The Referral and Resource Guide
This is a publication of the High River FCSS

Contact Information:
The Town of High River Family and Community Support Services

101, 303—9th Avenue SW
Charles Clark Medical Centre
Telephone: 403.652.8620
Fax: 403.652.8623
Email: fcss@highriver.ca
Website: www.highriver.ca

This guide is compiled and printed as a service to the community, listing locally based services whenever possible. We strive to include information regarding organizations, agencies and health practitioners who provide services that will benefit the residents of High River in an unbiased and inclusive manner. We reserve the right to refuse publication of any individual/organization who does not demonstrate these practices.

Emergency Numbers

Fire, RCMP, Ambulance 911
Calgary Health Link (24 hours) 403.943.5465
RCMP - Complaints 403.652.2356
RCMP—High River 403.652.2357
Poison Information Centre 403.944.1414
Foothills Victim Services 403.652.2359

Frequently Called Numbers

FAMILY & COMMUNITY SUPPORT SERVICES (FCSS) 403.652.8620
PARENT LINK CENTRE 403.652.8633
BOB SNODGRASS RECREATION COMPLEX 403.652.4042
TOWN OF HIGH RIVER 403.652.2110
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Aboriginal Services

Aboriginal Friendship Centre                      Calgary, AB
Social, cultural, education & employment services  403.270.7379

AWO Taan-Healing Lodge                           Calgary, AB
24 hour CRISIS line                              403.531.1972
Shelter for women in crisis.  www.awotaan.org

Métis Nation of Alberta (Region 3)                Calgary, AB
Mon - Fri  8:30 am - 4:30 pm                     403.569.8800
For Métis, native people and non-status Indians.
www.albertametis.com

Housing Accommodations

Abbeyfield House                                  High River, AB
708 2nd Street                                    403.601.4707
A living choice for seniors
www.abbeyfeildhighriver.ca

Calgary Housing Company                           Calgary, AB
100-1701 Centre St. NW                            587.390.1200
Mon - Fri  8:00 am - 4:30 pm
Operates and manages subsidized and affordable housing.

High River Affordable Housing                              High River, AB
Rental units owned by the Town of High River      403.554.1249
and managed by Gary Hanson. Applications available at FCSS office in
Charles Clark Medical Centre—303 9 Ave SW or online at
www.highriver.ca

Hi-Wood Meadows Housing Co-op                           High River, AB
#100, 1400 9 Ave. SE                             587.363.4025
Mon-Thurs 9:00 am—5:00 pm
Manages apartments for those aged 50+ as well as condos for
families/individuals. Some units may be eligible for subsidy.

Madison Manor                                       Nanton, AB
2401 26 Ave                                        403.652.6428
Seniors assisted living providing long term care, specializing in
dementia, respite care, post op recovery, and day services.
Season’s High River (formerly Sunrise Village)  
High River, AB  
660 7 Street NW  
403.652.1581
Private, full service, independent retirement living and Alberta Government subsidized Supportive Living 4 and Supportive Living 4D  
www.seasonsretirement.com

Westwinds Communities  
High River, AB  
833 9th St. SW  
403.652.8600
Mon - Fri 7:45 am - 4:30 pm  
Provides seniors' supported & independent living, affordable housing and rent subsidy.  
www.westwindcommunities.ca

### Motels / Hotels

- **Foothills Motel**  
  High River, AB  
  67 8th Ave SE  
  403.652.1395  
  Provides accommodation to those staying for 28+ days.
- **Heritage Inn**  
  High River, AB  
  1104 11th Ave. SE  
  403.652.3834
- **High River Motor Motel**  
  High River, AB  
  121 5th Ave SW  
  403.652.4339  
  Daily or weekly rentals.
- **Ramada Inn**  
  High River, AB  
  1512 13 Ave. SE  
  403.603.3183
- **Super 8 Motel**  
  High River, AB  
  1601 13th Ave. SE  
  403.652.4448

### Emergency Shelters

- **Calgary Drop-In Centre Society**  
  Calgary, AB  
  423 4 Ave. SE  
  403.266.3600  
  7 days/24 hrs  
  Trained counselors and staff help provide treatment or guidance, food, clothing and a temporary bed as needed (over 16).
- **Centre of Hope (The Salvation Army)**  
  Calgary, AB  
  420 9 Ave. SE  
  403.410.1111  
  7 days/24 hours  
  Housing for families, residential addictions treatment; fees may be charged.
Inn from the Cold Society  
Calgary, AB  
106,110 11 Ave. SE  
(24 hour) 403.263.8384  
Emergency shelter and housing for families and singles.

Mustard Seed  
Calgary, AB  
7025 44 St SE  
403.723.9422  
Provides food, shelter, clothing and assistance to stabilize individuals’ living situations.

Family Violence Shelters

AWO Taan-Healing Lodge  
Calgary, AB  
24 hour CRISIS line  
403.531.1972  
Shelter for women in crisis.  www.awotaan.org

Calgary Women’s Emergency Shelter  
Calgary, AB  
24 hours a day  
403-234-7233

Family Violence Emergency Shelter  
1.866.331.3933  
Provides shelter referral information 24 hours a day.

Rowan House Emergency Shelter  
High River, AB  
Box 5121  
(24 hour) 403.652.3311  
Provides emergency shelter and support for women fleeing domestic abuse; community outreach; healthy relationship groups and preventative education workshops.

Sheriff King Home—YWCA  
Calgary, AB  
2003 16 St. SE  
(24 hour) 403.266.0707  
Serving women, children and men who have witnessed, experienced or have been abusive in an intimate relationship; providing shelter.

Addiction Services

Alberta Health Services: Rural Addiction  
& Mental Health  
High River, AB  
2 floor, 617 1 St. W  
Office: 403.652.8340  
Mon-Fri  8:15 am - 4:30 pm  
Intake: 1.877.652.4700

Provides therapeutic support to help people meet their goals around emotional, psychological, mental health and addiction concerns. Services include outreach, psychogeriatric program, specialized addiction and psychiatric consultation. Follow-up evening appointments and groups are available; please enquire with intake line.
Al-Anon
High River, AB
Support meetings for friends and families of alcoholics. Meetings Wed. 8pm at Good Shepherd Lutheran Church—910 12 Ave SW www.calgaryal-anon.org

Alcoholics Anonymous (Open Meeting)
High River, AB
A self-help program based on the 12 steps. Meetings held 1:30pm Wed. at the United Church—123 Macleod Trail & 8:00pm Fri. at Good Shepherd Lutheran Church—910 12 Ave SW

Alcoholics Anonymous 24-hour line
403.777.1212

Aventa Addiction Treatment for Women
Calgary, AB
610 25 Ave. SW
403.245.9050
Treatment services for women with addictions.

Cocaine Anonymous
403.669.4157
Meetings held Tuesdays, 8pm at 126 9 Ave SE High River Support for those who have used cocaine or any other mind altering substances and wish to stop.

Lander Treatment Ctr.
Claresholm, AB
221 42 Ave. W
403.625.1395
A 48-bed residential treatment facility for men and women who are recovering from addictions.

Narcotics Anonymous Helpline
403.991.3427

Narcotics Anonymous
1.877.463.3537
Meetings held Wed. and Fri. 7pm at St. Luke’s Outreach Centre located at 22 Elizabeth Street Okotoks

Narrow Road Home
High River, AB
440 Macleod Trail
403.710.0744
A women’s home offering individualized recovery and healing programs for women through a unique and effective approach to inner healing and spiritual growth with the primary goal being personal transformation.

Renfrew Recovery Centre
Calgary, AB
1611 Remington Rd. NE (24 hour) 403.297.3337
For people needing a safe & supportive environment during withdrawal from alcohol and other drugs.
Children, Youth & Family Services

After Hours Child Protection 1.800.638.0715

Calgary & Area Child & Family Services High River, AB
#101, 129-4 Ave SW 403.652.8360
Mon - Fri 8:15am - 4:30 pm (24 hour) 403.297.2995
Child & family services, adoption, fostering, in-home support, child
care subsidies, crisis, day care licensing and family enhancement.

Child Abuse Hotline (24 hour)1.800.387.5437

Child and Youth Advocate 403.297.8435

Child Care & Preschool Programs:

- Boys & Girls Club 403.933.4066
- Daydreams & Sunbeams Child Care Centre 403.601.2167
- High River Daycare 403.652.3352
- Learn & Play School Aged Care 403.652.2557
- Genesis Christian Preschool 403.684.3757
- High River Montessori Preschool & Kindergarten 403.652.9773
- Ecole Joe Clark Preschool 403.652.2020
- Spitzee Elementary Preschool 403.652.2376
- Holy Spirit Academy Preschool 403.652.2491

For a list of day home providers please contact PLC at 403.652.8633

Connect Teen 403.264.8336 (TEEN)
- 24 hour support for youth

Community Access Program (CAP Card) 403.652.8620
Provides discounts on many town programs, activities and support
services to residents that meet household income requirements.

Foothills Children’s Wellness Network 403.995.2702
Mon—Fri 8:30 am – 5:00pm
A collective of many of the early childhood services available to
parents and communities within the Foothills region.

Jumpstart: High River Chapter 403.603.3507
Can assist with costs associated with registration, transportation and
equipment for sports/physical activity programs for kids age 4—18.
Applications at the Bob Snodgrass Rec Plex.
Kids Help Phone 1.800.668.6868

Kidsport Society of AB. Calgary, AB
Sports funding for children ages 6-18         (High River) 403.202.0251
years to remove financial barriers.         (Okotoks & MD) 403.831.7529

McMan Youth, Family & Community Services
- Journeys Program 403.995.5473
Provides support and education to families who are struggling with multiple challenges.
- P-CAP Rural 403.590.3285
Supports the development and maintenance of healthy family lives. The voluntary program aids to prevent further births of alcohol/drug exposed children.
- Rainbows 403.995.5473
Grief support for children who are experiencing grief and loss from a separation, divorce, or death.

Parent Link Centre High River, AB
303-9th Avenue SW (Charles Clark Medical Centre) 403.652.8633
Open Mon—Sat. “PLAY, LEARN, CONNECT”-
The High River Parent Link Centre provides FREE programs, support, resources, and drop in play groups to parents/caregivers and their children 0-6 yrs. Parent Link Centre’s also provide developmental check-ups with the Ages and Stages Questionnaire and offer parenting support for families with children 0-18 yrs through the Triple P Parenting Program.

Town of High River Family & Community Support Services Resource Centre High River, AB
Unit 101—303 9th Avenue SW 403.652.8620
Provides information, resources, support and referral services, programs, community volunteer programs.

Wild Rose Community Connections High River, AB
509 1st Street SW (Back alley entrance) 403.601.2910
Helps create positive life opportunities for children by working with parents to strengthen the family unit.

Wood’s Homes—Community Resource Team Calgary, AB
Serving children and their families. CRISIS line: 403.299.9699
Churches / Religion

Anglican Highwood Parish 403.652.2271
St. Benedict’s—602 3rd St. W Services: Sunday 11:00am, Wednesday Eucharist 9:30am

Bahai Faith 403.652.1329

Christian Reformed Church 403.652.7179
450 Macleod Tr. SW—Sunday School 9:45am, Sunday Service 11am

Church of Jesus Christ Latter Day Saints 403.652.4141
909 9 St. W

Full Gospel Church 403.652.2633
1802 9Ave. SE—Sunday Worship 10:30am

Good Shepherd Lutheran 403.652.2992
910 12 Ave. SW—Sunday Service 9:30am

High River Alliance Church 403.652.4170
1318 9 Ave. SE—Sunday Worship 10:30am, Sunday School 9:30

High River Baptist Church 403.652.2985
514160 121 St. E—Sunday Worship 10:30am

High River United Church 403.652.3168
145 Macleod Tr. SW—Sunday Worship 10am

Jehovah’s Witnesses Kingdom Hall 403.652.7424
Worship Saturday 10:30 at Okotoks Kingdom Hall 386042 8 Street E

Jesus Rock of Ages Church
Sunday Worship 10am at the Highwood Memorial Centre

Mennonite Central Committee 403.275.6935

St. Francis de Sales Catholic Church 403.652.2203
206 9 Ave & 2 St. SW—Thurs 7pm, Sat 5pm, Sun 11am

The Salvation Army Foothills Church 403.652.2195
117 2 Ave. SE—Sunday Worship 10:30am
Clothing / Food

Food Bank & Community Ministries
(The Salvation Army)
High River, AB
119 Centre St. S  Food bank and emergency social assistance.
Mon–Thurs, 9am–12pm, Call for additional hours.

Food for Thought
High River, AB
Provides healthy lunches to children in local schools who for various reasons do not bring a lunch to school.

High River Good Food Box Program
Fresh produce available every month, at a low cost - pick up location in town. Search Facebook for High River Good Food Box Program

Meals on Wheels
High River, AB
Provides prepared meals to seniors and homebound individuals.

The Salvation Army Thrift Store
High River, AB
119B Centre St. S Open Mon.–Sat. 9:30am–5pm, Thurs. 9:30am–7pm. Used clothing, household goods, furniture.

Counselling Services, Emotional Supports & Resources

Emergency Services               Dial 911
Suicide Crisis Hotline 1.800.SUICIDE (1.800.784.2433)
Distress Centre: (24 hour) 403.266.4357
211 Information Services—High River (24 Hour) Dial 211
Information and referrals to community, social, and government services, counselling etc. FREE 24 hr Service.

AHS Mental Health Helpline 1.877.303.2642
24/7 information about mental health programs and services.

Alberta Health Services: Rural Addiction
& Mental Health High River, AB
Office: 403.652.8340
Intake: 1.877.652.4700
Provides therapeutic support to help people meet their goals around emotional, psychological, mental health and addiction concerns. Follow-up evening appointments and groups are available; please enquire with the intake line.
Family and Community Support Services (FCSS)  
403.652.8620  
Provides information, resources, support and referral services.

Foothills Community Counselling  
403.603.3549  
101, 303-9 Ave SW  
Counselling services to residents of High River and area.

Foothills Community Mediation  
403.982.1400  
Providing free conflict resolution alternatives to Foothills residents.

Art & Music Therapy  
Art@Aswan - Anna Swanepoel  
High River, AB  
Art & music therapy, stress release therapy, group or individual counselling services are available. www.aswanart.ca

Inner Expressions Art Therapy—Nicole Levesque  
403.650.8130  
Children, adolescents, adults, seniors, groups or individuals can explore their emotions in a safe, non-judgmental environment with a trained art therapist. No art experience is necessary.

Emergency & Walk In Mental Health Services  
Okotoks Urgent Care Walk in  
403.995.2701  
Mon.—Sun. 10:45am—7pm

South Calgary Health Centre  
403.943.9374  
Mon.—Thurs. 4pm-7pm, Sun. 12pm-3pm

Private Counseling Services  
Boundless Counselling—Ashley Dredger, MACP  
Okotoks, AB  
403.390.6550  
Offers individual, family, and child counselling services in the Foothills.

The Country Counsellor—Bill Law  
Okotoks, AB  
403.938.5617  
Offers counselling and courses on self esteem, assertive communication, anger management, addiction & marriage.

Next Step Counselling - Deborah Smillie, BScN MN RN  
High River, AB  
Therapy for families, couples, children & individuals. 403.498.5520

REAL Consulting—Muscroft-McDonnel, B.A., COM. ED., R.F.M., C.C.P.  
High River, AB  
403.601.3088  
Family & Business Counselling, Coaching, & Mediation Services. www.realconsulting.ca  
403.601.5183

Selah Counselling Services—Carol Wilson, MAC  
Nanton, AB  
403.422.0533  
Individual, family & relationship counselling.
Services for People with Disabilities

Aids to Daily Living Program incl. equipment 403.652.5445

Apex Hearing Systems High River, AB
#3, 28 12 Ave SE 403.601.2243

Cause & Effect Foundation High River, AB
Providing early intervention services to support 403.652.1503
parents with the development of their pre-school aged children.

Foothills Advocacy in Motion Society High River, AB
126 9th Ave. SE 403.652.4161
Foothills AIM Society empowers persons with developmental
disabilities by promoting the full quality of life through employment
and day services, community access and home living programs.

Foothills Fetal Alcohol Society High River, AB
101 520 MacLeod Trail 403.652.4776
Providing support, education, programs and advocacy for individuals
and their families affected by FASD.

Foothills Hearing Centre Ltd. High River, AB
108A 3rd Ave SW 403.652.7718

Foothills Home Services High River, AB
Providing high quality, affordable home care services. 403.652.4292

Foothills SNAPS (Special Needs Assoc. for Parents & Siblings)
123 4th Ave SW High River, AB
A community support network for families. 403.603.3232
Services available include Family & One on one Support, Transition
office@foothillssnaps.org

Independent Counselling Enterprise Serving the Foothills
4888 72nd Ave SE Calgary, AB 403.219.0503
ICE is an Alberta wide company that provides support services to
individuals who have developmental disabilities.

Pindrop Hearing Centre High River, AB
Unit B—117 Macleod Trail 403.652.2520

Southern Alberta Brain Injury Society (SABIS) Calgary, AB
2116 27th Ave. NE 403.521.5212
Provincial advocacy organization offering support, education &
referrals for survivors, their families and the general public.
RESOURCES CENTRE  403.652.8620
- Provide information, support and referrals to community resources
- Provide applications for Old Age Security, Canada Pension, EI, Alberta Seniors, Health Care, etc.
- Assistance with filling out forms.
- Provide information, brochures, and contact information for community and Government services.
- Copy and fax forms for services.
- Commissioner for Oaths available free of charge.
- Youth Liaison Program
- Coordinates Interagency Supports & Connections

We’re located at
Charles Clark Medical Centre
303 9th Ave SW
High River

PARENT LINK  403.652.8633
Open to all families with children
- Drop in parent/child stay & play
- Parenting resources
- Parent/child workshops
- Developmental screening
- Meet other parents and caregivers

For more information and the monthly calendar, stop by FCSS Parent Link, Visit highriver.ca/parent-link-centre, or ‘Parent Link Centre serving High River, Okotoks and area’ on Facebook
Support Services (FCSS)

Community Volunteer Program

- Recruit and coordinate volunteers for the FCSS income tax program
- Snow shoveling and medical transportation programs for seniors
- Provide a listing of volunteer opportunities in the High River area
- Visit www.highriver.ca/volunteer-opportunities
- www.ourhighriver.com/ or ‘Our High River’ on Facebook

Services for Seniors

- Subsidized independent living services (economic qualifications apply)
- Assistance completing forms and applying for benefits
- Visit www.highriver.ca/seniors

Grants

- United Way/High River Partnership Community Grants
- FCSS Community Grants
- Visit www.highriver.ca/fundingopportunities
Employment, Education, Business & Literacy

Academy of Learning High River, AB 403.652.2116
2, 28 12th Ave. SE
Computer and career business college.

Alberta Learning Information Service (ALIS) 1.800.661.3753
www.alis.gov.ab.ca
Student Finance 1.800.222.6485
  • Alberta Scholarships and Bursaries 310.0000 + 780.427.8640

Bow Valley College High River, AB 403.441.2399
2nd Fl, 710 Centre Street

Community Futures Highwood Okotoks, AB 403.995.4151
14 McRae Street
Business counseling, loans, resource library and training.

Foothills Continuing Education Council High River, AB 403.850.2187
2nd Floor, 710 Centre Street SE
Located inside the Bow Valley College Campus delivering Adult
Continuing Education which include Person and Professional
Development and Essential Skills.

High River Chamber of Commerce High River, AB 403.652.3336
Temp. location 2 floor #28 12 Ave SE (McBride office) 403.652.3336
hrdcc@telus.net Mon - Fri 9:00 am - 4:30 pm
Representing community business interests.

High River Library High River, AB 403.652.2917
909 1 street SW
Visit www.highriverlibrary.ca for information on programs and services

H.I.R.E. (Having Inclusive Rewarding Employment) High River, AB 403.603.3232
123 4th Ave SW
Career service, resume development, job search, pre-employment
and employment skill enhancement for individuals who may
experience barriers to employment. (Offered through Foothills
SNAPS.)
Literacy for Life Foundation
1204 10 St. SE
High River, AB 403.652.5090
Offers a variety of FREE services, support, and programs for ages 0-99 including literacy building, community groups, English as a Second Language, adult life long learning, essential skills and workplace literacy training.

McBride Career Group Inc.
#6, 28—12 Ave. SE
High River, AB 403.601.2660
Career assistance, computer access, resumes and career coaching.

Money Mentors
1.888.294.0076
Money Mentors is a non-profit organization offering credit counseling, personal money coaching, and financial literacy training. Money Mentors is also the sole provider of the Orderly Payment of Debts program in Alberta.

Welcome Wagon
Welcome baskets for new businesses.
403.862.0724

High River Local School Listing

Christ the Redeemer Catholic Schools
- Holy Spirit Academy (Gr. K-6) 403.652.2889
- Notre Dame Collegiate (Gr. 7-12) 403.652.2231
- St. Luke’s Outreach (Gr. 10-12) 403.652.1919

Foothills School Division No. 38
- Highwood High School (Gr.9-12) 403.652.5500
- Joe Clark (Gr. K-5) 403.652.2020
- Senator Riley (Gr.6-8) 403.652.2346
- Spitzee Elementary (Gr.K-5) 403.652.2376
Government Services

Call any Government of AB # toll free by calling 310-0000 then the #

Alberta Courts—Family Mediation Services  Calgary, AB
Room 606, 620 7th Ave. SW  403.297.6981
Helps with court-directed services including help with forms, courses and mediation services.

Alberta Employment Standards  1.877.427.3731

• Alberta Supports Centre (High River)  1.877.644.9992
101, 129 4 Avenue SW  403.652.8309
Tues. & Thurs. 8:15am—12pm & 1—4:30pm
Information on social based programs and services offered by the gov’t of AB (Seniors Disability, AISH, Emergency Child Care Benefit).

• Alberta Works - Intake (M, W, F)  Claresholm, AB
Services for lower-income Albertans.  1.403.625.4457
Cheque Information Line  1.780.427.6942
After Hours Emergency  1.866.644.5135

• Alberta Adult/Child Health Benefit  Edmonton, AB
Basic health benefits for low-income families  1.877.469.5437

• Assured Income for the Severely Handicapped (AISH)  Calgary, AB
2752 Sunridge Way NE  403.297.8511
Mon - Fri 8:30 am - 4:30 pm
Government program providing financial and health benefits to adults with a permanent disability.

Alberta Justice

• Maintenance Enforcement  1.780.422.5555

• Okotoks Provincial Court House  Okotoks, AB
98 McRae St.  403.938.7953

Alberta Landlord and Tenant Information  1.877.427.4088

Alberta Registries (Rangeland Agencies)  High River, AB
102 611 5 St. SE  403.652.4104
Vehicle/boat registrations, licensing, drivers’ abstract, paying fines, disability placards, vital statistics, passport pictures.

Alberta Solicitor General

• Correctional Services Probation Officer  High River, AB
167-129 4 Avenue SW  403.938.8601
High River and District Youth Justice  High River, AB  highriveryouthjustice@gmail.com  403.652.9325

Canada Customs and Revenue (CRA)
- Child Tax Benefit  1.800.387.1193
- GST  1.800.959.1953
- General enquiries  1.800.959.5525

Canada Post  High River, AB
Station Main Post Office—105 1st Street SW  403.652.2868
Postal outlet in Shoppers Drug Mart—204 Centre St.  403.652.2634

Human Resources & Skills Development of Canada  Calgary, AB
- Employment Insurance (EI) - Service Canada  1.800.206.7218
  www.hrsdc.gc.ca

MD of Foothills #31  High River, AB
309 Macleod Tr. SW  403.652.2341

Office of the Public Guardian  Calgary, AB
510, Place 800, 800 6 Ave. SW  403.297.3364

Office of Public Trustee  403.297.6541

OMBUDSMAN for the Province of Alberta  Calgary, AB
Marianne Ryan  2560, 801 6 Ave. SW T2P 3W2  403.297.6185
Reviews complaints about Provincial Government departments.

Town of High River  High River, AB
309 Macleod Trail  403.652.2110

Worker’s Compensation Board  Dial 310-0000 then 780.427.1131

Elected Officials
Federal  Hon. John Barlow, MP  High River, AB  403.603.3556
109—4th Ave SW

Provincial  Hon. Wayne Anderson, MLA  High River, AB  403.652.7100
127 3 Ave SW

Municipal  Mayor Craig Snodgrass  High River, AB  403.652.2110
309 Macleod Trail SW

MD of Foothills  Reeve Larry Spilak  High River, AB  403.652.2341
309 Macleod Trail SW
Health, Dental & Medical

Alberta Blue Cross 403.294.4032
Alberta Health Care Dial 310-0000 then 780.427.1432
Cancer Treatment Transportation 1.800.263.6750
Foothills Country Hospice Society 403.995.4673
www.countryhospice.org

Alberta Health Services Programs

- Adult Day Support Programs 403.601.1790
- Aids to Daily Living Program incl. equipment 403.652.5445
- Chronic Disease Management 403.601.1761
- Dental Treatment Services 403.955.6888
  Sheldon M. Chumir Health Centre Dental Clinic Reduced-fee dental treatment services by qualified dentists to families in financial need and without access to dental insurance.
- 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.
- Health Link Dial 8-1-1
  24/7 telephone nurse advice and general health information
- High River Public Health/Pregnancy Info 403.652.5450
- High River Teen Clinic 403.652.1654
  Drop in Tuesdays 2-6pm at Charles Clark Medical Centre
- Home Care Services 403.652.5445
  Provides a variety of home care, chronic disease, diabetic, geriatric, assessment, and social work services.
- Preschool Fluoride Varnish Clinic 1.855.943.1300
  Free for eligible children 12 months to 35 months of age. A dental health professional will provide a fluoride varnish treatment, provide a visual dental check, talk about ways to protect your child’s teeth, and answer questions that you have about dental health.
## Chiropractors

<table>
<thead>
<tr>
<th>Chiropractor</th>
<th>Address</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Campbell Chiropractic</td>
<td>1505 8th Ave. SE</td>
<td>403.652.7767</td>
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<tr>
<td>Corbett Chiropractic</td>
<td>1998 Centre St. SE</td>
<td>403.652.1020</td>
</tr>
<tr>
<td>Foothills Family Chiropractic</td>
<td>509 Centre Street</td>
<td>403.652.4636</td>
</tr>
<tr>
<td>Highwood Chiropractic</td>
<td>335 Macleod Tr. SW</td>
<td>403.652.3803</td>
</tr>
<tr>
<td>Optimum Wellness Centre</td>
<td>103-3rd Ave West</td>
<td>403.652.3530</td>
</tr>
</tbody>
</table>

## Dental

<table>
<thead>
<tr>
<th>Dental Provider</th>
<th>Address</th>
<th>Phone</th>
</tr>
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<tbody>
<tr>
<td>AHS Dental Treatment Services</td>
<td>104 1 St. W</td>
<td>403.955.6888</td>
</tr>
<tr>
<td>Sheldon M. Chumir Health Centre Dental Clinic</td>
<td>#1, 134 Macleod Trail</td>
<td>403.652.2274</td>
</tr>
<tr>
<td>High Country Denture Clinic</td>
<td>135 Centre St. SW</td>
<td>403.652.1156</td>
</tr>
<tr>
<td>High River Denture &amp; Implant Clinic</td>
<td>530 Macleod Trail Suite 103</td>
<td>403.652.1111</td>
</tr>
<tr>
<td>Signature Smiles</td>
<td>Suite 200—103, 3 Ave SW</td>
<td>403.603.3364</td>
</tr>
</tbody>
</table>
**Hospitals**

AB Children’s Hospital  
2888 Shaganappi Trail NW  
Calgary, AB  
403.955.7211

Foothills Medical Centre  
1403 29 St. NW  
Calgary, AB  
403.944.1110

High River General Hospital  
560 9 Ave. W  
High River, AB  
403.652.2200

Oilfields General Hospital  
717 Government Rd.  
Black Diamond, AB  
403.933.2222

Okotoks Urgent Care  
11 Cimarron Common  
Okotoks, AB  
403.995.2600

Peter Lougheed Centre  
3500 26 St. NE  
Calgary, AB  
403.943.4555

Rockyview General Hospital  
7007 14 St. SW  
Calgary, AB  
403.943.3000

South Health Campus  
4448 Front ST SW, Calgary  
Calgary, AB  
403.956.1111

**Physicians**

Charles Clark Health Clinic  
303 9th Ave SW (2nd Floor)  
High River, AB  
403.652.2929

Dr. Ben Andruski  
Dr. Christopher Powell  
Dr. Chris Warner  
Dr. Keith Spackman  
Dr. Kelli Taylor  
Dr. Kevin Walsh  
Dr. Mike Kapusta  
Dr. Nicole Roper  
Dr. Ron Gorsche  
Dr. Sarah Feaver  
Dr. Sarah Makhdoom  
Dr. Stephen Finnegan  
Dr. Scott Rapske
Highwood Health Clinic
121 4th Ave W
High River, AB
403.652.7999
Drs. Adam & Nancy Vyse
Dr. Brian Jensen
Dr. Derek Kuechler
Dr. Mark Smillie
Dr. Adam Jeeva
Dr. Ashref Jeeva

High River Medical Clinic
Dr. Valentine Ogoke's
108D 3 Ave SW
High River, AB
403.652.2880

Pinnacle Medical Centre—Now accepting patients
High River, AB
#310 1220 1st Street (Beside Co-op Gas Bar)
403.908.0357
Dr. Charmaine Mamogobo
Dr. Mohammed Shoaib Alam
Walk-in Clinic every Monday—no appointment necessary

Wild Rose Medical Clinic (Referral Only)
High River, AB
37 2nd Ave SE
403.652.4505
Dr. Karen Bailey
Dr. Harry Mueller
Pap Smear Clinic—Wednesday Appointments (No referral needed)

Optometrists

Eyes 360
812 Centre Street SE
High River, AB
403.601.2713

High River Optometry Centre
120 3rd Ave SW
High River, AB
403.652.7677

Jaffery Optical
A-117 Macleod Tr. SW
High River, AB
403.652.1213

Spectrum Eye Care
103 3 Ave. SW Upstairs
High River, AB
403.652.2424
Legal

Lawyers (High River only)
- John Andresen—111 4th Ave SW 03.652.3702
- Arnold & Arnold—16 2nd Ave SE 403.652.2242
- George Dearing—14 2nd Ave SE 403.652.2771

Calgary Legal Guidance
100, 840 7 Ave. SW 403.234.9266
Mon - Fri 9:00 am - 4:30 pm
Legal advice for those who cannot afford a lawyer and don’t qualify for Legal Aid.

Dial-a-Law 403.234.9022
24 hour service providing pre-recorded legal info on 140 topics.

Family Law Information Centre
601 5 St. SW 403.297.6981
Information on family law; provides booklets and applications.

Legal Aid Society of Alberta
1100, 665 8 St. SW 403.297.2260

Marriage Commissioners
Lorna McLean—High River 403.652.4910
Irene Pfeiffer—Okotoks 403.938.5346
Shauna Way—Turner Valley 403.933.4225

Media

AM 1140 & Sun Country 99.7 FM—Radio Station 403.652.2472
FM The Eagle 100.9—Radio Station 403.995.9611
High River Times—Local newspaper 403.652.2034

Newcomers

Foothills Community Immigrant Services 403.652.5325
Provide comprehensive settlement and integration services through the MD of Foothills to meet the diverse needs of immigrants, refugees and community partners

Welcome Wagon 403.862.0724
Provides welcome gift baskets to newcomers, new babies or brides-to-be. Hosts Bridal and Baby shows twice per year in Okotoks.
Seniors Services

Alberta Seniors and Community Supports 1.877.644.9992

High River Seniors Friendship Centre High River, AB
504 7 St. SW 403.652.4149

Kerby Centre Calgary, AB
1133 7 Ave. SW 403.265.0661
Active living & preventative services, (24 hour) 403.705.3250
resource centre & shelter for abused seniors

Service Canada, Canada Pension Plan, Old Age Security, Guaranteed
Income Supplement, Survivor’s Allowance 1.800.277.9914

Support Groups, Societies & Services

Alzheimer Society (Calgary) 1.877.569.4357
Arthritis Support Centre 1.800.321.1433
Buzzum Buddies 403.652.3168
Support for women affected by cancer 403.652.4226

Calgary Communities Against Sexual Abuse 1.877.237.5888
Calgary Pregnancy Care Centre 403.269.3110
Canadian Cancer Society 403.205.3966
Canadian Hard of Hearing Association—Calgary 403.284.6224

Canadian National Institute for the Blind 1.800.365.2642
Canadian Diabetes Association 1.800.563.0032
Caregiver Support Group 403.652.5445
Support for those caring for others in home or in a care facility

Foothills Victims Services High River, AB
1104 14th St. SE 403.652.2359
Provides services for victims who are going through trauma.

Grief Support Group 403.931.2364

High River Community Cancer Centre 403.652.2110
Lupus Society of AB 403.228.7956
Parkinson’s Society 403.243.9901

Sisters of Solace - Widows Support 403.652.4795
Bi-weekly meetings and fun activities
Transportation

Arrow Taxi 403.652.8118
Greyhound Bus Lines 403.652.2562
High River Handi-Bus 403.601.3472
On-it Transportation www.onitregionaltransit.ca 403.938.3966

Town of High River

TOWN OF HIGH RIVER
309 Macleod Trail SW 403.652.2110
Office hours: Mon - Fri 8:30 am - 4:30 pm FAX: 403.652.2396
www.highriver.ca

EMERGENCY
- Roads 403.601.1258
- Water and Sewer 403.652.6353
BYLAW bylaw@highriver.ca 403-888-0267
FIRE DEPARTMENT 403.652.3774
EMERGENCY/DISASTER (activated in emergencies) 403.652.6960

Utilities

ATCO Gas 403.310.5678
   ATCO Emerg. 1.800.511.3447
Direct Energy 1.866.374.6299
Enmax 403.310.2010
Epcor 403.310.4300
Telus 611

Volunteer Opportunities

The Town of High River actively promotes volunteerism in the community among residents and visitors.
Did you know there is an Our High River App? Download for free where you purchase Apps! Contact Jody for more details and to access your Activation Code.
For information on volunteer opportunities with local agencies and organizations, or to become a Volunteer, please contact Jody Seeley at 403-603-3547 or jseeley@highriver.ca
Our High River...

A Vibrant Community where Every Person Thrives!

If we want to live in an amazing community, it is up to all of us to create it! Our High River is about all citizens rolling up our sleeves and working together to create a vibrant community where every person thrives. Ask yourself, “what is the role I can play in creating the community that I want to live in?” and bring it, whatever it is - there is room for everyone!

Facebook.com/ourhighriver

@ourhighriver
It's All About Community... Well Being

Take time to think about these 5 areas of your life:

Your 5?

Work
Love
Play
Sleep
Eat

An Initiative of the Social Sustainability Collective

How's your 5?

Invite conversation. Checking in with family, friends, and co-workers with "How's your 5?" provides so much more than simply asking “How are you?” which most often ends in a quick “I’m fine.” How’s your 5? is a non-threatening way to talk about wellness and open up a conversation. Sharing your joys and struggles can connect you to other people and build relationships. Try it out. Check in with yourself: How’s your 5?