/child-care-subsidy.aspx](http://www.alberta.ca/child-care-subsidy.aspx) to determine the subsidy that is right for you and fill out an application form.





# SENIOR RESOURCES



## SUPPORT SERVICES

### Alberta Seniors Supports

Tollfree ..... 1-877-644-9992  
Edmonton ..... 780-644-9992

Alberta Seniors Supports provides information on social-based supports offered by the Government of Alberta. Supports may include financial assistance for seniors, elder abuse resources, health information, affordable housing programs, and supports for caregivers and service providers. Visit [www.alberta.ca/senior-supports.aspx](http://www.alberta.ca/senior-supports.aspx).

### Seniors' Support Service - Sundre FCSS

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Seniors can book an appointment with a senior service provider who can offer application assistance to help meet their needs, whether it be financial, housing, or social supports. Sundre FCSS can answer questions related to independent living in our community and access to senior resources. Call Greenwood Neighbourhood Place for more information, or visit their office.

### S.P.R.U.C.E. (Seniors Protected and Respected Under Community Engagement)

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Elder abuse can take the form of financial, psychological, physical, sexual, neglect, or medication abuse. If you have concerns about an individual or someone you know who may be experiencing elder abuse, please call the Older Adult Case Manager at Greenwood Neighbourhood Place Society.

### Seniors Health - Primary Care Network: Peaks to Prairies

4920 50 Ave, Olds, AB  
..... 587-796-0765

As part of our Seniors Health program, the Healthy Aging Clinic supports adults ( $\geq 65$  years) through the aging journey. Their Seniors Health Registered Nurse will work with you and your family physician to develop an individualized care plan to best meet the needs of you and your family. You can expect discussion about your health, your life and how you are able to function on a daily basis. If you are interested in connecting with their Healthy Aging Clinic, ask your Family Physician for a referral.

### Senior Services - Service Canada

..... 1-800-277-9914

Service Canada provides assistance for seniors with questions regarding Old Age Security, Canada Pension Plan, Guaranteed Income Supplement, and more. Call the provided number to discover what is available to you as a senior. To see all the benefits available federally, visit [www.canada.ca/seniors](http://www.canada.ca/seniors).

## OLDER ADULT RECREATION

### Sundre West Country Centre

#4 - 101 2 Ave NW, Sundre, AB  
..... 403-638-3298

The Sundre West Country Centre is a 50+ recreational facility offering recreational and social activities to older adults and seniors. Activities could include carpet bowling, canasta, exercises, pool, floor curling, square dancing, crib, jam sessions and dancing, clogging, whist, potlucks, trips, bocce, and shanghai rummy. Membership is \$10 per year, or a \$2 drop-in fee. All activities are a come-when-you-can format. The center (including kitchen facilities) is also available for rent. Visit [www.westcountrycentre.com](http://www.westcountrycentre.com).

## ASSISTED LIVING

### Sundre Seniors' Supportive Living Facility - Mountain View Seniors' Housing (MVSH)

749 6 St SW, Sundre, AB

Olds MVSH Head Office ..... 403-556-2957

Sundre Lodge ..... 403-636-4200

Managed by Mountain View Seniors' Housing, the Sundre Seniors' Supportive Living Facility caters to all levels of care, from independent living to supportive living level four. Visit [www.mvsh.ca](http://www.mvsh.ca) for admissions or life-lease information.

### Sundre Community Health Centre - Alberta Health Services

212 6 Ave NE, Sundre, AB

..... 403-638-4063

When looking at care options for yourself or a loved one, there are a variety of continuing care options, including Home Care, Rehabilitative or Restorative Care, Long Term Care, Medication Assistance (MAP), and Palliative/End-of-Life Care. Call to set up your assessment and discover the services available. ([www.albertahealthservices.ca/continuingcare](http://www.albertahealthservices.ca/continuingcare))

### Nav-Care - Olds and District Hospice Society

4920 50 Ave Olds, AB

..... 403-586-9992

Trained navigators engage older adults to identify the services and resources available and to connect them to those resources using a best-fit, client-centered approach. Nav-Care volunteers visit clients in their home on a regular basis with a focus on enhancing quality of life. Visit [www.oldshospice.com/nav-care/](http://www.oldshospice.com/nav-care/) for more information. To connect with a Sundre Nav-Care volunteer, contact the Services Coordinator by email [servicecoordinator@hospiceolds.com](mailto:servicecoordinator@hospiceolds.com) or phone.

### Meals on Wheels

..... 403-638-3033

Provide nutritious meals to individuals who cannot make them for themselves. The meals are prepared at the Sundre hospital kitchen and delivered within the town limits by volunteer drivers. \*Contact the Sundre hospital (at the provided phone number above) and ask for the kitchen.

### Heart to Home Meal Delivery\*

..... 1-866-933-1516

Heart to Home Meals offer a variety of delicious entrees to choose from and provide options to suit your dietary needs. A delivery team will deliver your meal straight to your door for free. Order online or by phone. If desired, pay with cash or cheque upon delivery. To request a menu or place your order, visit [www.hearttohomemeals.ca](http://www.hearttohomemeals.ca) or call.

### Lifeline Medical Alert Systems\*

..... 1-866-387-1548

Help is seconds away. When you experience a fall, medical issue, or other emergency, every second counts. The Philips Lifeline Medical Alert Service provides simple, fast access to help 24 hours a day, 365 days a year. Worn as a neck or wrist style help-button, Lifeline can assist you or your loved one. Visit [www.lifeline.ca/en](http://www.lifeline.ca/en).

### Boomer Movers\*

..... 403-507-0334

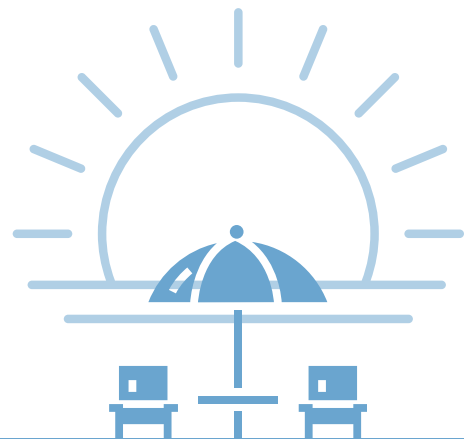
..... 403-586-1070

Boomer Movers is a seniors' move management company based in Olds, and serving surrounding areas. They assist and guide the downsizing and/or relocation process, creating a smooth and stress-free transition for seniors and their families. Additional services offered include: cleaning, waste removal, address/utility changes, shopping, and more. Consultations provided free. Visit [www.boomermovers.ca](http://www.boomermovers.ca).

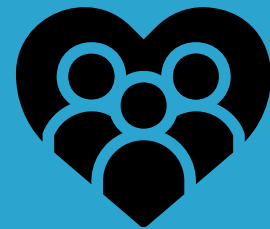
*\* The listed organization is a business*

## DID YOU KNOW?...

**27% of Sundre Residences are over the age of 65?**



# COUNSELLING AND SUPPORT GROUPS



## ADDICTIONS

### Addictions Counselling - Alberta Health Services

212 6 Ave NE, Sundre, AB

Direct Line ..... 403-636-7042

24 Hr Addiction Help Line ..... 1-866-332-2322

Assessment and support for those struggling with addiction in the Sundre area. Adult short-term addiction counselling is available. Support for family members is also available. Learn more at [ahs.ca](http://ahs.ca).

### Alcoholics Anonymous

..... 587-377-1117

Hope and help for those seeking to receive support on their journey to stop drinking. To find out current in-person or remote meeting times/locations for Sundre (District 14), visit [www.area78aa.org](http://www.area78aa.org) or call the Red Deer A.A. Central Office.

### AL-Anon

..... 403-346-0320

A mutual support program for people whose lives have been affected by someone else's drinking. Meeting times and locations can be found by visiting [www.al-anon.org](http://www.al-anon.org) or calling the Red Deer and Central Alberta Al-Anon Information Service (AIS). Participate free of charge.

### Parents Empowering Parents (PEP) Society

Family Support Line (Tollfree) .... 1-877-991-2737

A non-profit providing parents a resource to help them feel less alone and helpless when dealing with the issue of substance abuse/addiction in the home. The best way to help youth/adult children with substance abuse/addiction issues is through supporting and educating the parents & families. Visit [www.pepsociety.ca](http://www.pepsociety.ca) for more information.

### Narcotics Anonymous

Hot Line ..... 403-846-5798

Providing support to anyone for whom drugs have become a major problem. They are a nonprofit fellowship/society and group of recovering addicts who meet regularly to help each other stay clean. Narcotics Anonymous is not meant to imply a focus on any particular drug, and their approach makes no distinction between drugs, including alcohol. Membership is free. More information can be found at [www.centralalbertaareana.com/meetings](http://www.centralalbertaareana.com/meetings).

If you, or someone you know, is struggling with substance use, addiction, or a mental health problem, you may be wondering what you can do or where to turn.

Help is available... Let's chat.

## MENTAL HEALTH

### Mental Health - Alberta Health Services

709 1 St NE, Sundre, AB

Intake Line.....1-888-594-0211

Olds Mental Health Services ..... 403-507-8174

24 Hr Mental Health Help Line . 1-877-303-2642

In-person, zoom, and telephone support is available as needed for those struggling with their mental health. Intake occurs through the Olds service centre. All services are available Monday through Friday. Emergency needs are managed by the Myron Thompson Health Centre in Sundre. Adult short-term therapy is available through the Sundre Mental Health Liaison. Learn more at [ahs.ca](http://ahs.ca).

## Burden Bearers Counselling Centre

101 Main Ave E, Sundre, AB

..... 403-638-2650

Burden Bearers are dedicated to enhancing the emotional, physical, relational, and spiritual well being of those seeking counsel. They offer an affordable fee structure based on a sliding scale. Visit [www.burdenbearers.ca](http://www.burdenbearers.ca) to see the various types of concerns they address.

## Mental Health Counsellor - Primary Care Network: Peaks to Prairies

4920 50 Ave, Olds, AB

..... 587-796-0765

PCN Social Workers work closely with your Family Physician to offer a broad range of services, from emotional support to referrals for community resources for you, your family members and caregivers. PCN in Olds has a dedicated mental health worker for Sundre, offering free, short-term therapy. All you need to have is a family doctor in Sundre or Olds to access them.

## GRIEF AND LOSS

### Grief Support Groups - Sundre Palliative Care Association

Anne Brander ..... 403-507-1255

Diana Kleinloog ..... 403-335-8481

Grief support for Sundre and area residents for all types of grief and loss. They offer an 8 Week Grief Support Group (spring or fall, depending on need), Monthly Grief Sharing Support Group (monthly drop in), and One-to-One Grief Support (by phone or in person) with a trained grief facilitator. For more information: [www.sundrepalliativecare.ca](http://www.sundrepalliativecare.ca).

### Grief and Bereavement - Olds and District Hospice Society

4920 50 Ave, Olds, AB

..... 403-586-9992

Provides quality, compassionate care in a home-like setting for those facing death by offering physical, psychological, emotional, spiritual, and educational support to individuals, their families, and their communities at the end of life and during bereavement. Visit [www.oldshospice.com/grief-and-bereavement/](http://www.oldshospice.com/grief-and-bereavement/) for more information on their grief and bereavement programs.

## OTHER SUPPORTS

### Sundre Cancer Support Group

..... 403-638-2505

Find support by surrounding yourself with a group who understands the difficulties of facing the reality of cancer. This group meets regularly and shares their experiences. Call to inquire.

### Chinook Arch Victim's Services

..... 1-844-828-4133

Offers programs addressing domestic violence, sexual assault, child abuse, elder abuse, sudden death, sudden suicide, sudden news/notifications, common assaults, thefts, fraud, home invasions, fire, auto collisions, homelessness, and community disasters. Where needed, they can provide information and referrals for legal aid, financial aid, court preparation, attendance, and support. Visit [www.chinookarchvictimsservices.com](http://www.chinookarchvictimsservices.com).

### Sundre Ministerial

..... 403-636-0554

A team of churches within Sundre area available if you find yourself in need of help; whether physical, emotional, or spiritual, they will be able to direct you to an appropriate resource. To get in touch, email [sundreministerial@gmail.com](mailto:sundreministerial@gmail.com), or visit [www.sundreministerial.blogspot.com](http://www.sundreministerial.blogspot.com).

### Sundre Palliative Care Association

..... 403-335-8481

Trained NavCARE or Palliative Care volunteers are available to improve the quality of life for patients and their families facing the problems associated with a life-limiting or life-threatening illness. Palliative care can begin at any time after diagnosis. Care and comfort can be provided at your home, facility or hospital. For further information, visit [www.sundrepalliativecare.ca](http://www.sundrepalliativecare.ca).





**Greenwood Neighbourhood Place (GNP) / Sundre Family Community Support Services (FCSS)**

#5 - 96 2 Ave NW, Sundre, AB  
..... 403-638-1011

Greenwood Neighbourhood Place can provide information and current list of private counselling and grief support options not listed in this guide. Some of these providers may charge a fee for their professional services.

At different times there are a variety of informal programs that support and enhance individual and community mental health and well-being. Examples include initiatives under the Rural Mental Health Project. Reach out to find out more.

**Sundre Caregiver Support Group**

402 Main Ave W, Sundre, AB  
..... 403-636-6285

This is a group for anyone providing care or support to those with healthcare needs, including chronic or terminal illness, dementia, and facility placement. Gatherings provide a safe and confidential environment with participant-driven discussion. Please call a facilitator to confirm meeting location and time.

**The Outreach Centre**

4101 54 Ave, Red Deer, AB  
..... 403-347-2480  
Tollfree ..... 1-866-347-2480

Provides services, programs, resources, and online education for residents of Central Alberta experiencing the effects of domestic violence, suicide, homelessness, and/or the effects of poverty. Please email [info@theoutreachcentre.org](mailto:info@theoutreachcentre.org) or visit their website [www.theoutreachcentre.org](http://www.theoutreachcentre.org).

**Olds Pregnancy Care Centre**

4801 49 Ave, Olds, AB  
Office ..... 587-796-1611  
24 Hour Helpline ..... 1-844-343-1611

A non-profit who provides compassionate support and education for individuals and families impacted by unexpected pregnancy and its effects. All programs and services are free, confidential, and offered in a safe, non-judgmental environment, regardless of age, gender, race, or religion. Visit [www.pregnancycares.ca](http://www.pregnancycares.ca).

**Central Alberta Sexual Assault Support Centre (CASASC)**

Main Line ..... 403-340-1124  
24/7 Crisis Line (Phone/Text) ..... 1-866-956-1099

CASASC offers short-term clinical counselling, outreach, crisis response, and pet/play therapy for individuals who have been affected by sexual violence. CASASC walks alongside those needing help navigating their journey towards healing. Their services are accessible to all, free of charge, and do not require a referral or special circumstances. Visit [www.casasc.ca](http://www.casasc.ca) to learn more.

**Sagesse - Support for Domestic Abuse Victims**

..... 403-234-7337

Offering peer support services for those who have been victims of domestic violence/abuse. They work on prevention, intervention, and collective impact to tackle all the systemic and societal causes that lead to domestic abuse. Visit [www.sagesse.org](http://www.sagesse.org) for more information.

**TogetherAll**

Togetherall is a safe, online community where people support each other anonymously to improve mental health and wellbeing. Millions of people across Canada have free access through organizations, colleges and universities. Togetherall is free to all residents aged 16+ in Alberta. Visit [www.togetherall.com](http://www.togetherall.com) to register and get started.

**EATING DISORDER SUPPORTS**

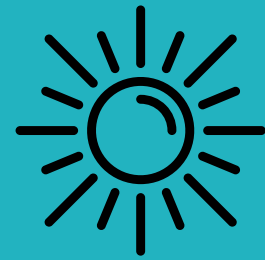
**Access 24/7**  
..... 780-424-2424

**Eating Disorder Support Network Alberta**  
..... [www.edsna.ca](http://www.edsna.ca)

**Disordered Eating – Child and Adolescent**  
..... 403-340-5274

**National Eating Disorder Info Centre**  
..... 1-866-633-4220

# DISABILITIES AND SPECIAL NEEDS



## CAREER DEVELOPMENT

### Accredited Supports to the Community

4322 50 Ave, Olds, AB

..... 403-556-4110

Provide a range of services, including Careers for Everyone. This employment service is offered to people with disabilities to help them gain and maintain employment. Visit [www.asc-mva.ab.ca](http://www.asc-mva.ab.ca).

### Employment Placement Support Services (EPSS)

2830 Bremner Ave, Red Deer, AB

..... 403-343-6249

Provide employment placement services and online training programs for workers in central Alberta and support services for families/individuals with disabilities. Offer virtual or in-person meetings. They serve all communities within Chinook's Edge School Division, including Sundre. Visit [epssreddeer.com](http://epssreddeer.com).

## SUPPORT SERVICES AND PROGRAMS

### Accredited Supports to the Community

4322 50 Ave, Olds, AB

..... 403-556-4110

Provide services in the following core areas: Community Disability Services, such as community living or community access (for adults with developmental disabilities or acquired brain injuries), Careers for Everyone (employment services for people with disabilities), and Family Supports for Children with Disabilities (providing support for children with special needs and their caretakers and families). Visit [www.asc-mva.ab.ca](http://www.asc-mva.ab.ca).

### Special Olympics - Olds and District

..... 403-556-8696

Special Olympics provide opportunities for all people with intellectual disabilities to improve their fitness levels and to enjoy the benefits experienced through organized sports. They also provide participants the chance to have fun together. Discover more by visiting their website at [www.specialolympics.ca/alberta/olds](http://www.specialolympics.ca/alberta/olds).

### Central Alberta Fetal Alcohol Spectrum Disorder (FASD) Network

#206 - 33 McKenzie Crescent, Red Deer, AB

..... 403-342-7499

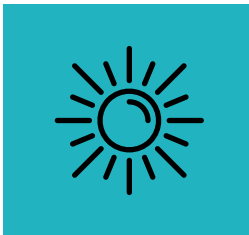
A non-profit organization providing outreach services, mentorship, and supports for individuals, partners, and caregivers impacted by FASD. Assistance is provided to those who have consumed alcohol during a pregnancy, are affected by FASD at any point during pregnancy and/or after childbirth. Diagnosis, assessment, and resource connection is also offered. Visit their website here: [www.centrafasd.org](http://www.centrafasd.org).

### Learning Disabilities Association of Alberta

..... 403-340-3885

Dedicated to advancing the education and social development of people with learning disabilities and ADHD and providing resources that can help families. Visit their website [www.ldalberta.ca](http://www.ldalberta.ca) for more information. Contact the Red Deer chapter for assessments and programming ([execdir@ldreddeer.ca](mailto:execdir@ldreddeer.ca)).

# ACCESSING MEDICAL EQUIPMENT



## Alberta Aids to Daily Living (AADL) Program

..... 780-427-0731

A cost-sharing program assisting Albertans with long-term disability, chronic illness, or terminal illness in maintaining independence in their community through the provision of basic medical equipment and supplies. Albertans must first be seen by an AADL-approved authorizer to determine their basic, clinically-assessed needs. To contact an authorizer, call AHS's Health Link at 811.

## Medical Equipment Lending (MEL) Society

4907 44 St, Rocky Mountain House, AB

..... 403-845-7470

Rent out a variety of medical equipment, including canes, crutches, power lifts and seats, walkers, and wheelchairs. Their service helps to prevent people from being and feeling isolated while enhancing their ability to access, participate and live in their community longer. Their inventory can be found on their website: [www.melsociety.com](http://www.melsociety.com). Renting equipment can be far more affordable than buying. Call to reserve your needed equipment.

## The Lending Cupboard

#1 - 7803 50 Ave, Red Deer, AB

..... 403-356-1678

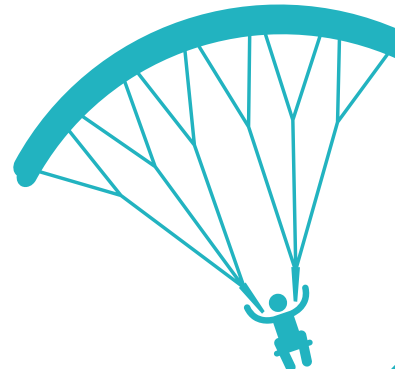
The Lending Cupboard is a registered charity that provides equipment to enhance quality of life by maintaining mobility, independence, and dignity to people in Central Alberta. They rent medical equipment to those with short term, long term, minor, or more serious needs. Some specialty equipment can be provided. Visit [www.lendingcupboard.ca](http://www.lendingcupboard.ca) to browse their inventory.

## Alberta Brain Injury Network

5017 50 Ave, Red Deer, AB

..... 403-342-2266

Individuals who have sustained a brain injury, are 18 years or older, and live somewhat independently (not at a staffed facility) are able to access a scope of supports, including financial, rehabilitative, and legal aid. Anyone can complete a referral form for a brain injury survivor. Visit [www.cmhareddeer.ca](http://www.cmhareddeer.ca).





# INDIGENOUS SUPPORTS



## INFORMATION AND SUPPORTS

### **Alberta Native Friendship Centres Association (ANFCA)**

Red Deer ..... 403-340-0020

Rocky Mountain House ..... 403-845-2788

Friendship Centres provide cultural programs and services in health, social services, family preservation and traditional parenting, housing support, education, and cultural connections for all people of all age groups. Programs offered include the Asuni Wahchi Awasisuk Headstart Program, the Aboriginal Community Building Program, the Aboriginal Early Intervention Program, and the Adult Literacy Program. Visit [anfca.com](http://anfca.com) for more information.

### **Native Counselling Services of Alberta**

Edmonton Head Office ..... 780-451-4002

Provides programs and services that are grounded in reclaiming interconnectedness, reconciliation of relationships and self determination. Assists Indigenous people in gaining fair and equitable access to the justice, children's services, and corrections systems in Alberta. Visit [www.ncsa.ca](http://www.ncsa.ca) for more information.

### **Aboriginal Futures - Career and Training Centre**

#200 - 6011 1A St SW, Calgary, AB

..... 403-253-5311

Multiple Indigenous Skills Employment and Training Program (ISET) offices exist within Southern Alberta. They help with career decision making, education and training enhancements, and employment preparation. Indigenous owned and operated. Visit [aboriginalfutures.com](http://aboriginalfutures.com) for more information. See below for Red Deer's ISET office.

Red Deer Indigenous Employment Services

..... 1-888-504-4056



# WORLDVIEWS AND SPIRITUALITY



## SUNDRE AND AREA MINISTERIAL

Churches in Sundre, Alberta and surrounding area, here to serve the Spiritual needs of the community. For more information on the listed organizations, including phone numbers or website links, please visit:

[www.sundreministerial.blogspot.com/p/about-us.html](http://www.sundreministerial.blogspot.com/p/about-us.html).

### **Bergen Missionary Church**

5440 TWP 320, Bergen, AB

### **Caroline Church of the Nazarene**

4803 50 St, Caroline, AB

### **Cowboy Church**

James River Hall, James River, AB

### **Eagle Hill Community Church**

10-4162 TWP 332, Mountain View County, Eagle Hill, AB

### **Faith Lutheran Church**

205 11 St NE, Sundre, AB

### **Garrington Community Church**

3424 Alberta 587 West, Bowden, AB

### **Home Church**

101 2 Ave NW, Sundre, AB

### **Main Avenue Fellowship, Church of the Nazarene**

402 Main Ave W, Sundre, AB



### **McDougal Chapel**

Hwy 27 and RR 60, Sundre, AB

### **Our Lady of Fatima Catholic Church**

123 2 St SW, Sundre, AB

### **St. Cuthbert & St. George Anglican**

602 1 St NE, Sundre, AB

### **Sundre Gospel Centre**

801 1 St NE, Sundre, AB

### **Sundre United Church**

118 Centre St N, Sundre, AB



# HEALTH AND WELL-BEING



## HEALTH

### **Myron Thompson Health Centre / Sundre Hospital**

709 1 St NE, Sundre, AB  
..... 403-638-3033

### **Sundre Community Health Centre**

212 6 Ave NE, Sundre, AB  
..... 403-638-4063

### **Moose and Squirrel Medical Clinic**

#2 - 200 Main Ave W, Sundre, AB  
.....403-638-4433

### **Greenwood Family Physicians**

709 1 St NE, Sundre, AB  
..... 403-638-2424

### **Health Link Alberta**

24/7 Health Advice ..... 8-1-1

### **Sundre Dental Clinic\***

#203B - Main Ave W, Sundre, AB  
..... 403-638-8889

### **Sundre Denture Clinic\***

306 Main Ave W, Sundre, AB  
..... 403-638-2880

### **Maria's Dental Hygiene Ltd.\***

#3 - 110 Main Ave W, Sundre, AB  
..... 403-636-1440

### **Sundre Eyecare Clinic\***

101 6 St SW, Sundre, AB  
..... 403-638-1005

*\* The listed organization is a business*

## PHARMACIES

### **Pharmasave**

557 Main Ave W, Sundre, AB  
..... 403-638-4944

### **Sundre Family Pharmacy**

#12 - 200 Main Ave W, Sundre, AB  
..... 403-638-4510

### **PharmaChoice Sundre Community Drug Mart**

403 Main Ave W, Sundre, AB  
.....403-638-3922

## HEALTHY SUPPORT

### **Primary Care Network: Peaks to Prairies**

..... 587-796-0765

Visit [www.peakstoprairiespcn.com](http://www.peakstoprairiespcn.com). Their mission is to provide patient-focused care, support, and resources to enable individuals to be in their best health. Their caring team of professionals includes nurses, social workers, exercise specialists, and clinic/administrative support staff. In coordination with your Family Physician, their PCN team will connect you with the medical and health services you need.

### **Alberta Healthy Living Program**

..... 1-877-314-6997

Provides services to those with chronic conditions. These services include information, education, techniques, and support to help improve your health and quality of life with a chronic condition. See the Alberta Health Services website [www.albertahealthservices.ca/info/page13984.aspx](http://www.albertahealthservices.ca/info/page13984.aspx) for more details (Sundre is in the "Central Zone").

Contribute to your mental health and well-being by maintaining an active lifestyle and fostering important social connections. Sundre has so much to offer! To find out how to connect with and participate in these many activities, be sure to ask Greenwood Neighbourhood Place Society or the Town of Sundre.



## SPORTS AND RECREATION

Sundre Community Garden  
Sundre Gymnastics Club  
4H Club  
Sundre Minor Hockey Association  
Ice Arena  
Curling Club and Rink  
Sundre Aquaplex (indoor swimming pool & fitness centre)  
Ball Diamonds  
Greenwood Campground  
Rodeo Grounds  
Walking / Cross-Country Ski Trails  
Skatepark  
Tennis/Pickle Ball Courts  
Golf Courses  
Yoga Classes

## ARTS AND CULTURE

Performing Arts Centre  
Dance Classes  
Peak Theatre Players Drama Club  
Community Centre Auditorium  
Elks Hall  
Legion Hall  
Municipal Library  
Sundre and District Allied Arts Society  
Sundre and District Historical Society  
Sundre Community Choir  
Museum and Pioneer Village  
Art Clubs

## VOLUNTEER OPPORTUNITIES

**Sundre Volunteer Centre (Greenwood Neighbourhood Place / Family and Community Support Services)**

#5 - 96 2 Ave NW, Sundre, AB

..... 403-638-1011

With connections to different projects within and around Sundre, there is always a need for volunteers to fill meaningful positions. More information can be found by calling or visiting Greenwood Neighbourhood Place. Discover how you can contribute to your community today! Visit [www.mygnp.org](http://www.mygnp.org) or Volunteer Sundre Facebook page for current listings.

## COMMUNITY SERVICES AND EVENT INFORMATION

**" Sundre On The Go "**

..... 403-638-1011

Greenwood Neighbourhood Place Society releases a monthly Community Newsletter called "Sundre On The Go." To receive this publication by email, call Greenwood Neighbourhood Place to be added to their subscription list. In order to receive it in the mail, please ensure your mailbox accepts flyers. A digital copy can be downloaded from GNP's website at any time ([www.mygnp.org](http://www.mygnp.org)).







