

RED DEER YOUTH RESOURCE GUIDE

The Red Deer High Risk Youth Coalition (RDHRYC) is a group of agencies working together to increase the communities capacity to meet the needs of high risk youth.

For information regarding the Red Deer Youth Resource Guide, contact Terra Leslie at McMan Youth, Family and Community Services at 403-309-2002.

RDHRYC assumes no responsibility to any person or persons for the information contained in this publication, nor shall it be held liable for any damage caused to any person, whether negligently or otherwise.

The listing of an agency in this guide does not indicate its endorsement nor does the exclusion of an organization imply lack of approval.

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Red Deer Meal Schedule

	BREAKFAST	LUNCH	SUPPER
Sunday	Mustard Seed 7:00 – 9:00am	Adventist Centre 11:30 – 1:00pm (1 st and 2 nd Sunday/month) Sacred Heart 11:30 – 1:00pm (3 rd and 4 th Sunday/month)	Potter's Hands 5:00 – 6:00pm (Provided by Line of Hope)
Monday	Potter's Hands 6:00 – 7:30am	Potter's Hands 11:30 – 1:00pm	Mustard Seed 5:00 – 6:30pm
Tuesday	Potter's Hands 6:00 – 7:30am	–	Potter's Hands 4:30 – 6:00pm
Wednesday	Potter's Hands 6:00 – 7:30am	–	Mustard Seed 5:00 – 6:30pm
Thursday	Potter's Hands 6:00 – 7:30am	–	Adventist Centre 4:30 – 5:30pm
Friday	Potter's Hands 6:00 – 7:30am	–	Mustard Seed 5:00 – 6:30pm
Saturday	Potter's Hands 6:00 – 7:30am	–	Adventist Centre 4:30 – 5:30pm

Adventist Community Centre

5014 49th St.
403-341-4470

Potter's Hands

4935 51st St.
403-309-4246

Sacred Heart Church

5508 48a Ave.
403-346-2618

The Mustard Seed

6002 54th Ave.
403-347-1844

Red Deer Emergency Numbers

Emergency (Ambulance, Fire, Police): 911

RCMP (complaint line): 403-343-5575

Hospital (non-emergency): 403-343-4422

Ambulance (non-emergency): 403-346-5511

Red Deer Walk-In Clinics

Associate Medical Group Walk-in Clinic

(4900 Molly Banister Dr. – Bower Mall) 403-352-7430

Clearview Medical and Walk In Clinic

(47 Clearview Market Way) 403-356-0222

Discovery Walk-in & Medical Clinic

(3410 50th Ave.) 403-342-9444

Easthill Walk-in & Medical Clinic

(#430 – 3020 22nd St.) 403-343-0115

Horizon Family Medicine

(A-5016 51st Ave. (Superstore)) 403-342-7270

Medi Cross Family & Walk-in Clinic

(#10 – 69 Dunlop St.) 403-347-6811

Red Deer Street Clinic

(#160 5017 49th St.) 403-340-3593

Saint Mary Family & Walk-in Clinic

(#160 – 6900 Taylor Dr.) 403-342-2234

49th Street Community Health Centre

(4755 49th St.) 403-346-8336 / 1-800-346-9414

Village Mall Walk-in Clinic

(#22 – 6320 50th Ave.) 403-314-5357

Help Lines / Resources

24 hr Sexual Assault Crisis Line: 1-866-956-1099

AHS Addiction Helpline: 1-866-332-2322

Bullying Help Line: 1-888-456-2323 (www.b-free.ca)

Child Abuse Hotline: 1-800-387-5437

Children's Services Hotline: 1-800-638-0715

Child and Youth Advocate: 1-800-661-3446

Community Information and Referral Services: 211

Connecteen: 403-264-TEEN (8336) -24/7 or

Text: 587-333-2724 (evenings/weekends)

Crime Stoppers: 1-800-222-8477

Dealing with Depression: www.dwdonline.ca

(antidepressant skills and information)

Dial-A-Law: 1-800-332-1091

Gambling Help Line: 1-800-665-9676

Government Rite Line: 310-0000

Health Education and Learning (HEAL):

www.albertahealthservices.ca

Health Link Alberta: 811

Kids Help Phone: 1-800-668-6868 (www.KidsHelpPhone.ca)

Mental Health Help Line: 1-877-303-2642

Mind Check: www.mindcheck.ca (mental health resources)

Mind Your Mind: www.mindyourmind.ca (information and tools for coping)

STI/AIDS/HIV Information: 1-800-772-2437

Youth Smart: www.youthsmart.ca (information, tools and resources for mental health and resiliency)

HOW TO GET:

Child Tax Benefit

www.cra.gc.ca/benefits

1-800-387-1193

Social Insurance Number

Apply in person at:

Service Canada

#101, 4901 – 46th St.

Toll Free 1-800-622-6232

Hours: Monday to Friday 8:30am – 4:00pm

- If you need information regarding your SIN – go down to Service Canada and provide an original of one of the following:
 1. Canadian citizens must provide an original of one of the following: Canadian Birth Certificate, Canadian citizenship card
 2. Permanent residents must provide an original of one of the following: Permanent resident card, Confirmation of permanent residence (for example, a foreign passport), Record of Landing, Verification of Landing, Status of Verification
 3. Temporary residents must provide an original of one of the following: Work permit, Study permit, Visitor record, Diplomatic identity card and a note of permission of employment

Alberta Healthcare

Forms available at www.servicealberta.ca

- Apply in person at one of the registries to complete application and bring the following:
 1. Government issued photo ID
 2. Proof of Alberta residency: Current Alberta driver's license, current Alberta registries identity card, current utility bills for an Alberta residence, a current pay stub, bank statement or lease agreement may be submitted as proof of Alberta residency as long as it includes your full name and Alberta address
 3. Proof of legal entitlement to be in Canada: Document must be ID which shows your name and birth date: Canadian passport, Canadian citizenship card, Canadian birth certificate, Permanent Resident Card, Canada entry document

Birth Certificate

Information/Forms: www.servicealberta.ca

- Apply in person at one of the registries to complete application and bring the following:
 1. Government issued photo ID
 2. If you do not have photo ID, a designate can apply on your behalf with your consent. This designate must have known you for at least one year and have government issued photo ID

Photo ID / Driver's License

Information/Forms: www.servicealberta.ca

- Apply in person at one of the registries and bring the following:
 1. Secondary piece of ID which confirms legal presence in Canada
 - a. Valid Canadian Passport, Canadian Birth Certificate, Canadian Indian Status Card (Federal Government Issued), Record of Landing, Citizenship, Immigration, Naturalization or Permanent Resident Card
 2. Proof of Alberta Residency OR mailed statement from the below list (b) OR one from the below list (c)
 - a. Electronic or mailed utility statements showing name and physical address – current within the last 90 days
 - b. Mailed bank statement, credit card statement, Alberta Social Benefits statements or cheques, Income tax assessment summary, cell phone bill, etc. – current within the last 90 days
 - c. Residential lease agreement showing residential address, copy of Land Title, can also use written confirmation from employer or educational institution – contact registries for further detail.

Registries

AMA – Alberta Motor Association

(2004 50th Ave.) 403-342-6633

One Stop License and Insurance (South)

(3440 50th Ave.) 403-348-5200

One Stop License and Insurance (North)

(#7, 5105 76a St. Cl.) 403-341-7867

Red Deer Registries (Millennium Centre)

(#101 – 4909 49th St.) 403-347-3570

Vital Registry Services

(5406 43rd St.) 403-347-0799

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Academic Express - Adult Education & Training

4946 55th St.

403-340-1930

Ages: 18+

Hours: Monday to Friday 9:00am - 4:00pm

- GED (General Equivalency Diploma)
- “Math & Science for the Trades” (upgrade for entrance exam)

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Academy of Learning

2965 Bremner Ave.

403-347-6676

Ages: Adult Education

Hours: Monday to Wednesday 8:00am – 8:00pm,
Thursday 8:00am – 6:00pm, Friday 8:00am – 5:00pm,
Saturday 9:00am – 1:00pm

- Career and business training
- Continuous enrollment and a self-paced learning environment

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Al-Anon/Alateen

403-346-0320

<http://www.al-anon.ab.ca>

- Non-professional fellowship for people who believe their lives have been affected by someone else’s drinking
- Self-help recovery program based on the 12 steps of Alcoholics Anonymous
- Call/check website to find out more about the support group meetings

Alberta Health Services Community Addiction & Mental Health

Hours: Monday to Friday 8:15am – 4:30pm

Child and Adolescent Services

#104 – 4920 51st St. (Provincial Building)

403-340-5274

- Services include: counselling / therapy, consultations, groups, assessment and treatment services, and information and referrals for individuals who have addiction and/or mental health related concerns
- Residential Youth Detox offers voluntary detox services for youth 17 and under to safely withdraw from substances in a supported environment

Adult Services

4733 49th St.

403-340-5466

Ages: 18+

- Services include: counselling / therapy, consultations, groups, assessment and treatment services, and information and referrals for individuals who have addiction and/or mental health related concerns

Alberta Solicitor General – Correctional Services

#103 – 4920 51st St. (Provincial Building)

403-340-5180

Ages: 12+

Hours: Monday to Friday 8:15am – 4:30pm

- Probation office

Alberta Works Centre

Hours: Monday to Friday 8:15am – 4:30pm (Closed from 12:00pm – 1:00pm)

Alberta Supports

**2nd Floor, First Red Deer Place
4911 51st St.**

403-340-5353

Ages: All

Hours: Monday to Friday 8:15am – 4:30pm

- Access to more than 120 social-based supports
- Information on but is not limited to: [Childcare Supports](#), [Income Supports](#), [Disability Supports](#), [Employment and Training](#)
- Self-directed access to computers, printer, fax and photocopier for employment purposes

Assured Income for the Severely Handicapped (AISH)

1st Floor, Provincial Building

#109 – 4920 51st St.

Information line: 1-780-427-6942

Office: 403-340-7077; Fax: 403-755-6171

Ages: 18+

Emergency After Hours: 1-866-644-5135

- Provides financial and health related assistance to eligible adults with a disability
- To apply, complete online application at www.alberta.ca or pick up application at the office

Income Support

1st Floor, Provincial Building

#109 – 4920 51st St.

Application/Eligibility Line: 403-340-5485

General Inquiries: 403-754-6208

Status of cheque: 310-0000 then dial 780-427-6942

Ages: 18+

Alcoholics Anonymous

24 hour help-line: 403-347-8650

Ages: 18+

- AA help line support for those wishing to recover from active alcoholism
- Referral information to AA meetings in Red Deer area

Alternative School Centre

#202 – 5214 47th Ave.

403-343-1354

Fees: Vary depending on grade, course and age

Hours: Monday to Thursday 9:00am – 4:30pm, Friday 9:00am – 12:00pm

- All youth and adult ages served
- Outreach independent study program
- Home school registry for Red Deer Public Schools
- Registration occurs throughout school year

Bredin Centre For Learning

#400 - 4406 50th Ave

587-273-0225

Ages: All

Hours: Monday to Friday 8:00am – 4:30pm

The Bredin Employment Centre

- Resource Room: assistance with resume, cover letter and supported work search
- One to one employment counselling
- Current Job Postings board/hiring events
- Job Club (Tuesdays 9:30am – 11:30am, Thursdays 1:30pm – 3:30pm)
- Computer, fax and telephone access for work search purposes

Essential Skills

Ages: 18+

- Provides an assessment of your workplace essential skills and tailor a program that is individualized to your needs in order to enter your identified career choice

Program to Assist the Homeless (PATH) Program

Ages: 18+

- Homelessness prevention program that assists individuals and families who are either experiencing homelessness for the first time or are at imminent risk of becoming homeless
- Homeless services include: applications for funding/housing, landlord/tenant relations, life skills (budgeting, personal management, etc.), transition to employment supports and/or housing funds if eligible

Line Cook Program

Ages: 18+

- 15 week training program designed to develop the skills required to assist in securing employment as a Line Cook. Provides step-by-step career planning, exposure courses, hands-on practical training, work experience and supported job search

Life Skills Program for Single Parents

Ages: 18+

- Work individually as well as in a group setting on Personal Life Management, Career Planning, Childcare Security & Job Placement

ESL (English as a Second Language) for the Workplace Training

Ages: 18+

- Full-time and part-time classes available. Classes include work experience, job shadowing and placement support

Canadian Mental Health Association (CMHA)

5017 50th Ave.

403-342-2266

Hours: Monday to Friday 9:00am – 12:00pm & 1:00pm – 4:00pm

- Provide services to enhance the education, housing, income, and support needs of our community and the individuals with mental illness, brain injuries and addiction living in Central Alberta

Art of Friendship

- An eight-week course that teaches individuals the skills

needed to develop and maintain healthy friendships. The course also teaches how to create positive social connections with co-workers, employers, family members, and friends

WRAP (Wellness Recovery Action Planning)

- A recovery based education series

Suicide Intervention and Prevention Programs

- In collaboration with the Centre for Suicide Prevention (CSP), program provides information, knowledge and skills necessary to respond to people at risk of suicide

Living Life to the Full

- Targeted to people experiencing depression or anxiety and also benefits anyone seeking to worry less and live a happier life, starting now

Friendship Circle

- Provides opportunities to develop and strengthen relationships, participate in community life, and enhance leadership and mentoring abilities

Alberta Brain Injury Network (ABIN)

- Service Coordinators support adults and their families who are experiencing the effects of an acquired brain injury. The program is delivered in partnership with Catholic Social Services

Decision Making Assistance

- Supports families and individuals examine substitute decision making options for vulnerable adults. This includes personal directives, supported decision making, co-decision making, or guardianship. Assistance is also provided to complete required documents

Red Deer Housing Team

- In partnership with Safe Harbour and Women's Outreach, helps individuals and families who have a history of homelessness find and maintain housing. The program focuses on helping people increase their self-sufficiency

The Buffalo Apartments

- The 39-unit complex, owned and rented to tenants by Potters Hands Housing supports individuals using a *Housing First* model. Individuals with a history of homelessness and addictions can move directly off the street into permanent, affordable housing. 24-hour staffing is provided by CMHA

Career Assistance Network

#102 – 5214 47th Ave.

403-341-7811

Ages: All

Fees: Vary depending on services – free services are available

Hours: Monday to Thursday 8:30am – 4:30pm, Friday 8:30am – 3:00pm

- Employment and career development services (resume development and resume workshops, interview skill building, practical work search workshops, career development workshops, customer service workshops, computer courses, etc.)
- Exposure courses (H2S Alive, First Aid/CPR, WHMIS, PST/CSTS, TDG, Ground Disturbance, Food Safe, Pro Serve, etc.)
- Government funded programs: Youth Transitional Employment Program (youth aged 16-19) and Skilled Labourer Program (youth aged 18-30)

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Catholic Social Services

5104 48th Ave.

403-347-8844

Fees: Vary depending on services – free services are available

Hours: Monday to Friday 8:00am – 4:30pm; evening sessions by appointment

- Provides therapeutic counselling to individuals, couples and families
- Family Care (Anger Management): Individual and group sessions offered for children and parent/guardian
- Fetal Alcohol Spectrum Disorder (FASD) Community Outreach Program provides advocacy and support for children and families impacted by FASD

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Central Alberta Community Legal Clinic

#301 – 5008 Ross St.

403-314-9129; Toll Free: 1-877-314-9129

Ages: 18+

Hours: Monday to Friday 8:30am – 4:30pm

- Offers free legal advice to those who do not qualify for Legal Aid and who cannot afford a lawyer
- Tenant Support Program: Provides assistance to tenants with issues such as wrongful eviction or withholding of a security deposit
- Photo ID clinics offered

Central Alberta FASD Network

#206 – 33 McKenzie Cres. Red Deer County

403-342-7499 (Centralized Intake)

Ages: All

Hours: Call to Inquire

- Information on all services for individuals suspected or diagnosed with FASD including assessment services, outreach support and prevention
- Education/Awareness resources

Central Alberta Immigrant Women's Association (CAIWA)

#110 – 5017 49th St.

403-341-3553

Hours: Monday to Friday 8:30am – 4:30pm

- Helps newcomers to Canada get established, develop employment skills, build family health, and reach their full potential in their new home

Home Instruction for Parents of Preschool Youngsters (HIPPY)

- Provides in-home support and resources to help parents adjust to raising a family in Canada

Youth Employment Success Strategy Program (YESS)

- Designed to help youth, adjust to Canadian work life and gain experience at local organizations

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Central Alberta Pregnancy Care Centre

5116 47th St.

Office: 403-343-1611

24-hour Help Line: 403-343-1619

Toll Free: 1-844-343-1611

Ages: All

Hours: Monday to Friday 9:00am – 5:00pm, Wednesday 6:00pm – 8:00pm

- Confidential information and support on: prenatal/ pregnancy care, miscarriage grief, abortion procedures and risks, childbirth, parenting and adoption
- Male mentorship and Steps to Sexual Health Program
- Parenting programs: Keys to Young Parenting program and Fathering program
- Baby and maternity clothing, pregnancy tests
- Maternity Home

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Central Alberta Refugee Effort (C.A.R.E)

#200 – 5000 Gaetz Ave. (Immigrant Centre)

403-346-8818

Hours: Monday to Friday 8:30am – 4:30pm

- Settlement for Newcomers through Activities and Programs (SNAP) – Middle and high school ages
- Settlement Support in schools – Advocacy and supportive counselling
- English Second Language (ESL) Classes
- Translation/Interpretation

Central Alberta Sexual Assault Support Centre

A201 – 5212 48th St.

Office: 403-340-1124

24-hour Help Line: 1-866-956-1099 (call, text or webchat)

Ages: All

Hours: Monday to Friday 8:00am – 5:00pm

- Crisis and short-term counseling services for victims of sexual assault and their families
- Individual Counselling, Play Therapy, Outreach Counselling, Family Therapy, Court Preparation and accompaniment, Police accompaniment. Hospital Support, 24 Hours crisis line, Victim Service support

Central Alberta Women's Emergency Shelter

403-346-5643; Toll Free: 1-888-346-5643

Ages: 18+

Hours: 24/7

- Provides safe refuge, personal counselling, and community support for families experiencing family violence

Central Alberta Women's Outreach Society

4101 54th Ave. (The Outreach Centre)

403-347-2480; Toll Free: 1-866-347-2480

Ages: 18+

Hours: Monday to Friday 8:15am – 4:15pm

- Domestic violence, legal and housing supports
- Monitored exchange, safe visitation and support groups
- R Own Food Co-op (\$25.00)

Coordinated Entry

Hours: Monday, Tuesday, Thursday and Friday 8:30am – 10:30am

- Assist individuals that are currently without a home to receive direction regarding housing

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Children's Services – Central Region

1st and 2nd Floor, Provincial Building

4920 51st St.

403-754-6244 / 403-340-5400

Ages: up to age 18

Hours: Monday to Friday 8:15am – 4:30pm

- Provides supportive services to children, youth and families
- Additional support and funding may be available beyond the age of 18 to those individuals already involved with Children's Services

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Child And Youth Advocate Of Alberta

Toll Free: 1-800-661-3446

Ages: 24 and under

Hours: Monday to Friday 8:15am – 4:30pm;

Voicemail and appointments available after hours

- Provides free advocacy and rights education for young people involved with the child intervention or youth justice systems
- Provides legal representation for young people who are

involved with matters under the *Child, Youth and Family Enhancement Act* or the *Protection of Sexually Exploited Children's Act*

- Advocates and/or lawyers will represent and protect the rights of the young people we serve including providing general information about services available to ensure their concerns are heard and considered by decision-makers

Cocaine Anonymous

403-396-8298

www.ca-northab.org

- Call or see website for meeting schedule

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Collicutt Centre

3031 30th Ave.

403-358-7529

- Water park, field house, fitness studio, soccer pavilion and running track

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Community Liaison Worker

Contact schools directly to inquire about accessing supports

- This service focuses on intervention and prevention supporting the social, emotional and mental wellness of students and families

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Cosmos Group Of Companies

7428 49th Ave.

403-343-0715

Ages: 15+

Hours: Monday to Friday 8:00am – 4:30pm

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- Offers services to support employment, personal goals, making connections and volunteering in the community.

Career Services

- A government funded program which offers unemployed, under-employed, and marginally employed Albertans the opportunity to gain on-the-job training and employment in a range of industries and roles
- Services include, but are not limited to: pre-employment & career transition assessments, career coaching plans, career development & life skills courses, professional development portfolios, resume development, job search & free internet access, occupational-specific courses, employment placement, transitional supports, employer/employee mediation, follow-up support, referral network for health, social, housing, and income sourcing

Recreation and Leisure

- Some of the sessions on offer include: taekwondo, water workout, active living, cake decorating, ceramics, beauty therapies, "Habitat for Humanity" (volunteer project build), sewing club, scrapbooking, model club, sculpting, cooking & cultural cooking, various dance sessions, music (including "Soundbeam" Music Project), Hiking, photography, geocaching, seasonal sports (tennis, baseball, curling, gymnastics, yoga)
- Services can be modified to meet the client's needs. Our community-based sessions run on a 3-month basis; offering subsidized and no-cost options for individuals living with a disability, mental health needs, FASD, chronic illness, brain injury, or sensory impairment

Life Skills & IT Training

- Courses focus on personal development and skill-building

by offering free computer literacy training and drop-in sessions for internet and personal use.

- Courses include, but are not limited to: Abusive Situations, Assertiveness Training, Behavior at the Workplace, Boundaries, Budgeting, Bullying, Choices and Decision Making, Communication, Conflict Resolution, Coping with Greif and Loss, Dating Relationships, Dealing with Criticism, Dressing for Success, Employer Expectations, Friendship Relationships, Frustration/Anger Management, Grooming and Hygiene, Health, Wellness and Nutrition, Interview Preparation, Keeping Safe, Public Transit - Bus Training, Resume Development, Roommates, Self-Esteem and Confidence, Socialization, Stress Management, and Sexuality Education

Dream Catchers Toastmaster Club

- This service is part of an international educational organization that teaches public speaking and leadership skills through a worldwide network of meeting locations. Toastmasters Clubs allow people to learn the art of communication, public speaking and listening

Crime Stoppers

1-800-222-TIPS (8477)

Website: www.tipsubmit.com

- Call, text or go online if you have information about a crime that could lead to the arrest and conviction of a suspect
- Tipsters may be eligible for a cash reward and always remain anonymous

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Diversified Staffing Services

4957 49th St.

403-343-8161

Ages: 16+

Hours: Monday to Friday 6:30am – 5:30pm, Saturday 8:00am – 12:00pm

- Staffing agency providing temporary and permanent placements from industrial to office work

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Employment Placement And Support Services (EPSS)

#200 – 4315 55th Ave.

403-343-6249

Hours: Monday to Friday 8:00am – 4:30pm

- Provides job search assistance to unemployed/ underemployed Albertans
- Career exploration, resume development, interview strategies
- Short-term job coaching, on-site skill training, and workplace training

Youth Employment Services (YES)

Ages: 14-21

- Outreach and career assistance to eligible Youth transitioning into adulthood and achieving their employment related goals
- Job search and follow up support provided

Employment Innovations Project (EIP)

Ages: 18+

- Offers individualized assistance for persons with disabilities through outreach and employment supports to assist participants to connect to required resources
- Direct marketing and follow up assistance is provided

Disability Services

Ages: 18+

- Offer a variety of services for adults who have a developmental disability and are eligible to receive supports through Disability Services. Services are offered in the areas of supported independent living, employment and/or recreation, leisure and volunteerism

Opportunities Fund (OF)

Ages: 15+

- Provides specialized employment services and interventions designed to lead to on-going employment. Services are available for persons who self-identify as having a permanent disability and meet eligibility requirements

A Gathering Place (AGP)

Ages: 18+

- A clubhouse for adult individuals living with a mental illness. Members are involved with the overall running of the Clubhouse and participate in a “work ordered day”

Family School Enhancement Program

Contact schools directly to inquire about accessing supports

- This service focuses on intervention and prevention supporting the social, emotional and mental wellness of students and families

Family Services Of Central Alberta (FSCA)

5409 50th Ave.

403-343-6400

Hours: Monday to Friday 8:30am – 4:30pm (Closed from 12:00pm – 1:00pm)

- Home visitation and Outreach services
- Prenatal classes for teens and young women

Building Incredible Babies (BIB)

- Offers outreach services and educational support for at risk pregnant women/teens, including: prenatal vitamins, nutrition, food supplementation, and lifestyle counselling

Parent Child Assistance Program (PCAP)

- Offers prevention services for future births of alcohol and drug-exposed children, by empowering women to build and maintain healthy independent lifestyles

Gasoline Alley Career High School

#104, 159B Leva Avenue Red Deer County

403-346-9998

Ages: 15+

Hours: Monday, Thursday and Friday 8:30am – 4:00pm, Tuesday and Wednesday 8:30am – 7:00pm

Fees: 19 or younger, no fees; Adult learners, \$100 annually, \$600/core subject

- Individualized flexible learning
- Beginning at Grade 10
- Academic upgrading for adults; approved site for Alberta Works funding

G.H. Dawe Community Centre

56 Holt St.

403-406-8600

- Swimming pool with waterslides, ice arena, gym, and fitness studio

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Greyhound Canada – Red Deer Terminal

4303 50th Ave.

403-343-8866

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John Howard Society

4916 50th St.

403-343-1770

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Hours: Monday to Friday 8:30am – 4:30pm (Closed from 12:00pm – 1:00pm)

- Our goal is to promote community harmony through crime prevention, advocacy and re-integration of offenders through the restorative process
- Services include: Institutional Support, Support for ID replacement, Assistance with Record suspension and US Entry Waiver Applications, Career Closet access, Adult Literacy Program and Tax Completion throughout the year

Restorative Actions and Practices Program (RAPP)

- A voluntary community based response process targeted to repair the harm resulting from a crime, conflict or situation. This process encourages the opportunity for the person harmed to articulate the impact of the harm done and to identify their needs to repair the harm created. This process also creates an opportunity for the person

who caused harm to be accountable for their actions, understand the impact of the harm, and take meaningful steps to repair the harm done through a formal agreement

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Kidsport

#4 7659 Edgar Industrial Drive

403-314-4737 or 780-603-3036

Ages: 18 and under

- Funds the registration costs for organized sports up to \$200 per year per child

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Legal Aid Alberta

4802 51st Ave.

403-340-5119; Toll Free: 1-866-845-3425

**Hours: Monday, Tuesday, Thursday, and Friday 8:30am – 4:00pm,
Wednesday 8:30am – 2:30pm**

Fees: Vary based on financial eligibility

- Provides legal criminal, family, and civil services to low-income Albertans
- If ineligible, a lawyer may be appointed by Alberta's Court Ordered Program

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Lending Cupboard Society Of Alberta

5406C 43rd St.

403-356-1678

Hours: Monday, Wednesday, Friday 10:00am – 3:00pm

- Provides medical equipment free of charge to individuals in need

McBride Career Group Inc.

#103 - 4719 48th Ave.

403-346-8599 or 403-986-6402

Hours: Monday to Friday 8:00am – 4:30pm

- Provides training and support through various employment programs, including: Early Learning and Child Care, Pre-trades Training, and Business Skills Services

McMan Youth Family & Community Services

#103 – 5214 47th Ave.

403-309-2002

Hours: Monday to Friday 8:30am – 4:30pm (Closed from 12:00pm – 1:00pm)

- Arcadia Housing - program for youth between 15 and 24 who have been homeless for three months or have a history of episodic homelessness
- Family and Natural Supports (FANS) Program – Helping youth, who are at risk of homelessness or who are newly homeless, establish and connect to family and natural supports
- Substance abuse services for youth
- PDD support services

Michener Recreation Centre Pool

51A St. and 38th Ave.

403-342-2853

- Swimming pool

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Mission Thrift Store

**2823 Bremner Ave.
403-340-2522**

Hours: Monday to Friday 9:30am – 5:00pm, Saturday 10:30am – 4:00pm

- Thrift Store

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Narcotics Anonymous

**24 hour help-line: 1-780-421-4429
Toll Free: 1-855-421-4429**

www.na.org

- Call or see website for meeting schedule

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Native Counselling Services Of Alberta

**#207 – 4814 Ross St.
403-347-4377**

Ages: All

Hours: Monday to Friday 8:30am – 4:30pm (Closed from 12:00pm-1:00pm)

- Assist clients with understanding the court process and provide referrals and follow up support services. Focus is on aboriginal people but will work with any ethnicity
- Attend court proceedings with clients. The worker is in youth court every Thursday and is available for questions or support

Parents And Friends Of Lesbians And Gays (PFLAG)

Red Deer College

1-888-530-6777 ext. 562

Ages: 18+

Hours: Meetings are the first Thursday of every month at 6:30pm in room 2601 at Red Deer College

- National organization that offers support to parents, families, friends and straight allies of the lesbian, gay, bisexual, transgender and queer (LGBTQ) community

Primary Care Network

5130 47th St.

403-343-9100

Ages: 18+

Hours: Monday to Friday 8:30am – 4:30pm

- Offering several wellness programs; doctors referral required

Street Clinic

#160 – 5017 49th St.

403-340-3593

Ages: All

Hours: Monday to Thursday 9:00am – 12:00pm and 1:00pm – 3:15pm, Friday 9:00am – 12:00pm

- Prescriptions (no narcotics), blood work (drawn on site), wound care, stitches, complete check-ups, STI testing, counselling and treatment, birth control planning and medication, Alberta Health Care assistance, medicals for

income support and addictions treatment support

Police and Crisis Team (PACT)

403-406-2505

- Outreach team of a Registered Psychiatric Nurse and a RCMP Officer
- Supports people in times of mental health, addiction or psychosocial crisis, especially when danger to themselves or the public is present
- Follows-up services and connection to resources are provided
- In emergency situations, call 911

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Provincial Court Red Deer

4909 48th Ave.

403-340-5250

Hours: Monday to Friday 8:15am – 4:00pm

Family Court Assistance

- Assistance in navigating the family court system and preparing individuals for court

Law Information Center

- Provides information regarding civil and criminal matters and assistance with court procedures, alternatives to court, community referrals, and access to appropriate legal documents

Resolution Services

- Provides general information on parenting, guardianship, custody, child/spousal support, access, property division, grandparents rights, protection orders, and common law rights

Recreation Centre

4501 47A Ave.

403-309-8411

- Indoor/Outdoor swimming pool and gym

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Red Deer Child Care

#2 – 5571 45th St.

403-347-7973

Fees: Government subsidy may be available

Ages: For parent(s) with children 13 and under

Office Hours: Monday to Friday 8:30am – 4:30pm

Program Hours: Monday to Friday 6:45am – 6:00pm with some variation

- Provides child care in daycare, playschool, family day homes, and school age programs

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Red Deer College

100 College Blvd.

403-342-3400

Hours: Monday to Friday 8:00am – 4:30pm

- Offers programs, from certificates to diplomas, apprenticeships to degrees

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Red Deer Food Bank

#12 – 7429 49th Ave.

Administration: 403-342-5355

Hamper Assistance: 403-346-1505

Fax: 403-346-1551

Hours: Monday to Friday 9:00am – 11:45am, 1:00pm – 5:00pm,
4:00pm close on Thursdays

Hamper Line: Monday to Friday 9:00am – 11:30am, 1:15pm –
3:30pm, 3:00pm close on Thursdays

- Individuals can access walk in client area up to 3 times a week. ID may be requested
- Requesting a hamper requires ID, proof of income and proof of residency
- If no ID is available, client may provide a letter with name, birth date, address and source of income written by referring agency

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Red Deer Housing Authority

#302 – 4719 48th Ave.

403-343-2177

Ages: 18+

Hours: Monday to Friday 8:30am to 4:00pm

- Subsidized housing for low income families
- Rent supplement programs

Red Deer Native Friendship Society

4808 51 Ave.

403-340-0020

Ages: All

Hours: Monday to Friday 8:30am – 4:30pm

- A gathering place where everyone, regardless of culture, is welcome
- Wellbriety program offered Wednesday 7:00pm
- Various cultural activities available

Little Paws

Ages: 0-5

Hours: Wednesday 10:00am – 11:30am

- Develop self-esteem, cultural pride, good health habits and skills necessary to achieve success within the school system

Junior Youth Afterschool Program

Ages: 11-13

Hours: Wednesday 4:00pm – 8:00pm

- In partnership with the Boys & Girls club at Central Middle School
- Drop In with Cultural Support and Activities

Youth Drop-in

Ages: 13-18

Hours: Thursday 4:00pm – 8:00pm

- Recreational and cultural activities for youth from all

cultural backgrounds

- Drop-in activities include movie and pizza nights, crafting, games, etc.

SC Cyber

Ages: 16+

Hours: Monday to Friday 9:00am – 4:30pm

- Online classes offered to junior/senior high school students wishing to continue their education
- Volunteer tutors are there to assist students with any questions or concerns

Cultural Connections

- Offers Cultural support to individuals and families who are experiencing homelessness and who are accessing housing support programming through the following agencies. RDNFS, Safe Harbour, McMan, Women's Outreach, CMHA. Referral based.
- Offers educational programming for money management, how to search and maintain a home and your Landlord and Tenant rights

Four Directions Family Support

Ages: 16+

Hours: Monday to Friday 9:00am – 4:30pm

- Family Support Worker - (registered Social worker) provides support through setting goals and connecting to community services and resources
- Cultural Family Connector- teaching traditional parenting, cultural literacy teachings and protocol for children and families

- PCAP (Parent Child Assistance Program) – offers support for women of child bearing years or pregnant and in danger of giving birth to a child with Fetal Alcohol Syndrome or effects, women currently abusing drugs or alcohol
- Family Health Liaison - Holistic approach to healthcare (physical, mental, emotional and spiritual) Programs offered- Grief Edu Therapy, Women's Wellness, Talking Circle, On Site Health Presentation

Aboriginal Housing Team

- Serves those who are currently homeless or have been homeless for less than 3-6 months in a 1 year period, and have been homeless 2 or more times over a year

Asooahum Crossing

- Affordable Housing Project, 2 Eight Plex units for community members who wish to live in a cultural community and follow a cultural way of life. There will be supports and services on site.

Red Deer Public Library

Fees: Library cards are free for under 18; \$10 for 18+

- Free public Internet access; ID and adult signature are required for under 18 to access computers

Downtown Branch

4818 49th St.

403-346-4576

The Mezz (Downtown Branch)

Teen Services Librarian: 403-755-1146

Ages: 12-17

- Programs include: movies, book clubs, crafts, and

performing arts

- Pride and Co. - LGBTQ+ or not - all youth, friends, and allies are welcome (ages 12-24)

Dawe Branch

56 Holt St.

403-341-3822

Timberlands Branch

300 Timothy Dr.

403-755-1133

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Red Deer Transit

4830 48th St. (Sorenson Station)

www.reddeer.ca/city-services/transit/routes-and-schedules/

403-342-8225

Transit Service Hours:

**Monday to Saturday Service: 6:15am – 11:15pm, Sunday /
Holiday Service: 8:45am – 6:45pm**

- My Ride cards can be purchased at Transit Customer Service and City Hall cashiers
- BOLT Transit connects Red Deer, Blackfalds, and Lacombe

***You can reload My Ride cards at:**

- Bishops Rexall Drugs – 4826 Ross St.
- City Hall Cashiers – Main Floor City Hall
- Parkland Mall – Guest Services
- Transit Customer Service – Transit Terminal
- Neighbours Petro Canada – 3350 Gaetz Ave.
- Red Deer College – Students Association

Red Deer Victim Services

4602 51st St.

403-406-2345

Hours: Monday to Friday 8:00am – 4:00pm

- Support, information and referrals for victims of crime and trauma

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Red Deer Youth Justice Committee - Community Corrections

4920 51st St.

403-302-8262

Ages: 12-17

**Hours: Panel meetings with youth and parent/guardian Tuesday,
Wednesday or Thursday**

4:30pm – 5:30pm, or 5:30pm – 6:30pm

- An alternative to having a criminal record for youth who commit Criminal Code offences
- Provide youth with community-based support and offer restorative solutions

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Rupertsland Institute

4945 – 49th Street

403-342-6636 / 1-877-250-4295

Ages: Youth ages 15-30; other services 18+

**Hours: Monday to Friday 8:30am – 4:30pm (Closed from 12:00pm
to 1:00pm)**

- Provides financial assistance and income support for various Métis Training to Employment Services

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- Offers resume/cover letter assistance, job search and interview skills, and career counselling

Youth Employment Programs

Summer Student Placement

- Provides opportunities for Métis Youth returning to school, to gain full-time quality work experience during the summer months (May to August)

Métis Environmental Career Program

- Program for Métis youth, ages 15 to 18 to gain exposure to environmental careers by participating in outdoor activities such as canoeing and gaining work experience. Receive \$1000 upon successful completion. **Please inquire for application deadlines and program dates**

Community Connections

- Provides work experience, career planning, and personal development opportunities through projects that address a specific need in the local community

Programs for Individuals

Métis Skills Development

- Provides support to Métis clients entering either the last year of a university degree, college diploma, technical institute program, or certificate program of one year or less

Métis Apprenticeship Program

- Provides support to clients in registered apprenticeship trades when they attend first and second year technical training and complete all four years of an apprenticeship trade

Métis Part-Time Studies Program

- Support part-time classroom instruction, accredited written

correspondence training, on-line training, or teleconference instruction

Métis Entrepreneurial Program

- Provide self-employment training, mentoring, and support for those starting a new business or expanding an existing business

Employer Partnership Opportunities / Employer Services

- Services to employers: job postings on job board and skills database systems, assessment of individuals, additional on-the-job client assistance, wage incentives, and access to cross-cultural training workshops and information

Disability Services

- Provides service and support to enhance full-time and sustainable employment opportunities for Métis individual with disabilities, including opportunities for self-sufficiency for themselves and their families, encouraging entry to the labour market by providing training and work opportunities, increase the availability of work related supports, and encourage employers to make appropriate job or workplace accommodations

Safe Harbour Society

5246 53rd Ave.

403-347-0181

Ages: 18+

Hours: 24/7

- Provides transportation to specialized detox, treatment or medical specialists
- Provides access to an aboriginal support worker; offers

sweats and sharing circles

Coordinated Entry

Hours: Monday, Tuesday, Thursday and Friday 8:30am – 10:30am

- Assist individuals and families that are currently without a home to receive direction regarding housing

Mats

5246 53rd Ave. (North end of building)

Hours: 8:00pm – 8:00am 365 days/year

- 26 mat shelter for individual who are high or intoxicated

Winter Warming Centre

Open November 1 – April 30: 8:00am – 5:00pm

- Emergency day shelter provided throughout the winter months for those without housing
- For those who may or may not be high or intoxicated

People's Place

6002 54th Ave.

403-342-4722

Hours: 7:00pm – 7:00am

- Short stay shelter for sober individuals
- 46 beds during winter months until April, 35 beds during the summer months

Medically Supported Detox

5246 53rd Ave.

- 20 bed facility, including beds for transition from detox to treatment

- Daily intake starts at 8:30am

Transitional Housing Program

- 15 housing spaces within three homes available to the homeless for sober living
- Caseworker available for support

Salvation Army - Red Deer Church and Community Services

4837 54th Ave.

403-346-2251

Ages: All

Hours: Monday to Friday 9:00am – 4:00pm with assistance on Tuesday, Wednesday, and Thursday from 9:00am – 12:00 noon by appointment only

- Provides emergency services including, but not limited to, food hampers, clothing, furniture and household items

Schizophrenia Society Of Alberta

4811 48th Ave.

403-342-5760

Ages: 16+

Hours: Monday to Friday 12:00pm – 4:00pm

- Daily walk-in support during regular hours
- Drop in: Tuesday and Wednesday 12:00pm – 2:00pm
- Unsung Heroes: Thursday 2:00pm – 3:00pm
- Family Support Group: First Wednesday of the month from 1:00 pm – 3:00 pm, and every third Wednesday of the month from 7:00pm – 9:00pm

- Men's Group: Third Friday of the month from 2:00pm – 3:00pm (a group for men 16+ to discuss gender related topics or issues)
- Housing: Lovella Centre (above the Schizophrenia Society office) and Kentwood Place

Service Canada

#101, 4901 – 46th St.

Toll Free 1-800-622-6232

www.servicecanada.gc.ca

www.youth.gc.ca

Ages: All

Hours: Monday to Friday 8:30am – 4:00pm

- Employment Insurance benefits, Social Insurance Number(SIN), Passports, Grants
- Individuals are encouraged to access assistance online
- Resume building, cover letter assistance and online Job Bank

Sexual Health Clinic - 49th Street Community Health Centre

4755 49th St.

403-346-8336; Toll Free: 1-800-346-9414

Hours: Monday to Friday – varying hours (call to confirm times)

- Services are provided to teens and young adults under the age of 26
- Birth control information and prescription
- Pregnancy testing
- Confidential sexually transmitted infection (STI) testing and

treatment

- All services are free and confidential

Shining Mountains Living Community Services

4925 46th St.

403-346-9794

Ages: All

Hours: Monday to Friday 9:00am – 3:00pm

- Education, Prevention and Awareness – series of programs dealing with HIV/AIDS, Aboriginal knowledge, violence prevention and sexual health
- Harm Reduction – hygiene and health products, needle exchange and basic needs
- Housing – continuum of housing options for adults (with or without families) who are homeless/at high risk; primary target population is Aboriginal women/families
- Nutrition – improving access and skills for sustainable nutrition by teaching about food preparation, food storage and preservation

Suicide Information & Education Services

4101 54th Ave. (The Outreach Centre)

403-342-4966

Ages: All

Hours: Monday to Friday 9:00am – 3:00pm

- Community Helpers Program - connecting youth with local resources
- Outreach Services for anyone experiencing thoughts of

suicide or has concerns for a suicidal family member or friend

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The Mustard Seed

6002 54th Ave.

403-347-1844

Ages: All

Hours: Monday to Friday 5:00pm – 7:00pm

- Provides a free meal service to individuals on Monday, Wednesday and Friday 5:00pm – 6:30pm
- Hot food and snacks available Tuesday and Thursday 12:00 – 3:00pm
- Client advocate available to individuals as required
- Contact for updated programs and services

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Turning Point

4611 50th Ave.

403-346-8858

Ages: All

Hours: Monday to Friday 9:15am – 4:30 pm (Closed from 12:00pm - 1:00pm)

- Health Promotion – supporting people living with HIV and/ or Hepatitis C and their loved ones
- Prevention – capacity building and awareness to prevent the spread of sexually transmitted and blood borne infection (STBBI)
- Men's Outreach - Gay, Bisexual and other men who have sex with men outreach (Please note that this includes any

people who identify as trans or gender fluid)

- Harm Reduction - supporting people to reduce the harms associated with engaging in high risk behavior related to drug use and/or sex work
- Overdose Prevention Program – educating and supplying people who use opioids with Naloxone kits
- The Women’s Program - supporting street-involved women of reproductive age to access non-judgmental health and social supports

NightReach

403-896-3879 (text or phone)

- Mobile outreach in Red Deer’s downtown and parks, which run in the evenings 365 days a year
- Provides harm reduction material, first-aid supplies and seasonal clothing
- Offers support and referrals to community organizations

Vantage Community Services

Street Ties Youth Outreach

4928 51st St.

403-348-8406

Ages: 13-21

**Hours: Monday to Thursday 9:00am – 4:00pm and Friday
9:00am –12:00pm**

- Drop-in centre providing crisis counselling, resume writing, job search help, food, showers, laundry and clothing

Walk In Clinic Counselling

4920 54th St.

Ages: All

Hours: Tuesday and Thursday 1:00pm – 8:00pm and Wednesday and Friday 1:00pm – 4:00pm

- Free single session counselling on a first come first serve basis

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Victory Church – Clothing Zone

98 Oberlin Ave.

403-343-2484

Hours: Wednesday 1:00pm – 4:00pm, Thursday 9:00am – 12:00pm and Friday 1:00pm – 3:00pm

- Free clothing to individuals in need

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Youth HQ

4633 49th St.

403-342-6500

- Boys and Girls Club (Ages 7–17) – after school groups offered throughout Central Alberta
- Big Brothers and Sisters (Ages 6–17) – applicants are matched with an adult role model
- Jump Start Program – financial support for youth 4-18 for recreational activities

49th Street Youth Shelter

24 Hour Crisis Line 403-341-3190

Ages: 12-17

Hours: [24 Hour access](#)

- A safe and barrier-free place designed to assist youth who do not have an appropriate place to stay
- Outreach worker onsite to offer youth and families mediation and conflict resolution
- Youth and Young Adults in Transition Program (16–24yrs)

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High Risk Youth
Coalition

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