

High River Community Supports and Services

It's All About Community... Recovery

211 Information Services—High River

Dial 2-1-1 (24 Hour)

Information and referrals to community, social and government services, counselling etc. FREE 24 Hr Service.

AB Health Services—Environmental Health

403.943.2295

Public Health Inspectors are available to respond to public questions and complaints about housing health and safety, restaurants and other food facilities, personal services, swimming pools and other recreational facilities, child and adult care facilities and private drinking water.

Canadian Insurance Bureau

1.800.377.6378

Information and support for dealing with insurance companies.

Disaster Recovery Program – Gov't of Alberta

403.601.8502

Drop -in 10am—6pm

Call for current address.

Human Impact Services Outreach Team

403.603.3653

Provides information, resources, and connections to community and government services primarily related to flood recovery. Support and advocacy related to DRP claims.

Mormon Helping Hands - FREE SERVICE

403.422.0116 or 587.891.9652

Help with home repairs, odd jobs, snow removal, yard or home cleanup, any help you may need.

Red Cross

403.652.3689

117 MacLeod Trail – Helping residents with basic needs associated with flood recovery. Mon – Thurs 10am – 3pm

Renew Committee (Rebuilding homes)

403.603.3582

Still need help rebuilding your home? A number of non-governmental organizations are here to help.

It's All About Community... Support

After Hours Child Protection

1.800.638.0715 (24 Hour)

403.652.8360 (High River Office)

Mon-Fri, 8:15 am-4:30 pm

Alberta Works Income Support - Intake

1.403.625.4457

After Hours Emergency Housing

1.866.644.5135

Calgary & Area Child & Family Services

403.297.2995 (24 Hour)

403.652.8360

701 Centre Street, High River

Mon - Fri 8:15am - 4:30 pm

Child Abuse Hotline

1.800.387.5437 (24 Hour)

Distress Centre: No problem is too small to call

403.266.4357 (24 hour line)

Family and Community Support Services (FCSS)

403.652.8620

Unit 101 – 303 9th Ave SW

Provides information, resources, and referrals for community and government services

Family Violence Emergency Shelter 24 hour line

1.866.331.3933

Kerby Centre Senior Abuse Line

403.705.3250 (24 Hour)

Kids Help Phone

1.800.668.6868

Suicide Crisis Hotline

1.800.SUICIDE (1.800.784.2433)

Rowan House Emergency Shelter

403-652-3311 (24 Hour)

Provides emergency shelter and support for women fleeing domestic abuse, community outreach, healthy relationship groups and preventative education workshops

It's All About Community... Health

AHS Mental Health Helpline

1.877.303.2642

AHS Rural Addiction & Mental Health

1.877.652.4700 (Press 3)

617 1st Street W - Short term and long term counseling services include outreach, geriatric, addiction and psychiatric consultation.

Health Link

1.866.408.5465

High River Counselling Centre

403.691.5991

Unit 101 – 122 4th Ave SW

Free Counselling for residents of High River and area.

Public Health

403.652.5450

Teen Walk-In Clinic

Drop in Tuesdays 2 – 6pm at Charles Clark Medical Centre

Emergency & Walk In Mental Health Services

Emergency Services—911

High River Hospital

403.603.5745

10:45am – 7pm Mon – Sun (Located in the Social Work Office #305 – third floor)

Okotoks Urgent Care

403.995.2600

Mon.—Sun. 10:45am—7pm

South Calgary Health Centre

403.943.9374

Mon.—Thurs. 4pm-7pm,
Sun. 12pm-3pm

Physicians

Charles Clark Health Clinic

403.652.2929

303-9 Ave SW *accepting patients*

Highwood Health Clinic

403.652.7993

121 4th Ave W *accepting patients*

Pinnacle Medical Centre

403.908.0357

#310 1220 1st Street (Beside Co-op Gas Bar) *accepting patients*

Wild Rose Medical Clinic

403.652.4505

37 2nd Ave SE *referral only*

Dr. Ogoke

403.652.2880

42A 11 Ave SE

*It's All About Community... Connections***Al-Anon****403.266.5850**

Support meetings for friends and families of alcoholics.
Meetings held Wednesdays 8pm at the Lutheran Church - 910
12 Ave SW

Alcoholics Anonymous**403.777.1212**

Meetings held 1:30pm Wednesdays at the United Church -
123 Macleod Tr. & 8:00pm Fridays at the Lutheran Church-
910 12 Ave SW

Cause and Effect Foundation**403.652.1503**

Provides services to help parents with the development of
their pre-school aged children.

Chamber of Commerce**403.652.3336**

Temporary location 2nd floor McBride Career Group #28 12
AVE SE

Food Bank & Community Ministries (The Salvation Army)**403.652.2195**

Food bank and emergency social assistance

119 Centre St. S

M, W, F - 10am-4:30 pm (Closed from 12 - 1pm),

Tues. 1-4:30pm, Thurs. 1 - 7pm

Foothills Children's Wellness Network**403.995.2702**

A collective of many of the early childhood services available to
parents and communities within the Foothills region.

Mon. - Fri. 8:30am - 5pm

Foothills Community Immigrant Services**403.652.5325**2nd floor, 609 Centre Street

Provides comprehensive settlement and integration services
to meet the diverse needs of immigrants, refugees, and
community partners.

Mon. - Fri. 9am - 12pm, 1pm - 5pm

Foothills Fetal Alcohol Society**403.652.4776**

101 520 MacLeod Trail

Provides support, education and advocacy for individuals and
their families affected by FASD.

Foothills Salvage and Recycling Society**403.648.3764**Hwy 783 (16th Street E.)

Mon - Sat 9am - 4pm

Foothills Special Needs Association for Parents & Siblings**403.603.3232****(SNAPS)**

124 4 Ave SW (Rear Entrance)

Services available to all areas we serve: Family Support, One
on One Support, Transition Action Planning Program, Ultimate
Summer Sibshops, Step Up Group. office@foothillssnaps.org

Foothills Victim Services**403.652.2359**Office is located at 1104 - 14th St. SE

Provides information support and referrals for victims of crime
and/or tragedy.

*It's All About Community... Well Being***H.I.R.E - Having Inclusive Rewarding Employment****403.652.4472**

335B Macleod Tr.

Career services, and employment skill enhancement for
individuals who may experience barriers to employment.

High River Parent Link Centre**403.652.8633**Charles Clark Medical Centre, 303, 9th Ave SW High River

Provides FREE support and resources to parents, caregivers &
their children 0-6 yrs. Parenting support available for families
with children 0 - 18.

Mon, Wed, and Fri 9am - 4pm, Tues and Thurs 9am - 7pm

Literacy for Life**403.652.5090**

Offers a variety of free services and programs for ages 0-99 to
build literacy skills and offer support to parents and families.

www.litforlife.com

McBride Career Group**403.601.2660**

28 12 Ave, SE, High River

Career assistance, computer access, resumes and career
coaching.

Mon - Fri 8:30 am - 4:30 pm

McMan Youth, Family & Community Services**Journeys Program****403.995.5473**

Provides in home support and education to families.

P-CAP Rural**403-590-3285**

This voluntary program supports the development and
maintenance of healthy family to help prevent further births of
alcohol/drug exposed children.

Meals on Wheels**403.652.2200****Money Mentors****1.888.294.0076**

Services include credit counselling, money coaching, the
Orderly Payment of Debts program, and group education and
workshops.

The Salvation Army Thrift Store**403.652.7788**

119B Centre Street S

Mon. - Sat. 9:30am - 5pm, Thurs. 9:30am - 7pm

Wild Rose Community Connections**403.601.2910**

Works with parents to strengthen family units and help create
positive life opportunities for young children.

Private Counseling Services**Boundless Counselling—Ashley Dredger****403.390.6550****Country Counsellor—Bill Law****403.938.5617****Next Step Counseling - Deborah Smillie****403.498.5520****REAL Consulting - Kim Rieger****403.601.3088****403.601.5183****Selah Counseling Services—Carol Wilson****403.422.0533**