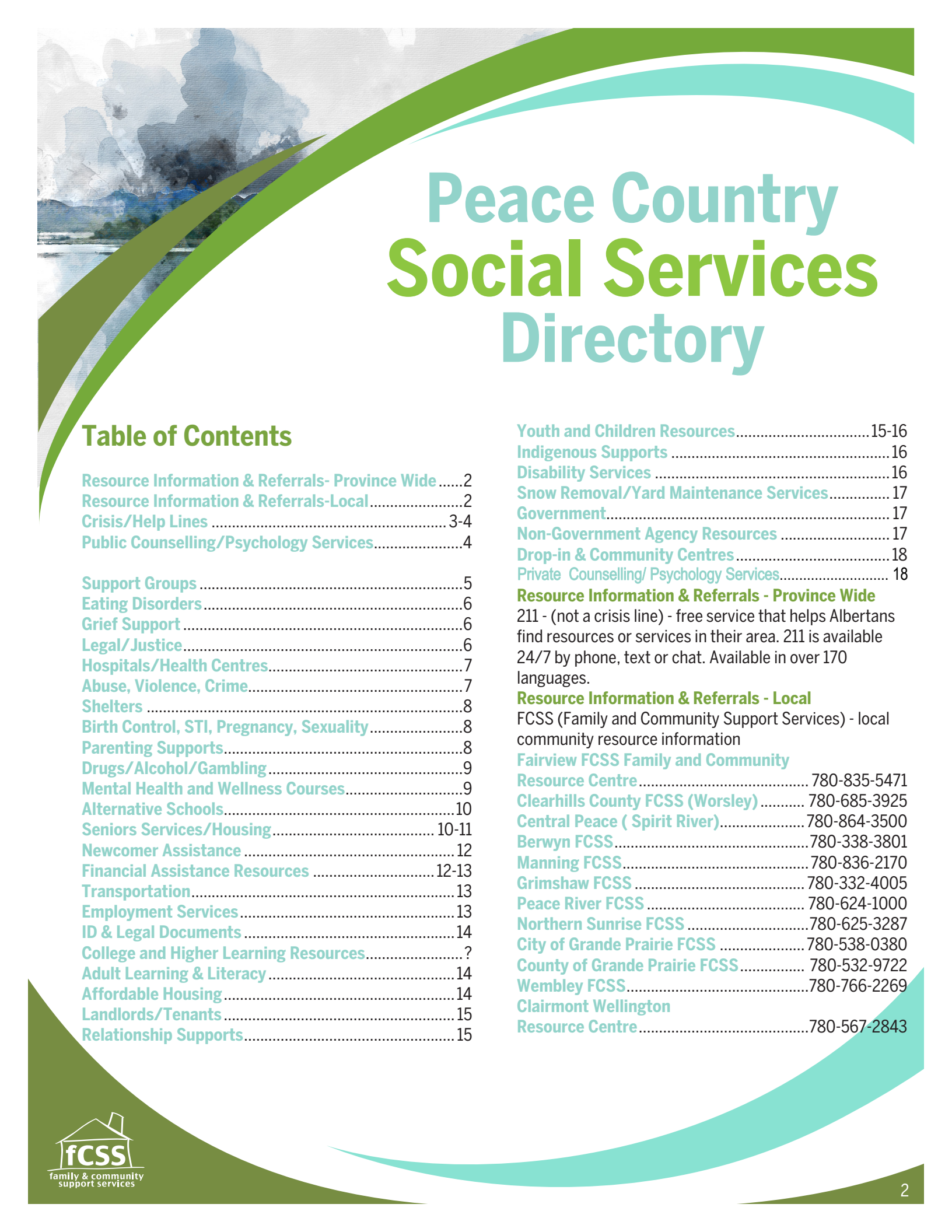




Peace Country Social Services Directory

Compiled by Fairview FCSS January 12, 2023





Peace Country Social Services Directory

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Resource Information & Referrals - Province Wide
211 - (not a crisis line) - free service that helps Albertans find resources or services in their area. 211 is available 24/7 by phone, text or chat. Available in over 170 languages.

Resource Information & Referrals - Local	
FCSS (Family and Community Support Services) - local community resource information	
Fairview FCSS Family and Community Resource Centre	780-835-5471
Clearhills County FCSS (Worsley)	780-685-3925
Central Peace (Spirit River)	780-864-3500
Berwyn FCSS	780-338-3801
Manning FCSS	780-836-2170
Grimshaw FCSS	780-332-4005
Peace River FCSS	780-624-1000
Northern Sunrise FCSS	780-625-3287
City of Grande Prairie FCSS	780-538-0380
County of Grande Prairie FCSS	780-532-9722
Wembley FCSS	780-766-2269
Clairmont Wellington Resource Centre	780-567-2843



Peace Country Social Services Directory

Crisis/Help Lines & Team

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

Suicide Prevention 811 - Health link toll free 24/7
Ambulance/Fire/Police 911

AHS toll free Crisis Line/ Distress Centre
 1-800-482-4357

Alberta Health Services Addictions Help Line
 For anyone with concerns about alcohol, drug, gambling or tobacco problems.
 1-866-332-2322

Alberta Council of Women's Shelters ... 1-866-331-3933

Alberta One Line for Sexual Violence.. 1-866-403-8000

Alberta Abuse Helpline..... 1-855-443-5722

Alberta Mental Health Helpline.....1-877-303-2642

Brite Line1-844-702-7483

Bullying Help Line
 Information on bullying prevention and intervention (mostly workplace)1-888-456-2323

Child Abuse Hotline 24 hour..... 1-800-387-5437

CMHA Distress Line: Rural Alberta..... 1-800-232-7288

Canadian Indian Residential Schools Crisis Line
 1-866-925-4419

Canada's National Human Trafficking Hotline
1-833-900-1010

Crisis Text Line- Text CONNECT to 741741
Distress Line..... 1-877-321-2747

Family Violence Info Line310-1818

First Nations and Inuit Hope for Wellness Help Line
 To connect First Nations and Inuit young people and adults experiencing distress with experienced crisis intervention counsellors. Services available in English and French, and if requested – Cree, Ojibway and Inuktitut.
1-855-242-3310

Fairview Crossroads
 Help for people in distress or concerned about a friend/ family member with any kind of problem
 780-835-2120 or 1-877-835-2120

HIV/AIDS & Sexually Transmitted Disease Information
 Answered by a nurse Monday-Friday during business hours - otherwise, recorded information is provided.
 1-800-772-2437

Indian Residential School Survivors & Family
1-866-925-4419

Indigenous Health Cultural Line Support
1-855-735-6766

1-800-Indigenous Support Line 1-844-944-4744

Kids Help Phone1-800-668-6868
 (up to age 20) or text 686868

2SLGBTQIA.....1-800-688-4765

2SLGBTQIA
Youthline.....1-800-268-9688

Mental Health Help Line
 Information and referral. 1-877-303-2642



Peace Country Social Services Directory

Crisis/Help Lines & Team

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

Mental Health Help Desk 1800 779 5057
Native Youth Crisis Hotline 1 877 209 1266
National Domestic Violence Hotline 1 800 799 7233
Parents Helpline 1 888 603 9100
Peace Country Sexual Assault Help Line
 1-888-37PEACE (1-888-377-3223) or 780-539-6692
Poison & Drug Information Service 1 800 332 1414
 If busy, call 1-403-670-1414
Protection for Persons in Care Hotline .. 1 888 357 9339
 PACT Team (Mobile crisis response team) to assess & stabilize mental health crises. Rotating shifts (Grande Prairie) Contact through 911.
Safe Home 24 Hour Crisis Line 1 888 926 0301
Seniors Abuse Help Line 780 454 8888
Suicide Prevention Help line 1 800 784 2433
Support Network Crisis Suicide Line 1 800 232 7288
AlbertaQuits Helpline (tobacco) 1866 710 7848
Talk suicide (formerly the Canadian Suicide prevention Service) 1833 456 4566 or text 45645
Teens Helpline – SOS 1 780 743 1190
Trans Lifeline 1 877 330 6366
Youth Counselling Line 1 800 668 6868
 or text – CONNECT to 686868
 Free, anonymous, confidential telephone crisis support and counselling for youth in Canada.

Public Counselling/Psychology Services

Access Addiction & Mental Health 1-888-594-0211

Access number for intake assessment for referral to a therapist in person, by phone or video conferencing.

AHS Mental Health - Fairview

Child and Youth Services, Adult Short-Term Services, Mental Health Promotion. Walk-In Thursday afternoons 1-3PM - first come first serve, only 3 appointments available 780-624-6151 or Toll Free 1- 877-823-6433

AHS Addictions 780 835 4951
 Services in Fairview

AHS Addictions & Mental Health - Grande Prairie

In Person: Aberdeen Centre - 9 am to 4 pm, Monday to Friday. Closed noon to 1 pm.

Aberdeen Centre 9728 - 101 Avenue, Grande Prairie, AB 7 days a week - 9 am to 7 pm 587-259-5513

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 counselling, treatment, groups, etc.

Native Counselling Services of Alberta

Provides holistic programs to assist Aboriginal people in Youth, Family and Criminal Court to ensure they understand their rights and responsibilities and to provide counselling, support and referral 780-532-9359

ICAT – (Grande Prairie)

1 on 1 intake and screening 587-259-5513

Wellness Together Canada -mental health support portal - talk to a counsellor
www.wellnesstogether.ca/en-CA

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Peace Country Social Services Directory

Support Groups

Better Choices, Better Health Workshops

An AHS group for people living with chronic disease, including mental health issues – can be diagnosed or undiagnosed. A 6-week, structured group. Call for more information or to register 1-877-349-5711

Beyond the Heart Clubhouse

For those living with a mental illness 780-624-3161

Burden Bearers

Individual, family, marriage and group counselling based on Biblical principles, available regardless of ability to pay. 780-539-5225

Buddy Up

Suicide prevention for men 1-833-456-4566

Catholic Family Services

Personal, couple, group or family counselling (sliding scale fee). Nondenominational. Parenting groups and parenting through divorce group 780-532-9381

Gryphon Youth Group & Phoenix Youth Group

A co-ed program for youth who would like to gain valuable skills to help with things such as feelings, stress, self-esteem, and relationships.
(formally known as The Breakfast Club)..... 780-539-7142

Men's Talk

Free weekly support group for men with a psychoeducational focus 780-539-6680

PACE Sexual Assault & Trauma Centre

- Women's Support Group

Free, drop-in, every Tuesday 6:30-8:30 p.m. Open to all women 780-539-6692

Resource Centre for Suicide Prevention .. www.sp-rc.ca Tough Enough to Talk About It

Free workshop to provide employees with information on how to recognize mental health concerns in the workplace. 780-539-0210

Togetherall.com

On-line peer to peer mental health support.

Odyssey House Woman's Support Groups

..... 780-538-1332 ext. 108

Odyssey House – Community Support

..... 780-538-1332 ext. 108

Odyssey House - Family Support for Women

Outreach – people experience violence in different degrees, and process it in different ways. Staying at a shelter isn't always an option, or a need. Sometimes women just need someone to listen without judgment, to stand by them in the face of confrontation, and/or to give them a safe place to cry and heal... 780-538-1332 ext. 146

Physician & Family Support Program ... 1-877-767-4637

Rehabilitation Advice Line 1-833-379-0563

Solstice Integrated Wellness Centre

A structured, immersive two-week program for youth presenting any variety of addiction or mental health concerns. This program focuses on major life areas, stages of change, and healthy coping skills in a residential environment 780-532-7170

Stronger Together Virtual Opioid Use Support Group

..... 780-833-4991

YMCA Family Connect Child, Youth & Family Supports

..... 780-357-7444

Friendship Centre 780-532-5818

Food Bank/Community (Grande Prairie) 780-532-3720

Alberta Hospice Palliative Care Association

Living every season support group for those with life limiting conditions 403-206-9938



Peace Country Social Services Directory

Eating Disorders

Mental Health ICAT Team 587-259-5513

If you are in crisis, please contact the 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.

Grief Support

Peace Valley Funeral Home with Peace Grief Care Support Group 780-835-3306
Fairview Palliative Care Society.....780 835 3195

Family Education Society GP & Area Resource Network 780-830-0920

Good Grief Community

Lions Learning Centre, 9625 Prairie Road, Grande Prairie
Free drop-in meetings, 3rd Wednesday of the month,
7 p.m 780-830-7742

Grief Support

Programs for children affected by loss.....780-539-5432

Grande Cache Transition House 780-827-3776

Men's Support Group

A no-charge, drop-in group with a facilitator, for men who have had losses (relationship, divorce, death, financial/employment)..... 780-539-6680

Canadian Mental Health Suicide Bereavement
..... 780-414-6300 or 780-732-6654

Some other Solutions Society for Crisis Prevention
..... 780-743-8605

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

Suicide Bereavement Support Group 780-539-6680

Grief and healing take time. Some days may seem easy to handle and others may seem overwhelming. Be patient with yourself and know that it will get better. It is normal to have ups and downs. We understand how important it is to reach out for help after a loss, so we have brought together a support group for individuals who have experienced a suicide loss.

Suicide Bereavement Support Services

Virtual 780-732-6654

Hope & Healing Through Grief Suicide Survivors
..... 780-624-6151

Legal/Justice

Rural Family Law Project

Free legal advice for rural residents..... 780-702-1725

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

CPLEA (Centre for Public Legal Information)

Provides understandable information
about the Law in Alberta 780-451-8764

Grande Prairie Legal Guidance

Free legal guidance to low-income individuals who do not qualify for Legal Aid 780-882-0036

Grande Prairie Court House..... 780-833-4200

Dial-a-Law 1-800-332 1091

Lawyer Referral – Law Society of Alberta .. 1-800-661-9003

GP Legal Guidance 780-882-0036

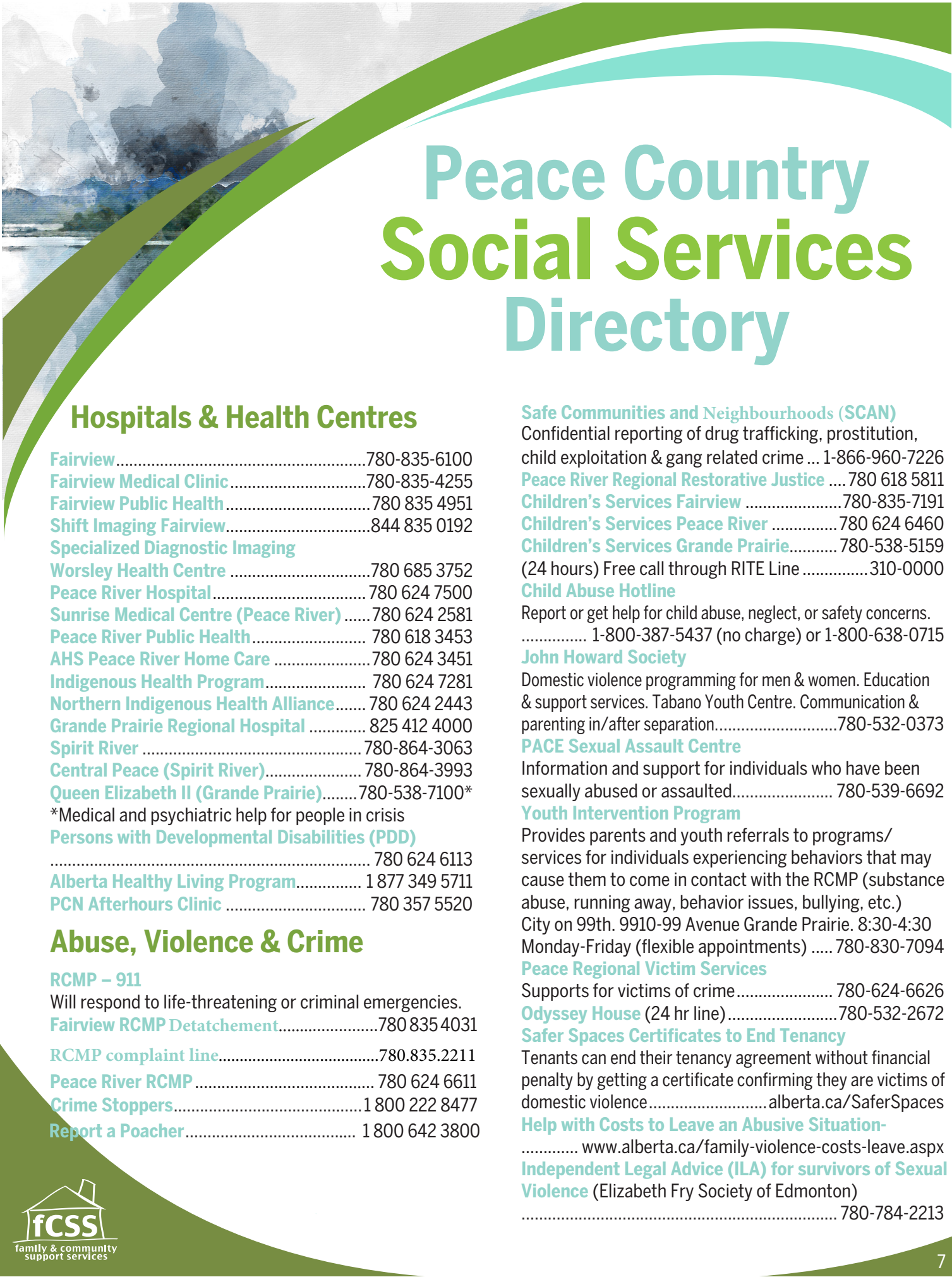
Lawyer Referral Service 1-800-661-1095

Peace River Regional

Restorative Justice 780-618-5811

Always Find a Reason to Smile-

<https://www.facebook.com/Always-Find-A-Reason-to-Smile-713022992044524/>



Peace Country Social Services Directory

Hospitals & Health Centres

Fairview	780-835-6100
Fairview Medical Clinic	780-835-4255
Fairview Public Health	780 835 4951
Shift Imaging Fairview	844 835 0192
Specialized Diagnostic Imaging	
Worsley Health Centre	780 685 3752
Peace River Hospital	780 624 7500
Sunrise Medical Centre (Peace River)	780 624 2581
Peace River Public Health	780 618 3453
AHS Peace River Home Care	780 624 3451
Indigenous Health Program	780 624 7281
Northern Indigenous Health Alliance	780 624 2443
Grande Prairie Regional Hospital	825 412 4000
Spirit River	780-864-3063
Central Peace (Spirit River)	780-864-3993
Queen Elizabeth II (Grande Prairie)	780-538-7100*
*Medical and psychiatric help for people in crisis	
Persons with Developmental Disabilities (PDD)	
.....	780 624 6113
Alberta Healthy Living Program	1 877 349 5711
PCN Afterhours Clinic	780 357 5520

Abuse, Violence & Crime

RCMP – 911

Will respond to life-threatening or criminal emergencies.

Fairview RCMP Detachment	780 835 4031
RCMP complaint line	780.835.2211
Peace River RCMP	780 624 6611
Crime Stoppers	1 800 222 8477
Report a Poacher	1 800 642 3800

Safe Communities and Neighbourhoods (SCAN)

Confidential reporting of drug trafficking, prostitution, child exploitation & gang related crime ... 1-866-960-7226

Peace River Regional Restorative Justice 780 618 5811

Children's Services Fairview 780-835-7191 |

Children's Services Peace River 780 624 6460 |

Children's Services Grande Prairie 780-538-5159 |

(24 hours) Free call through RITE Line 310-0000 |

Child Abuse Hotline

Report or get help for child abuse, neglect, or safety concerns.
..... 1-800-387-5437 (no charge) or 1-800-638-0715

John Howard Society

Domestic violence programming for men & women. Education & support services. Tabano Youth Centre. Communication & parenting in/after separation.....780-532-0373

PACE Sexual Assault Centre

Information and support for individuals who have been sexually abused or assaulted..... 780-539-6692

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, behavior issues, bullying, etc.) City on 99th. 9910-99 Avenue Grande Prairie. 8:30-4:30 Monday-Friday (flexible appointments) 780-830-7094

Peace Regional Victim Services

Supports for victims of crime..... 780-624-6626

Odyssey House (24 hr line).....780-532-2672

Safer Spaces Certificates to End Tenancy

Tenants can end their tenancy agreement without financial penalty by getting a certificate confirming they are victims of domestic violence alberta.ca/SaferSpaces

Help with Costs to Leave an Abusive Situation-

..... www.alberta.ca/family-violence-costs-leave.aspx

Independent Legal Advice (ILA) for survivors of Sexual

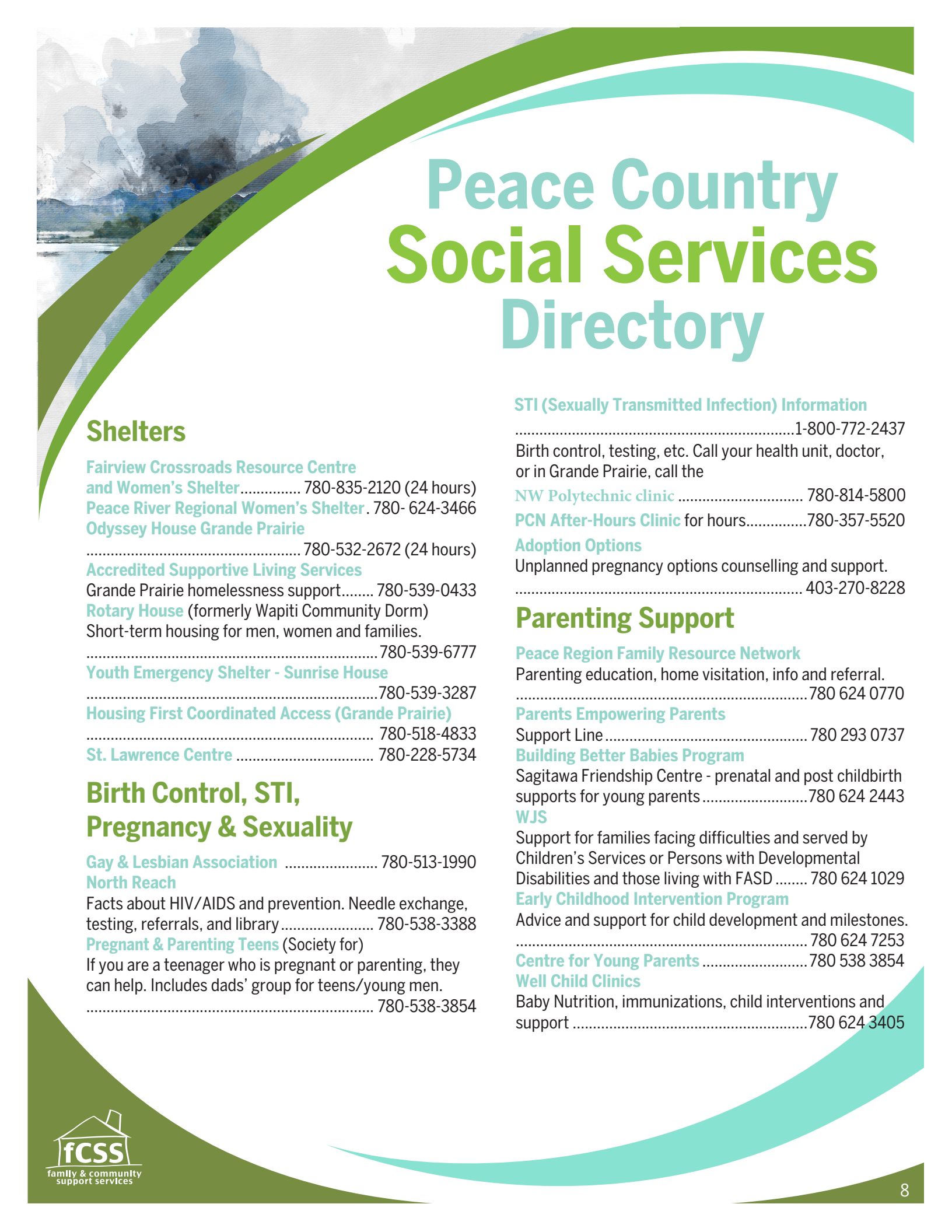
Violence (Elizabeth Fry Society of Edmonton)

..... 780-784-2213



fcss
family & community
support services

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Peace Country Social Services Directory

Shelters

**Fairview Crossroads Resource Centre
and Women's Shelter** 780-835-2120 (24 hours)
Peace River Regional Women's Shelter . 780- 624-3466
Odyssey House Grande Prairie

..... 780-532-2672 (24 hours)

Accredited Supportive Living Services

Grande Prairie homelessness support..... 780-539-0433

Rotary House (formerly Wapiti Community Dorm)

Short-term housing for men, women and families.

..... 780-539-6777

Youth Emergency Shelter - Sunrise House

..... 780-539-3287

Housing First Coordinated Access (Grande Prairie)

..... 780-518-4833

St. Lawrence Centre 780-228-5734

Birth Control, STI, Pregnancy & Sexuality

Gay & Lesbian Association 780-513-1990

North Reach

Facts about HIV/AIDS and prevention. Needle exchange,
testing, referrals, and library 780-538-3388

Pregnant & Parenting Teens (Society for)

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

..... 780-538-3854

STI (Sexually Transmitted Infection) Information

..... 1-800-772-2437

Birth control, testing, etc. Call your health unit, doctor,
or in Grande Prairie, call the

NW Polytechnic clinic 780-814-5800

PCN After-Hours Clinic for hours..... 780-357-5520

Adoption Options

Unplanned pregnancy options counselling and support.

..... 403-270-8228

Parenting Support

Peace Region Family Resource Network

Parenting education, home visitation, info and referral.

..... 780 624 0770

Parents Empowering Parents

Support Line 780 293 0737

Building Better Babies Program

Sagitawa Friendship Centre - prenatal and post childbirth
supports for young parents 780 624 2443

WJS

Support for families facing difficulties and served by
Children's Services or Persons with Developmental
Disabilities and those living with FASD 780 624 1029

Early Childhood Intervention Program

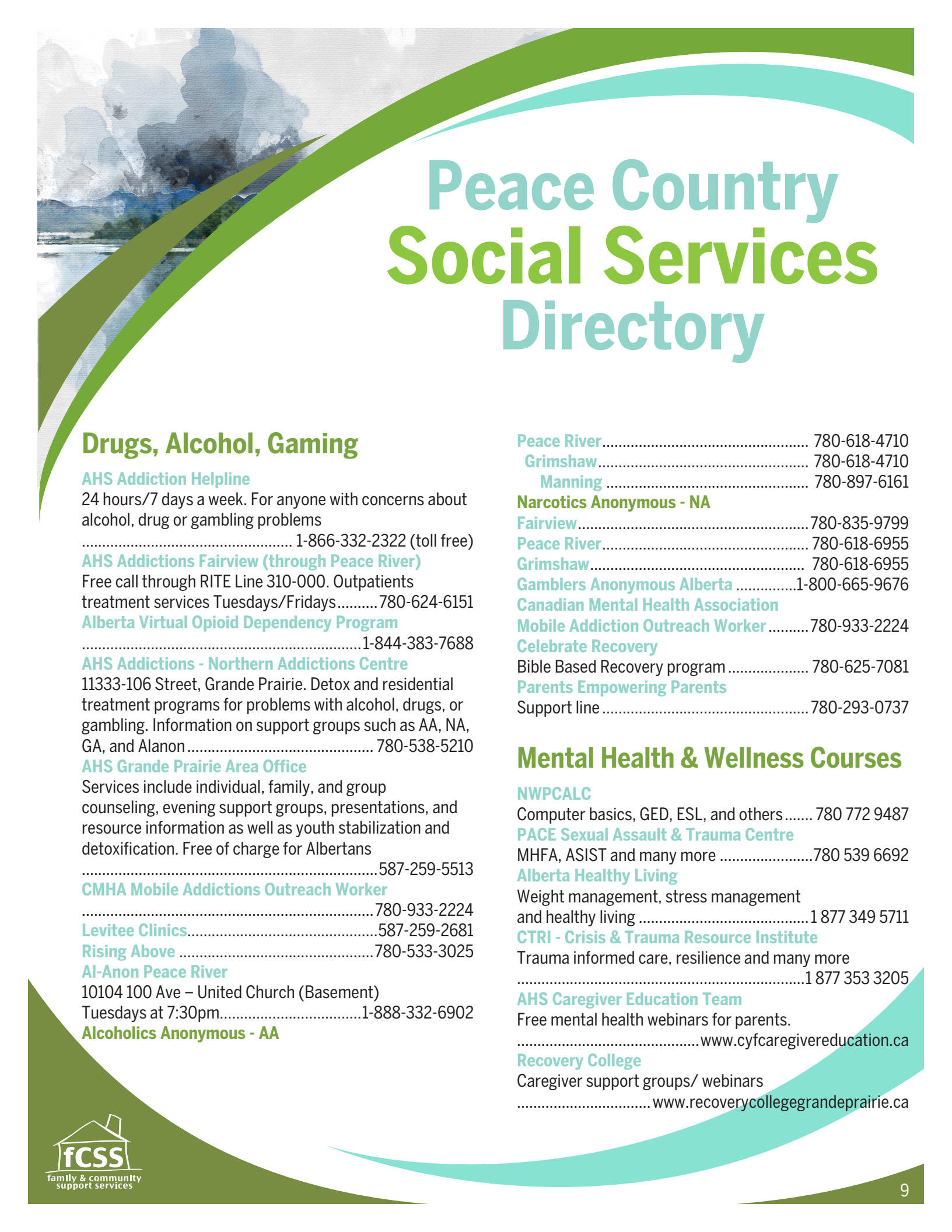
Advice and support for child development and milestones.

..... 780 624 7253

Centre for Young Parents 780 538 3854

Well Child Clinics

Baby Nutrition, immunizations, child interventions and
support 780 624 3405



Peace Country Social Services Directory

Drugs, Alcohol, Gaming

AHS Addiction Helpline

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

..... 1-866-332-2322 (toll free)

AHS Addictions Fairview (through Peace River)

Free call through RITE Line 310-000. Outpatients treatment services Tuesdays/Fridays..... 780-624-6151

Alberta Virtual Opioid Dependency Program

..... 1-844-383-7688

AHS Addictions - Northern Addictions Centre

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 780-538-5210

AHS Grande Prairie Area Office

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

..... 587-259-5513

CMHA Mobile Addictions Outreach Worker

..... 780-933-2224

Levitee Clinics..... 587-259-2681

Rising Above 780-533-3025

Al-Anon Peace River

10104 100 Ave – United Church (Basement)
Tuesdays at 7:30pm..... 1-888-332-6902

Alcoholics Anonymous - AA

Peace River 780-618-4710

Grimshaw 780-618-4710

Manning 780-897-6161

Narcotics Anonymous - NA

Fairview 780-835-9799

Peace River 780-618-6955

Grimshaw 780-618-6955

Gamblers Anonymous Alberta 1-800-665-9676

Canadian Mental Health Association

Mobile Addiction Outreach Worker 780-933-2224

Celebrate Recovery

Bible Based Recovery program 780-625-7081

Parents Empowering Parents

Support line 780-293-0737

Mental Health & Wellness Courses

NWPCALC

Computer basics, GED, ESL, and others 780 772 9487

PACE Sexual Assault & Trauma Centre

MHFA, ASIST and many more 780 539 6692

Alberta Healthy Living

Weight management, stress management
and healthy living 1 877 349 5711

CTRI - Crisis & Trauma Resource Institute

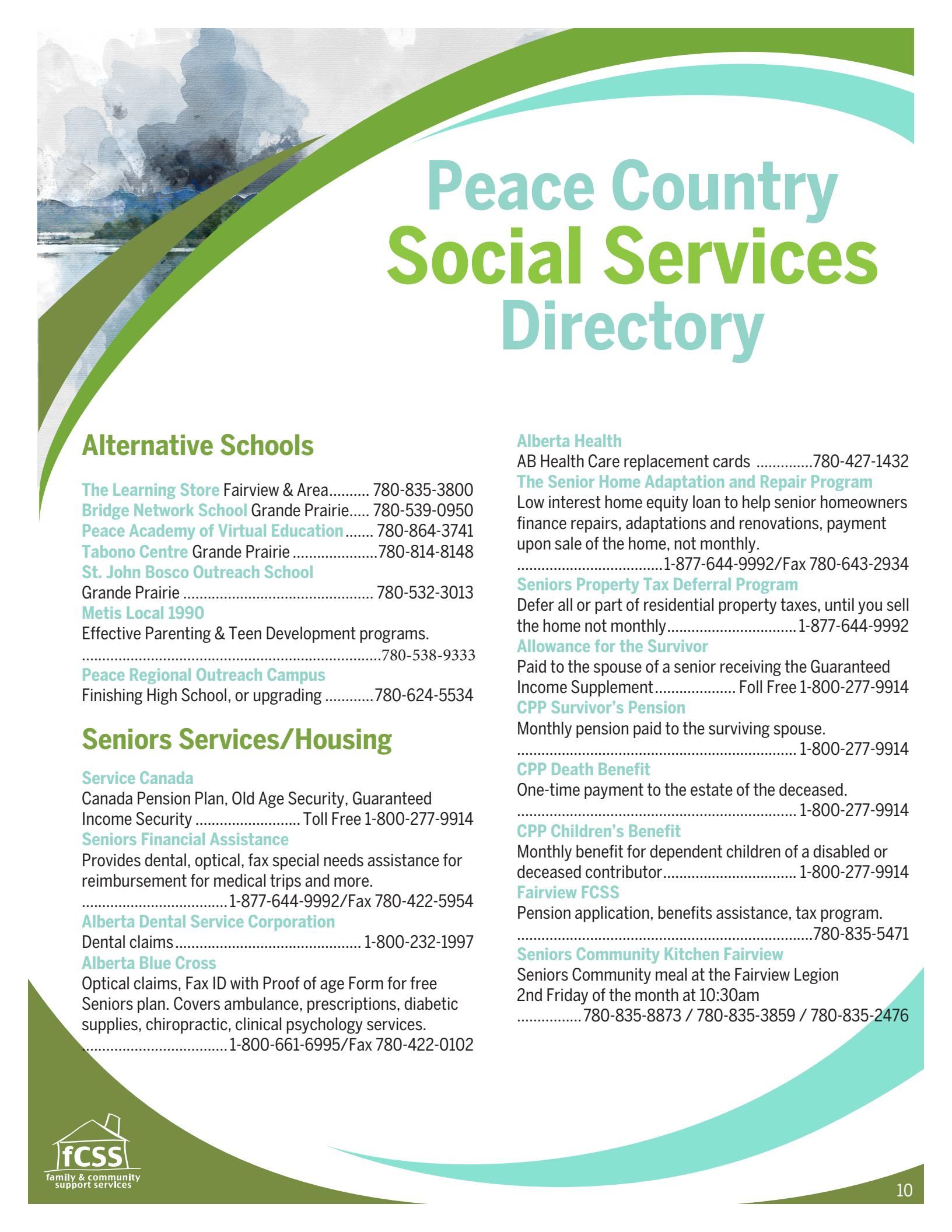
Trauma informed care, resilience and many more
..... 1 877 353 3205

AHS Caregiver Education Team

Free mental health webinars for parents.
..... www.cyfcaregivereducation.ca

Recovery College

Caregiver support groups/ webinars
..... www.recoverycollegegrandeprairie.ca

The cover features a landscape painting of a river, mountains, and a cloudy sky in the top left corner. Large, sweeping green and teal curved lines sweep across the page, framing the title and separating the different sections.

Peace Country Social Services Directory

Alternative Schools

The Learning Store Fairview & Area..... 780-835-3800
Bridge Network School Grande Prairie..... 780-539-0950
Peace Academy of Virtual Education 780-864-3741
Tabono Centre Grande Prairie780-814-8148
St. John Bosco Outreach School
Grande Prairie 780-532-3013
Metis Local 1990
Effective Parenting & Teen Development programs.
.....780-538-9333
Peace Regional Outreach Campus
Finishing High School, or upgrading780-624-5534

Seniors Services/Housing

Service Canada

Canada Pension Plan, Old Age Security, Guaranteed
Income Security Toll Free 1-800-277-9914

Seniors Financial Assistance

Provides dental, optical, fax special needs assistance for
reimbursement for medical trips and more.
.....1-877-644-9992/Fax 780-422-5954

Alberta Dental Service Corporation

Dental claims..... 1-800-232-1997

Alberta Blue Cross

Optical claims, Fax ID with Proof of age Form for free
Seniors plan. Covers ambulance, prescriptions, diabetic
supplies, chiropractic, clinical psychology services.
.....1-800-661-6995/Fax 780-422-0102

Alberta Health

AB Health Care replacement cards780-427-1432

The Senior Home Adaptation and Repair Program

Low interest home equity loan to help senior homeowners
finance repairs, adaptations and renovations, payment
upon sale of the home, not monthly.

.....1-877-644-9992/Fax 780-643-2934

Seniors Property Tax Deferral Program

Defer all or part of residential property taxes, until you sell
the home not monthly..... 1-877-644-9992

Allowance for the Survivor

Paid to the spouse of a senior receiving the Guaranteed
Income Supplement..... Foll Free 1-800-277-9914

CPP Survivor's Pension

Monthly pension paid to the surviving spouse.

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

CPP Death Benefit

One-time payment to the estate of the deceased.

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

CPP Children's Benefit

Monthly benefit for dependent children of a disabled or
deceased contributor..... 1-800-277-9914

Fairview FCSS

Pension application, benefits assistance, tax program.

.....780-835-5471

Seniors Community Kitchen Fairview

Seniors Community meal at the Fairview Legion
2nd Friday of the month at 10:30am

.....780-835-8873 / 780-835-3859 / 780-835-2476



Peace Country Social Services Directory

Seniors Services/Housing

Fairview Homecare	780-835-4951
Fairview Meals on Wheels	
Fairview Hospital	780-835-6100
Fairview Golden Age Drop-In Centre	780-835-4397
Harvest Lodge	780-835-2862
Garrison Manor	780-835-4194
Hines Creek Homesteader Lodge	780-494-3500
Worsley Pioneer Village (apartments)	780-685 2509
Cleardale Senior's Home	780-835-1810
Peace River FCSS	
Home support, Income Tax, meals on wheels, gov forms, referrals	780-624-1000
AHS Continuing Care Access	
Seniors health, home care, palliative care	1-855-371-4122
Seniors Drop-In Centre (Peace River)	780-624-2700
Seniors' Outreach (Grande Prairie)	
Information/one-stop services for seniors.	780-539-6255
Caregiver supports	
For those who provide care for others	1-877-453-5088
Alzheimer Society of AB & NWT	1-866-950-5465
Dementia Advice	811
Sagitawa Friendship Society	780-624-2443
Seniors Abuse Help Line	780-454-8888

Seniors Health Line.....780-408-5465

Office of the Public Guardian (Grande Prairie)

Guardianship services, trusteeship services, capacity assessment information and court applications, complaints, advance planning- personal directives. 780-833-4319

Alberta Aids to Daily Living

AADL helps Albertans with a long-term disability, chronic or terminal illness to pay for basic medical equipment and supplies.....780-427-0731

Protection for Persons in Care

Promotes safety and well-being of adults receiving care. 1-888-357-9339

Power of Attorney

Grants another individual the power to make decisions on your behalf...alberta.ca/enduring-power-of-attorney.aspx

Last Will and Testament

Contact the lawyer referral service. A written document that allows you to set out how your property is to be distributed when you die. If you die without a will, the Wills and Succession Act sets out how and to who property is transferred..... 1-800-661-1095

Accommodation Standards Complaint Line

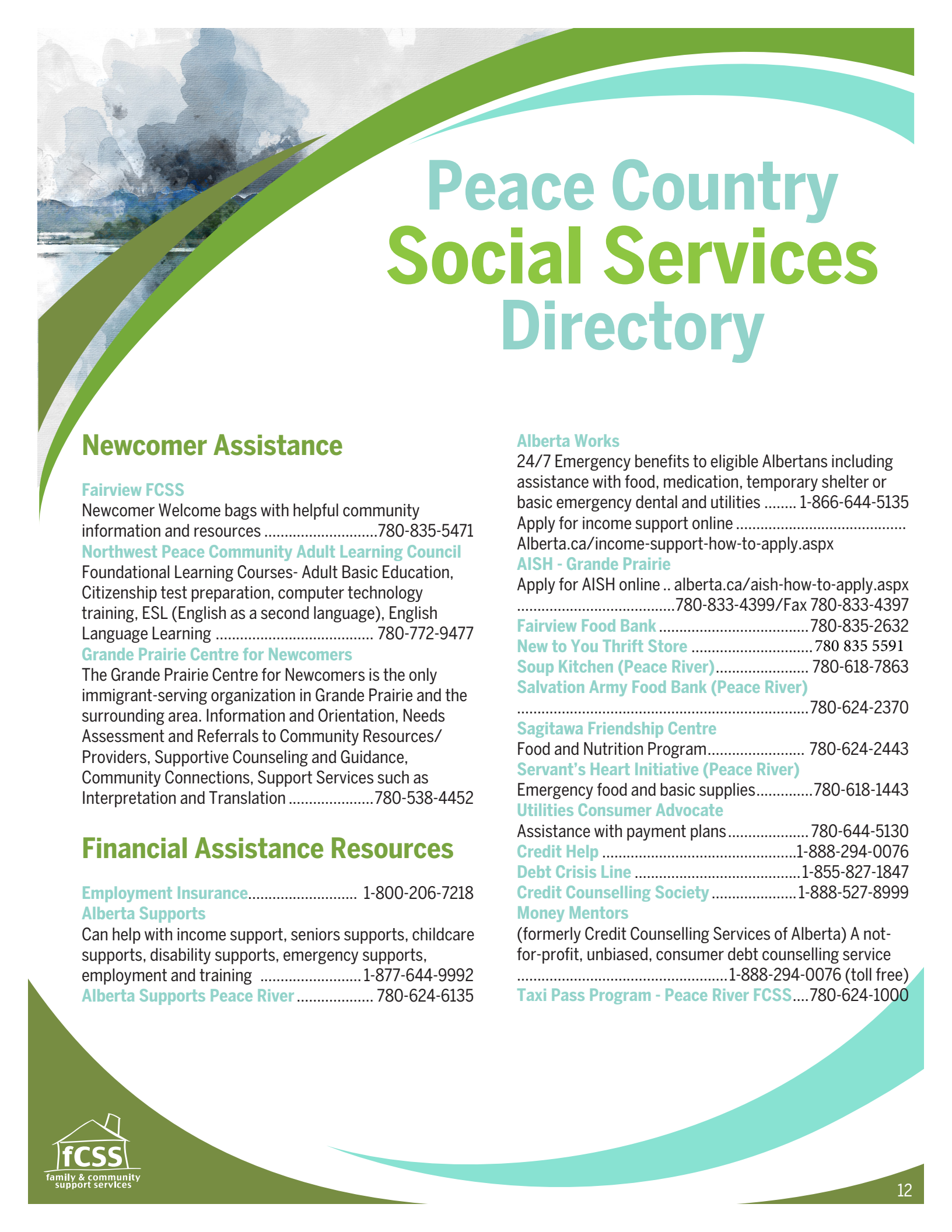
..... 1-888-357-9339

Primary Care Network

Senior's Centre Without Walls -companionship for seniors who have difficulty leaving the home..... 780-395-2626

Healthy Aging CORE

(Collaborative Online Resources Education) Webinars, advocacy, support groups for seniors corealberta.ca



Peace Country Social Services Directory

Newcomer Assistance

Fairview FCSS

Newcomer Welcome bags with helpful community information and resources 780-835-5471

Northwest Peace Community Adult Learning Council

Foundational Learning Courses- Adult Basic Education, Citizenship test preparation, computer technology training, ESL (English as a second language), English Language Learning 780-772-9477

Grande Prairie Centre for Newcomers

The Grande Prairie Centre for Newcomers is the only immigrant-serving organization in Grande Prairie and the surrounding area. Information and Orientation, Needs Assessment and Referrals to Community Resources/ Providers, Supportive Counseling and Guidance, Community Connections, Support Services such as Interpretation and Translation 780-538-4452

Financial Assistance Resources

Employment Insurance..... 1-800-206-7218

Alberta Supports

Can help with income support, seniors supports, childcare supports, disability supports, emergency supports, employment and training 1-877-644-9992

Alberta Supports Peace River 780-624-6135

Alberta Works

24/7 Emergency benefits to eligible Albertans including assistance with food, medication, temporary shelter or basic emergency dental and utilities 1-866-644-5135

Apply for income support online

Alberta.ca/income-support-how-to-apply.aspx

AISH - Grande Prairie

Apply for AISH online .. alberta.ca/aish-how-to-apply.aspx

..... 780-833-4399/Fax 780-833-4397

Fairview Food Bank 780-835-2632

New to You Thrift Store 780 835 5591

Soup Kitchen (Peace River)..... 780-618-7863

Salvation Army Food Bank (Peace River)

..... 780-624-2370

Sagitawa Friendship Centre

Food and Nutrition Program..... 780-624-2443

Servant's Heart Initiative (Peace River)

Emergency food and basic supplies..... 780-618-1443

Utilities Consumer Advocate

Assistance with payment plans 780-644-5130

Credit Help 1-888-294-0076

Debt Crisis Line 1-855-827-1847

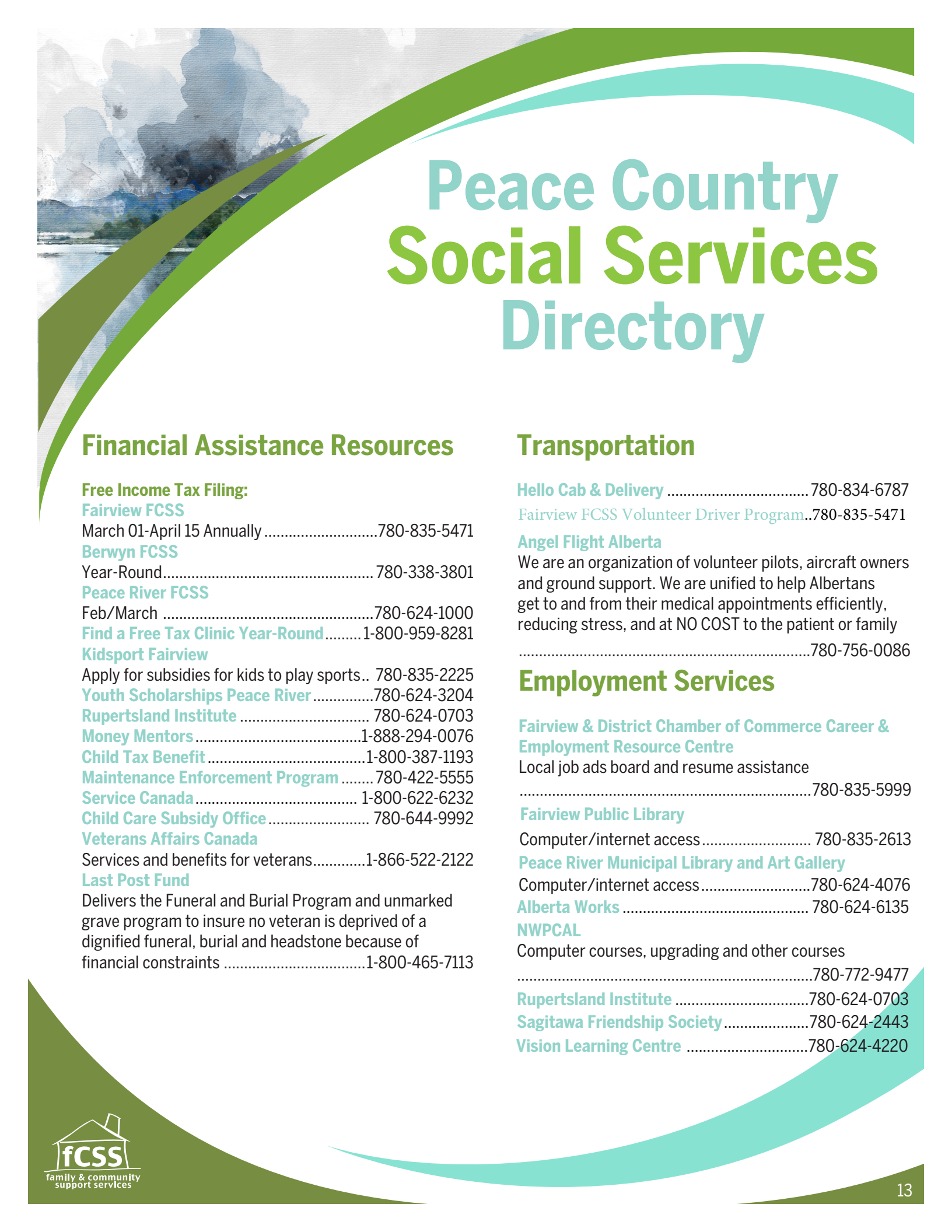
Credit Counselling Society 1-888-527-8999

Money Mentors

(formerly Credit Counselling Services of Alberta) A not-for-profit, unbiased, consumer debt counselling service

..... 1-888-294-0076 (toll free)

Taxi Pass Program - Peace River FCSS 780-624-1000



Peace Country Social Services Directory

Financial Assistance Resources

Free Income Tax Filing:

Fairview FCSS

March 01-April 15 Annually780-835-5471

Berwyn FCSS

Year-Round..... 780-338-3801

Peace River FCSS

Feb/March780-624-1000

Find a Free Tax Clinic Year-Round 1-800-959-8281

Kidsport Fairview

Apply for subsidies for kids to play sports.. 780-835-2225

Youth Scholarships Peace River780-624-3204

Rupertsland Institute 780-624-0703

Money Mentors1-888-294-0076

Child Tax Benefit1-800-387-1193

Maintenance Enforcement Program 780-422-5555

Service Canada 1-800-622-6232

Child Care Subsidy Office 780-644-9992

Veterans Affairs Canada

Services and benefits for veterans.....1-866-522-2122

Last Post Fund

Delivers the Funeral and Burial Program and unmarked grave program to insure no veteran is deprived of a dignified funeral, burial and headstone because of financial constraints1-800-465-7113

Transportation

Hello Cab & Delivery 780-834-6787

Fairview FCSS Volunteer Driver Program..780-835-5471

Angel Flight Alberta

We are an organization of volunteer pilots, aircraft owners and ground support. We are unified to help Albertans get to and from their medical appointments efficiently, reducing stress, and at NO COST to the patient or family

.....780-756-0086

Employment Services

Fairview & District Chamber of Commerce Career & Employment Resource Centre

Local job ads board and resume assistance

.....780-835-5999

Fairview Public Library

Computer/internet access 780-835-2613

Peace River Municipal Library and Art Gallery

Computer/internet access780-624-4076

Alberta Works 780-624-6135

NWPCAL

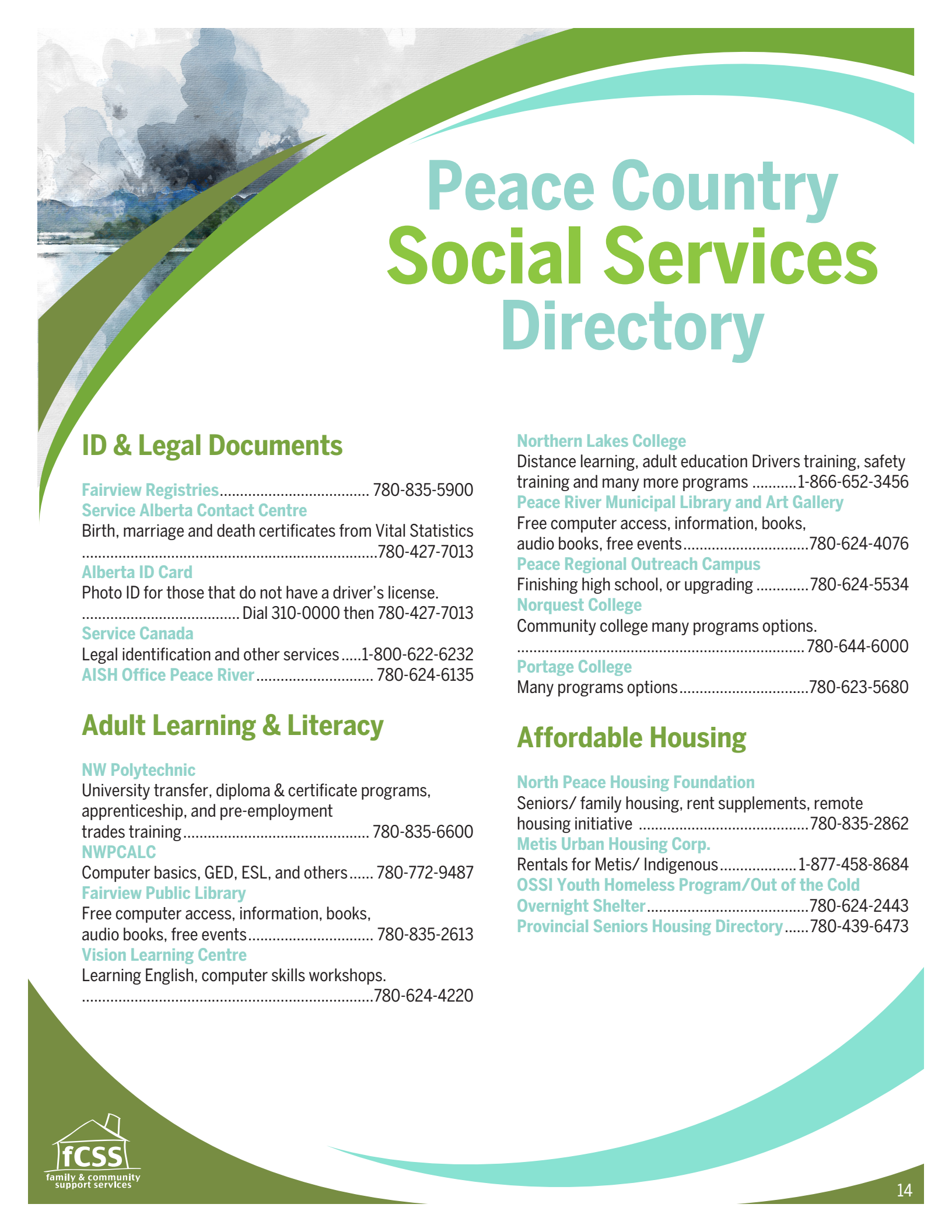
Computer courses, upgrading and other courses

.....780-772-9477

Rupertsland Institute780-624-0703

Sagitawa Friendship Society780-624-2443

Vision Learning Centre780-624-4220

The cover features a landscape painting of a river and mountains under a cloudy sky in the top left corner. Large, sweeping curved bands in shades of green and teal sweep across the page, framing the title and separating the different service categories.

Peace Country Social Services Directory

ID & Legal Documents

Fairview Registries 780-835-5900

Service Alberta Contact Centre

Birth, marriage and death certificates from Vital Statistics
..... 780-427-7013

Alberta ID Card

Photo ID for those that do not have a driver's license.
..... Dial 310-0000 then 780-427-7013

Service Canada

Legal identification and other services 1-800-622-6232

AISH Office Peace River 780-624-6135

Adult Learning & Literacy

NW Polytechnic

University transfer, diploma & certificate programs,
apprenticeship, and pre-employment
trades training 780-835-6600

NWPCALC

Computer basics, GED, ESL, and others 780-772-9487

Fairview Public Library

Free computer access, information, books,
audio books, free events 780-835-2613

Vision Learning Centre

Learning English, computer skills workshops.
..... 780-624-4220

Northern Lakes College

Distance learning, adult education Drivers training, safety
training and many more programs 1-866-652-3456

Peace River Municipal Library and Art Gallery

Free computer access, information, books,
audio books, free events 780-624-4076

Peace Regional Outreach Campus

Finishing high school, or upgrading 780-624-5534

Norquest College

Community college many programs options.
..... 780-644-6000

Portage College

Many programs options 780-623-5680

Affordable Housing

North Peace Housing Foundation

Seniors/ family housing, rent supplements, remote
housing initiative 780-835-2862

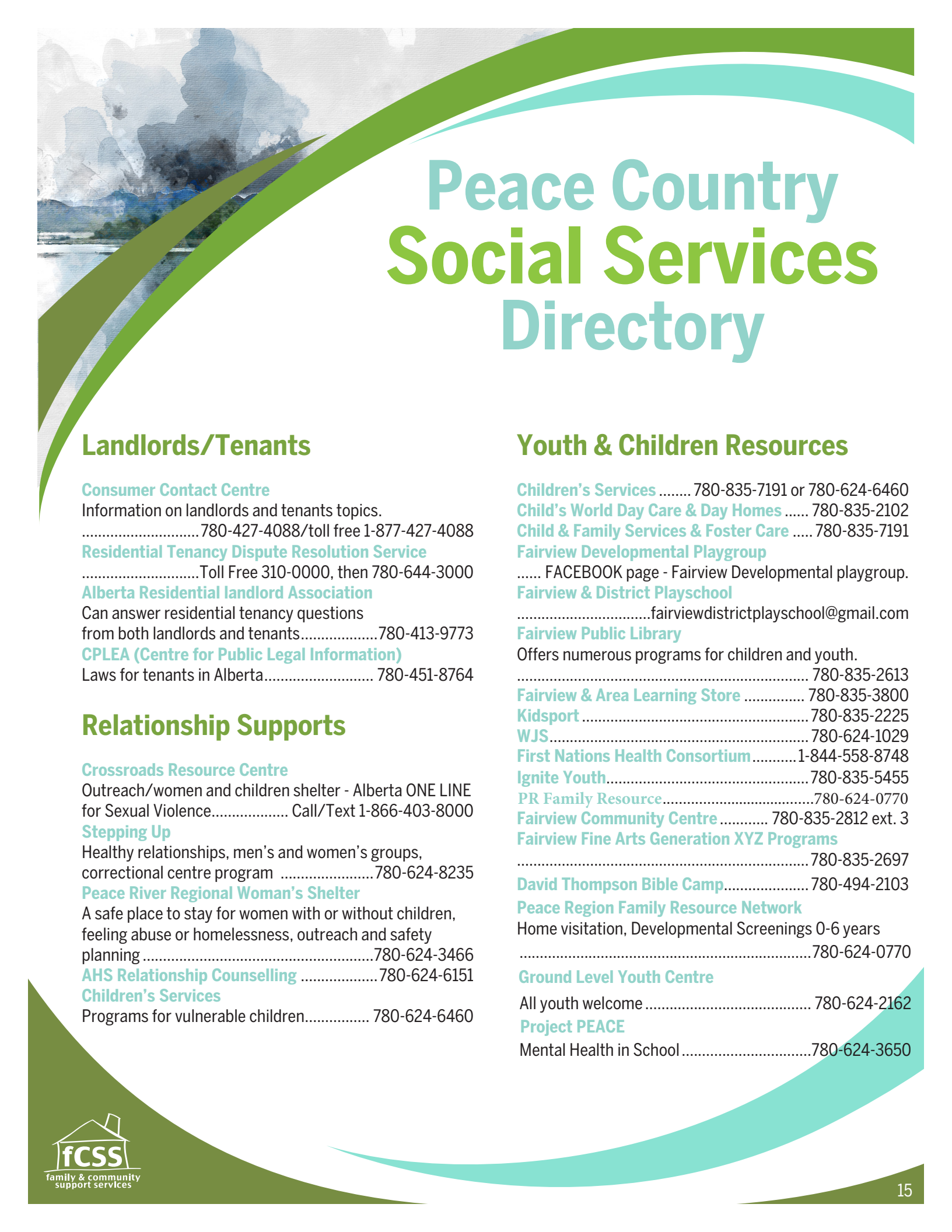
Metis Urban Housing Corp.

Rentals for Metis/ Indigenous 1-877-458-8684

OSSI Youth Homeless Program/Out of the Cold

Overnight Shelter 780-624-2443

Provincial Seniors Housing Directory 780-439-6473



Peace Country Social Services Directory

Landlords/Tenants

Consumer Contact Centre

Information on landlords and tenants topics.

..... 780-427-4088/toll free 1-877-427-4088

Residential Tenancy Dispute Resolution Service

..... Toll Free 310-0000, then 780-644-3000

Alberta Residential landlord Association

Can answer residential tenancy questions

from both landlords and tenants..... 780-413-9773

CPLEA (Centre for Public Legal Information)

Laws for tenants in Alberta..... 780-451-8764

Relationship Supports

Crossroads Resource Centre

Outreach/women and children shelter - Alberta ONE LINE
for Sexual Violence..... Call/Text 1-866-403-8000

Stepping Up

Healthy relationships, men's and women's groups,
correctional centre program 780-624-8235

Peace River Regional Woman's Shelter

A safe place to stay for women with or without children,
feeling abuse or homelessness, outreach and safety
planning 780-624-3466

AHS Relationship Counselling 780-624-6151

Children's Services

Programs for vulnerable children..... 780-624-6460

Youth & Children Resources

Children's Services 780-835-7191 or 780-624-6460

Child's World Day Care & Day Homes 780-835-2102

Child & Family Services & Foster Care 780-835-7191

Fairview Developmental Playgroup

..... FACEBOOK page - Fairview Developmental playgroup.

Fairview & District Playschool

..... fairviewdistrictplayschool@gmail.com

Fairview Public Library

Offers numerous programs for children and youth.

..... 780-835-2613

Fairview & Area Learning Store 780-835-3800

Kidsport 780-835-2225

WJS 780-624-1029

First Nations Health Consortium 1-844-558-8748

Ignite Youth..... 780-835-5455

PR Family Resource..... 780-624-0770

Fairview Community Centre 780-835-2812 ext. 3

Fairview Fine Arts Generation XYZ Programs

..... 780-835-2697

David Thompson Bible Camp..... 780-494-2103

Peace Region Family Resource Network

Home visitation, Developmental Screenings 0-6 years

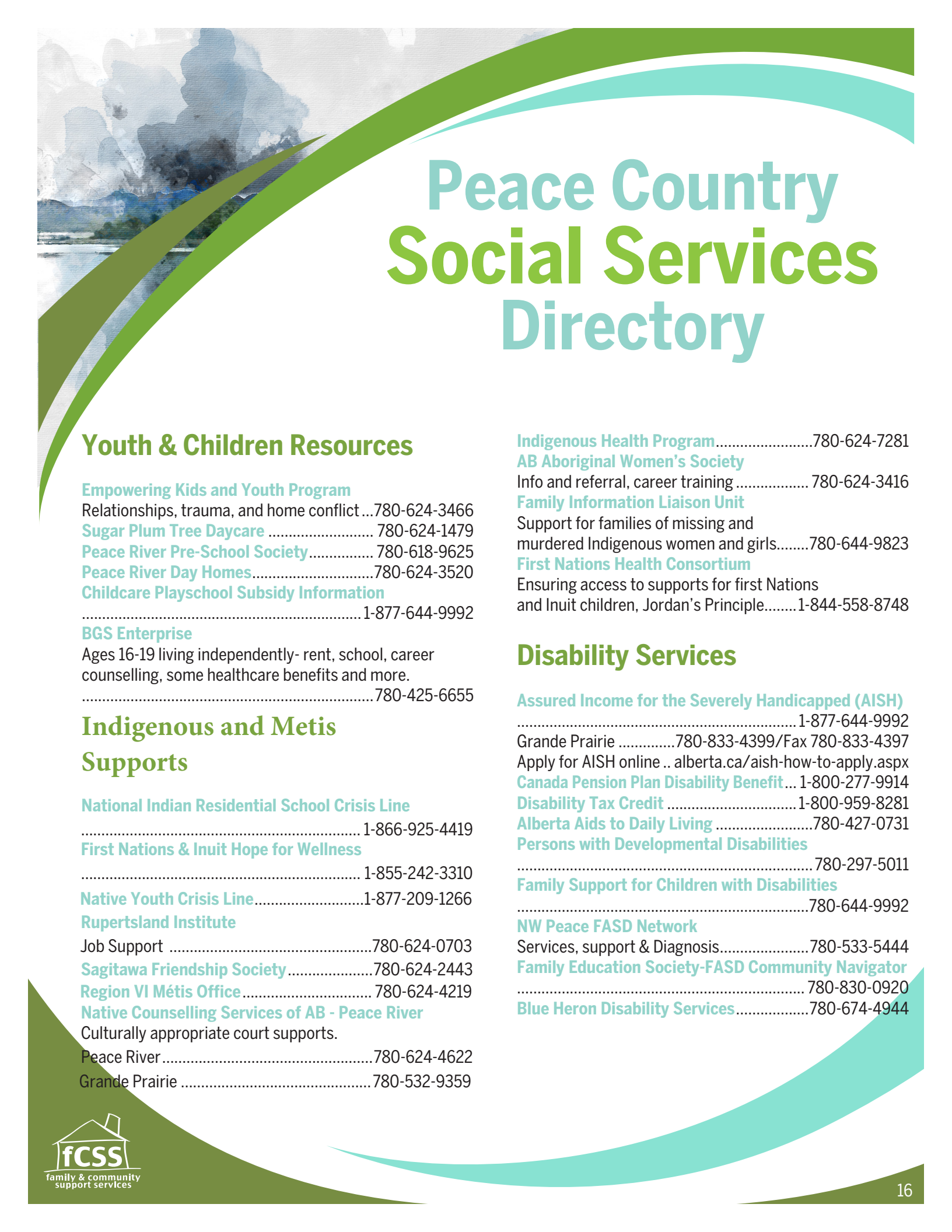
..... 780-624-0770

Ground Level Youth Centre

All youth welcome 780-624-2162

Project PEACE

Mental Health in School 780-624-3650



Peace Country Social Services Directory

Youth & Children Resources

Empowering Kids and Youth Program

Relationships, trauma, and home conflict ...780-624-3466

Sugar Plum Tree Daycare 780-624-1479

Peace River Pre-School Society 780-618-9625

Peace River Day Homes780-624-3520

Childcare Playschool Subsidy Information
..... 1-877-644-9992

BGS Enterprise

Ages 16-19 living independently- rent, school, career
counselling, some healthcare benefits and more.

.....780-425-6655

Indigenous and Metis Supports

National Indian Residential School Crisis Line

..... 1-866-925-4419

First Nations & Inuit Hope for Wellness

..... 1-855-242-3310

Native Youth Crisis Line1-877-209-1266

Rupertsland Institute

Job Support780-624-0703

Sagittawa Friendship Society780-624-2443

Region VI Métis Office 780-624-4219

Native Counselling Services of AB - Peace River

Culturally appropriate court supports.

Peace River780-624-4622

Grande Prairie 780-532-9359

Indigenous Health Program780-624-7281

AB Aboriginal Women's Society

Info and referral, career training 780-624-3416

Family Information Liaison Unit

Support for families of missing and
murdered Indigenous women and girls.....780-644-9823

First Nations Health Consortium

Ensuring access to supports for first Nations
and Inuit children, Jordan's Principle.....1-844-558-8748

Disability Services

Assured Income for the Severely Handicapped (AISH)

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

Grande Prairie780-833-4399/Fax 780-833-4397

Apply for AISH online .. alberta.ca/aish-how-to-apply.aspx

Canada Pension Plan Disability Benefit ... 1-800-277-9914

Disability Tax Credit 1-800-959-8281

Alberta Aids to Daily Living780-427-0731

Persons with Developmental Disabilities

.....780-297-5011

Family Support for Children with Disabilities

.....780-644-9992

NW Peace FASD Network

Services, support & Diagnosis.....780-533-5444

Family Education Society-FASD Community Navigator

..... 780-830-0920

Blue Heron Disability Services780-674-4944



Peace Country Social Services Directory

Snow Removal/Yard Maintenance Services

Johnstone Contracting	780-835-0181
Scott Perkins	780-835-1407
McLean Contracting	780-772-1825
Houlden's Lawn Service	780-834-7104

Alberta Senior's Benefit

Eligible seniors may be reimbursed up to \$1226 annually for snow removal/yard maintenance costs
..... 1-877-644-9992 Fax receipts to 780-422-5954

Government

Alberta Supports

Alberta Supports can help you access more than 30 programs and 120 services for seniors, people with disabilities, job seekers, parents and families
..... 1-877-644-9992/Fax 780-422-5954

Grande Prairie Alberta Supports 780-538-6241

Peace River Alberta Supports 780-624-6135

CRA Benefit inquiries

CCB, GST/HST 1-800-387-1193

Employment Insurance..... 1-800-206-7218

Canada Revenue Agency 780-624-4219

Questions on Benefits & Credits 1-800-387-1193

General tax Inquiries 1-800-959-8281

Business & Self-Employed..... 1-800-959-5525

Tele Refund..... 1-800-959-1956

Tax Information Phone Service (TIPS)..... 1-800-267-6999

Service Canada

CPP, Old Age, GIS..... 1-800-277-9914

Social Insurance Number 1-866-274-6627

Alberta Health

AB Health Care replacement cards 780-427-1432

CRA Address Change Notification

..... Fax to 604-585-5769

Service Alberta Contact Centre

Information to consumers about their rights/advice about complaints 1-877-427-4088

Alberta Ombudsman

Investigates complaints from citizens about public service 1-888-455-2756

Office of the Alberta Health Advocates

Advocates listen to health service-related concerns to find ways to resolve them 780-422-1812

Non-Government Agency Resources

Assistance for Personal Disasters

Fairview Christian Fellowship..... Bluesky 780-596-2002

Fairview Seventh Day Adventist 780-835-0096

Red Cross..... Grande Prairie 1-888-800-6493

Salvation Army Emergency Disaster Services

..... Grande Prairie 780-538-2848

Samaritan's Purse..... 1-800-663-6500

St. John Ambulance 1-800-665-7114

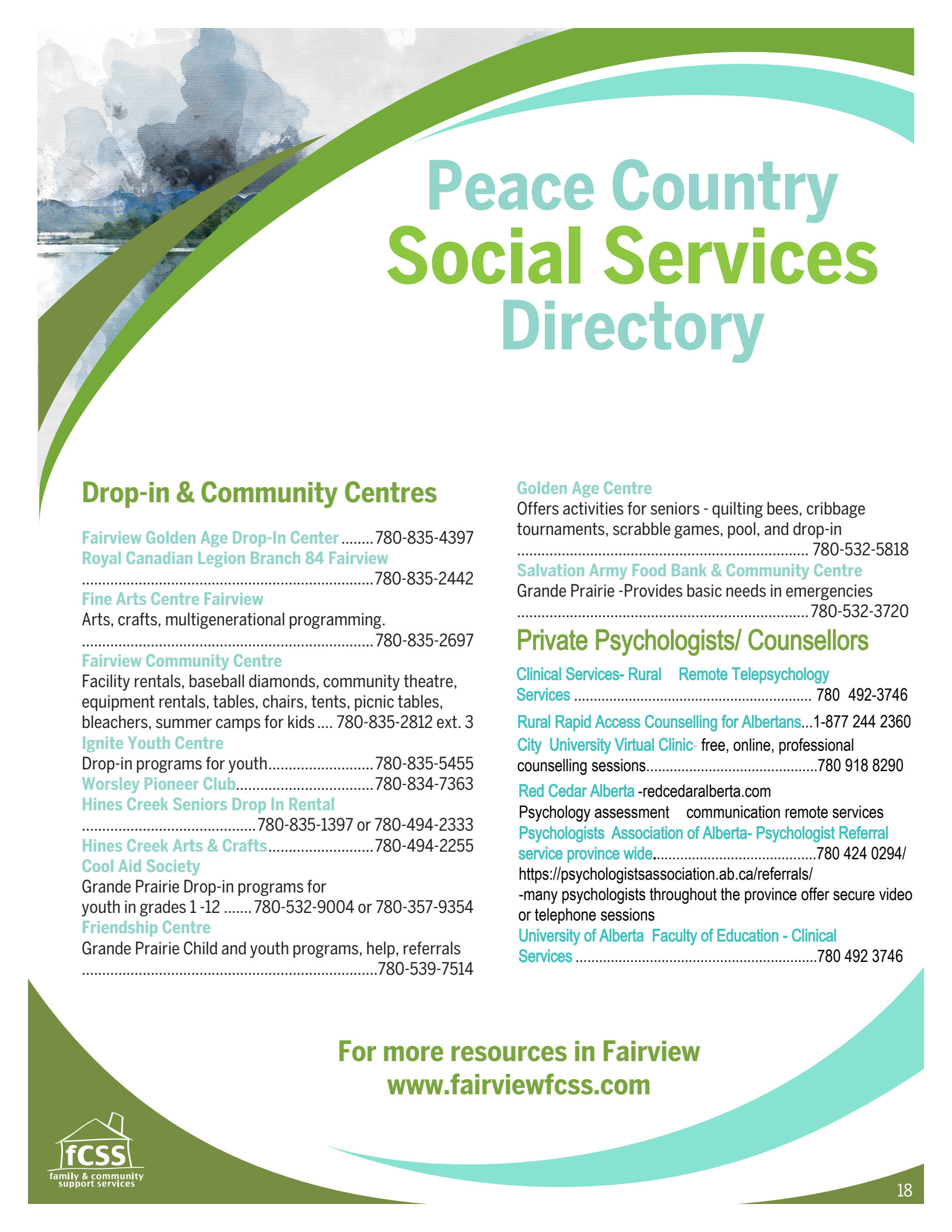
Canadian National Baptist Convention

..... 1-888-442-2272 or 403-932-4937

Christian Reformed World Relief

Committee Community Navigator

..... 1-800-730-3490 or 905-336-2920



Peace Country Social Services Directory

Drop-in & Community Centres

Fairview Golden Age Drop-In Center 780-835-4397

Royal Canadian Legion Branch 84 Fairview

..... 780-835-2442

Fine Arts Centre Fairview

Arts, crafts, multigenerational programming.

..... 780-835-2697

Fairview Community Centre

Facility rentals, baseball diamonds, community theatre,
equipment rentals, tables, chairs, tents, picnic tables,
bleachers, summer camps for kids 780-835-2812 ext. 3

Ignite Youth Centre

Drop-in programs for youth..... 780-835-5455

Worsley Pioneer Club..... 780-834-7363

Hines Creek Seniors Drop In Rental

..... 780-835-1397 or 780-494-2333

Hines Creek Arts & Crafts..... 780-494-2255

Cool Aid Society

Grande Prairie Drop-in programs for
youth in grades 1 -12 780-532-9004 or 780-357-9354

Friendship Centre

Grande Prairie Child and youth programs, help, referrals
..... 780-539-7514

Golden Age Centre

Offers activities for seniors - quilting bees, cribbage
tournaments, scrabble games, pool, and drop-in
..... 780-532-5818

Salvation Army Food Bank & Community Centre

Grande Prairie -Provides basic needs in emergencies
..... 780-532-3720

Private Psychologists/ Counsellors

Clinical Services- Rural Remote Telepsychology

Services 780 492-3746

Rural Rapid Access Counselling for Albertans...1-877 244 2360

City University Virtual Clinic- free, online, professional
counselling sessions..... 780 918 8290

Red Cedar Alberta -redcedaralberta.com

Psychology assessment communication remote services

**Psychologists Association of Alberta- Psychologist Referral
service province wide**..... 780 424 0294/

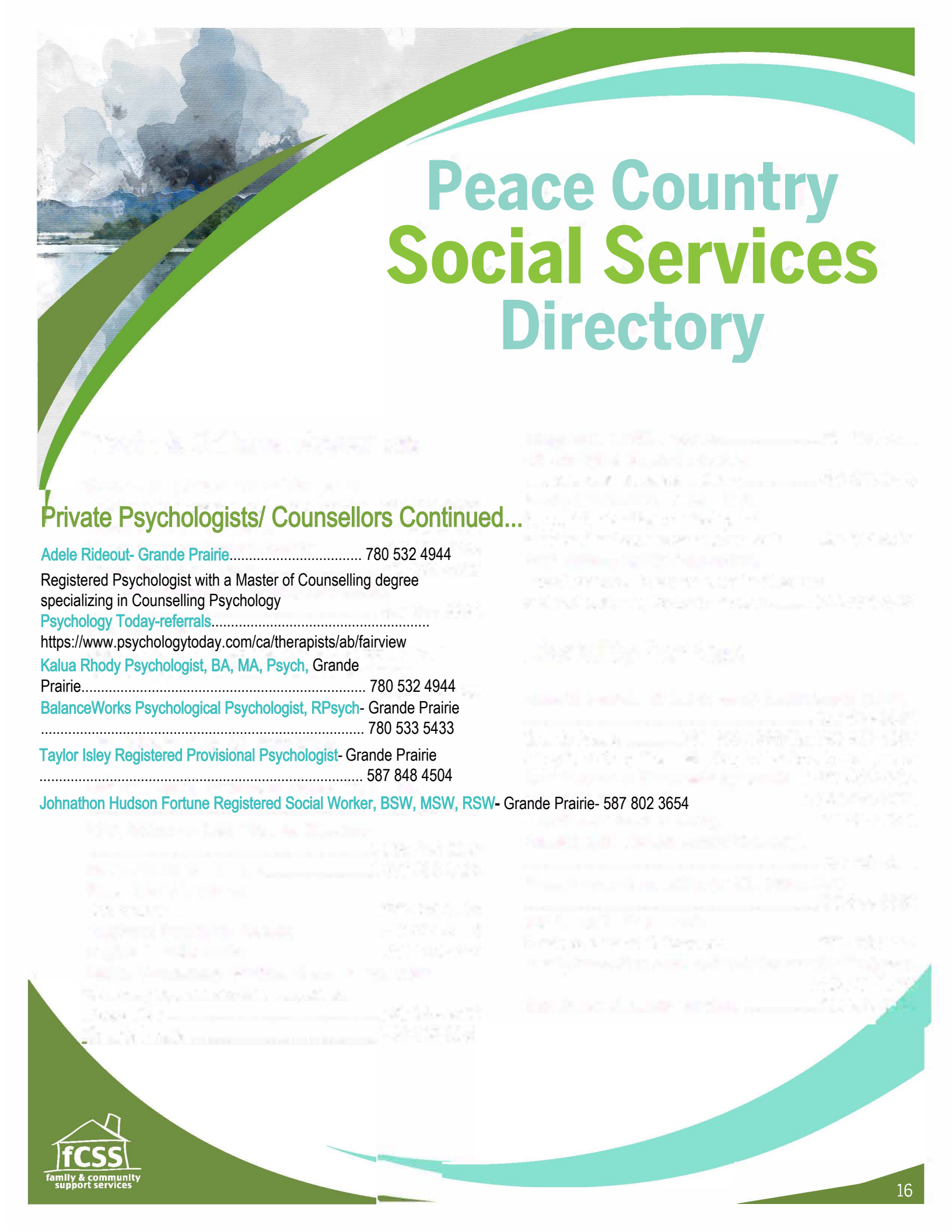
<https://psychologistsassociation.ab.ca/referrals/>

-many psychologists throughout the province offer secure video
or telephone sessions

University of Alberta Faculty of Education - Clinical

Services 780 492 3746

For more resources in Fairview
www.fairviewfcss.com

The cover features a background image of a landscape with mountains and a body of water under a cloudy sky. Overlaid on this are two large, sweeping curved bands, one green and one teal, that frame the title. The title itself is in a large, bold, sans-serif font, with 'Peace Country' in teal and 'Social Services Directory' in green.

Peace Country Social Services Directory

Private Psychologists/ Counsellors Continued...

Adele Rideout- Grande Prairie..... 780 532 4944

Registered Psychologist with a Master of Counselling degree
specializing in Counselling Psychology

Psychology Today-referrals.....

<https://www.psychologytoday.com/ca/therapists/ab/fairview>

Kalua Rhody Psychologist, BA, MA, Psych, Grande

Prairie..... 780 532 4944

BalanceWorks Psychological Psychologist, RPsych- Grande Prairie

..... 780 533 5433

Taylor Isley Registered Provisional Psychologist- Grande Prairie

..... 587 848 4504

Johnathon Hudson Fortune Registered Social Worker, BSW, MSW, RSW- Grande Prairie- 587 802 3654

— 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

