



# Peace Country Social Services Directory

The cover features a background image of a landscape with mountains and a body of water under a cloudy sky. Overlaid on this are large, sweeping, curved bands in shades of green and teal. The title 'Peace Country Social Services Directory' is prominently displayed in the upper right, with 'Peace Country' in teal and 'Social Services Directory' in green.

# Peace Country Social Services Directory

## Crisis/Help Lines & Team

If someone is at immediate risk and you need help, call the RCMP at 911.

<b>Ambulance/Fire/Police</b> .....	911
<b>Addictions Help Line</b> .....	1.866.332.2322
<b>Alberta Supports</b> .....	1.877.644.9992
<b>Alberta Health Services Addictions Help Line</b> .....	1.866.332.2322
For anyone with concerns about alcohol, drug, gambling or tobacco problems.	
<b>Bullying Line</b> .....	1.888.456.2323
Information on bullying prevention and intervention (mostly workplace)	
<b>Child Abuse Hotline</b> .....	1.800.387.5437
<b>Distress Line</b> .....	1.877.321.2747
<b>Family Violence Info Line</b> .....	310.1818
<b>First Nations and Inuit Hope for Wellness Help Line</b> 1.855.242.3310 To connect First Nations and Inuit young people and adults experiencing distress with experienced crisis intervention counselors. Services available in English and French, and if requested – Cree, Ojibway and Inuktitut.	
<b>Fairview Crossroads</b> .....	780.835.2120
or .....	1.877.835.2120
Help for people in distress or concerned about a friend/family member with any kind of problem.	
<b>Health Link</b> .....	811
Advice and information provided by trained registered nurses.	

## HIV/AIDS and Sexually Transmitted Disease

<b>Information</b> .....	1.800.772.2437
Answered by a nurse Monday-Friday during business hours - otherwise, recorded information is provided.	
<b>Kids Help Phone</b> (up to age 20) .....	1.800.668.6868
<b>LGBTQ</b> (Gay & Lesbian) .....	1.800.688.4765
<b>Mental Health Help Line</b> .....	1.877.303.2642
Information and referral.	
<b>Mental Health Help Desk</b> .....	1.800.779.5057
<b>Native Youth Crisis Hotline</b> .....	1.877.209.1266
<b>Peace Country Sexual Assault Help Line</b> .....	
1.888.37PEACE (1.888.377.3223)	
or .....	
780.539.6692	
<b>Protection for Persons in Care Hotline</b> .....	
1.888.357.9339	
<b>PACT Team</b>	
Mobile crisis response team to assess & stabilize mental health crises. Rotating shifts.	
<b>Contact through 911</b>	
<b>Suicide Prevention Help Line</b> .....	1.800.784.2433
<b>Support Network Crisis Suicide Line</b> ....	1.800.232.7288
<b>Safe Home 24 Hour Crisis Line</b> .....	1.888.926.0301



# Peace Country Social Services Directory

## Support & Counseling

Also see Drugs/Alcohol/Gambling.

### ALBERTA HEALTH MENTAL HEALTH SERVICES IN FAIRVIEW

#### Child and Youth Services, Adult Short-Term Services, Mental Health Promotion

Walk-In Thursdays 1-3pm - first come first served, only 3 appointments available..... 780 624 6151  
or toll free ..... 1 877 823 6433

### AHS ADDICTIONS SERVICES IN FAIRVIEW

Outpatients Treatment Services Tues./Fri.  
..... 780 624 6193

### GRANDE PRAIRIE & BEAVERLODGE ADDICTIONS AND MENTAL HEALTH

**In Person** Aberdeen Centre - 9am to 4 pm, Mon. to Fri.  
Closed noon to 1pm. 9728-101 Ave., Grande Prairie, AB  
**By Phone** 7 days a week - 9am to 7pm ..... 587.259.5513

#### Other Locations

Grande Cache ..... 780.827.4998  
Valleyview ..... 780.524.5096  
Fox Creek ..... 780.622.5106

Services for the treatment of mental health or substance abuse problems. Tell them if it is urgent (e.g., suicide risk). They can connect you to counseling, treatment, groups, etc.

#### Better Choices, Better Health Workshops

..... 1.877.349.5711  
An Alberta Health Services group for people living with chronic disease, including mental health issues – can be diagnosed or undiagnosed. A six week, structured group. Call for more information or to register.

**The Breakfast Club** ..... 780.539.7142  
E-mail: ..... bclub@sp-rc.ca Text: 780.402.1579

Free weekend retreats for teens (13-17) & one to two day workshops for preteens (grades 4-6) who want to learn new ways of dealing with problems, make new friends, and have some fun. Helps with problems such as conflict with family or friends, school issues, stress, low self-esteem or emotional struggles. Anybody can make a referral to the Breakfast Club, including teens, parents/guardians, coaches, teachers, agencies, etc.

**Burden Bearers** ..... 780.539.5225  
Individual, family, marriage and group counseling based on Biblical principles, available regardless of ability to pay.

**Catholic Family Services** ..... 780.532.9381  
Personal, couple, group or family counseling (sliding scale fee). Nondenominational. Parenting groups and parenting through divorce group.

**Critical Resources & Suicide Prevention**  
..... 780 538 5438

#### Eating Disorders

If you are in crisis, please contact the Mental Health ICAT Team at 587.259.5513 or go to your nearest Emergency Room. For workshops on eating disorders and body image, contact the Public Health Centre at 1.800.732.8981 & ask to speak with a Nutrition Program Dietitian.



# Peace Country Social Services Directory

## Support & Counseling

Also see Drugs/Alcohol/Gambling.

### Fairview & Area Palliative Care Society

.....780.835.4951

**Compassionate Friends of Canada** .....1.866.823.0141

**Canadian Cancer Society** .....780.437.8424

**Good Grief Community** .....780.830.7742

Lions Learning Centre, 9625 Prairie Road, Grande Prairie  
Free drop-in meetings, 3rd Wednesday of the month, 7pm.

### Grief Support Association/Circle of Life

.....780.539.5432

Programs for children affected by loss.

**Grande Cache Transition House** .....780.827.3776

### Hope & Healing Through Grief

#### Suicide Survivors

.....780.624.6151

**Men's Support Group** .....780.539.6680

Suicide Prevention Resource Centre  
#200, 10014 99 Street, Grande Prairie (Nordic Court - use  
front door buzzer to access building).

A no-charge, drop-in group with a facilitator, for men who  
have had losses (relationship, divorce, death, financial/  
employment). Wednesdays, 7pm.

### Northwest Peace Community Adult

**Learning Council** .....780.835.6618

Healing the Bereaved Soul.

### Odyssey House Support Groups

**for Women, Outreach** .....780.532.2672

24 hour line. Call for address.

Assisting women to gain power and control for  
independence in their lives. Self-Esteem Group and Abuse  
Group – Open to the public. Call 780.538.1332  
for Outreach staff, who can meet with clients at various  
locations and offer support.

### Some other Solutions Society for

**Crisis Prevention** .....780.743.8605

**Suicide Bereavement** .....780.539.6680

Call the Suicide Prevention Resource Centre for  
information about support groups and events or for  
individual support. Assistance is available following  
suicide or an attempt for families, groups, workplaces,  
etc. (postvention, survivor support).

**Women's Support Group** .....780.539.6692

PACE, 10031 103 Avenue, Grande Prairie

Free, drop-in, every Tuesday, 6:30-8:30pm

Open to all women.





# Peace Country Social Services Directory

## Hospitals & Health Centres

Fairview .....	780.835.6100
Beaverlodge .....	780.354.2136
Central Peace (Spirit River) .....	780.864.3993
Fox Creek .....	780.622.3545
Grande Cache .....	780.827.3701
Valleyview .....	780.524.3356
Queen Elizabeth II (Grande Prairie) .....	780.538.7100*

\*Medical and psychiatric help for people in crisis

## Abuse, Violence & Crime

Child & Family Services Fairview .....	780.835.7191
Grande Prairie (24 Hrs.) .....	780.538.5159
Grande Cache .....	780.827.2245
Valleyview .....	780.524.4106
Fox Creek .....	780.538.5159
Free call through RITE Line .....	310.0000
Child Abuse Hotline (no charge) .....	1.800.387.5437
or .....	1.800.638.0715

To report or get help for child abuse, neglect, or safety concerns.

John Howard Society .....	780.532.0373
Domestic violence programming for men & women. Education & support services. Tabano Youth Centre. Communication & parenting in/after separation.	
Odyssey House Grande Prairie (24 Hrs.) ....	780.532.2672
Grande Cache Transition House .....	780.827.3776
Shelter and support for women with or without children.	

PACE Sexual Assault Centre .....	780.539.6692
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Information and support for individuals who have been sexually abused or assaulted.

RCMP .....	Call 911 or your local detachment
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Fairview .....	780.835.4031
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Will respond to life-threatening or criminal emergencies.

### VICTIMS SERVICES

Fairview .....	780.835.4557
Grande Prairie .....	780.830.5755
Beaverlodge .....	780.354.2955
.....	780.354.2349 (Direct Cell)
Grande Cache .....	780.827.3440
Valleyview .....	780.524.3184
Fox Creek .....	780.622.3580

Support and referral for victims of crime and trauma.

Contact through the RCMP in other areas.

### WOMEN'S SHELTERS

Fairview Crossroads (24 Hrs.) .....	780.835.2120
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North Peace Society for the Prevention of Domestic Violence .....	780.624.8235 or 780.618.8637
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Call for information on sessions and locations. Stepping Up Program Happily-Ever-After. A three-part program that aims to prevent domestic violence by improving relationship skills, individuals can self-refer.

### YOUTH INTERVENTION PROGRAM

Provides parents and youth referrals to programs/ services for individuals experiencing behaviors that may cause them to come in contact with the RCMP (substance abuse, running away, behaviour issues, bullying, etc.).  
City on 99th 9910 99 Ave. Grande Prairie  
780-830-7094  
8:30am-4:30pm Mon.-Fri.  
(flexible appointments.)



# Peace Country Social Services Directory

## Birth Control, STI, Pregnancy & Sexuality

**Gay & Lesbian Association  
of the Peace (GALAP)**.....780.513.1990

### HEALTH UNITS

**Fairview**.....780.835.6100

**Grande Cache**.....780.827.3504

**Fox Creek**.....780.622.3730

**Grande Prairie**.....780.513.7500

**Valleyview**.....780.524.3338

**Spirit River**.....780.864.3063

**HIV North Society**.....780.538.3388

Facts about HIV/AIDS and prevention. Needle exchange,  
testing, referrals, and library.

### Pregnant & Parenting

**Teens** (Society for).....780.538.3854

If you a teenager who is pregnant or parenting, they can  
help. Includes dads' group for teens/young men.

**Pride Centre of Edmonton**.....780.488.3234

Offers a wide range of programs such as support groups,  
social events, and educational seminars to help  
improve the social, mental, and physical health of the  
LGBTQ community.

### STI (Sexually Transmitted Infection)

Information.....1.800.772.2437

### BIRTH CONTROL, TESTING, ETC.

Call your health unit, doctor, or, in Grande Prairie, call

**GPRC College Clinic**.....780.814.5800

**PCN After-Hours Clinic**.....780.357.5520

for hours.

## Drugs, Alcohol, Gaming

### Alberta Health Services Addictions

**- Northern Addictions Centre**.....780.538.5210

11333 106 Street, Grande Prairie

Detox and residential treatment programs for problems  
with alcohol, drugs, or gambling. Information on support  
groups such as AA, NA, GA, and Alanon.

### ALBERTA HEALTH SERVICES ADDICTIONS

#### AHS Addictions Fairview

(through Peace River).....780.624.6193

(free call through RITE Line).....310.0000

Outpatients treatment services - Tues./Fri.

**Grande Prairie Area Office**.....587.259.5513

(first point of contact, i.e. call them about all services)

Aberdeen Centre, 3rd Floor, 9728 101 Ave., Grande  
Prairie. Services include individual, family, and group  
counseling, evening support groups, presentations, and  
resource information as well as youth stabilization and  
detoxification. Free of charge for Albertans.

**AHS Addictions Grande Cache**.....780.827.3430

Individual, group & family counseling, information, etc.

Free of charge for Albertans.

**AHS Addiction Helpline**.....1.866.332.2322

24 hours/7 days a week. For anyone with concerns about  
alcohol, drug or gambling problems.

**Canadian Mental Health Association Mobile Addiction  
Outreach Worker**.....780.933.2224

**MITAA**.....780.524.2909 (Based in Valleyview)

Alcohol/addictions program.

Free of charge for Albertans.

**Northern FASD**.....780.835.2544

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# Peace Country Social Services Directory

## Drop-in & Community Centres

**Cool Aid Society** ..... 780.532.9004  
..... 780.357.9354

Hillside Centre South Side Centre  
9667 Hillcrest Drive, Grande Prairie  
9645 Prairie Road, Grande Prairie  
Drop-in programs for youth in grades 1 -12.

**Friendship Centre** ..... 780.539.7514

10105 97 Avenue, Grande Prairie  
Child and youth programs, help, referrals.

**Golden Age Centre** ..... 780.532.5818

10222 101 Avenue, Grande Prairie  
Offers activities for seniors - quilting bees, cribbage  
tournaments, scrabble games, pool, and drop-in.

**Salvation Army Food Bank  
& Community Centre** ..... 780.532.3720

9615 102 Street, Grande Prairie  
Provides basic needs in emergencies.

## Legal Help

**Grande Prairie Legal Guidance** ..... 780-882-0036

Free legal guidance to low-income individuals who do not  
qualify for Legal Aid.

**Legal Aid** ..... 1-866-845-3425  
Help in dealing with the law.

## Native Counseling Services of Alberta

..... 780.532.9359

Provides holistic programs to assist Aboriginal people  
in Youth, Family and Criminal Court to ensure they  
understand their rights and responsibilities and to provide  
counseling, support and referral.

## Housing, Shelter, Supports

### Accredited Supportive

**Living Services** ..... 780.539.0433

Grande Prairie homelessness support.

### Rotary House

(formerly Wapiti Community Dorm) ..... 780.539.6777

97A Street near Montrose Avenue, Grande Prairie

Short-term housing for men, women and families.

### WOMEN'S SHELTERS

**Fairview Crossroads** (24 Hrs.) ..... 780.835.2120

**Odyssey House** Grande Prairie (24 Hrs.) .... 780.532.2672

**Grande Cache Transition House** ..... 780.827.3776

Shelter and support for women with or without children.

Some offer support for men as well (telephone or off-site).

### Youth Emergency Shelter

- **Sunrise House** ..... 780.539.3287

9309 109 Avenue, Grande Prairie.

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# Peace Country Social Services Directory

## Other Services

### ALTERNATIVE SCHOOLS

Bridge Network School Grande Prairie.....	780.539.0950
Peace Academy of Virtual Education .....	780.864.3741
Tabono Centre Grande Prairie.....	780.814.8148
STAR (Student at Risk) Beaverlodge.....	780.354.8613
The Learning Store Fairview & Area.....	780.835.3800
Gateway Outreach Valleyview .....	780.524.5508
The Learning Connection Grande Cache .....	780.827.5228

### St. John Bosco Outreach School

Grande Prairie .....	780.532.3013
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### COMMUNITY/NEIGHBORHOOD RESOURCE CENTRES

Fairview FCSS .....	780.835.5471
Beaverlodge .....	780.354.4181
Fox Creek .....	780.622.3758
Grande Cache.....	780.827.2245
Valleyview .....	780.524.4106

Referrals, information, community programs & workshops.

### Alberta Supports Contact Centre

(Formerly the Seniors' Information Line)

.....	1.877.644.9992
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Monday to Friday 8:15am-4:30pm

Note: The Information Line is busiest between 9:00am and 3:30pm. For faster service, call outside these times. Closed statutory holidays.

### FCSS (Family and Community Support Services)

Fairview.....	780.835.5471
Berwyn.....	780.338.3801
Central Peace (Spirit River).....	780.864.3500
Grimshaw.....	780.332.4788
Beaverlodge.....	780.354.2204
City of Grande Prairie.....	780.538.0380
County of Grande Prairie .....	780.532.9722
Hythe.....	780.356.2000
Grande Cache .....	780.827.4336
Fox Creek.....	780.622.3758
Sexsmith.....	780.568.4345
Wembley .....	780.766.2269
Valleyview/Green View .....	780.524.7603
Clairmont Wellington Resource Centre .....	780.567.2843
Home care, support, information, referral.	

Metis Local 1990 .....	780.538.9333
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Effective Parenting and Teen Development programs.

### Money Mentors (formerly Credit

Counseling Services of Alberta) .....	1.888.294.0076
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A not-for-profit, unbiased, consumer debt counseling service.

### Poison and Drug Information

Services .....	1.800.332.1414
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If busy, call.....	403.670.1414
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Seniors' Outreach .....	780.539.6255
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Information/one-stop services for seniors.



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# Peace Country Social Services Directory

## Financial Assistance

**Alberta Works** ..... 780.624.6135  
Income Support, Child Support Services and  
Employment Resource Centre.

**Alberta Supports** ..... 1.877.644.9992

**and Food Bank** ..... 780.835.2632

**Fairview & District Chamber of Commerce**

**Career Resource Centre** ..... 780.835.5999

### **SUBSIDIZED HOUSING**

**North Peace Housing** ..... 780.835.2862  
Garrison Manor, Harvest Lodge - Fairview

## Youth & Children Resources - Fairview

**Child's World Day Care & Day Homes** ..... 780.835.2102

**Child & Family Services & Foster Care** ..... 780.835.7191

**Fairview Developmental Playgroup** ..... FACEBOOK

**Fairview Playschool**

..... fairviewanddistrictplayschool@gmail.com

**Fairview Public Library** ..... 780.835.2613

Offers numerous programs for children and youth.

**Fairview & Area Learning Store** ..... 780.835.3800

**Kidsport** ..... 780.835.2225

**Family Resource Network** ..... 780.624.0770

**WJS** ..... 780 624-1029 ext. 104

**First Nations Health Consortium** ..... 1.844.558.8748

**AISH** Grande Prairie ..... 780.833 4399

### **GOVERNMENT**

**Alberta Aids to Daily Living** ..... 780.427.0731

**Alberta Benefits** ..... 1.800.959.2809

**Alberta Blue Cross** ..... 1.800.661.6995

**Alberta Health** ..... 780.427.1432

**Alberta Supports** ..... 1.877.644.9992

..... Fax 780.422.5954

**Benefit Inquiries** (CCB, GST/HST) ..... 1.800.387.1193

**Individual Tax Inquiries** ..... 1.800.959.8281

**Service Canada** (CPP, Old Age, GIS) ..... 1.800.277.9914

# — Self Care Ideas —

## Spiritual Self-Care Ideas

- Pray
- Meditate
- Make a list of things to be grateful for
- Sing, listen to music
- Join or go to church
- Read uplifting books
- Read poetry
- Read about extraordinary people
- Watch inspiring movies
- Pay it forward
- Do random acts of kindness for others
- Practice forgiveness for yourself and others
- Start volunteering for a worthy cause

## Physical Self-Care Ideas

- Go for a walk, gym, swim, yoga, stretching, biking
- Join an exercise class/sport
- Dance to your favorite music
- Sleep, rest, get a massage
- Have a bubble bath
- Treat yourself to home spa treatments
- Book a hair or spa treatment
- Get a makeover
- Drink water, cook your favorite foods, eat
- Reduce clutter, go through your clothes, if it's not flattering get rid of it
- Clean, organize and beautify your home

## Emotional Self-Care Ideas

- Watch a comedy and have a good laugh
- Watch a touching movie and have a good cry
- Have a vent session with a good friend
- Join a new sport or hobby group to meet new people
- Go to a dance/event/concert where you can meet new people
- Get a punching bag and punch it until you are exhausted
- Make a picture of where you want to be in a year
- Surround yourself with loved ones, tell them you love them & why

## Mental Self-Care Ideas

- Get into a new book, game, puzzle, craft, artwork, scrapbook
- Start a journal /dream journal
- Write a letter to someone who bothers you and burn it
- Take an art class
- Start a new hobby
- Learn a new language
- Take a continuing education class
- Plan/ go on a trip
- Watch a new movie or show
- Learn how to use the computer/IPAD, I phone,
- Play brain games, play cards/video games

