

**Human Services Directory
Vermilion, Wainwright, Lloydminster
&
District
2024-2025 Directory**

Produced by VIBE MHCB



Revised: September 25, 2024

(To add, update information or you notice errors please email:
Pat Calyniuk with VIBE at pat.calyniuk@btps.ca)

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?

teen mental health



For more information, visit: TeenMentalHealth.org



TeenMentalHealth.org



@TMentalHealth



TeenMentalHealthI

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Health Resources

Alberta Adolescent Recovery Centre

(403) 253-5250

Offers a community of care, where young people, their parents, peer counselors and specially trained staff work together. AARC treatment is a long-term, semi-residential program based on the 12 steps model, leading to total abstinence. Above all AARC is for families. Website: <https://aarc.ab.ca/>

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 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.

Calgary Eating Disorders Program (AHS)

(403) 955-7700

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

Alberta Health Services Pediatric Rehabilitation Services Vermilion

(780) 853-5270

Located in Vermilion Provincial Building 4701 – 52 Street

Children's Rehab Facebook page: <https://www.facebook.com/Vermilion-Childrens-Rehab-Services-1516007171969359/>

Choose "Like" and you will receive program updates, tips, and strategies to help with a child's fine motor, gross motor, speech and language development. Rehab Services include education, consultation, assessment, treatment, follow-up, and co-ordination of services. Website for the self-referral process and free informational webinars:

<https://myhealth.alberta.ca/topic/Pediatric-Rehabilitation>

Speech Language Pathology services include strategies for:

- Preschool language development, speech sound production, voice, fluency, Augmentative Alternative Communication (AAC), feeding and swallowing.
- Supporting children 0-18 with an area of communication impacted by an acute change in function due to surgery, medical intervention, injury, or underlying medical condition.

Occupational Therapy services include strategies for:

- Preschool self-care, feeding, fine motor (hand skills), sensory processing, social skills, self-regulation and executive function.
- Supporting children 0-18 with activities of daily living impacted by an acute change in function due to surgery, medical intervention, medical intervention, injury, or underlying medical condition.

Physical therapy services include strategies for:

- Infant torticollis and head shape positioning.
- Preschool range of motion, strength, tone, mobility and gross motor skills, balance, coordination, motor planning, pain management, sensory processing, fitness endurance, physical literacy, participation access, safety and risk, environmental modification, specialty seating and positioning.
- Supporting children 0-18 with functional mobility, seating and positioning impacted by an acute change in function due to surgery, medical intervention, injury, or underlying medical condition.

Audiology services include:

- Infant (0-3 month) Early Hearing Detection and Intervention (EHDI) Program. Call central booking 1-844-314-6805.
- Hearing screening for children 0-18 for whom there is a hearing concern or a need to rule out hearing loss as part of a differential diagnosis.

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.

Alberta Health Services Sexual Health Program

(780) 787-9247

Sexual Health Consultant: Jerri-Lyn.Visser@ahs.ca The Central Zone provides information, consultations and community presentations on healthy sexuality. Education and consultation services may include: support to students, parents/guardians, educators, community groups and schools.

Indigenous Support Line

1 (844) 944-4744

Indigenous peoples in the Central Zone now have access to a dedicated support line to help them better navigate the health system. The toll-free Indigenous support line can be reached by calling 1-844-944-4744 or by dialing 811, #7. The support line is staffed by Indigenous Health Link staff and is available weekdays from noon to 8 p.m. Staff will answer callers' questions, help them access culturally appropriate care and support and assist them with navigating the healthcare system. Clients can call at any time during their healthcare journey with questions or concerns.

L.A. Health Ltd.

780-581-1730

Nurse practitioner Lynette Adamson, accepting new patients. Location: Unit C 5008-51st Avenue Vermilion

Primary Care Network

Kalyna Primary Care Network

(780) 853-6966

A healthcare team that includes LPNs, nurse practitioners, a dietitian and a counsellor who work together to provide primary care services. These include: chronic disease management and education mental health and general health education sessions, well women clinic, youth mental health supports/counselling services. Community Support Navigators act as a hub to connect and support community members by identifying and connecting them with the mental health supports they require. The Well Woman Clinic offers a range of services, health information, and education sensitive to women's needs. The services include: Pap tests, pelvic and breast exams; birth control counseling, education, and prescribing; menstrual concerns; menopause screening and management; osteoporosis screening and care; sexually transmitted infection testing & treatment; female bladder concerns; health promotion strategies and safe and healthy pregnancy. Website for information and services: <https://kalynapcn.ca/>

Services are being provided at new location next to Co-op Pharmacy. Unit C 5008-51 Avenue Vermilion, AB

Wainwright Primary Care Network (Wainwright and surrounding communities)

(780) 842-6676

The Wainwright Primary Care Network provides programs and services to enhance primary care. These programs include: chronic disease management, nutritional counselling, geriatric assessment clinic, lactation consultant, shared care prenatal program, referral coordination and a Youth Mental Health clinic supported by a CanREACH trained physician. We also have a community navigator to assist with finding programs/services to meet client needs, focused around youth mental health.. Information about all of our programs is available by phone (780-842-6676) or you can check our website for more information: <https://wainwrightpcn.ca>

Lloydminster Primary Care Network

(780) 874-0490

Our geographic area covers the City of Lloydminster and surrounding area, including Blackfoot, Kitscoty, Onion Lake (SK), Marshall (SK), Lashburn (SK), Maidstone (SK) and Turtleford (SK). 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. For a listing of programs visit the website: <https://lloydpcn.ca/>

Provost Primary Care Network

(780) 753-3071

The Provost PCN Initiatives have been developed to deliver high quality primary care to our patient panel, with an emphasis on health promotion and empowering people to live the highest quality of life as possible. As a partner in the larger healthcare system, we realize we are only part of the patients' journey and understand the importance of working with our partners to improve integration and alignment to ensure continuity of quality care. Within a Patient's Medical Home, family practices coordinate and share responsibility with other health care providers and community services. Our priority initiatives include: Patient's Medical Home, Chronic Disease Management and Complex Care and Mental Health and Addictions, with a focus on self-management and coordination of care. Website: <http://provostpcn.com/>

Recovery Alberta Mental Health and Addiction Services

Provides mental health and addiction counseling to children, adults, and seniors. To access addiction or mental health services in Alberta you must call the centralized intake line at 1-888-594-0211. You will need your Alberta Health Care Card when you call.

Mental Health and Addiction Services (Vermilion)

(780) 581-8000

Vermilion provides walk- in addiction and mental health support every Wednesday from 10 a.m. - 12 p.m. and 1-3 p.m. All other times are by appointment. This is for individuals over 18 at the Vermilion Provincial Building, 4701-52 Street.

Mental Health and Addiction Services (Wainwright)

(780) 842-7522

Wainwright provides walk-in addiction and mental health support every Monday and Thursday from 1 pm – 3 pm. All other times are by appointment. 905 3rd Avenue.

Mental Health and Addiction Services (Provost) This number will forward to Wainwright (780) 753-2575

Provost provides walk-in addiction and mental health support every Monday from 1pm – 3pm and Tuesday from 1pm – 2pm. All other times are by appointment. Provost Provincial Building 5419 44 Street.

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

Appointments with this clinic in Lloydminster can be made directly with this clinic.

Recovery Alberta Community Addiction Prevention & Mental Health Promotion

Provides information and prevention services about mental health and addictions. To order Mental Health Resources access the online catalogue using the following link: <https://dol.datacm.com/> and entering the universal Login ID and Password: Login ID: mentalhealthresources Password: mh2016

To order Addiction & Prevention Resources access the online catalogue using the following link: <https://dol.datacm.com/> and entering the universal Login ID and Password: Login ID: addictionsresources Password: amh2016

Lloydminster and Vermilion area (780) 214-6760

Contact Lorelee Marin Lorelee.Marin@recoveryalberta.ca for information and prevention services.

Wainwright and Provost Area (780) 842-7522

Contact Christina Harvey Christina.Harvey@recoveryalberta.ca for information and prevention services.

Counseling Services

Note: VIBE does not recommend any particular service provider. It is at the discretion of the client to seek and find the best services for them and their presenting issues.

Alberta Farm Mental Health Network (AGKNOW)

Whether it is accessing resources for yourself, or pointing a farmer in the right direction, AgKnow is your key partner in farm mental health. AgKnow connects you to a community of service providers and resources to support you and your family. We provide workshops and counselling. To book an appointment to see a therapist go to:

<https://www.agknow.ca/farmers>

Alcoholics Anonymous

For information and locations of meetings visit the website: <https://www.aa.org/find-aa> Nearest service is: Lloydminster AA Answering Service- Area 78 District 11 Phone: (780) 875-3571

Beyond Balance Counselling and Consulting (780) 808-1593

This service is based in Lloydminster. Michelle Hamilton, Registered Psychologist and associates, provides individual and couples therapy, with adults and adolescents. Website: <http://beyond-balance.com/>

Border Bridge Counselling (780) 875-9084

This service is based in Lloydminster. Aids those who cannot access no fee supports in a timely manner, and/or cannot manage payment for services. This service also acts as a bridge to provide access to counselling services when a session is booked for two or more weeks away with support required sooner. Website: lloydminstermentalhealth.ca/find-support (click on counselling & support, on-site counselling)

Campbell Barnes Counseling and Consulting (780) 245-1046

This service is based in Lloydminster. 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. Website: <https://www.campbellbarnescounselling.com/>

Care Counselling (306) 821-0377

This service is based in Lloydminster. Marla Rauser and Emma Patenaude provides individual, couples, families and groups. Runs anger management groups, does home studies/assessments. Website: <http://carecounselling.ca/>

City University Edmonton Virtual Counselling Clinic

Offering Free Professional Counselling Sessions Remotely. The City University in Canada, Virtual Counselling Clinic offers no cost professional counselling sessions remotely to clients living across Alberta via a secured video conferencing platform. Services are provided by Master of Counselling Internship Students in the final year of their graduate degree, and are under the direction of a Registered Psychologist. Clients served: adults, youth, children (6+), couples, and families. Book an appointment online. Website: <https://clinics.cityuniversity.ca/edmonton/>

Client Centered Counselling

(870) 872-2116

Located in Lloydminster. Melody Oliver BPA-HS MA Counselling Psychology CCC Canadian Counselling Psychotherapy Association Certified relationship, communication and mediation counseling. Phone or email: clientcenteredcounselling@gmail.com. Website: <https://clientcenteredcounselling.ca/>

Counselling Alberta

(833) 827-4229

Provides online Individual, couples or family counselling on a sliding scale. Website to register and more information: <https://onlineintake.calgarycounselling.com/Home/Welcome?brand=CA>

Counselling CSS

(780) 875-9084

This program provides therapeutic counselling to individuals, couples, and families of all backgrounds and faiths. People living in the funding areas of the 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 by appointment. To book an appointment call the office at 780-875-9084. Clients may receive a number of sessions at no cost each contract year in the Town of Vermilion. Website: <https://cssalberta.ca/Our-Services/Counselling-Individual-Family>

Creative Consulting & Psychological Services

(866) 288-0303

This service is based in Vermilion. 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

(780) 871-4919

This service is based in Lloydminster. Dr. Ross Plews provides Individual, Marriage & Family Counselling. Specializing in Couples Therapy. Certified Professional Counsellor, Certified Gottman Couple Therapist. Website: <https://crisiscare.ca/>

EaseCare

This is a virtual-based medical team of adult, child and adolescent psychiatric services accessed through the website: <https://www.easecare.ca/> Access mental health support from the comfort of your home. Our physicians, psychiatrists and expert clinicians are here for you. A mental health care provider focused on a holistic team approach offering access to a community of mental health experts ranging from counselors, to physicians, to psychiatrists. You will be required to provide your Alberta Health Care Card.

Good Life Collective

(780) 806 3720

This service is base in Wainwright and area. Jamie Knight (Registered Social Worker) provides secure online and in-person individual counselling and consulting. Whether you have experienced trauma, are experiencing worries or sadness, or are going through a major life change, we are here to support you. Email: jamie@goodlifecollective.ca Website: <https://www.goodlifecollective.ca/>

Hopfner & Associates

(306) 825-6195

This service is based in Lloydminster. Dr. Hopfner (Registered Doctoral Psychologist) and her associates offer counselling/play therapy/consultation services to individuals (children, youth and adults), couples and families. We will meet you where you are at and provide you with a safe, non-judgmental, caring, professional, and respectful environment. We will walk with you, providing you with the support you need to come to your own healthy strategies to manage your concerns and to achieve your goals. Website: <https://www.hopfnerandassociates.com/>

Inner Strength Wellness Therapy

(780) 920-0749

This service is based in Vermilion. Vanessa Boa, BA, MA, Canadian Certified Counsellor (CCC) Find strength in seeking help. Receive personalized counselling sessions to address your specific needs. Discover a safe space to discuss concerns, explore healthy coping strategies, and set achievable goals. Ge access to helpful resources, referrals, and or community programs. Website: www.innerstrengthwellnesstherapy.com

Integrated Therapies & Performance

(780) 870-7227

Integrated Therapies and Performance from Hunt Psychological Services is a locally owned, multidisciplinary, community health services team, based in Lloydminster. We specialize in providing rehabilitation and health services to rural and remote communities in central and northern Alberta and Saskatchewan. We provide private, in house and virtual services directly to clients as well as business to business support to numerous agencies. Our services include: psychology services, counselling services, rehabilitation services, group therapy and programming, client support services, and professional development. For more information about programs and services call, visit the website: <https://www.huntpsychologicalservices.com/> or email us at info@huntpsychologicalservices.com

Kickstand

A confidential virtual clinic tailor-made for Alberta's young people. A virtual walk-in clinic exclusive for young Albertans aged 12 to 25. Appointments are available for any reason – no problem or question is too big or small. You can even make an appointment to check out how it works and what we offer. At Kickstand Connect, you can access free mental health and substance use counselling, peer support, employment services and register for free workshops and support groups! Registration takes only a few minutes – all you need is an email address and to provide your name, date of birth, gender and postal code when you book an appointment; you do not need your health card for most services. Website: <https://mykickstand.ca/connect/>

Lakeland College Counselling Services

Vermilion Campus

(780) 853-8650

Lloydminster Campus

780) 871-5731

Counselors Chantel Walker and Laurie Mears-Redden serve Lloydminster campus, as well as offering virtual appointments in Vermilion through the booking app or email. Vermilion Campus Counsellor is Antoine Thompson-Legare and he can be reached at antoine.thompsonlegare@lakelandcollege.ca.

Mental Fitness and Counselling Services

(780) 754-3661

This service is based in Irma. 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 website: <https://sites.google.com/view/mental-fitness-therapy/home>

Native Counselling Services of Alberta

(780) 451-4002

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. Website: <https://www.ncsa.ca/>

Nest Project

This service is based in Vermilion and Area. We provide Individual and group counselling. Contact us directly for information and appointments.

Kerri Lorensen, BA, MA, CCC kerrilorensen@gmail.com

(780) 259-0067

Vanessa Boe, BA, MA, CCC vanessaboe3@gmail.com

(780) 920-0749

PAWSitive Healing

(780) 842-0381

Serving the areas of Wainwright, Vegreville, Sedgewick and Lac La Biche, PAWSitive Healing is designed for youth, adults, seniors and anyone who struggles with substance use themselves, someone else's substance use or gambling. We provide an alternative to traditional addictions and mental health counselling services by adding a canine as co-counselor. We commit to giving clients choice by bringing innovated services to them by way of mobile treatment. We value accessibility, freedom to choose one's treatment modality, unique recovery opportunities, ethical practices and hope for a healthy future for each individual served. Email: Pawsitivehealing.24@gmail.com Website: <https://www.pawsitivehealing.ca/>

Phoenix Counselling & Psychological Services

(780) 842-3112

This service is based in Wainwright. Dr. Janine Nelson PsyD. Registered Psychologist. Services include individual adult/youth therapy or children's play therapy, Veteran Affairs Canada/Blue Cross Direct Billing for Veterans only, family therapy, couples therapy, psychological assessment, and clinical hypnotherapy. Website: <https://www.phoenixcounselling.ca/>

Prairie North Health Centre

(306) 820-5997

Provide a variety of medical services in Lloydminster You do not need to be a clinic patient to book an appointment with a counsellor. Walk-ins and afternoon clinics.

Provost FCSS Counselling

(780) 753-2288

Provides general counseling for individuals, couples or families. Subsidies available for the residents of the MD Provost. How it will work is, call the PDFCSS office at 780 753 2288 for a referral to Good Life Collective, we will send the referral and Good Life Collective will call the client to schedule an appointment. Once the client has the session they will pay PDFCSS for their session and PDFCSS will pay Good Life Collective their rate. Payments can be made by e-transfer, cash or cheque. Website: <http://fcss.provost.ca/programs/fcss-counseling/>

Rapid Access Counselling

1 (877) 244-2360

The single session counselling program supports individuals, couples, and families with a 75-minute counselling appointment, often available within the week. While the model is “single session” clients are welcome to book with us anytime they need support. This service is available for all including, children, youth and adults across the province. Rapid Access Counselling can be accessed in-person, online, and by phone. With no wait list, and multiple daytime and evening appointments available from Monday to Friday, you can typically book a 75-minute appointment within three business days. To book an appointment online, visit www.CommunityConnectYYC.ca/kindred. Online booking is accessible from anywhere in the province and can be done at any time, night or day. To book an appointment by phone from Monday to Friday during office hours contact our Family Engagement and Resource Team at 403.233.2360 or if you're outside of Calgary, call us toll-free at 1.877.244.2360. Website: <https://www.racalberta.ca/>

Red Cedar Psychology, Assessment and Communication Remote Services

Access to remote counselling virtually (1:1/couples, families, kids), Speech- Language therapy, psychological assessment (i.e. ADHD/ Behaviour) and mediation services in Alberta. Registered professionals for both adults and youth. Information and registration is through website: <https://www.redcedaralberta.com/>

Self -injury Outreach & Support

As part of a collaboration between the University of Guelph and McGill University, we are a non-profit outreach initiative providing information and resources about self-injury to those who self-injure, those who have recovered, and those who want to help. Website: <https://sioutreach.org/>

The Counselling Booth

(780) 522-8954

This service is based in Lloydminster. Steven Booth provides private and group counselling specializing in Dialectic Behavioural Therapy. Website: <https://thecounselingbooth.ca/>

Triune Systems Inc.

(780) 874-0335

This service is based in Lloydminster. Dean and Jennifer Beattie Registered Psychologists provide coaching, consulting and individual and couples counselling services. Website: <https://www.triunesystems.ca/>

Wainwright and District FCSS (Family Community Services Counselling)

(780) 842-2555

Our Counselling Service offers a subsidized fee up to 10 sessions at the rates below. If further sessions are required, the full counselling fee will be the responsibility of the client. Through a partnership with Good Life Collective, our Community Counselling program provides short-term solution focused general counselling, information and education with the goal of strengthening the emotional well-being of individuals, families, children & youth. Website: <https://www.wdfcss.ca/community-counselling.html>

Youth Wellness Clinic

(780) 853-6966

Youth Wellness Clinics are available in all Kalyna Country’s Primary Care Network communities. Our primary care providers have completed the CanREACH program which focuses on providing youth mental health assessment and treatment in the primary care setting. The Primary Care Behavioural Health Consultant works with your Family Physician to evaluate the mind-body-behavior connection and provide brief, solution-focused interventions. Together, the Primary Care Behavioural Health Consultant and your Family Physician can consider all of the physical, behavioral, and emotional aspects of your health concern and help you determine a course of action that will work best for you.

For youth up to 24 years of age, we can help identify and manage mental health concerns. This service is provided in Vermilion out of the Midtown Medical Clinic and is also provided in some surrounding communities. Website: https://kalynapcn.ca/all_programs/youth-mental-wellness/

Community Resources

Adult Learning Councils

Provide adult literacy and educational courses. For more information and courses offered call or visit their Facebook or website.

CLASS (County of Vermilion and Town of Vermilion)

(780) 853-2000

Facebook: <https://www.facebook.com/VermilionRiverCLASS/>

Wainwright & District Council for Adult Lifelong Learning

(780) 842-3455

Website: <https://www.wainwrightlearning.ca/> Facebook: <https://www.facebook.com/wainwrightlearning/>

Provost Adult Learning and Literacy (Provost and Area)

(780) 753-2822

Website: <http://www.provostlearning.ca/> Facebook: <https://www.facebook.com/provostlearning>

Lloydminster Learning Council Association (Lloydminster and Area)

(780) 875-5763

Website: <https://lloydlearningcouncil.org/> Facebook: <https://www.facebook.com/lloydlearningcouncilassociation/>

Armor of Light Recovery Society

(780) 842-0232

Armor of Light Recovery Society provides a 100% abstinence based pre-treatment and post-treatment sober living program for individuals with an addiction to substances; outreach addiction support; support for those without shelter or living rough; information and consultations; community education and events; resource navigation and support. Armor of Light also provides a program "Healing Hearts" This program is a 15 week program for perpetrators of intimate partner violence. Contact email: admin@armoroflight.ca Website: <https://www.armoroflight.ca>

Alberta Brain Injury Network, Canadian Mental Health Association

(403) 342-2266

This program is for people living with a permanent, diagnosed, acquired brain injury who is in need of short term support. Eligible individuals cannot be receiving supports from Persons with Developmental Disabilities or in a full time support facility. Individuals must live in central Alberta and be able to live somewhat independently, and over the age of 18. For more information visit website: <https://cmhareddeer.ca/programs-services/>

Alberta Works and Alberta Support Centre

Vermilion and Area Alberta Works Centre

(780) 853-8164

Wainwright/Provost and area Alberta Works Centre

(780) 842-7564

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>

Catalyst Group

(587) 607-3013

A private outpatient addiction treatment facility working with alcoholism, drug addiction, gambling, and other addictions. Programs are designed to help those considering recovery, already in recovery, struggling in recovery as well as their families or those otherwise affected. Offers access to a unique and diverse staff including professional group facilitators, powerful experiential counselors, addiction counselors as well as former program writers and facility managers of exclusive private inpatient treatment facilities. Website: www.catalystgroup.life

Centre for Suicide Prevention

(403) 245-3900

For training and resources for suicide prevention contact them through their website or phone. Website: <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) 763-3502

Lloydminster and Area (Salvation Army)

(780) 875-9166

Wainwright and Area (1014 3rd Avenue)

(780) 845-8875

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

Hearts and Hands

(780) 581-0521

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

IMPACT Wainwright

(780) 842-7522

Collaborative community group with initiatives in mental health education, prevention, addictions, suicide, etc. Website: <https://impactwainwrightandarea.com/initiatives/>. Email: hello@impactwainwrightandarea.com

Libbie Young Centre Inc.

(780) 874-9917

The Libbie Young Centre is a non-profit community-based organization that supports adults living with mental illness by providing education, life skills, supported living, day programming, and community outreach services. Our programs provide a reliable source of support, restore balance in a time of crisis, and enhance overall quality of life through person-centered care and service delivery. The Libbie Young Centre is a transitional facility that helps clients to develop the skills necessary to live as healthily and independently in the community as possible. We work collaboratively with psychiatric nurses, psychiatrists, social workers, and all other necessary healthcare staff to provide ongoing support and advocacy for each individual. Website: <https://www.libbie.ca/>

Lloydminster & Vermilion for Equity Foundation

The Lloydminster & Vermilion for Equity Foundation (LVE Foundation) is a not-for-profit company registered in the Province of Alberta. We promote economic and social equity by connecting to and enhancing community support, by

working collaboratively with other individuals, groups and agencies. By utilizing various mediums to share knowledge, content, and awareness, we aim to advocate for and amplify the voices of marginalized communities. Our primary objective is to promote diversity, equity and inclusion, and act as a conduit to social services. We've identified gaps in our community where unhoused, vulnerable and marginalized peoples are requiring further barrier free support in obtaining the basic necessities of life, which include but are not limited to; food, water, personal hygiene products, period products, clothing / outer wear, harm reduction, peer support, healthy conversations as well as judgement / barrier free, culturally sensitive/appropriate access to social services. Website: <https://lvefoundation.com/> email: lloydminstervermillionforequity@gmail.com or Facebook: <https://www.facebook.com/groups/vermillionunitesforequality>

Lloydminster Drop-in Centre

(306) 825-0122

Harm Reduction-based space that offers means related to basic needs (Food, clothing), as well as connecting with additional supports through case planning. People of all ages can attend, even if they are under the influence of alcohol and/or drugs. Open Monday, Wednesday & Friday from 9 AM – 4 AM (Time may alter due to weather). Open Tuesday & Thursday from 9 AM – 11:30 AM, then 12:30 PM – 4:00 PM (Time may alter due to weather). Wet/Dry Drop-In Centre for Men, Women & Children of all ages. Supports include: Food, educational resources, technology and case-planning. Safety and respect are of the utmost importance. Volunteer opportunities are available for casual/ongoing positions.

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 Website: <https://intervalhome.org/>

Lloydminster Men's Shelter

(306) 825-3977

Provides clean, safe temporary housing for homeless adult males age 18 and older. Website: <https://www.lsacs.ca/>

Lloydminster Native Friendship Centre

(306) 825-6558

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. For a complete list of services and programs call or visit the website: <https://lnfc.org/>

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. For more information or list of programs and services available visit our website: <https://www.lloydminstensexualassault.com/>

Mannville Centennial Public Library

(780) 763-3611

Library provides and promote modern library resources in print, non-print and electronic media, and services necessary to meet the evolving educational cultural, recreational and informational needs of the public. We run various programs throughout the year. We also provide photocopying, fax and scan, and laminating. Check out our website for more information and the programs being offered: <https://www.mannvillelibrary.ab.ca/>

Mental Health Capacity Building Program

Funded by Recovery Alberta to provide mental health prevention programming in schools and communities. Mental wellness education in the communities is available as well as summer programming for children and youth. For more information about the MHCB programs in your area visit the websites or Facebook pages.

VIBE (Vermilion is Being Empowered)

(780) 853-3718

Website: <https://vibewellnessprogram.wordpress.com/> Facebook page: <https://www.facebook.com/VIBEvermillion/>

Provides services to the communities of Vermilion, Mannville, Innisfree, Clandonald, Dewberry, Marwayne, Kitscoty and Wainwright.

WOW (Wainwright on Wellness)

(780) 806-6969

Website: <https://wow.btps.ca/> Facebook page: <https://www.facebook.com/wainwrightonwellness/> Provides services to Wainwright and Irma.

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

Website: <https://shinelloydminster.ca/> Facebook page: <https://www.facebook.com/StrongHealthyIndividualsNavigatingEmotions/> Provides services in Lloydminster.

Money Mentors 1 (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/debt-help/>

Nest Project-Practices for Enhanced Wellbeing (780) 259-0067

Our educators offer practices based in positive psychology research that you can begin using immediately, whether you have 30 seconds or 30 minutes. We'll introduce you to wellness practices that may be new to you or that may build on your current practices. At The Nest Project, we encourage positive change in an environment built on connection and compassion. Website: <https://thenestproject.ca/>

Provost Municipal Library (780) 753-2801

Public library that provides programming for all ages and various services. For more information visit the website at: <https://provostlibrary.prl.ab.ca/> or Facebook pages: <https://www.facebook.com/ProvostLibrary>

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. Website: <https://www.residentsinrecovery.com/>

Rupertsland Institute (780) 826-7368

This organization is based Bonnyville. 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. Website: <https://www.rupertsland.org/>

The Do More Agriculture Foundation

The Do More Agriculture Foundation is the national voice and champion for mental health in Canadian agriculture and is changing the culture of agriculture to one where all are encouraged, supported, and empowered to take care of their mental wellbeing. Those working in the agriculture industry are among the most vulnerable when it comes to mental health issues. By collaborating with the entire industry and those working to address the state of mental health in Agriculture, we can and will make a substantial impact. We provide resources, workshops, community fund and our website has links to supports. Website: <https://www.domore.ag/>

Thorpe Recovery Centre (877) 875-8890

Located near Blackfoot. 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. For a list of services and programs visit our website: <https://thorperecoverycentre.org/>

Tough Enough to Talk About It

Mental Health Resources for Oilfield, Trades, Industry, and Agriculture. Providing information about how to help, and provides resources for those with their own mental health concerns. Resource Centre for Suicide Prevention <https://www.toughenoughtotalk.org/>

Wainwright Alberta Supports (780) 842-7500

Assists individuals and families in finding and applying for family and social supports.

Wainwright Military Family Resource Centre (780) 842- 1363 ext. 1253

Supports military members, veterans, and their families who are based in Wainwright. Individual and family support can include referrals to appropriate agencies and individual and family counselling. For a list of all services call (780) 842-1363 (extension 1253) or visit the website: [https://cfmws.ca/wainwright/wainwright-military-family-resource-centre-\(wmfrc\)](https://cfmws.ca/wainwright/wainwright-military-family-resource-centre-(wmfrc))

Walking Through Grief Society

(780) 846-2576

Support groups and one to ones, for adults, seniors and children are located in Vermilion, Wainwright and the Lloydminster area. Groups for children experiencing grief and divorce are offered twice a year. Contact the society for more information. Facebook: <https://www.facebook.com/walkingthroughgriefsociety/> Website: <https://wtgrief.wixsite.com/walkingthroughgrief> Email: programdirector@wtgsociety.org

Vermilion Rural Mental Health Project

The Vermilion Rural Mental Health project aims to help connect members of the community with support. We focus on mental health but we are also aware that other issues and topics are related. Reach out with questions and we will try to help find you an answer. To contact email: vermilionmentalhealthproject@gmail.com

Vermilion Public Library

(780) 853-4288

Is a public library centrally located 5001 49th Avenue, Vermilion. The library offers informational services, public computers, Wi-Fi, room rentals, equipment lending and technology help. Programs offered include preschool, tech-help, displays, talks, and programs for educational or creative pursuits. For more information visit: <http://www.vplibrary.ca/programs> or visit our Facebook page at <https://www.facebook.com/vermilionpl>

Wainwright Public Library

(780) 842-2673

Library is a connector of resources, fostering the joy of reading and the pursuit of knowledge for all ages and cultures in order to enrich the lives of the citizens of Wainwright and area, and the life of the community as a whole. We offer a variety of programs for preschoolers, school aged children, tween/teens, and adults. Check out our programs and services in-person or at our website: <https://www.wainwrightlibrary.ab.ca/about-us>

School Resources

Buffalo Trail Public Schools

Social Emotional Coaches

Contact your child's BTPS School for information.

Social-Emotional Coaches help to grow student, family and school staff capacity in the area of social-emotional learning. The SEC program offers short-term sessions for students aimed at boosting skills and fostering a sense of empowerment to improve students' well-being. SECs use research-based, individual-centred, inclusive, and trauma-informed approaches to ensure all students who are receiving services are safe and supported in effective ways. In the case where students require support beyond the scope of the SEC program, appropriate referral information will be provided to the students, parents/guardians, and/or school staff.

BRITE

(587) 281-5634

Provides school based mental health programming in the BTPS south schools: Hughenden, Provost, Amisk, Chauvin, and Edgerton. Shannon Fife is the Program Manager.

East Central Alberta Catholic Schools

Family School Liaison Program

(780) 842-3992

The FSL program provides social/emotional counseling (skills and strategies) to students of East Central Alberta Catholic School Divisions. Contact your local school to determine schedules and availability. For more information about the program contact Michele Revoy at (780) 842-3808.

East Central Mental Health School Based Prevention Program

Available in ECACS Catholic Schools in: Provost, Castor and Stettler. For more information about the program contact Michele Revoy at (780) 842-3808.

Mental Health Capacity Building Program

Funded by Recovery Alberta to provide mental health prevention programming in schools and communities. Mental wellness education in the communities is available as well as summer programming for children and youth. For more information about the MHCB programs in your area visit the websites or Facebook pages.

VIBE (Vermilion is Being Empowered)

(780) 853-3718

Website: <https://vibewellnessprogram.wordpress.com/> Facebook page: <https://www.facebook.com/VIBEvermilion/>

Provides services to the communities of Vermilion, Mannville, Innisfree, Dewberry, Marwayne, Kitscoty and Wainwright Blessed Sacrament School and Outreach.

WOW (Wainwright on Wellness)

(780) 806-6969

Website: <https://wow.btps.ca/> Facebook page: <https://www.facebook.com/wainwrightonwellness/> Provides services to Wainwright, Irma and Paradise Valley

SHINE (Strong Healthy Individuals Navigating Emotions)

(780) 808-1306

Website: <https://shinelloydminster.ca/> Facebook page:

<https://www.facebook.com/StrongHealthyIndividualsNavigatingEmotions/> Provides services in Lloydminster Catholic and Public Schools..

MAPS, Metis Access to Post Secondary

MAPS is a Rupertsland Institute Initiative (RLI) which provides additional support for Metis high school students on their journey to what lies beyond graduation. The goal is to help students map out a path for their future while building confidence and connections through mentors and events. Website: <https://www.rupertsland.org/teaching-learning/metis-access-to-post-secondary-maps/>

Vermilion and Area Brighter Beginnings

(780) 853-6633

Brighter Beginnings supports children and families to reach their full potential with early childhood education programs designed around play, imagination, structure and fun .We offer:

- Centre-Base Preschool Program Ages 3-5
- Before & After School Care
- Kindercare
- Outreach Programs
- Time to Rhyme
- Summer Program ages 3-Kindergarten

For more information call or visit our website: <https://www.vermilionbrighterbeginnings.com/>

Vermilion Play Development Programs

Early Learning Educators and families working together in partnership to provide a safe, caring, inclusive play environment encouraging children to explore, learn, participate, and build relationships with others in our “Learning Through Play” centered program. Call or visit website: <https://www.vermilionplaydevelopment.com/>

Early Learning

(780) 581-0108

Located in Vermilion Elementary School. For children ages 3 to 5 years Open 730am to 530pm Mon-Fri

Preschool programming Email: vpdearlylearning@gmail.com

Kindercare

(780) 581-5873

Located in Vermilion Elementary School. For children ages Kindergarten and Pre-Kindergarten. Open 730am to 530pm Mon-Fri & non school days. Early learning programming for children on their off days of kindergarten and pre

kindergarten. Email: vpdkindercare@gmail.com

Kids Korner

(780) 581-5376

Located in Vermilion Elementary School. For children grade 1 to 6. Open 730am to 530pm Mon-Fri & non school days.

Before & After School programming with snacks and many play centers, indoor & outdoor activities.

Email: kids.korner345@gmail.com

The Ark

(780) 787-5387

Located inside Colonel McCormack Recreation Centre at Lakeland College. For children ages 12 months to 4 years.

Open 730am to 530pm Mon-Friday. Childcare with activities indoor & outdoor exploring all areas of development.

Email: v.p.dlakeland@gmail.com

Little Learners Daycare

(780) 581-3325

Located inside Parkview Alliance Church. For children ages 0 to 3 years. Open 730 am to 600 pm Mon-Friday. Childcare for infant & toddlers with indoor & outdoor activities. Exploring all areas of development

Email: vpdlittlelearners@gmail.com

WRaP 2.0 FASD Coaching Partnership Project

(780) 385-3717

Available through Prairie Central FASD Association, offers teachers and education staff free professional development and coaching opportunities on strategies for better success for all students in classrooms, teaching and transitions.

Website: <https://wrap2fasd.org>

Family Resources

CASA Mental Health

A non-profit organization based in Edmonton that delivers mental health services to people from ages 3-18 and their families. Provides programs for basic mental health information, FASD, family therapy, trauma, indigenous services and day programs. For more information or list of programs visit: <https://casamentalhealth.org/>

Connecting Moms- Vermilion (Parkview Alliance Church for more information) (780) 853-4229

Connecting Moms is a partnership with the Pentecostal Church and Parkview Alliance Church. Moms have an opportunity to connect with other moms who are experiencing the same things they are. Two Tuesdays a month @9:30 a.m. at Glad Tidings Pentecostal 4709 43 street. Childcare provided with snacks & activities. Facebook: <https://www.facebook.com/groups/260873091073908>

Connecting Parents Supporting Families

A support group for parents to learn techniques that will help navigate their children's life challenges and common struggles. The purpose is to create a community of caring parents to support, teach, and learn from each other through the challenging journey of parenthood. Facebook: <https://www.facebook.com/connectingparentssupportingfamilies/> Email: connectingparentsloyd@gmail.com for more information and schedule. Open free group. Website: <https://sites.google.com/view/connectingparentsloydminster/home?authuser=0>

East Central Family Day Home Agency..... (780) 853-6190

Serves Vermilion, Lloydminster, Wainwright and Mannville. 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. Facebook: <https://www.facebook.com/profile.php?id=100067646029275>

Edge Youth Drop-in Centre.....(780) 853-4229

For youth grades 7 - 12. A fun, safe and free place for teens ages 12 - 18 yrs. to relax, have fun and interact with other teens and youth leaders. For renting the Edge or more information or to volunteer contact Parkview Alliance Church. The Edge is located at the Downtown Campus of the Alliance Church: 4906 - 49 Avenue Vermilion besides the bowling alley. Open Thursdays from 3:30 to 6:00 p.m. Website: <https://www.parkviewalliance.com/the-edge-youth-drop-in-centre/>

Exploring Wonders Daycare (780) 842-3600

Offering emergent and play-based experiences for young learners through high quality, licensed childcare in Wainwright. Website: www.exploringwonders.com. Email: info@exploringwonders.com.

Family Resource Networks

Wainwright & District Family Resource Network (780) 842-2585

We provide direct service delivery, offer information, supports, resources, and referrals and awareness of other community agencies & services to help navigate programs and services along the parenting journey. The services is for families with children 0 to 18. Service delivery is flexible and adaptable to best meet the needs of the family. Programs and services can be delivered in a group setting, one on one, walk-in, via online platform, telephone, or email. Serving the communities of Wainwright, Provost, Czar, Amisk, Hughenden, Irma, Chauvin, Edgerton and Bodo. Facebook page: <https://www.facebook.com/wdplc/>

Provost Family Resource Network (780) 753-2288

Provides programming and services for 0 to 18 for families and caregivers in the areas of family support, early learning and care, parent education and information. All programs are voluntary and free. For more information and programs offered visit the Facebook page: <https://www.facebook.com/provostfrn>

Midwest Family Connections (306) 825-5911

Provides programming and services for 0 to 18 for families and caregivers in the areas of family support, early learning and care, parent education and information for Lloydminster, Vermilion and County of Vermilion residents. For more information and programs offered visit the website: <https://midwestfamilyconnections.ca/>

Mannville-Minburn-Innisfree Kalyna Family Resource Network (780) 763-3005

MMI FRN Programmer: Alicia Rutt 780-581-4149 mmifrn1@gmail.com Facebook page: Mannville-Minburn-Innisfree Kalyna Resource Network

Spoke Service: Caregiver Capacity MMI FRN delivers high quality prevention and early intervention services and supports for families with children aged 0 to 18 years old. Services and Supports that focus on strengthening parenting and caregiving knowledge; social support; coping & problem-solving skills; access to community supports & resources; improving child & youth development; building resiliency and fostering wellbeing.

Service Provider:

Mannville – Minburn – Innisfree Family and Community Support Services and Yellowhead Community Support Society

Box 534 Suite # 4 5004 – 49 Street Mannville AB T0B 2W0
Phone: 780-763-3005 Fax: 780-763-3004 Email: mmifcss@mannville.com Website
Link: <http://mmifcss.wixsite.com/mmifcss>

Kidsport Vermilion

(780) 581-2402

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Vermilion can play a season of sport. Our chapter accepts applications and administers grants of up to \$300 per child/year, for kids who live in Vermilion, or in one of the other communities we serve. If you live outside of Vermilion please **click on the chapter link** to find your local chapter. To access grant go to: <https://kidsportcanada.ca/alberta/vermilion/>

Kidsport Wainwright

(780) 842-3381

We provide grants to help cover the costs of registration fees so that all kids aged 18 and under in Wainwright can play a season of sport. Our chapter accepts applications and administers grants of up to \$250 per child/year, for kids who live in Wainwright, or in one of the other communities we serve. If you live outside of Wainwright please contact the Provincial Office to find your nearest chapter, or to get support through the Provincial Fund.

Kitscoty Community Cabin 4 Kids (childcare)

(780) 846-2228

Located in Kitscoty, Alberta. Supports children and families with play-based, equitable and child-centered, licensed child care. Website: www.cabin4kids.org. Facebook: Kitscoty Community Cabin 4 Kids.

Mcmam Youth, Family and Community Services Association

1 (800) 743-6179

COPE Program: Collaborative Outreach Preventing Exploitation Program supports youth aged 12 -24, who are at risk of, or experiencing sexual exploitation. Program area: Wainwright, Vermilion, Provost, Lloydminster and surrounding areas. This voluntary program helps youth, and their families reduce the risks of sexual exploitation in the community and online through education, strategies, support and connection to community resources. COPE also provides education and awareness building in various community settings.

Contact: 1-800-743-6179 or cope@mcmcentral.ca

Local contact: paula.williamsiverson@mcmcentral.ca

Parents Empowering Parents Society (Edmonton and area)

1 (877) 991-2737

Supports and educates families dealing with the effects of substance abuse in youth and adult children. Website: <https://pepsociety.ca/> or email pep@strathcona.ca. Open 8 a.m. to 10 p.m. 7 days a week.

Snowflake House

(306) 830-2655

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 needs 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. Website: <https://snowflake-house.weebly.com/>

The PlayHouse

(780) 787-9118

The PlayHouse is located in Lakeland Mall in Vermilion. ThePlayHouse offers licensed fulltime and part-time daycare spots for children ages 12 months to 5 years. Subsidy and affordability grants are available. Hours of operation are 7:30 a.m. to 5:30 p.m. Monday to Friday. Closed on all holidays and weekends. For more information phone or email:

thepayhouse17@gmail.com or visit Facebook at:

<https://www.facebook.com/profile.php?id=61562679616340&mibextid=LQQJ4d>

Vermilion and Area Brighter Beginnings

(780) 853-6633

Brighter Beginnings supports children and families to reach their full potential with early childhood education programs designed around play, imagination, structure and fun. We offer:

- Centre-Base Preschool Program Ages 3-5
- Before & After School Care
- Kindercare
- Outreach Programs
- Time to Rhyme
- Summer Program ages 3-Kindergarten

For more information call or visit our website: <https://www.vermilionbrighterbeginnings.com/>

Vermilion Play Development Programs

Early Learning Educators and families working together in partnership to provide a safe, caring, inclusive play environment encouraging children to explore, learn, participate, and build relationships with others in our “Learning Through Play” centered program. Call or visit website: <https://www.vermilionplaydevelopment.com/>

Early Learning (780) 581-0108

Located in Vermilion Elementary School. For children ages 3 to 5 years Open 730am to 530pm Mon-Fri
Preschool programming Email: vpdearlylearning@gmail.com

Kindercare (780) 581-5873

Located in Vermilion Elementary School. For children ages Kindergarten and Pre-Kindergarten. Open 730am to 530pm Mon-Fri & non school days. Early learning programming for children on their off days of kindergarten and pre kindergarten. Email: vpdkindercare@gmail.com

Kids Korner (780) 581-5376

Located in Vermilion Elementary School. For children grade 1 to 6. Open 730am to 530pm Mon-Fri & non school days. Before & After School programming with snacks and many play centers, indoor & outdoor activities. Email: kids.korner345@gmail.com

The Ark (780) 787-5387

Located inside Colonel McCormack Recreation Centre at Lakeland College. For children ages 12 months to 4 years. Open 730am to 530pm Mon-Friday. Childcare with activities indoor & outdoor exploring all areas of development. Email: v.p.dlakeland@gmail.com

Little Learners Daycare (780) 581-3325

Located inside Parkview Alliance Church. For children ages 0 to 3 years. Open 730 am to 600 pm Mon-Friday. Childcare for infant & toddlers with indoor & outdoor activities. Exploring all areas of development. Email: vpdlittlelearners@gmail.com

Wainwright Children’s Center (780) 842-3161

Providing a safe and secure environment for children to learn through play and exploration. Offering quality childcare that encourages children’s development. Facebook: Wainwright Children’s Center. Email: directorwcc@gmail.com.

Wainwright MFRC Child Development Centre (780) 842-1363 ext. 1248

A safe and secure environment in which children can strengthen skills in their developmental domains. Website: <https://cfmws.ca/wainwright/permanent-child-care>. Email: ccdir@wainwrightmfr.ca

WJS Canada 1 (800) 867-1987

Services for families facing difficulties with a focus on those with diverse abilities, culturally-based programs, children, youth and families, those with brain injuries and clinical mental health services. Email: info@wjscanada.com

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 assist people with disabilities to meet their goals through quality care and programming. Website: <https://beafisher.com/>

Catholic Social Services

Wainwright (780) 842-6899

Lloydminster (780) 871 6441

All services are provided to a large geographical area including 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

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 supports and community participation. FOCUS provides affordable housing and has group homes for adults with developmental disabilities. Transportation services are available for in-emergency medical appointments throughout the region, this is a fee-for service program with financial support for those on a fixed income. Focus also serves families in crisis in the Lloydminster area through the Saskatchewan Ministry. Website: <https://focussociety.ca/>

Inclusion Alberta

1 (800) 252-7556

This 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: <https://inclusionalberta.org/>

Persons with Developmental Disabilities Services

Vermilion Disability Services

(780) 871-6480

Lloydminster Disability Services

(780) 871-6480

Wainwright Disability Services

(780) 842-2555

PDD helps adults with developmental disabilities get services to live as independently as possible in their community. For more information visit the website: <https://www.alberta.ca/persons-with-developmental-disabilities-pdd.aspx>

Prairie Central FASD Prevention Services

(587) 386-0186

Provides free, community based direct and referral services to individuals and families living with fetal alcohol spectrum disorder (FASD) including: Medical assessment and diagnosis, FASD education and prevention for community and professionals, Support services for people affected by FASD and their caregivers. Website: <http://prairiecentralfasd.ca/>

2SLGBTQ+

BRITE line Edmonton

1 (844)702-7483

Connect with supports free of judgement or stigma.

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. Website: <https://www.altview.ca/>

The Gender Program (U of A)

(780) 407-6693

The service is an innovative program which offers a multidisciplinary approach to the diagnosis and management of Gender Dysphoria. It provides comprehensive assessments and facilitates gender-affirming interventions to help individuals lead full comfortable lives.

Inclusive Counselling and Consulting Psychological Services Inc.

(780) 424-0783

Provides 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. Website: <https://www.iccpsych.com/>

Institute for Sexual Minority Studies and Services

(780) 492-0772

The Institute for Sexual Minority Studies and Services (ISMSS) brings together education, research, policy development, and community services in order to ensure that sexual and gender minorities (SGM) recognized and well served by their communities. The Institute represents a distinct and holistic model, placing sexual and gender minority studies and services in a dynamic, interdependent relationship. Our multifaceted research allows us to not only help youth at large, but also to guide professional development and education for teachers, social workers, family physicians, psychologists, guidance counselors, and other caring professionals, enabling them to be better resources and advocates for SGM individuals and their families. In addition, the Institute impacts policy and services for sexual and gender minorities nationally through its work with various agencies and organizations including the Office of Canada's Chief Public Health

Officer, the Canadian Teachers' Federation, and the Public Health Agency of Canada. Website:
<https://www.ualberta.ca/ismss/>

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. Website: <https://pridecentreofedmonton.ca/>

Pride Community of Wainwright

The mission of the Pride Community is to foster community pride through awareness and education while promoting inclusivity and celebrating diversity. We offer education and awareness, support to the LGBTQIA+ community, navigation of resources, hosting annual pride event and support to create a safe and inclusive space for all. "Together we strive to create a community where every member feels valued, supported and embraced for who they are."

Email: wainwrightpride@gmail.com. Facebook: pridecommunityofwainwright. Instagram: wainwrightpride

Rainbow Alliance for Youth of Edmonton

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://rainbowallianceyeg.ca/>

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. Website: <https://www.skippingstone.ca/>

Social and Legal Services

Alberta Dial-A-Law

1 (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://www.alberta.ca/employment-standards>

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).

Center for Public Legal Education Alberta

Non-Profit organization dedicated to making the law understandable for Albertans and producing legal education resources. Covers a variety of topics including planning for the future, family, housing, employment, domestic violence, human rights, sexual violence, etc. CPLEA provides information and education only and does not give legal advice.

Website: <https://www.cplea.ca/>

Children and Family Services

Lloydminster and Area including Vermilion

(780) 871-6402

Wainwright and Provost

(780) 842-7502

Provides child intervention services including child protection, foster care, adoptions, kinship support. Child Intervention Services line (24 hours service): 1-800-638-0715 (option 5 for our area) to get help if you, or children you know, are being neglected, abused or sexually exploited. If you believe a child is at risk, you must report it. Help is available in multiple languages 24/7.

Children's Legal and Educational Resource Centre

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. Website:

<https://www.youthlaw.ca/>

Community Key

This is an Alberta charity set up to help families pay rent or their mortgage when their child is sick or injured. This Program is available to anyone in the province that qualifies. Website: <https://www.keyed.ca/>

Eastern Alberta Region Victim Serving Society

Vermilion/Kitscoty (780) 853-2839
Wainwright/Provost (780) 842-4490

Our role is to alleviate the impact of crime on its victims. We provide a listening ear, comfort, follow up and are available to support victims in court. We provide resource material and information on Alberta Justice and Solicitor General Programs available to victims of crime. We provide referral service that connects victims with other community agencies and organizations.

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. To find your local family court assistance go to: <https://www.alberta.ca/family-court-assistance>

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: <https://www.legalaid.ab.ca/>

Lloydminster Service Canada Centre 1 (800) 277-9914

Provides all Canadians with federal services. Contact them to determine hours and services available at the centre.

Midwest Victim Services Program (780) 874-5022

For Lloydminster and area. Mandate is to respond to the needs of victims of crime and trauma. Work in partnership with the RCMP. For list of series visit our website: <https://www.midwestvictimservices.com/>

Office of the Public Guardian and Trustee (780) 871-6490

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) 842-4463
Provost (780) 753-2214
Lloydminster (780) 808-8300
Kitscoty (780) 846-2870

Crisis/Support/Service Lines

Abuse Helpline	1 (855) 4HELPAB (443-5722)
Call for supports for physical, sexual, emotional, mental abuse, exploitation or neglect	
Access Addiction & Mental Health (Monday to Friday)	1 (888) 594-0211
Self-referral intake and screening supports for addictions and mental health. Monday to Friday 8:30 to 4:30.	
Addictions Helpline	1 (866) 332-2322
Alberta Community and Social Services	211
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.)	
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	1 (866) 644-5135
Emergency benefits and other services	
Bullying Helpline (24 hours)	1 (888) 456-2323
Information and referrals	
Canadian Mental Health Crisis or Distress Line	1 (800)232-7288
Press 3. Any age, trained counsellor in crisis intervention	
Child Intervention Services (Child & Family Services)	1 (800) 638-0715
In our area Central Alberta is option 5 to get help if you, or children you know, are being neglected, abused or sexually exploited.	
Crisis Services Canada (Human) (24 hours)	1 (833) 456-4566
Immediate and equitable access to free and confidential support about suicide.	
Crisis Text Line	741741
Family Violence Information Line (24 hours)	310-1818
Help for safety and information on supports and financial aid.	
First Nations and Inuit Hope for Wellness Help Line	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	1 (800) 622-6232
Can provide information and referral for all government of Canada services and programs	
Hope for Wellness	1 (855) 242-3310
Call or chat online for experienced and culturally sensitive counsellors.	
Indigenous Support Line	1 (844)944-4744
Provides information concerning referrals, cultural support, primary care support, addiction mental health support, and general indigenous mental health support.	
Kids Help Phone (24 hours)	1 (800) 668-6868
You can chat on the phone or online at: https://kidshelpphone.ca/ or text 686868	

LGBT Youthline (Chat and text service only for limited hours) Peer support for youth ages 29 and under. Live chat and text support only, no phone support. To see hours of operation go to https://www.youthline.ca/our-programs/peer-support/	1 (647) 694-4275
Mental Health HelpLine (24 hours) Nurses provide crisis intervention; information on Mental Health programs and services; and referral to other agencies where appropriate.	1 (877) 303-2642
National Indian Residential School Crisis Line Call for safe mental health, emotional and cultural support by a Cultural Support Worker using a holistic approach.	1 (866) 925-4419
Rehabilitation Advice Line Call for advice on occupational therapy, physiotherapy, rehabilitation services	1 (833) 379-0563
Suicide Crisis Helpline (24 hours) You can call or text	988
Trans Lifeline This is a support line, not a crisis line.	1 (877) 330-6366
Veteran's Mental Health To speak to a mental health professional	1 (800) 268-7708
Virtual Opioid Dependency Program For Opioid Agonist treatment	1 (844) 383-7688