

**Human Services Directory
Vermilion, Wainwright, Lloydminster
&
District**

April 2020 Directory

Revised April 1st, 2020

Communicating With Your Health Care Provider

What Every Parent Should Ask

Diagnosis

- What do you think my child's diagnosis is?
- What else could it be?
- What does this mean for my child's day-to-day life and for their future?
- What does my child need to do to get well?
- Where can my child get more information about their condition?

Treatment Options

- What are my child's treatment options?
- What kinds of studies have been done on these treatments?
- What are the benefits and risks of each treatment?
- How likely is each treatment to help my child?

Medication

- What does this medicine do to my child's body?
- What other medicines would be considered and why are you recommending this one?
- What kinds of studies have been done with this medication?
- What other medicines or treatments has it been compared to?
- How likely is this medicine to help a person, like my child?
- What are the risks and benefits of this medication?
- Will the medicine interact with anything my child is already taking?
- What are the potential side effects? Will they fade over time?
- As a parent, when can I expect to see results in my child?
- How will my child know if the medication is working for them?
- How long will my child have to take the medicine?
- What will happen if this medication does not work for my child?

Psychological Treatments (therapy)

- How will this therapy help my child?
- What are the alternative therapies and why are recommending this one over the others?
- What kinds of studies have been done with this therapy?
- What other treatments has this therapy been compared to?
- How likely is this therapy to help a person, like my child?
- What are the risks and benefits of this therapy?
- What are the potential side effects of this therapy? Have studies assessed possible side effects?
- As a parent, when can I expect to see results in my child?
- How will I know if this therapy is working for my child?
- How long will my child need to continue the therapy?
- What will happen if this treatment does not work for my child?

For more information, visit: TeenMentalHealth.org



TeenMentalHealth.org



[@TMentalHealth](https://twitter.com/TMentalHealth)



[TeenMentalHealth I](https://www.youtube.com/TeenMentalHealth)

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Health Resources

Alberta Health Services (Addictions and Mental Health)

All Clinics available through the RITE line 310-0000

Addictions and Mental Health (Vermilion) 780) 581-8000

Provides mental health and addiction counseling to children, adults, and seniors.

Addictions and Mental Health (Wainwright) (780) 842-7522

Provides mental health counseling services to children, adults, and seniors.

Addictions and Mental Health (Provost) (780) 753-2575

Provides addiction and mental health counseling services to children, adults and seniors.

Mental Health and Addiction Services Lloydminster (306) 820-6250

Provides mental health and addictions counseling to children, adults, and seniors.

For list of AA and Al-Anon Groups in your area contact addiction services as many groups are run by volunteers.

Alberta Health Services (Eating Disorders)

University of Alberta Hospital (780) 407-6114

Offers services and support for people who have anorexia nervosa or bulimia nervosa, including supervision during and after meals; one-to-one and group therapy; nursing and psychiatric care; help with nutrition; schooling for teen clients; family support and therapy

This service helps people who are in the hospital, getting ready to leave the hospital, or living in the community. Clients in the hospital receive 24/7 care and clients living in the community can access treatment 24/7. Available to people 13 years or older who have dangerous eating disorder symptoms and need a high level of treatment. Referral needed.

Alberta Health Services (Pediatric Rehabilitation Services Vermilion) (780) 853-5270

Located in Vermilion Provincial Building 4701 – 52 Street

Children's Rehab Services has a Face Book page – Type "Vermilion Children's Rehab Services" in search engine on Face Book. Choose "Like" and you will receive program updates, Walk-in Clinic dates, tips, and strategies to help with a child's fine motor, gross motor and speech & language development.

Speech Language Pathology services include strategies for: literacy, speech sound production, voice, fluency, feeding and swallowing.

Occupational Therapy services include strategies for: fine motor (hand) skills i.e., printing; pencil grasp and/or cutting, sensory processing, social skills, self-regulation and executive function.

Physical therapy services include strategies for strength, balance, coordination, ball skills, range of motion and mobility, posture and specialty seating.

All services include consultation, assessment, treatment, follow-up, and co-ordination of services. This may be one-on-one, group therapy in a school, preschool, other community location, or health facility. Walk-in clinic is the first Tuesday of every month from 9:00 – 12:00.

Alberta Health Services (Pediatric Rehabilitation Services Wainwright) (780) 842-4077

Located in Wainwright Provincial Building 810 14 Ave, Wainwright

Speech Language Pathology services include strategies for: speech sounds, language, literacy, fluency, voice, feeding, swallowing.

Occupational Therapy services include strategies for: fine motor (hand) skills (e.g., printing, pencil grasp, cutting) sensory processing, social skills, self-regulation, executive function

Physical Therapy services include strategies for gross motor skills (e.g., strength, balance, coordination), ball skills, range of motion and mobility, posture, specialty seating

All services include consultation, assessment, treatment, follow-up, and coordination of services. Services may be one-on-one or group therapy in school, preschool, other community location, or health facility

Walk-in clinic is the last Wednesday of every month (except December, July, and August) from 12-3

Calgary Eating Disorders Program 403) 955-7700

Provides in-patient and outpatient treatment for youth and adults.

Northern Alberta: Contact Eating Disorder Specialist (780) 342-2383 for referral to treatment practitioners in your local area.

Online Resources: www.feast-ed.org & www.nedic.ca & www.aedweb.org

Eating Support Network of Alberta: does presentations for professionals, schools and students. Contact them for more information at: <http://www.eatingdisordersupportnetworkofalberta.com/>

Primary Care Network

- Kalyna Country Primary Care Network (Vegreville, Vermilion, Viking and Killam) (780) 853-6966**
- Wainwright Primary Care Network (Wainwright and surrounding communities) (780) 842-6676**
- Lloydminster Primary Care Network (Lloydminster and area, Kitscoty) (780) 874-0490**

Programs are designed to improve the quality of care and meet the needs of the community. The best way to access the services of the PCN is to see your physician. Your family physician is very familiar with the PCN's programs and will be able to determine how best you can make use of the PCN's programs. Kalyna also has an online senior's directory of services: <http://kalynaseniorsdirectory.ca/> . Primary Care Network in Vermilion now does children mental health assessments.

Self -injury Outreach & Support<http://sioutreach.org/>
SIOS provides current information and resources about self-injury to individuals who self-injury, those who have recovered, caregivers, families, friends, teachers, and health professionals who work with them.

Counseling Services

Beyond Balance Counselling and Consulting (Lloydminster) (780) 808-1593
Michelle Hamilton, Registered Psychologist, provides individual and couples therapy, with adults and adolescents.
Website: <http://beyond-balance.com/>

Campbell Barnes Counseling and Consulting (Lloydminster) 780-245-1046
They are committed to walk alongside you on your journey toward becoming who you are intended to be. They provide a non-judgemental, safe, and private environment where your whole self will be heard and cared for.
campbellbarnescounseling.com

Care Counselling (Lloydminster) (306) 821-0377
Marla Rauser provides individual, couples, families and groups. Runs anger management groups, does home studies/assessments. Website: <http://carecounselling.ca/>

Creative Consulting & Psychological Services (Vermilion) (866) 288-0303
Alyce Allaster-Hunsperger Registered Psychologist and Mediator provides individual, family, marital counselling, divorce care, marriage preparation, mediation, life coaching and risk evaluations. Web site: <http://www.care-4-u.ca/>

CrisisCare Counselling Services (Lloydminster)..... (780) 871-4919
Dr. Ross Plews provides Individual, Marriage & Family Counselling. Specializing in Couples Therapy. Certified Professional Counsellor, Certified Gottman Couple Therapist. Website: <http://www.crisiscare.ca/>

Elayne Harris Lorenz Registered Psychologist (Lloydminster) (780) 871-1670
Specializes in individual counselling for children and adults. Uses Cognitive Behavior Therapy (SBT) and Emotionally Focused Therapy to meet her clients needs.

Freedom Counselling (Lloydminster) (780) 875-6311
Velma Johnson Marriage and Family Therapist provides individual, couple, and family counseling services. Website: <http://freedomcounselling.ca/>.

Hopfner & Associates (Lloydminster)..... (306) 825-6195
Dr. Yumi Hopfner, Emmy Kuypers RSW, Lisa Gaylor, Registered Psychologist, Laurie Vick Professional Counsellor. They provide an array of services to individuals, couples, families and professionals. They provide counselling, play therapy; consultation and groups. Website: <https://www.hopfnerandassociates.com/>

Hunt Psychological Services (780) 870-7227
Christy Hunt Registered Psychologist Child and Youth Specialty; Social, Emotional, Behavioural, Cognitive and Mental Health Assessment, Consultation and Counseling; Inclusive Education Consultation Email: christyhunt.hps@gmail.com or Facebook: https://www.facebook.com/pg/HuntPsychologicalServices/about/?ref=page_internal

Johansson Counselling (Lloydminster) (780) 875-6467
Florence Johansson Registered Psychologist provides assessments, individual, couple and family counseling.

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- Mental Fitness and Counselling Services (Irma)** (780) 754-3661
Heike Wittich, MSW,RSW Services offered are Counselling and Therapy for Individuals, Couples and Families. Trained in CBT, EFT, Prolonged Exposure, CBT-I, CPT, DBT and Accelerated Resolution Therapy. Assistance is provided for various Psycho-Social and Mental Health issues. Email: heikewittich@yahoo.com
- McCarty Counselling Services (Lloydminster)** (306) 280-9940
Brenda McCarty Psychotherapist and Lauren Ward. Offers private counselling and psychotherapy for individuals, couples and families. Most Insurance and Employee and Family Assistance Programs are accepted. In addition to face to face we offer secure encrypted video counselling for those who wish to minimize the cost and time of unnecessary personal time or work loss time spent traveling. Website: <http://mccartycounselling.com/>
- Native Counselling Services of Alberta (Lloydminster)** (780) 875-2551
Agency focused on social justice for Aboriginal people. For 45 years, NCSA has assisted Aboriginal people gain fair and equitable access to the justice, children's services and corrections systems in Alberta.
- Phoenix Integrated Health Professionals (Wainwright)** (780) 842-3112
Janine Nelson Registered Psychologist and associates. Services include family therapy; couples therapy, individual adult/youth therapy or children's play therapy, group therapy/workshops (upon request and as scheduled), psychological assessment (standardized formal Assessment), clinical hypnotherapy, guided meditation, reflexology, massage therapy and yoga. Website: <http://www.phoenixcounselling.ca/>
- Prairie North Health Centre (Lloydminster)**..... (306) 820-5997
Provide a variety of medical services. You do not need to be a clinic patient to book an appointment with a counsellor. Walk-ins and afternoon clinics.
- Premura Counselling (Catholic Social Services)**..... (780) 875-9084
This program provides therapeutic counselling to individuals, couples, and families by clinical counselors. People living in the funding areas of City of Lloydminster, County of Vermilion, Town of Vermilion, Villages of Kitscoty and Marwayne are eligible for the sliding fee scale. Those not living in those funding areas are not eligible for sliding fee scale. Counselor is in Lloyd and comes to Vermilion Thursdays to see clients. To book an appointment call the office at 780-875-9084. Clients receive a number of sessions at no cost each contract year in the Town of Vermilion.
- Stephen Booth (Lloydminster)**..... (780) 522-8954
Provides private and group counselling specializing in Dialectical Behavioral Therapy.
- Triune Systems Inc. (Lloydminster)** (780) 874-0335
Dean and Jennifer Beattie Registered Psychologists provide coaching, consulting and individual and couples counselling services. Website: <http://www.triunesystems.ca/>
- Provost FCSS Counselling (Provost)**..... (780) 753-2542
Provides general counseling for individuals, couples or families. Rates vary whether you are located in MD of Provost or not. Website: <http://fcss.provost.ca/programs/fcss-counseling/>
- Wainwright and District Family Community Services Counselling** (780) 842-2555
Provides short term solution focused counselling on a variety of presenting issues. Age range is 16+. Website: <http://www.wdfcs.ca/index.php>

Community Resources

Lloydminster Addiction Prevention & Mental Health Promotion (AHS)..... (306) 825-5526

Provides information and services about mental health and addictions.

Alberta Works and Alberta Support Centre

Vermilion and Area Alberta Works Centre (780) 853-8164

Wainwright/Provost and area Alberta Works Centre (780) 842-7500

Provided financial support, employment services and career resources.

Lloydminster and Area Alberta Supports Centre (780) 871-6480

Lloydminster is a Support Centre so it provides additional services help connecting to benefits and services for seniors, work or training, income support, disabilities, bullying, family violence, homelessness and more. Website:

<https://www.alberta.ca/alberta-supports.aspx>

Adult Learning Councils

CLASS (County of Vermilion) (780) 853-2000

Wainwright & District Council for Adult Lifelong Learning (780) 842-3455

Eastpark Educational Opportunities Council (Provost and Area) (780) 753-2822

Lloydminster Learning Council Association (Lloydminster and Area) (780) 875-5763

Councils deliver part-time, non-formal adult learning opportunities in local communities. CLASS provides literacy tutoring in reading, writing, math and English Language; Newcomer Centre: welcome bags, community information; English Language Training: classes, tutoring, assistance; lifelong learning community classes.

Battle River Victim Assistance Society

Vermilion/Kitscoty (780) 853-2839

Wainwright/Provost..... (780) 842-4490

(Assistance to victims of crime according to AB Victim of Crime Act/CISM for first responders. Victim Services work in partnership with the RCMP)

Be Fit for Life (East Central Alberta Region) – Lakeland College (780) 853-8474

Contact: Curtis Gorkoff Email: curtis.gorkoff@lakelandcollege.ca Website: <http://www.bfflvermilion.ca/>

5707 College Drive, Vermilion, AB T9X 1K5

Offers fitness appraisals, fitness programs, fitness classes, active living presentations, wellness challenges, physical literacy community/school programming and physical literacy PD.

Centre for Suicide Prevention (403) 245-3900

For training and resources for suicide prevention contact them through their website or phone. <https://www.suicideinfo.ca/>

Food Banks

Vermilion and Area (Holy Name of Jesus Roman Catholic Church) (780) 853-5161

Mannville, Minburn and Innisfree Area (United Church) (780) 763-3005

Lloydminster and Area (Salvation Army) (780) 875-9166

Wainwright and Area (780) 842-3033

For more information, dates, and guidelines please contact the above.

Hearts and Hands (Vermilion and area)..... (780) 581-0521

Provides food, personal hygiene, baby diapers, food, formula, and cleaning products to families and individuals in need.

Kidsports Vermilion (780) 581-2406

Provides sport opportunities for kids facing financial barriers.

Libbie Young Centre Inc. (Lloydminster) (780) 874-9917

Address mental health issues by providing life skills, supportive living, day programming and educational services for Lloydminster & area. Centre offers a 24-Hour Resource support Line (not counselling) and provides referrals Runs summer recreational Programs.

Lloydminster Interval Home (780) 875-0966

Provides Emergency Crisis Shelter for women with/without children and counseling and programming; Dol Mar Manor (Second Stage Housing facility); Community Outreach Services; Interval Store (selling donated items); Volunteer Program; Public Education and prevention promoting awareness of the dynamics of Family Violence and its effects through presentations, in-service training, workshops and community events. Can text: 780-808-1777

Lloydminster Men’s Shelter (306) 825-3977

Provides clean, safe temporary housing for homeless adult males age 18 and older.

Lloydminster Native Friendship Centre (306) 825-6558

We offer a friendly, clean, and warm, atmosphere for the public to visit. Some of the programs and services we offer at our center are: Community Access Program – Computers are available to community members to support their job search needs; skill training programs, outreach employment and training services, training and employment referrals, Work Placements/Summer Student Program; soup and bannock, craft classes, cultural workshops, school presentations and women’s night. We also provide household items, clothing and food when available.

Lloydminster Sexual Assault Services (306) 825-8255

Offers one-on-one and group crisis intervention to individuals who have experienced a sexual assault as well as their families; provides support services to individuals who have experienced family violence or bullying. They provide hospital, RCMP accompaniment, public education and group programs and first responder training. Outreach services to outlying communities. 24 hour line 1-306-825-8255

Mental Health Capacity Building

VIBE (Vermilion is Being Empowered) (780) 853-3718

WOW (Wainwright on Wellness) (780) 806-6969

SHINE (Strong Healthy Individuals Navigating Emotions) (780) 808-1306

Provide mental health prevention programming in schools and mental wellness education in the communities school based services are provided. Outreach to schools outside the projects.

Midwest Victim Assistance Society (Lloydminster) (780) 874-5022

Mandate is to respond to the needs of victims of crime and trauma. Works in partnership with the RCMP.

Money Mentors (888) 294-0076

From credit counselling and money coaching to financial fitness classes, our experienced and qualified counsellors and coaches are here to improve your financial situation. With six locations throughout Alberta, we offer face-to-face appointments as well as phone consultations. Here’s what to expect: First consultations are FREE so we can figure out what you need and how we can help you. During the consultation, our credit counsellor will review your income, expenses, assets and debts to help you determine your needs and discuss all your options with you. Website: <https://moneymentors.ca/our-services/>

Parent Link & Midwest Family Connections

Wainwright and Provost Parent Link Centre (780) 842-2585

Midwest Family Connections (Lloydminster and Vermilion and Area) (306) 825-5911

Vegreville and Area Parent Link Network (Mannville, Minburn and Innisfree) (780) 763-3005

Each center provides free parenting and play programs to meet the unique needs of the families and communities it serves. Services are geared to 0-6 years of age. Parents and caregivers can participate in a wide variety of activities and information.

Residents in Recovery 877)201-3955

Provides a local residence and daily programming for those struggling with mental health and addiction issues in the Lloydminster area. www.residentsinrecovery.com

Rupertsland Institute (Bonnyville) 780) 826-7368

Rupertsland Institute is an affiliate of the Metis Nation of Alberta and holds a triple mandate in education, training and research. Our Metis Training to Employment Services arm have services and programs designed to provide tools to assist Alberta Metis Citizens to seek, find and maintain employment. These services and programs could range from funding for training, resume writing, summer student programs, etc.

Tough Enough to Talk about it (AHS Addictions and Mental Health) (780) 679-1241
 Provide presentations for industry, trades, and agriculture with information on stress, depression and related mental health concerns including how to recognize the signs of depression and risks of suicide. Provides information on how and where to get help. This service is free. The presenter is located in Camrose, AB.

Thorpe Recovery Centre (Blackfoot) 1(877) 875-8890
 Provides safe and effective addiction treatment series for both clients and their families. Programming to support children who have been affected by drinking or drug use of one or more adults in their family is also available.
www.thorperecoverycentre.org

Vermilion and Area Brighter Beginnings (780) 853-6633
 Susan Kern Director programs consist of home visitation (0-6 years), center based private preschool, community outreaches and a summer program.

Wainwright Military Family Resource Centre (780) 842- 1363 (ext 1253)
 Supports military members and DND staff and their families who are based in Wainwright. Individual and family support can include referrals to appropriate agencies and individual and family counselling. The coordinator has flexible hours to meet family's needs.

Walking Through Grief Society

Lloydminster and area and Wainwright (Shirley Scott) (780) 846-2576
Vermilion (Linda Moses) (780) 853-1818

In Vermilion there is support groups for adults, seniors and children. In Wainwright support groups are available for adults and seniors. In Lloydminster and area support groups for adults, seniors, children and survivors of suicide, and parents and those institutionalized.

School Resources

Be Fit for Life (East Central Alberta Region) – Lakeland College (780) 853-8474
 Contact: Curtis Gorkoff Email: curtis.gorkoff@lakelandcollege.ca Website: <http://www.bfflvermilion.ca/>
 5707 College Drive, Vermilion, AB T9X 1K5
 Offers fitness appraisals, fitness programs, fitness classes, active living presentations, wellness challenges, physical literacy community/school programming and physical literacy PD.

BTPS Mental Health Professional Program (BTPS MHP) & BTPS Social Emotional Coaches (780) 806-2056
 The MHP program and the Social Emotional Coaches provides social/emotional/mental health supports to students in Buffalo Trail Public School. Contact your local school to determine schedules and availability. For more information, please contact your school Administrator and/or Inclusive Learning Teacher, and/or the BTPS Director of Inclusive Learning, Crystal Tower (780) 806-2056

Family School Liaison Program (ECACS)

The FSL program provides social/emotional counseling (skills and strategies) to students East Central Alberta Catholic School Divisions.

Contact your local school to determine schedules and availability. For more information about the program,

Call Kathleen Ulrich (780) 842-3992.

Lakeland College Counselling Services

Vermilion and Lloydminster Campus (780) 871-5487
 Wellness Advisor provides a variety of services to Lakeland College Students including support, information, community resources, referrals, and information and referral for various campus services. (Lakeland College also has a psychologist on each campus for students.)

Mental Health Capacity Building

VIBE (Vermilion is Being Empowered) (780) 853-3718
WOW (Wainwright on Wellness) (780) 806-6969
SHINE (Strong Healthy Individuals Navigating Emotions) (780) 808-1306

Provide mental health prevention programming in schools and mental wellness education in the communities school based services are provided. Outreach to schools outside the project areas is possible.

Vermilion and Area Brighter Beginnings (780) 853-6633

Susan Kern Director Program consists of home visitation (0-6 years), center based private preschool, community outreaches and a summer program.

Family Resources

Be Fit for Life (East Central Alberta Region) – Lakeland College (780) 853-8474

Contact: Curtis Gorkoff Email: curtis.gorkoff@lakelandcollege.ca Website: <http://www.bfflvermilion.ca/>

5707 College Drive, Vermilion, AB T9X 1K5

Offers fitness appraisals, fitness programs, fitness classes, active living presentations, wellness challenges, physical literacy community/school programming and physical literacy PD.

Midwest Family Connections (306) 825-5911

Provide programs and services for families and caregivers in the areas of family support, early learning and care, parent education and information.

Mothers of Preschools (MOPS International)..... (780) 853-4229

MOPS encourage, equip, and develop every mother of preschoolers to realize her potential as a woman and mother.

Meetings every other Thursday morning, 9:30-noon at the Pentecostal Church in Vermilion. Babysitting provided.

Vermilion and Area Brighter Beginnings (780) 853-6633

Susan Kern Director Programs consist of home visitation (0-6 years); center based private preschool, community outreaches and a summer program.

East Central Family Day Home Agency . Shelley Fillion780.853.6190

An accredited program providing quality childcare for newborn to after school age children. We provide snacks, lunch, and planned activities. Parents can also apply for a subsidy. Contact

Vermilion Play Development..... (780) 581-0108

An accredited program that offers preschool programming, kindercare and quality childcare with creative enrichment programs emphasizing learning and socialization opportunities for children ages 2 ½ to 5 years. The Ark is a full-time, part-time and drop in daycare facility run by VPD. Ages 12 months to kindergarten are welcome. Vermilion Play Development

Disability Resources

Bea Fischer Centre Inc. **(780) 875-3633**

Provides supports to adults with developmental disabilities in Lloydminster AB/SK and surrounding areas. The services we provide include; Independent living programs, 24 hour supported residential services, Employment Preparation and Placement services, and Community access services. We do individualized service planning to ensure the supports meet the needs of the person. We assists people with disabilities to meet their goals through quality care and programming.

Catholic Social Services

Wainwright **(780) 842-6899**

Lloydminster **(780) 875-9084**

All services are provided to a large geographical area includes Lloydminster, Vermilion, Provost, and Wainwright geographical area. Disability Services: Approved Home Program for Adults with Developmental Disabilities; Residential Program for Persons with Developmental Disabilities; Supported Independent Living Program for Adults with Developmental Disabilities Children with Disabilities – Family Support Program, Host Family Program, Family Capacity Building Program and Family Intervention Services Program

Family Supports for Children with Disabilities (Community and Social Services)

Wainwright and area **(780) 842-7512**

Lloydminster and area **(780) 871-6413**

Intake are done through central intake in Red Deer **(855)440-5479**

The Family Support for Children with Disabilities (FSCD) Program provides a wide range of family-centered supports and services. Services are meant to help strengthen families’ ability to promote their child’s healthy development and encourage their child’s participation in activities at home and in the community. The program is voluntary; parents remain the guardians for their child and are responsible for all decision-making and the usual expenses of raising a child until their child turns 18 years old.

FOCUS Vermilion **(780) 853-4121**

Provides support to adults with developmental disabilities and acquired brain injury to assist them in the areas of independent living skills, community living support, employment support and community participation support. FOCUS provides affordable housing and has group homes for adults with developmental disabilities. Focus provides supports to families with children with disabilities. FOCUS has a Snoezelen Room (multi-sensory environment) that the public can rent to use with adults or children with disabilities

Inclusion Alberta **(800) 252-7556**

Is a family-based non-profit federation that advocates on behalf of children and adults with developmental disabilities and their families. Together, we share a dream of meaningful family life and community inclusion for individuals with developmental disabilities. As an advocacy organization we support families and individuals in their desire to be fully included in community life.” Email:mail@inclusionalberta.org Website: www.inclusionalberta.org

Persons with Developmental Disabilities (PDD) & Assured Income for Severely Handicapped (AISH) (Community and Support Services) **(877) 644-9992**

Financial and support services for people with disabilities. Apply online for assistance at: <https://www.alberta.ca/alberta-supports.aspx>

Prairie Central FASD Prevention Services **(780) 385-3717**

Provides community based coordinated assessment and diagnosis, targeted and indicated prevention, and support services for people affected by FASD and their caregivers. Website: www.prairiecentralfasd.ca

Snowflake House **(306) 830-2655**

Contact Shelly Weiringa for more information. Snowflake House Respite Foundation Snowflake House is an organization of caring individuals whose purpose is to provide temporary, quality respite relief for families and caregivers of persons with special need s in Lloydminster, AB/SK and Area. The Foundation offers several services to support and empower families who are raising children with special needs. Current Services include: Hourly Respite, Sib-shops, and a Toy/Activity Library. Our clients are children and youth between the ages of 0-18 years who have at least one special need (physical, cognitive, behavioural) in Lloydminster and area.

LGBTQ2S+

The altView Foundation **780-666-5428**

Support rural communities and other communities with few LGBTQ2S+ resources to build capacity with local people to service each community's unique needs.

The Gender Program (U of A) **780-407-6693**

The Gender Program is an innovative program at the University of Alberta with gender affirming care as its guiding principle. The program offers a multidisciplinary approach to providing and navigating health and mental health care with transgender, gender nonconforming, and non-binary people (gender minorities). It also has an academic role – with teaching and research at its core.

Inclusive Counselling and Consulting Psychological Services Inc. **(780) 424-0783**

We currently provide individual therapy for children, adolescents and adults, couples therapy, and family therapy. Range of issues include gender dysphoria, sexuality and gender (LGBTQ), and transgendered supports. Fee for service.
www.iccpsych.com

Institute for Sexual Minority Studies and Services **(780)263-2221**

Help sexual and gender minority youth, young adults, and families survive, heal, and find hope. We work towards lessening and eliminating barriers. Provide mental health support, BTB Men's Project, Indigenous Peer Support, BTIBPOC Peer Support, Community Outreach, Educational Programming.

Dr. James Makokus Two-Spirit Cree Family Doctor **(780) 989-1212**

Pride Centre of Edmonton **(780) 488-3234**

The Pride Centre of Edmonton enriches and improves the lives of LGBTQ2S+ people, their allies, and the broader community in the Greater Edmonton area with a variety of programs and services. We maintain a safe space that welcomes everyone who walks through our doors.

Rainbow Alliance for Youth of Edmonton Website: <https://www.rayedmonton.com>

Our committee's purpose is to share the diverse stories of LGBTQ2S+ youth between ages 12 – 24 living in the Edmonton area to promote increased understanding, empathy, and knowledge of this community's specific needs, strengths, and experience. Website: <https://www.rayedmonton.com>

Skipping Stone Foundation **(587) 333-4342**

Calgary based not for profit that supports and empowers trans and gender diverse youth and their families in Alberta

Social and Legal Services

Alberta Dial-A-Law **(800) 332-1091**

24 hour access to legal information via the web and a pre-recorded legal information service from a touch tone phone, with operator assistance if needed during regular business hours.

Alberta Employment Standards **(877) 427-3731**

Provides information on Alberta Employment Standards. Website: <https://work.alberta.ca/employment-standards.html>

Catholic Social Services

Wainwright **780) 842-6899**

Lloydminster **780) 875-9084**

All services are provided to a large geographical area includes Lloydminster, Vermilion, Provost, and Wainwright geographical area. Immigration and Settlement Service: Gateway for Newcomers: This program focuses on the needs of immigrants living and/or working in Lloydminster and surrounding communities (in both Alberta and Saskatchewan).

Children's Legal and Educational Resource Centre www.youthlaw.ca

Provides legal information and education throughout Alberta. If you are 19 years of age or under CLERC may be able to assist you with your civil legal problems. Read the Law Topics section of website or search through Legal Q&A's provided. If you do not find the information you are looking for, send an email by clicking Ask a Lawyer.

Community Key

Is an Alberta charity set up to help families pay rent or their mortgage when their child is ill. This Program is available to anyone in the province that qualifies. www.keyed.ca

Family Court Counsellors (Vermilion, Wainwright, Lloydminster, and Provost) (780) 614-6300

Assist individuals to get help with preparing for court, accessing the court system and resolving your parenting dispute.

Legal Aid Alberta (866) 845-3425

Assists eligible Albertans facing legal issues by helping them navigate their journey through the justice system and find lasting resolution to their legal challenges. Website: <http://www.legalaid.ab.ca>

Lloydminster Service Canada Centre (800) 277-9914

Provides all Canadians: Apprenticeship Grants; Job Bank; Labour Market Information; passport receiving agency; Social Insurance Number Application. Employers and Organizations: Funding Programs; Hiring Foreign Workers; Labour Market Information; Record of Employment. Families and Children: Canada Child Benefit; Canada Pension Plan Children's Benefits; Canada Pension Plan Death Benefit; Canada Pension Plan Survivor's Pension; Employment Insurance Compassionate Care Benefits; Employment Insurance Family Supplement; Employment Insurance Maternity and Parental Benefits; Employment Insurance special benefits for Parents of Critically Ill Children. Labour and Workplace Information: Wage Earner Protection Program. Newcomers to Canada: Foreign Credentials Referral. People with Disabilities: Canada Pension Plan Disability Benefits. Seniors: Allowance Program; Allowance for the Survivor Program; Canada Pension Plan Retirement Pension; Canadian Government Annuities; Guaranteed Income Supplement; International Benefits; Old Age Security. Veterans: Veterans Affairs Canada. Workers: Canadian Forces Recruitment Awareness; Employment Insurance Fishing Benefits; Employment Insurance Regular Benefits; Employment Insurance Sickness Benefits; Employment Insurance and Workers and/or Residents Outside Canada; Royal Canadian Mounted Police Recruitment Awareness. Youth and Students: Canada Summer Jobs (CSJ).

Ministry of Children Services

Lloydminster and Area including Vermilion (780) 871-6402

Wainwright (780) 842-7502

Child protection services, foster care, adoptions and reporting child abuse during business hours.

Office of the Public Guardian and Trustee (780) 871-6418

Provincial Building Lloydminster, Alberta Acts in the best interest of Albertans over the age of 18 years who are unable to make personal or financial decisions on their own, and administering the property of represented adults, minor children, and deceased persons, when they are the most appropriate resource to provide support and protection.

RCMP

Vermilion (780) 853-4441

Wainwright (780) 842-4423

Provost (780) 753-2214

Lloydminster (780) 808-8300

Kitscoty (780) 846-2870

Crisis/Support/Service Lines

- Addictions Help Line** 1-866-332-2322
- Alberta Community and Social Services**211
Available in Wainwright and Provost. Information line about available services.
- Alberta Health Link:** 811
Anyone in Alberta with a health question or concern can call
- Alberta's One Line for Sexual Violence** 1-866-403-8000
(You can talk or text this number.)
- Child Abuse Hotline** **(Computer for prompt and then human) 1-800-638-0715**
You will be prompted to press 1 if you are calling from Red Deer and south and to press 2 if you are calling from north of Red Deer. You call this number to report suspected child abuse after hours.
- Alberta Supports** 1-877-644-9992
One-stop information on Alberta government's social programs. Website: www.albertasupports.ca
- Alberta Works Income Support Contact Centre** **(Computer) 1-866-644-5135**
Emergency benefits and other services
- Bullying Helpline (24 hours)** **(Human) 1-888-456-2323**
Information and referrals
- Canadian Mental Health Crisis or Distress Line**..... **(Press 3) 1-800-232-7288**
Any age, trained counsellor in crisis intervention
- Crisis Services Canada (Human) (24 hours)**..... 1-833-456-4566
Immediate and equitable access to free and confidential support about suicide.
- Distress Line for People in crisis (24 hours).** **(Human) 1-800-661-4606**
- Family Violence Information Line (24 hours)**..... **Human) 310-1818**
- First Nations and Inuit Hope for Wellness Help Line** **(Human) 1-855-242-3310**
Provides culturally competent telephone-based crisis intervention counselling to First Nations and Inuit young people and adults experiencing distress. Service will be available in English and French. Callers may ask about the availability of service in Cree, Ojibway and Inuktitut.
- Government of Canada Services** **(Human) 1-800-622-6232**
Can provide information and referral for all government of Canada services and programs
- Kid's Help Phone (24 hours)**..... **(Computer then human) 1-800-668-6868**
You can chat on the phone or online at: <https://kidshelpphone.ca/>
- LGBTQ (Gay, Lesbian, Bi, Transgender, Questioning)** **(Human) 1-877-688-4765**
This is a support line, not a crisis line.
- Mental Health Help Line (24 hours)** **(Computer) 1-877-303-2642**
Nurses provides crisis intervention; information on Mental Health programs and services; and referral to other agencies where appropriate.