

# Getting Connected

*A handy booklet to help individuals in need  
of assistance or support*

## Community LINKS

Your Information &  
Referral Source

(403) 328-LINK (5465)

[www.community-links.ca](http://www.community-links.ca)

*Bringing People and Services Together*



• "Bringing  
Lethbridge Home"

Revised: 03/08

Are you new to Lethbridge? Has your life taken a turn? Are you in need of comfort and support? Remember the community of Lethbridge is committed to assisting residents whenever possible.

The City of Lethbridge has developed this booklet for members of its community to help assist them when they are searching for a place to sleep, something to eat, someone to talk to; if you need a place to get clothes, a place to dry out, a place to relax; if you want to see a doctor, a lawyer or a counsellor, or simply want to change your situation.

“Alone we can do so little;  
together we can do so much.”

## **Table of Contents**

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Lethbridge Emergency Numbers.....	4
Help Numbers .....	5
Alcohol & Drugs.....	8
Child & Family Support.....	13
Counselling & Community Support.....	23
Crisis & Outreach Support.....	31
Education.....	35
Employment & Training .....	40
Food Services.....	46
Health/Medical Assistance/Clinics .....	50
Housing (Emergency, Transition, Affordable) .....	57
Legal & Justice .....	64
Seniors .....	70
Notes .....	74

## **LETHBRIDGE EMERGENCY NUMBERS**

**Ambulance – Emergency..... 911**

Non-emergency/rural..... (403) 327-3340

**Fire - Emergency..... 911**

Fire – Deaf persons

Teletype TDD Voice ..... (403) 327-3336

Rural Service ..... (403) 327-3333

**Police - Emergency ..... 911**

Police Deaf Persons

Teletype TDD Voice ..... (403) 328-4445

Police Complaints..... (403) 328-4444

**Electric Trouble**

(24 hour Service)..... (403) 320-3940

Gas Emergency (24 Hour Service)..... 1-800-511-3447

**Lethbridge Regional Hospital..... (403) 388-6111**

**Poison Centre ..... 1-800-332-1414**

**The Distress Line of SW Alberta ..... (403) 327-7905**

**Water/Sewer Trouble**

(24 Hour Service) ..... (403) 320-3850

## HELP NUMBERS

### **Distress/Drugs/Suicide**

AADAC (24 hours).....	1-866-332-2322
Chinook Health Community Mental Health Clinic (Children Services) .....	(403) 381-5278
(Adult Service) .....	(403) 381-5260
Crisis Intervention Program (pager) ....	(403) 329-5630
Lethbridge Family Services .....	(403) 327-5724
Native Counselling Services.....	(403) 329-6140
M.U.S.T. (Mobile Urban Street Team)...	(403) 315-1117
The Distress Line of SW Alberta.....	(403) 327-7905
TRAC Youth Outreach.....	(403) 308-6633

### **Birth Control/Pregnancy/STD Health**

#### AIDS/STD Information

24 Hours .....	1-800-722-2437
Birthright .....	(403) 320-1003
Gay and Lesbian Peer Support .....	(403) 308-2893
Lethbridge HIV Connection .....	(403) 328-8186
Sexual Health Centre (Confidential/free).....	(403) 320-0110
Young Parents & Support Net .....	(403) 329-3555

## HELP NUMBERS

### **Family Violence/Sexual Assault**

Child Abuse Hot line (24 hours).....	1-800-387-5437
Child Protection .....	(403) 381-5555
Child Welfare Crisis Line .....	1-800-638-0715
Family Violence Info Line .....	(403) 310-1818
Harbour House	
Shelter Outreach 24 hours .....	(403) 320-1881
Kainaiwa Children's Services .....	(403) 737-2900
Kid's Help Line 24 hours.....	1-800-668-6868
Lethbridge Police Services .....	(403) 328-4444
Piikani Child and Family Services .....	(403) 965-2390
YWCA.....	(403) 329-0088

### **Legal information**

Lawyer Referral .....	1-800-661-1095
Legal Aid Society .....	(403) 381-5194
Lethbridge Legal Guidance Society.....	(403) 380-6338

## **HELP NUMBERS**

### **Housing/Emergency Food Services/General**

Bullying Help Line.....	1-888-456-2323
Children's Advocate .....	1-800-661-3446
Emergency Youth Shelter .....	(403) 317-1777
Interfaith Food Bank .....	(403) 320-8779
Lethbridge Emergency Shelter.....	(403) 327-1031
Lethbridge Family Services .....	(403) 327-5724
Lethbridge Soup Kitchen .....	(403) 320-8688
Native Women's Transition Home .....	(403) 329-6506
Salvation Army.....	(403) 327-8084
St. Vincent DePaul .....	(403) 328-5493
YWCA Harbour House.....	(403) 320-1881

### **Income Supports**

AISH .....	(403) 381-5186
Alberta Seniors Benefits Program .....	1-800-642-3853
Lethbridge Office .....	381-5231
Income Supports &	
Employment Programs.....	(403) 320-2272

## ALCOHOL & DRUGS

### **Al-Anon & Alateen Support Groups**

Call for meeting times and locations in Lethbridge

Phone: Irene (403) 394-2125 / Joanne (403) 328-2042

Website: [al-anon.ab.ca](http://al-anon.ab.ca)

#### **SERVICES PROVIDED:**

- Al-Anon is a support group for anyone whose life has been affected by someone else's drinking
  - Alateen is a support group for teenagers (12 and older) whose lives have been affected by someone else's drinking
- .....

### **Alcohol Anonymous**

10 Ave & 17 A St South, Lethbridge, AB T1J 3Y5

Phone: (403) 327-8049

#### **SERVICES PROVIDED:**

- Call for meeting times and locations
- .....

### **Alberta Alcohol and Drug Abuse Commission – AADAC**

200 – 5 Ave South, Lethbridge AB T1J 4C7

Phone: (403) 381-5183 Fax: (403) 382-4541

Email: [Lethbridge@aadac.gov.ab.ca](mailto:Lethbridge@aadac.gov.ab.ca)

Website: [www.aadac.com](http://www.aadac.com)

#### **SERVICES PROVIDED:**

- Provides young people and adults with assistance dealing with addictions
- *Alcohol • Drugs • Gambling • Tobacco*

## **Families Health Home Visitation Program**

### *Chinook Health Home Visitation Program*

R2K,156, 960 - 19 Street South, Lethbridge, AB T1J 1W5

Phone: (403) 388-6351 Fax (403) 328-3682

#### **PROGRAM ELIGIBILITY:**

- Services for women who are pregnant or up to 6 weeks postpartum and using alcohol, drugs, solvents or nicotine
- Services for women who have a child diagnosed with Fetal Alcohol Syndrome or it's Effects and are ineffectively connected to community services
- Services for women who have been diagnosed with FAS/FAE or Fetal Alcohol Spectrum Disorder (FASD) and are biologically capable of having another child

#### **SERVICES PROVIDED:**

- Advocates assist clients to identify personal goals
- Advocates assist clients in accessing addiction and health care services
- Advocates assist clients to resolve housing, domestic violence and custody problems and work through system service barriers

**Foothills Detox Centre**

806 - 18 Street Fort Macleod, AB T0L 0Z0

Phone: (403) 553-4466 Fax: (403) 553-4819

Email: valcampbell\_foothills@yahoo.ca.

Hours of Operation: 24 hours a day, 7 days a week

**SERVICES PROVIDED:**

- Provides an overnight shelter for people under the influence of alcohol or other drugs (capacity 12)
- Provides non-medical detoxification services (13 beds)
- Offers basic counselling, information and referral to further treatment
- Provides residential support for clients awaiting treatment (some fees may apply)

**Narcotics Anonymous**

Phone: (403) 380-6536

Meeting Times:

7:00 p.m. T. &amp; Th.

1011 4 Avenue South

West entrance of alley

7:30 p.m. Su &amp; M

408 13 Street N

7:00 p.m. Wednesday

207 - 13 Street North

Bill Kergan Centre (downstairs)

**SERVICES PROVIDED**

- 12-Step program for people who want to recover from drug addiction
- Program runs year round

**South Country Treatment Centre**

Box 1418, Lethbridge, AB T1J 4K2

Phone: (403) 329-6603 Fax: (403) 328-5756

Email: [info@southcountrytreatment.com](mailto:info@southcountrytreatment.com)

Website: [www.southcountrytreatment.com](http://www.southcountrytreatment.com)

Hours of Operation: 24 hours a day, 365 days a year

***SERVICES PROVIDED:***

- 23 bed co-ed facility
- 4 week intensive residential treatment program for alcohol and drug addictions
- 3 week residential treatment program for problem gambling
- 1 week relapse prevention program for alcohol, drug and gambling addiction (4 times a year)
- Gambling Support Group held Thursday evenings
- Programs are designed to assist the client in experiencing personal growth and awareness in their recovery process
- Emphasis is placed on group discussions
- Discharge planning and self care plans are developed to help the client with their recovery
- Services may be obtained by referral or by calling South Country Treatment Centre

**Southern Alcare Society & Industries**

520 7 Street South, Lethbridge, AB T1J 2H1

Phone: (403) 328-0955 Fax: (403) 381-2021

Email: [alcare@telusplanet.net](mailto:alcare@telusplanet.net)

Website: [www.alcaremanor.com](http://www.alcaremanor.com)

Office Hours: 8:00 a.m. - 5: p.m. M-F

***SERVICES PROVIDED:***

- 25 bed co-ed facility for people seeking recovery from addictions
- Long term recovery home
- Services may be obtained by calling in, or referral from AADAC, Detox or other agencies, Alberta Mental Health

## CHILD & FAMILY SUPPORT

### Alberta Child Care Program

Southwest Alberta Child & Family Services

#333, 200 – 5th Avenue South, Lethbridge, AB T1J 4L1

Phone: (403) 381-5555 Fax: (403) 38-2477

Website: [www.child.alberta.ca](http://www.child.alberta.ca)

Hours of Operation: 8:15 a.m. – 4:30 p.m. M-F

#### **SERVICES PROVIDED:**

- The Child Care Programs office has Licensing and Child Care Subsidy
- Helps low and middle income Alberta families access affordable child care for their preschool child(ren) (not yet 7 years of age or in grade one)
- Effective January 1, 2006 subsidy will be available for stay-at-home parents to receive subsidy of up to \$100 per month to help their pre-school-age children participate in early childhood opportunities
- Kin Child Care Funding: Provides eligible low and middle income Southwest Alberta families with the ability to choose and pay relatives as an option to meet their child care needs
- Applicants can apply online at [www.child.gov.ab.ca/childcaresubsidy](http://www.child.gov.ab.ca/childcaresubsidy) or can obtain an application from a childcare provider or Child Care Subsidy Office

### **Better Beginnings**

Chinook Health

Phone: (403) 388-6661 Fax: (403) 328-5934

Or your local Chinook Health Community Health Office

#### ***SERVICES PROVIDED:***

- Support in decision making and information about a healthy pregnancy
  - Coupons for milk, eggs and calcium
  - Free vitamin and mineral supplements, library card, items for baby, nutrition advice from a dietitian
  - Information about Support Net and agencies that offer support
- 

### **Big Brothers Big Sisters of Lethbridge & District**

622 - 6th Avenue South, Lethbridge, AB T1J 0Z3

Phone: (403) 328-9355 Fax: (403) 328-5960

Hours of Operation: 9:00 a.m. – 5:00 p.m.

Closed from 12-1

Email: [info@bbbslethbridge.ca](mailto:info@bbbslethbridge.ca)

Website: [www.bbbslethbridge.ca](http://www.bbbslethbridge.ca)

#### ***SERVICES PROVIDED***

- Big Brothers
- Big Sisters
- In-School Mentoring
- Couples for Kids
- Cultural Mentoring
- Kids and Kops
- Grandparent Mentoring

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**Boys and Girls Club**

1405 – 8th Avenue North, Lethbridge, AB T1H 6N9

Phone: (403) 327-6423 Fax: (403) 327-1711

Email: [bgjen@telus.net](mailto:bgjen@telus.net)

Website: [www.bgclethbridge.com](http://www.bgclethbridge.com)

***SERVICES PROVIDED***

- Provides safe and supportive quality before and after school programming for children 5 – 12 years of age
- City subsidies available for eligible families

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**Family Centre Society of Southern Alberta**

1010 - 4th Avenue South, Lethbridge, AB T1J 0P5

Phone: (403) 320-4232 Fax: (403) 329-7321

Email: [info@famcentre.ca](mailto:info@famcentre.ca)

Website: [www.famcentre.ca](http://www.famcentre.ca)

Hours of Operation: (September - July)  
8:30 a.m. – 8:30 p.m. M-Th  
8:30 a.m. – 4:30 p.m. F  
8:30 a.m. - Noon Saturday

***SERVICES PROVIDED:***

- Information on resources
- Education courses, workshops, presentations
- Parent support: drop-in programs for parents and children
- Counselling Services
- Mediation between parents and teens

**Family Enhancement***Southwest AB Child and Family Services*

2nd Floor, 400 4 Avenue South, Lethbridge, AB T1J 4E1

Phone: (403) 381-5500 Fax: (403) 382-4277

**SERVICES PROVIDED:**

- Provides in home support for parents with the goal of preserving the family unit
- Assists in addressing issues such as discipline, communication, anger management, etc.
- Connect families to community supports

**Families First Home Visitation Project***Chinook Health, Family Health – Aux Hospital RM 2K156*

960 - 19 Street South, Lethbridge, AB T1J 1W5

Phone: (403) 388-6351 Fax: (403) 328-3682

**PROGRAM ELIGIBILITY:**

- Voluntary 3 year program;
- Services for women who are pregnant or have a new baby
- Services for single parent fathers and teen parents with child/children under 3 years of age

**SERVICES PROVIDED:**

- Services promote positive parent-child interaction
- Services promote healthy childhood growth and development
- Advocates work closely with and provide parents links to community services
- Advocates assist parents with developing a family support plan

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**Families First Home Visitation Project (cont'd)**

- Advocates assist parents with stress reduction tips, problem solving skills and home management skills
- Advocates assist parents with health and nutrition education
- Advocates assist parents by providing transportation to essential medical services.

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**Family Support for Children with Disabilities**

#343, 200 – 5th Avenue South, Lethbridge, AB T1J 4L1

Phone: (403) 382-4275 Fax: (403) 381-5245

Hours of Operation: 8:15 a.m. – 4:30 p.m. M–F.

Website: [www.child.alberta.ca/home/591.cfm](http://www.child.alberta.ca/home/591.cfm)

***SERVICES PROVIDED:***

- Assists Alberta families with support (such as respite, aides and personal care) and/or some of the extra expenses (such as travel, dental and medication costs) associated with caring for children with disabilities
- Tries to ensure parents get the resources needed to be able to continue to meet their children's needs

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**Family Ties Association**

206, 909 3rd Avenue North, Lethbridge, AB T1H 0H5

Phone: (403) 320-8888 Fax: (403) 320-8878

Email: [home@familyties.ca](mailto:home@familyties.ca)

Website: [www.familyties.ca](http://www.familyties.ca)

Hours of Operation: 8:30 a.m. - 4:30 p.m. M-F

**SERVICES PROVIDED**

- Respite or emergency child care for families unable to access appropriate natural supports
  - Up to 16 hours per month
  - City subsidies available for eligible families
- 

**It's A B.L.A.S.T. Program - Lethbridge Community Out of School Association**

1010 - 4th Ave South Lethbridge, AB T1J 0P5

Phone: (403) 328-3988 Fax: (403) 320-3968

Email: [blastofc@telus.net](mailto:blastofc@telus.net)

**SERVICES PROVIDED**

- Provides licensed school-age child care year round in various locations through the City
- City subsidies available for eligible families

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**Kids Help Phone**

Phone: 1-800-668-6868 (toll free)

Email: [info@kidshelpphone.ca](mailto:info@kidshelpphone.ca)

Website: [www.kidshelpphone.ca](http://www.kidshelpphone.ca)

Hours of Operation: 24 hours a day

**SERVICES PROVIDED:**

- Telephone counselling, by professional counsellors, for children and young adults up to 25 years of age
- Bilingual service
- For young people experiencing any problems, issues or concerns and need someone to talk to
- Confidential and anonymous service
- Web counselling

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**Opokaa'sin Children's Centre**

4th Floor, 909 3 Avenue North, Lethbridge, AB T1H 0H5

Phone: (403) 380-2569 Fax: (403) 327-6775

Website: [www.opokaasin.org](http://www.opokaasin.org)

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

Also evenings for After School Programs

**SERVICES PROVIDED:**

- Mentoring
- After school programs for children aged 5 – 13 years
- Advocacy for Aboriginal families and children
- Parenting Program

**Parent Help Line**

Phone: 1-888-603-9100 (toll free)

Email: [up.service@kidshelp.sympatico.ca](mailto:up.service@kidshelp.sympatico.ca)

Website: [www.parentsinfo.sympatico.ca](http://www.parentsinfo.sympatico.ca)

Hours of Operation: 24 hours a day

**SERVICES PROVIDED**

- Telephone counselling and referral by professional counsellors for Canadian parents and caregivers
- A library of more than 250 messages about common parenting issues is accessible by phone or our website
- Confidential and anonymous service
- Bilingual service

NOTE: We don't have "caller id" and we don't trace calls

**South West Alberta Child & Family Services Authority**

2nd and 6th Floors, Lethbridge Centre Tower

400-4 Avenue South, Lethbridge, AB T1J 4E1

Phone: (403) 381-5500

Child Abuse/after hours call 1-800-638-0715

Website: [www.southwestalbertacfsa.gov.ab.ca](http://www.southwestalbertacfsa.gov.ab.ca)

**SERVICES PROVIDED:**

- Family Enhancement Services provide a variety of support and resource services to parents to establish and maintain a healthy home environment for children and families
- Caseworkers provide in-home support to parents as well as connect families with community supports relating to a number of concerns

**South West Alberta Child & Family Services Authority  
(cont'd)**

- Protection Services are used when there is a level of risk to the child and where it is determined that a placement or court intervention is required to ensure the safety and well-being of the child
- Assessment of the child's needs determines the most appropriate and least disruptive response to the family's situation

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**YWCA Girls Club**

604 - 8th Street South, Lethbridge, AB T1J 2K1

Phone: (403) 329-0088

Email: [smanley@ywcalethbridge.org](mailto:smanley@ywcalethbridge.org)

Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)

***SERVICES PROVIDED:***

- Explore their inner and outer power!
- Celebrate all young girl's achievements
- Become aware of issues facing young women
- Increase their independence and self-reliance

## CLOTHING & FURNITURE

### **Catholic Charities Clothes Bank of Lethbridge**

118 5 Street South Lethbridge, AB T1J 2B2

Phone: (403) 327-0846 Fax: (403) 328-1524

Hours of Operation: 9:30 a.m. – 5:00 p.m. M–S

#### ***SERVICES PROVIDED***

- Second-hand clothing and furniture outlet
  - Provides clothing to persons in need on a referral basis
  - Referral services – clothing and furniture vouchers
  - Do take in Fine Option workers and volunteers
- .....

### **MCC Thrift Store**

1251 2 Avenue South, Lethbridge, AB T1J 0E5

Phone: (403) 329-4808

Hours of Operation: 9:30 a.m. – 4:30 p.m. M–S

#### ***SERVICES PROVIDED:***

- Second-hand clothing, house wares, and furniture outlet
  - Provides clothing to persons in need on a referral basis
- .....

### **Salvation Army Community and Family Services Centre**

1811 2 Avenue South, Lethbridge, AB T1J 0E8

Phone: (403) 327-8084 or 327-8092

Fax: (403) 328-2098

#### ***SERVICES PROVIDED:***

- Second-hand clothing and furniture outlet

## COUNSELLING & COMMUNITY SUPPORT

### Alberta Brain Injury Network

414 13 Street North, Lethbridge, AB T1H 2S2

Phone: (403) 320-7402 Fax: (403) 327-7425

Email: lgreatorex@redi.ca or larmas@redi.ca

Website: [www.cd.gov.ab.ca/helping\\_albertans/bii](http://www.cd.gov.ab.ca/helping_albertans/bii)

#### **SERVICES PROVIDED**

- Support to adults with acquired brain injury, and their caregivers and families
- Advocacy and service coordination
- Information and education

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### Associates Counselling Services

239 - 12 B Street North, Lethbridge, AB T1H 2K8

Phone: (403) 381-6000 Fax: (403) 381-0229

#### **SERVICES PROVIDED:**

- Counselling specialties include:

Anxiety	Depression
Addiction	Pre-marriage,
Marriage	Parenting Children
Critical Incident Debriefing	FASD
Abuse Recovery	Codependency
Relationships	Transitions/Change
Esteem	Trauma
Stress & Anger Management	
- City subsidies available
- Workshops include anger management, assertive communication, marriage/relationship

**Community Mediation Society of Southern Alberta**

1010 4 Avenue South, Lethbridge, AB T1J 0P3

Phone: 329-0220

Email: [cmssa05@hotmail.com](mailto:cmssa05@hotmail.com)

Website: [www2.cmssa.org](http://www2.cmssa.org)

**SERVICES PROVIDED:**

Free accredited and professional volunteer community facilitation and mediation services to community members faced with conflict i.e.

- Neighbours (noise, pets, parking, fences, garbage, trees, communication)
- Communities (land-use, volunteer community leaders)
- Schools (teacher/student, student/student, parent/teacher)
- Other community-based organizations (recreational sporting or hobby groups)
- Volunteer organizations/societies
- Families (parent/child, child/child)
- Referrals from our collaborative partnership agencies
- Referrals from municipal services departments
- Landlord/tenant

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**Crossroads Counselling Centre**

202, 542-7 Street South, Lethbridge, AB T1J 2H1

Phone: (403) 327-7080 Fax: (403) 327-7282

Email: [croads@telusplanet.net](mailto:croads@telusplanet.net)

Website: [www.crossroadscounselling.com](http://www.crossroadscounselling.com)

**SERVICES PROVIDED:**

- Professional confidential counselling:

Individual	Group
Stress	Anxiety
Couples	Family
Depression	Guilt
Marriage, Pre-Marriage	Grief/Loss
Parenting	Abuse Recovery
Post-Abortion Recovery	Relationships
Divorce Adjustments	Sexuality
Spiritual Concerns	Communication
Marriage Enrichment	Personality
Assessments	
- Mediation services
- City subsidies available

**Lethbridge Association for Community Living**

527 6th Street South Lethbridge, AB T1J 2E1

Phone: 327-2911

Fax: 320-7054

Email: [mail@lacl.ca](mailto:mail@lacl.ca)

Website: [www.lethbridgeacl.org](http://www.lethbridgeacl.org)

Office Hours:

8:00 a.m. – 5:00 p.m. M-F

***SERVICES PROVIDED:***

A family based non-profit, voluntary community association. Volunteers work together with staff to support people with developmental disabilities and their families through:

- Personal advocacy
- Assistance in accessing community supports
- Working in partnerships with government, schools, employers, services and communities
- Workshops, seminars, general meetings
- Information
- Resource library
- Links with Provincial and National associations
- Crisis support
- Public Forums
- Parent to Parent monthly meetings
- Quarterly Newsletters
- PLAN – Planned Lifetime Advocacy Network
- Social Activities for Families

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**Lethbridge Family Services-Counselling & Education**

1107 - 2 "A" Avenue North, Lethbridge, AB T1H 0E6

Phone: (403) 327-5724 Fax: (403) 329-4924

Office Hours: 8:30 a.m. – 4:30 p.m. M–F

Email: [administration@lethbridge-family-services.com](mailto:administration@lethbridge-family-services.com)

Website: [www.lethbridge-family-service.com](http://www.lethbridge-family-service.com)

***SERVICES PROVIDED:***

- Individual, couple and family counselling
- Therapy and personal growth
- Education and community outreach
- Services are focused on:
  - Sexual violence
  - Bereavement
  - Child abuse
  - Suicide
  - Family Violence
  - Neglect
- City subsidies available

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**Lethbridge Family Services – DaCapo Program**

1107 2 "A" Avenue North, Lethbridge, AB T1H 0E6

Phone: (403) 320-9119 Fax: (403) 329-4924

Email: [DaCapo@lethbridge-family-services.com](mailto:DaCapo@lethbridge-family-services.com)

Website: [www.lethbridge-family-services.com/dacapo.cfm](http://www.lethbridge-family-services.com/dacapo.cfm)

Office Hours: 8:30 a.m. – 4:30 p.m. M–F

***SERVICES PROVIDED***

- Vocational, employment, residential day programs
- Services for individuals who have disabilities, brain injuries and alcohol related birth disorders

**Lethbridge Family Services – Immigrant Services**

701 - 2 Avenue South, Lethbridge, AB T1J 0C4

Phone: (403) 320-1589 Fax: (403) 317-7654

Email: [lfsis@theboss.net](mailto:lfsis@theboss.net)

Hours of Operation:           8:30 a.m. – 8:30 p.m. M  
  8:30 a.m. – 4:30 p.m. T- Th  
  8:30 a.m. – Noon F

***SERVICES PROVIDED:***

- Services provided to newly landed immigrants in Lethbridge and area
- Information about and orientation to life in Canada and Lethbridge
- Interpretation and translation services to ease the transition from another language into English and/or French
- Supportive counselling including the assessment of needs and the creation of an action plan to address needs
- Referral to a wide range of other community support services
- Public awareness and community initiatives involve the provision of educational presentations to the public regarding the needs and experiences of newcomers as well as being involved in any applicable cooperative ventures with other community organizations.
- Host volunteer program will match clients to community volunteers who act as befrienders and assist the client with his/her acculturation to Canada

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**Medicine Tree Centre**

1709 - 2 Avenue South, Lethbridge, AB T1J 0E8

Phone: (403) 328-2414 Fax: (403) 327-0087

Email: sikooh@telusplanet.net

Hours of Operation: 9:00 a.m. – 4:30 p.m. M-F

**SERVICES PROVIDED:**

- Drop-in Centre
- Referrals provided for different agencies
- Craft Store
- Craft Classes
- Community awareness
- Recreation and lounge area available for public use
- Training programs
- Women's groups
- Evening recreation programs
- Community volunteer opportunities

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**Metis Nation of Alberta – Local 2003**

132, 909 3 Avenue North, Lethbridge, AB T1H 0H5

Phone: (403) 328-7828 Fax: (403) 317-0232

Email: metisnation@shawcable.com

Website: www.mnalocal2003@shawbiz.ca

Hours of Operation: 9:00 a.m.–12:00 p.m. M-W-F

**SERVICES PROVIDED:**

- Membership applications for Provincial Metis cards
- Community Partnership Program
- To promote and enhance the social economic and well being of the Metis Nation
- Appointments may be arranged for the days and times not posted (Walk-ins or by Appointment)

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**Native Counselling Services of Alberta**

#208 324 7th Street South, Lethbridge, AB T1J 2G2

Phone: (403) 329-6140 Fax: (403) 380-2562

Email: lethbridge@ncsa.ca

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F  
Closed Noon - 1:00 p.m.

**SERVICES PROVIDED**

- Legal Information and Brochures
  - Court Work Services: Criminal/Family/Youth court assistance
  - Peacemaking, mediation, Healing Circles
  - Family/Youth support/advocate
- 

**Streets Alive**

323 4th Street South Lethbridge, AB T1J 1Z9

Phone: (403) 320-1159 Fax: (403) 320-1060

Email: info@streetsalive.ca

Website: www.streetsalive.ca

Hours of Operation: 10:00 a.m. – 3:30 p.m. M-F  
Closed 12:00 - 1:00 p.m.

**SERVICES PROVIDED:**

- Streets Alive is Christian Humanitarian organization dedicated to meeting the physical, emotional, social and spiritual needs of the less fortunate in the City of Lethbridge
- The Streets Alive Mission has been in operation for over 15 years and oversees a number of outreach programs designed for families, children, youth and adults

## **CRISIS & OUTREACH SUPPORT**

### **Crisis Intervention Team**

426 6 Street South Lethbridge, AB T1J 2C9

Phone: (403) 329-4775 Fax: (403) 320-7432

**CRISIS PAGER: (403) 329-5630**

Hours of Operation: 8:00 a.m. – 4:00 p.m.  
(Office Hours)

#### ***SERVICES PROVIDED:***

- 18 hours a day, 7 days a week
  - On call support for assessments, referrals, suicide assessment and prevention, stabilization and links to community supports
- .....

### **Pathways to Housing**

**(Lethbridge Community Outreach Services)**

Pager Number: (403) 315-6233

Hours of Operation: 8:00 a.m. - 8:00 p.m. M-F

#### ***SERVICES PROVIDED:***

- Provides practical support to individuals and/or families who are homeless, at risk of becoming homeless, experiencing a housing crisis, or requiring assistance to maintain accommodation
- Assistance with finding housing and related support needs
- Support is provided in a timely, flexible, and person-centered approach and focus on reducing and preventing homelessness.

**Mobile Urban Street Team (M.U.S.T.)**

802 - 2 "A" Avenue North, Lethbridge, AB T1H 0C9

Phone: (403) 315-1117

Hours of Operation:           7:00 a.m. - 11:00 p.m. M-F  
10:00 a.m. - 6:00 p.m. S & S**SERVICES PROVIDED:**

- Staff provide linkage between community services and street people
- Client advocacy
- Builds relationships with downtown businesses
- Transportation for Shelter and Resource Centre clients to Community Services appointments
- Transportation to Foothills Detox at 9:30 a.m., Monday, Wednesday and Friday

**Lethbridge Resource Centre**

802 - 2 "A" Avenue North, Lethbridge, AB T1H 0C9

Phone: (403) 327-1031

Hours of Operation:           8:30 a.m. - 4:30 p.m. M-F

**SERVICES PROVIDED**

- Safe, secure and friendly environment for those in need
- Referrals for clothing, food and furniture
- Case workers (Resource Centre)
- Provides linkage to other key community support services both on site and in the community.
- Assessment and referrals to other community services

**OTHER ON SITE SERVICES INCLUDE:**

- Chinook Health Outreach Nursing (M-W-F 9 a.m. a.m. - 2:00 p.m.)

### **Lethbridge Resource Centre Continued**

- Lethbridge Aboriginal Career Employment (M 9:30 a.m. – Noon) Wed (1 p.m. – 3p.m.)
- Chinook Health Mental Health (Tue 9:30 - Noon)
- Dr. Gaulin (Chiropractor Tue (9:00 – 10:00 a.m.)
- AADAC (W 10:30 – 3:00)
- Job Links Employment (Tue 1:00 – 3:00)
- YWCA ( W 1:30 – 3:00)
- HIV Connections (Th 10:30 – 1:30 )
- Job Find Board
- Housing information availability

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### **TRAC - To Reach And Connect Youth Outreach Program**

(Southwest Alberta Child and Family Services)

911 - 3 Avenue North, Lethbridge, AB T1H 0T5

Phone: (403) 381-5160 Fax: (403) 381-5882

Mobile: (403) 308-6633

Website: [www.southwestablertacfsa.gov.ab.ca](http://www.southwestablertacfsa.gov.ab.ca)

#### ***SERVICES PROVIDED:***

- Reaching out and connecting with youth under the age of 18 who need support and information in making healthy decisions in their lives
- Assistance with accessing community programs, attending and setting up appointments, problem solving, dealing with family issues, addressing safety issues, addressing concerns around drug, alcohol and inhalant use, and supporting youth who are being physically, sexually and emotionally abused
- Providing advocacy

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**Salvation Army Community and Family Services Centre**

1811 2 Avenue South, Lethbridge, AB T1J 0E8

Phone: (403) 327-8084/327-8092 Fax: (403) 328-2098

**SERVICES PROVIDED:**

- Emergency accommodations in case of fires and/or floods, as well as referrals, counselling
- Distribution and programming center for food, clothing, furniture, special needs and emergency assistance
- Seniors 50 Plus Group
- Christmas food and toy hampers

.....  
**St. Vincent de Paul Society**

604-13 Street North, Lethbridge, AB T1H 2S8

Phone: (403) 328-5493

Hours of Operation: 9 a.m. - 5 p.m. M-F

**SERVICES PROVIDED:**

- Assistance in the form of necessities such as:  
Advocacy Christmas Hamper  
Food Furniture  
Rent (excludes damage deposit) Utilities

.....  
**YWCA Harbour House: Outreach Services**

604 – 8 Street South, Lethbridge, AB T1J 2K1

Phone: (403) 320-1881 / 1-866-296-0447 Fax: 327-9112

Hours of Operation: 24 hours a day

Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)

**SERVICES PROVIDED:**

- Outreach services and support for women and children who are victims of domestic violence

## EDUCATION

### **Adult Literacy Program**

*(Read On Lethbridge Public Library)*

810 - 5 Avenue South, Lethbridge, AB T1J 4C4

Phone: (403) 380-7323 Fax: (403) 329-1478

Website: [www.lethbridgepubliclibrary.ca](http://www.lethbridgepubliclibrary.ca)

Hours of Operation: day, evening, or weekends

#### **SERVICES PROVIDED:**

- One-to-one volunteer based tutoring for adult students who are Canadian citizens or permanent resident wanting to improve their basic reading, writing, spelling, communication or math skills.
- Tutoring sessions are one to two hours offered once a week on an ongoing basis.
- Learning programs based on individual student's goals, needs and interests.
- Program runs year round

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### **First Nations Advisor Counsellor**

*(Lethbridge College)*

3000 College Drive South, Lethbridge AB T1K 1L6

Toll Free: 1-800-572-0103

Email: [val.goodrider@lethbridgecollege.ab.ca](mailto:val.goodrider@lethbridgecollege.ab.ca)

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

#### **SERVICES PROVIDED:**

- Career Counselling (403-394-7372)
- Personal Counselling (403-320-3362)
- Pitta Pawanii Learning Centre (403-394-7356)
- Native Student Club (403-394-7356)

**First Nations Metis Inuit Education Program**

*(Lethbridge School District #51)*

433 15 Street South, Lethbridge, AB T1J 2Z5

Phone: (403) 380-5316 Fax: (403) 327-4387

Email: ira.provost@lethsd.ab.ca

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

**SERVICES PROVIDED:**

- Home visits and contact to work with parents in a sensitive nature
  - Mentoring students
  - Work with school staff to facilitate greater understanding of issues Native students are experiencing to enhance the learning process
  - Classroom presentations available to all District Schools in Blackfoot culture and traditions
- 

**Flexibility Learning Systems Ltd.**

506 4 Avenue South, Lethbridge, AB T1J 0N5

Phone: (403) 320-2057 Fax: (403) 320-2093

Email: flexilearning@shaw.ca

Hours of Operation: 8:30 a.m. – 4:00 p.m. M–Th

8:30 a.m. – 12:30 p.m. Fri.

**SERVICES PROVIDED:**

- For individuals who have English as a Second Language
- Instruction in speaking, grammar, vocabulary, pronunciation, reading, writing
- ESL Employment Centre – individual assistance for job searches
- Program runs year round

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**Headstart Parent & Child Development Centre**

Box 1448 Lethbridge, AB T1J 4K2

Phone: (403) 320-0559 Fax: (403) 329-0285

Email: nwthsoc90@hotmail.com

***SERVICES PROVIDED:***

- Culturally based Early Education Program for Aboriginal children aged 3 – 5 years
- ECS program provided
- Parental involvement strongly recommended
- Parent Committee
- Home visits, referrals provided and transportation available

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**Lethbridge Community Network (LCN)**

#131, 200 - 4th Ave South, Lethbridge, AB T1J 4C9

Phone: (403) 317-7799

Email: lcn@shaw.ca

Website: www.lcncap.com

***SERVICES PROVIDED:***

- Free internet access
- Access to printers, copiers and fax machines for nominal fees
- Basic computer skills course for the general public (for a nominal fee)
- Basic computer skills course for people receiving Income Support

### **Literacy Help Line of Alberta**

Phone Toll Free: 1-800-767-3231

Email: [helpline@libraryalberta.ca](mailto:helpline@libraryalberta.ca)

Website: [www.literacy-alberta.ca](http://www.literacy-alberta.ca)

#### **SERVICES PROVIDED:**

- A toll free, confidential service that provides callers with information on literacy programs across the province of Alberta
  - Referrals to programs including adult basic education, academic upgrading, English as a second language, senior literacy, literacy for youth, Aboriginal literacy, workplace literacy, family literacy and computer literacy
  - Information to connect people who wish to volunteer in literacy as tutors, special event volunteers and other volunteer opportunities
  - General information regarding literacy
- 

### **Parents as Teachers Programs**

50 Meadowlark Blvd. North, Lethbridge, AB T1H 4J4

Phone: (403) 320-5983      Fax: (403) 320-5989

Hours of Operation:              8:30 a.m. – 4:30 p.m. M–F

Email: [deborah.josuttes@lethsd.ab.ca](mailto:deborah.josuttes@lethsd.ab.ca)

Website: [www.parentsasteachers.org](http://www.parentsasteachers.org)

#### **SERVICES PROVIDED:**

Parents as Teachers is a free early learning home visitation program for families with children from birth to 5 years of age.

- Monthly/biweekly home visits featuring fun activities to do with your child as well as parenting information
- Development screenings
- Parent groups & access to parenting resources

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**Training Inc.**

444 - 5 Avenue South, Lethbridge, AB T1J 0T5  
Phone: (403) 320-5100 Fax: (403) 320-0567  
Email: info@traininginc.ca  
Website: www.traininginc.ca

**SERVICES PROVIDED:**

- P/T and F/T fast-track learning in certified computer training
- P/T certified training in esthetics (nails, skincare, make-up etc)
- Safety training (PST, CST, First Aide, etc)
- Small classroom environment
- Hands-on Industry training
- Programming licensed through Alberta Learning
- Funding may be available

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**Womanspace Resource Centre**

504, 740 4 Avenue South, Lethbridge, AB T1J 0N9  
Phone: (403) 329-8338 Fax: (403) 329-8886  
Email: office@womenspace.ca  
Website: www.womenspace.ca

Hours of Operation: 1:00 p.m. – 4:00 p.m. M–F

**SERVICES PROVIDED:**

- Women's issues addressed
- Referrals service
- Support groups
- Information on welfare issues
- Resource library
- Public education events around issues such as poverty and violence against women

## EMPLOYMENT & TRAINING

### **Blood Tribe Employment & Skills Training**

Box 319 Standoff, AB T0L 1Y0

Phone: (403) 737-8149 Fax: (403) 737-8148

Website: [www.bloodtribe.org](http://www.bloodtribe.org)

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

#### **SERVICES PROVIDED:**

- Employment and training services
  - Career exploration
  - Résumé and cover letter services
  - Open to Blood Tribe members on Reserve
  - Employment referral services
- 

### **Canada/Alberta Service Centre**

200 5 Avenue South, Lethbridge, AB T1J 4L1

Phone: (403) 380-2272 Fax: (403) 381-5668

Hours of Operation: 8:30 a.m. – 4:15 p.m. M–F

#### **SERVICES PROVIDED:**

- Labour Market Information Centre helps you make informed choices about employment
- Income support including: EI, AISH, CPP/OAS
- Human Resources & Skills Development Canada offers programs for Youth, Homelessness and Persons with disabilities
- Alberta Works Programs and Services include:  
Income Support  
Health Benefits  
Child Support Service

### **5th on 5th Youth Services**

435 5 Street South, Lethbridge, AB T1J 2B6

Phone: (403) 329-3555 Fax: (403) 380-4584

Email: [info@youth.ab.ca](mailto:info@youth.ab.ca)

Website: [www.youth.ab.ca](http://www.youth.ab.ca)

#### **SERVICES PROVIDED:**

- Individualized Case Management and Career & Employment Counselling
- Workshops: Personal and employment based
- Youth Desk/Labour Market Centre: Computer use for résumé and cover letters, Internet job search, job boards and job search materials, year-round casual labour
- Young Parents Program: Assists pregnant and parenting youth
- Express: One-to-one literacy program to improve language and math skills
- Reach-up: Assists youth with disabilities to prepare for and find employment
- Ready, Set, Go: Immigrant and refugee youth receive individualized support to enhance essential skills
- Work Experience: A program providing experience to the workplace and employment opportunities
- Workplace Training: A program assisting youth to obtain training and skills leading to full-time employment

**Youth receive services free of charge**

**Global Training Inc.**

Lethbridge: 444 - 5 Avenue South Phone: (403) 320-5100

Pincher Creek: 715 C Main Street Phone: (403) 627-1874

Blairmore: Entrance C Phone: (403) 562-2927

Cardston: 58 2nd Avenue West Phone: (403) 653-4603

Website: [www.globaltraininginc.ca](http://www.globaltraininginc.ca)**SERVICES PROVIDED:**

- Several employment and career training services aimed at assisting unemployed Albertans to gain and maintain employment
- The Oilfield Occupation Training program is offered to individuals residing in areas south and southwest of Lethbridge
- Youth Links program assist out-of-school youth between the ages of 18-25 and operates in Cardston, Fort Macleod and Claresholm

**JobLinks Employment Centre**

416 8 Street South, Lethbridge, AB T1J 2J7

Phone: (403) 327-1099 / (403) 317-4550 Fax: (403) 317-4552

Email: [joblinks@rehab.ab.ca](mailto:joblinks@rehab.ab.ca)Website: [www.rehab.ab.ca](http://www.rehab.ab.ca)**SERVICES PROVIDED:**

For those with disabilities or medical barriers to work

- Career and employment assistance services
- Job placement services
- Training for work
- Workshops:
  - Stress management
  - Résumé and cover letter writing
  - Computer job search skills

**Lethbridge Aboriginal Employment Centre**

#300 Deveta Place South, Lethbridge, AB T1J 2L2

Phone: (403) 320-8889 Fax: (403) 320-8842

Toll Free: 1-866-320-8889

Email: [jc\\_smith@live.ca](mailto:jc_smith@live.ca)

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

***SERVICES PROVIDED:***

- To advocate, empower and assist Aboriginal People in recognizing and achieving their talents and skills to become productive contributors to the mainstream labour market. One-on-one job search and support
- Assistance with résumé writing and cover letters
- Job Board
- Employment counselling
- Community referral
- Transitional programming
- Job site support services
- Internet, fax, telephone and photocopying services
- Funding resources and referrals
- Job readiness workshops
- Pre-employment training
- Casual labour pool

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**Piikani Employment Services**

Box 3318 Brocket, AB T0K 0H0

Phone: (403) 965-2002 Fax: (403) 965-2932

Email: pes.admin@piikanihrd.ca

Website: www.piikanahrd.ca

Hours of Operation: 8:00 a.m. – 4:00 p.m. M–F  
Closed noon - 1:00 p.m.)**SERVICES PROVIDED:**

- Job readiness
  - Résumé writing
  - Job search
  - Sponsorship for certain programs
  - Pre employment training
  - Youth Initiative Programs
- 

**Select Recruiting Solutions**

236,200 4th Avenue South, Lethbridge, AB T1J 4C9

Phone: (403) 382-3669 Fax: (403) 382-3778

Email: info@selectrecruiting.ca

Website: www.selectrecruiting.ca

**SERVICES PROVIDED:**

- Temporary and permanent staffing solutions
- Office/administration, industrial/technical, management, accounting/bookkeeping, sales/marketing, computer IT/graphics

### **The Works - Job & Career Services**

*(Lethbridge College students & graduates only)*

3000 College Drive South, Lethbridge, AB T1K 1L6

Phone: (403) 320-3287 Fax: (403) 394-7370

Toll Free: 1-800-572-0103 extension 3287

Email: [theworks@lethbridgecollege.ab.ca](mailto:theworks@lethbridgecollege.ab.ca)

Website: [www.lethbridgecollege.ab.ca/theworks](http://www.lethbridgecollege.ab.ca/theworks)

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

#### **SERVICES PROVIDED:**

- Employment Counselling
  - Résumé and cover letter services
- 

### **Teamwork Training**

236,200 4th Avenue South, Lethbridge, AB T1J 4C9

Phone: (403) 382-3770 Fax: (403) 382-3778

Email: [info@teamworktraining.ca](mailto:info@teamworktraining.ca)

Website: [www.teamworktraining.ca](http://www.teamworktraining.ca)

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

#### **SERVICES PROVIDED:**

- Employment and career planning
- Workshops on résumé, interviewing, etc.
- Job Search Coaching & Career Planning Workshops
- For Albertans who are unemployed
- Office Apprentice

## FOOD SERVICES

### **Better Beginnings** - Chinook Health

Phone: (403) 388-6661 / (403) 345-3000 /

1-866-345-8800 Fax: (403) 328-5934

Or your local Chinook Health Community Health Office

#### **SERVICES PROVIDED:**

- Support in decision making and information about a healthy pregnancy
- Coupons for milk, eggs, Good Food Club, Slow Cooker Class & Cooking Club Class
- Free vitamin and mineral supplements, library card, items for baby, nutrition advice from dietitian
- Information about SupportNet and agencies that offer support

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### **Interfaith Food Bank**

1116 - 3 Avenue North, Lethbridge, AB T1H 0H6

Phone: (403) 320-8779 Fax: (403) 328-0531

Email: [info@interfaithfoodbank.ca](mailto:info@interfaithfoodbank.ca)

Hours of Operation:

9:30 a.m. - 3:30 p.m. (Hampers and Client Intake)

8:00 a.m. - 4:00 p.m. (Admin and Donations)

#### **SERVICES PROVIDED:**

To obtain services, individuals must have proof of address, income and current identification

- Monthly food hampers
- Daily food supplements
- Clothing vouchers
- Interfaith garage sales

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**The Interfaith Chinook Country Kitchen**

1116, 3 Avenue North, Lethbridge, AB T1H 0H6

Phone: (403) 320-8138 Fax: (403) 328-0521

***SERVICES PROVIDED:***

- Participants learn how to make healthy and nutrition meals, on a limited budget
- Provides opportunities for families to learn about healthy living and parenting
- Children's programming during cooking sessions
- Enhances parent's ability to interact and play with their children as well as to provide support and additional resources
- There is no charge for this program

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**Lethbridge Community Good Food Club**

Box 1054, Lethbridge, AB T1J 4A2

Phone: (403) 327-8815 Fax: (403) 329-9072

Email: [goodfoodclub@shaw.ca](mailto:goodfoodclub@shaw.ca)

***SERVICES PROVIDED:***

- Good Food Box program
- Fresh fruits, vegetables, and meat up to 50% less than retail
- Membership is free, simple and open to everyone looking for a convenient and economical way to bring home healthy food

Orders are placed in one lockbox locations located throughout the city by the last Thursday of every month. Call for more information and/or the locations of the lockboxes.

### **Lethbridge Food Bank**

1016 2nd Avenue South, Lethbridge, AB T1J 0C9

Phone: (403) 320-1879 Fax: (403) 317-2995

Hours of Operation: 1:00 p.m. - 6:30 p.m. M

10:00 a.m.-Noon & 1 p.m.-3:30 p.m. T, Th, F

10:00 a.m. Noon. W

#### ***SERVICES PROVIDED:***

To obtain service, individuals must show current proof of income, proof of address and 1 piece of ID. Also each family member must have identification

- Regular Hampers are available one per month, if need requirement is met
  - Bread and produce are available twice a week
  - Birthday Hampers are available to regular clients (minimum of 1 weeks notice must be given and proof of birthday)
- 

### **Lethbridge Society for Meals on Wheels**

102 5th Avenue South, Lethbridge, AB T1J 0S9

Phone: (403) 327-7990 Fax: (403) 327-7946

Hours of Operation: 8:00 a.m. – 4:00 p.m. M–F

Email: [mowlethbridge@shaw.ca](mailto:mowlethbridge@shaw.ca)

Website: [www.mealsonwheelslethbridge.ca](http://www.mealsonwheelslethbridge.ca)

#### ***SERVICES PROVIDED:***

- Provides hot noonday meals five days per week (including statutory holidays that falls on weekdays) to any person within the City who, through illness, disability or age, cannot provide such for themselves
- Assists and fosters independent living and self-esteem, and acts as a liaison with relatives, friends and human service agencies

**Lethbridge Soup Kitchen Association**

802 - 2 "A" Avenue North, Lethbridge, AB T1H 0C9

Phone: (403) 320-8688

Hours of Operation: Noon – 1:00 p.m. M-Sat

***SERVICES PROVIDED:***

- Hot lunch meals 6 days a week
- Open all holidays except Christmas Day
- Referrals to agencies
- Volunteer program

## HEALTH/MEDICAL ASSISTANCE/CLINICS

### Canadian Mental Health Association

426 6th Street South, Lethbridge, AB T1J 2C9

Phone: (403) 329-4775 Fax: (403) 320-7432

Email: [cmha.asr@shaw.ca](mailto:cmha.asr@shaw.ca)

Hours of Operation: 8:00 a.m. - 4:00 p.m. M-F

#### **SERVICES PROVIDED:**

- Believes in enabling individuals, groups and communities to increase control over and to enhance their mental well-being
- Provides advocacy, education, recreation, crisis intervention, respite services, independent living skills, workers and transitional housing
- Direct service delivery in areas of housing, outreach and mental health crisis intervention

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### Chinook Health Corporate Office

960 19th Street South, Lethbridge, AB T1J 1W5

Phone: (403) 388-6009 Fax: (403) 388-6011

Toll Free: 1-800-595-2742 (24 hours)

HealthLink Alberta: 1-866-408-5465 (toll free)  
(health advice 24 hrs a day)

Email: [info@chr.ab.ca](mailto:info@chr.ab.ca)

Website: [www.chr.ab.ca](http://www.chr.ab.ca)

*Lethbridge Regional Hospital, 960 – 19 Street South*  
*Lethbridge Community Health, 801 – 1 Avenue South 388-6666*  
*Children's Centre, Room A252, 200 – 5th Avenue South*  
*Community Health Ski-Haus 806 – 2 Avenue South*  
*Population Health Lethbridge Tower, 1101 400 4th Avenue South*

## **Chinook Health Corporate Office (cont'd)**

### ***SERVICES PROVIDED:***

- Immunizations - Well Child Clinic/Trave Health / Adult Clinic
- Diabetes Education
- Health Protection Services
- Wide range of health programs including:
  - Better Beginning for parents and parenting young people
  - Children CARE Services (special needs children)
  - Home Care
  - Child Health Services
  - Mental Health Services
  - Senior's Health programs

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## **Chinook Lifeline Association**

960-19 Street South, Lethbridge AB, T1J 1W5

Phone: (403) 388-6317 Fax: (403) 388-6099

Hours of Operation: 8:00 a.m. - 4:30 p.m. M-F

### ***SERVICES PROVIDED:***

- Emergency response system for anyone requiring a personal response service
- At the press of a pendant help will be sent as required
- It provides people the opportunity to remain in their own homes

**Chinook Regional Hospital**

960 – 19 Street South, Lethbridge, AB T1J 1W5

Switchboard: (403) 388-6111 Fax: (403) 388-6011

Alberta Health Link: ..... 1-866-408-LINK (5465)  
(Health Advice & Information)

Chinook Health Corporate Office:..... (403) 388-6009

Chinook Access Centre: ..... (403) 388-6027

Emergency Department: (403) 388-6380 (1-866-388-6380)

Volunteer Resources: ..... (403) 388-6311

Prenatal: ..... (403) 388-6668

**Chinook Health Sexual Health Centre**

300, 740 - 4 Avenue South, Lethbridge, AB T1J 0N9

(Professional Building)

Phone: (403) 320-0110 Fax: (403) 320-0118

Hours of Operation: 8:00 a.m.– 4:30 p.m. MWF  
9:30 a.m.– 6:00 p.m. T,Th**SERVICES PROVIDED:**

- Confidential and Free
- Clinical Services: Birth Control, STD,
- Pregnancy Testing – 25 years old and under
- Counselling Services – All ages
- Education (workshops, presentation, library, consultations)
- Health promotion in all areas of sexual and reproductive health contraception, pregnancy, STD's, HIV/AIDS, infertility, sexual development, dating violence, relationships and communication

.....  
**Community Care (Lethbridge Home Care)** Chinook Health

806 – 2 Avenue South, Lethbridge, AB T1J 0C6

Phone: (403) 327-3827 Fax: (403) 327-8494

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

**SERVICES PROVIDED:**

- Professional Nursing Services
  - Assistance for personal care/home support
- .....

**Lethbridge Community Mental Health Clinic**

*Chinook Health*

200 5th Avenue South, Lethbridge, AB T1J 4L1

Phone: 381-5260 (Adult) (403) 381-5280 (Children)

Fax: (403) 382-4518

Website: [www.chr.ab.ca](http://www.chr.ab.ca)

**SERVICES PROVIDED:**

- Provides mental health assessment and treatment services
  - Programs run year round
- .....

**Lethbridge Family Services – Home Services**

106, 1410 Mayor Magrath Drive South, Lethbridge, AB T1K 2R3

Phone: (403) 317-4624 Fax: (403) 317-4634

Office Hours: 8:30 a.m. – 4:30 p.m. M–F

Email: [hsadmin@lethbridge-family-services.com](mailto:hsadmin@lethbridge-family-services.com)

24 hour on call Supervisor available

**SERVICES PROVIDED:**

- In-Home support for individuals and families
- Services include: personal, respite, home management, and other support services

**Lethbridge HIV Connection**

1206 – 6 Avenue South, Lethbridge, AB T1J 1A4

Phone: (403) 328-8186 Fax: (403) 328-8564

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–Th

Email: [info@lethbridgehiv.com](mailto:info@lethbridgehiv.com)

Website: [www.lethbridgehiv.com](http://www.lethbridgehiv.com)

***SERVICES PROVIDED:***

- Services provided to people at risk, infected or affected by HIV/AIDS and/or Hepatitis C
- Professional counselling services
- Workshops on HIV/AIDS, Harm Reduction and Hepatitis C
- Needle exchange and condom distribution programs
- Referral services
- Drop-in Centre
- Peer Support

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**Southern Alberta Self Help Association – SASHA**

1239 – 5 Avenue South, Lethbridge, AB T1J 0V6

Phone: (403) 328-7839 Fax: (403) 327-7333

Email: [sashahouse@shaw.ca](mailto:sashahouse@shaw.ca)

***SERVICES PROVIDED:***

- Residential support for individuals suffering from chronic and/or persistent mental health issues with the goal of moving to independent community living

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**St. Michael's Health Centre**

1400 – 9 Avenue South, Lethbridge, AB T1J 4V5

Phone: (403) 382-6400 Fax: (403) 382-6413

**SERVICES PROVIDED:**

- Provides continuing care for people who are no longer able to perform the activities of daily living and require 24 hour care
- Services are for persons with chronic disabilities and terminal illness
- Provides end-of-life palliative care.
- Provides in-patient rehabilitation services

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**Urban Aboriginal Mental Health**

*Population Health Chinook Health*

801 – 1st Avenue South, Lethbridge, AB T1J 4L5

Phone: (403) 388-6694 Fax: (403) 382-5934

Email: ringbolt@chr.ab.ca / rfoxoka@chr.ab.ca

Website: www.aboriginalcanada.gc.ca

Hours of Operation: 8:30 a.m. - 4:30 p.m. M–Th

**SERVICES PROVIDED:**

- Nitsitapii Wellness Program
- Wellness presentation and workshops
- Aboriginal Woman's Wellness Day
- Aboriginal Youth Suicide Prevention
- Cultural Awareness
- Health Promotion
- Referrals provided

\* Please call for upcoming start dates

**Victorian Order of Nurses**

234 – 12 Street “C” North, Lethbridge, AB T1H 2M7

Phone: (403) 328-0033 Fax: (403) 380-2548

Hours of Operation: 9:00 a.m. - 4:30 p.m. M-F

Email: Margaret.Mericle@von.ca

Website: www.von.ca

***SERVICES PROVIDED:***

- The Adult Day Centre provides a social atmosphere for isolated seniors and mature adults. The Centre gives respite for care-giving families and operates year round
- Foot Care is offered by a qualified nurse/LPN in home or at the Foot Care Clinic
- Wellness clinics and Health Promotion Events are presented in a range of topics such as Diabetic Blood Testing and Cholesterol Testing
- Seasonal Influenza Shots for work place

**HOUSING (EMERGENCY, TRANSITION, AFFORDABLE)**

**Lethbridge Emergency Shelter**

802 – 2 Avenue A North, Lethbridge, AB T1H 0C9

Phone: (403) 327-1031 Fax: (403) 327-1049

Email: resource.admin@lethbridgeshelter.ca

darrell.smith@lethbridgeshelter.ca

Shelter Hours of Operation: 24 hours

***SERVICES PROVIDED:***

- 85 bed co-ed emergency shelter for adults
- Safe, secure and friendly environment for those in need
- Free coffee/tea.
- Breakfast served at 7:30 a.m.
- Lunch served daily at 12:00 Noon, at the Soup Kitchen
- Dinner served at 6:00 p.m.
- Recreation opportunities available at the Medicine Tree Centre
- Volunteer Incentive Program

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**Emergency Youth Shelter***Wood's Homes*

312 – 3rd Street South, Lethbridge, AB T1J 1Y9

Phone: (403) 317-1777 Fax: (403) 381-1287

Email: lethbridgeyouthshelter@woodshomes.ca

Website: www.woodshomes.ca

Hours of Operation: 5:00 p.m. – 8:30 a.m. Daily

**SERVICES PROVIDED:**

- Length of stay – up to 15 days
- For children under 18 years of age
- Staffed by professionals
- Private sleeping space
- Food – children are provided a hot meal in the evening, a breakfast and a bag lunch for the day
- Showers
- Laundry facilities
- Transportation
- Help to find solutions
- Telephone
- Clothing
- Crisis counselling

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**YWCA Harbour House**

604 – 8 Street South, Lethbridge, AB T1J 2K1

Phone: (403) 329-0088 Fax: (403) 327-9112

Crisis Line: 320-1881 Toll Free: 1-866-296-0447

Hours of Operation: 24 hours a day

Website: [www.ywacalethbridge.org](http://www.ywacalethbridge.org)

***SERVICES PROVIDED:***

- Emergency Shelter for victims of Domestic Violence
- Emergency Shelter for women and children
- Emergency support services for victims of sexual violence
- Safe and secure environment
- Safety planning, danger assessments
- 21 days stay
- Full-time school for children
- Drop-in Child Care
- Support Groups
- Landlord Tenant Information sessions
- Referrals to different agencies

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**Aboriginal Housing Society**

1275 3 Avenue South, Lethbridge, AB. T1J 0K2

Phone: (403) 328-8806 Fax: (403) 328-8493

Email: [ahias@shaw.ca](mailto:ahias@shaw.ca)

Website: [www.ahs-ca.com](http://www.ahs-ca.com)

Hours of Operation: 10:00 a.m. - 4 p.m. M-F

***SERVICES PROVIDED:***

- Affordable Housing opportunities and education sessions regarding home ownership for people of Aboriginal Heritage

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**YWise Choice Supported Independent Living and Skill Development Program**

604-8 Street South, Lethbridge, AB T1J 2K1

Phone: (403) 329-0088 Fax: (403) 327-9112

Hours of Operation: 8:00 a.m. - 5:00 p.m. M-F  
(some evening hours)

Website: [www.ywcalethbridge.org](http://www.ywcalethbridge.org)

**SERVICES PROVIDED:**

- Youth centred program that can also be used on a drop in or outreach basis
  - Life skills development
  - Aid with housing search
  - Counselling, support and guidance
  - Referrals (support for youth in and out of Children's Services)
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**Green Acres Foundation (Housing for Seniors)**

122-5 Avenue South, Lethbridge, AB T1J 0S9

Phone: (403) 328-1155 Fax: (403) 328-6370

Email: [info@greenacres.ab.ca](mailto:info@greenacres.ab.ca)

Website: [www.greenacres.ab.ca](http://www.greenacres.ab.ca)

Hours of Operation: 8:30 a.m.- 4:30 p.m. M-F  
Closed 12:00 - 1:00 p.m.

- Green Acres Foundation is the trusted and affordable choice for quality housing and services for seniors
- Green Acres Foundation is a not-for-profit organization who has been providing affordable housing for independent seniors 65 years of age or older in Southern Alberta since 1960
- For more information about Lodges or Apartment options please contact Green Acres Foundation

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**Lethbridge Habitat for Humanity**

20 Rocky Mountain Blvd West, Lethbridge, AB T1K 8E1

Phone: (403) 327-6612 Fax: (403) 331-2195

Email: lhfh@theboss.net

**SERVICES PROVIDED:**

- Working in partnership with families in need of decent, affordable housing
- Providing home ownership opportunities to partner families through donations of land, supplies, funds and labour

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**Lethbridge Housing Authority (LHA)**

101,905 – 4 Avenue South, Lethbridge, AB T1J 0P4

Phone: (403) 329-0556 Fax: (403) 327-3906

Email: info@lethbridgehousing.ca

Website: www.lethbridgehousing.ca

Hours of Operation: 8:30 a.m. – 4:30 p.m. M-F  
Closed Noon – 1:00 p.m.

**SERVICES PROVIDED:**

- Established to provide adequate, affordable, and suitable housing for persons who due to financial, social or other circumstances require assistance to obtain or maintain accommodation
- Responsible for the management, operation and administration of provincially subsidized low-cost family and senior citizen accommodation.
- LHA also administers rental subsidies in the private market

**Native Women's Transition Home***(Resident Program)*

Box 1448, Lethbridge, AB T1J 4K2

Phone: (403) 329-6506 Fax: (403) 329-0285

Toll Free: 1-877-777-6077

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

Home Hours: 24 hrs a day

Email: nwths90@hotmail.com

**SERVICES PROVIDED:**

- Transitional housing for 8 families consisting of women and children
- In-House support
- Counselling may be in-house or in the community
- Counselling may be contemporary or traditional
- Training provided for house keeping, budgeting, food preparation, food handling etc.
- Rents based on Provincial Income Support Rates

**Parkside Home**

712 – 1 Avenue South, Lethbridge, AB T1J 0A7

Phone: (403) 327-5497 Fax: (403) 327-5496

**SERVICES PROVIDED:**

- 16 Room recovery house
- Internet and telephone access
- Evening mobile food and ministry service
- Church service Sundays at 2:00 p.m.
- Assessment and referral to other community services
- Emergency Clothing Bank

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**Treaty 7 Urban Indian Housing Authority**

200,519 – 7 Street South, Lethbridge, AB T1J 2G8

Phone: (403) 327-1995 Fax: (403) 327-0849

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F  
closed Noon - 1 p.m.

Email: [cindyp@t7housing.com](mailto:cindyp@t7housing.com)

Website: [www.t7housing.com](http://www.t7housing.com)

**SERVICES PROVIDED:**

- Subsidized housing for Urban Native families
- Tenant counsellor that works directly with tenants in the areas of homecare, budgeting, nutrition etc.

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**Landlord & Tenant Information**

Toll free number: 1-877-427-4088

Website: [www.servicealberta.gov.ab.ca](http://www.servicealberta.gov.ab.ca)

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**Community Mediation Society of Southern Alberta - CMSSA**

1010 4 Avenue South, Lethbridge, AB T1J 0P5

Phone: (403) 329-0220

Email: [cmssa05@hotmail.com](mailto:cmssa05@hotmail.com)

Website: [www.cmssa.org](http://www.cmssa.org)

**SERVICES PROVIDED:**

- Free accredited and professional volunteer community facilitation and mediation services to community members faced with conflict i.e.
  - Neighbours (noise, pets, parking, fences, garbage, trees, communication)
  - Communities (land-use, volunteer community leaders)
- Referrals from municipal services departments
- Landlord/tenant

## LEGAL & JUSTICE

### Alberta Solicitor General Community

Corrections Branch

336,200 – 5 Avenue South, Lethbridge, AB T1J 4C7

Phone: (403) 381-5202 Fax: (403) 382-4404

Hours of Operation: 8:15 a.m.–12:00 p.m. M–F

1:00 p.m. – 4:30 p.m. M–F

#### **SERVICES PROVIDED:**

- Services provided for adults and young offenders sentenced by the courts to Supervision
- Provides investigative reports
- Probation and Conditional Sentence supervision
- Supervision of those released on Temporary Absence Programs
- Pre-trial supervision
- Alternative Measures Programs for young offenders and adults
- Fine Option Program for adults and young offenders
- Volunteer Probation Officer's Program and youth Justice Committees utilized for the supervision of Alternative Measures Youth Program

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**Alternative Measures Program**

*(Community Corrections Branch)*

336,200 – 5 Avenue South, Lethbridge, AB T1J 4C7

Phone: (403) 381-5202 Fax: (403) 382-4404

Hours of Operation: 8:15 a.m. – (Noon) M – F

1:00 p.m.–4:30 p.m. M – F

**SERVICES PROVIDED:**

- Services provided for people 18 years of age and older in trouble with the law
- Program accepts police or Crown referred first time offenders to provide an alternative to going to court
- Offenders work to pay back their victims or the community through compensation payments or community work
- To encourage offenders to accept responsibility for their actions and to repair any wrong doings

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**Dial-A-Law**

100, 840 – 7 Avenue SW, Calgary, AB T2P 3G2

Phone: (403) 234-9022 Toll Free: 1-800-332-1091

Hours of Service: 24 hours

**SERVICES PROVIDED:**

- Offers pre-recorded legal information on over 140 topics
- Recordings are available in areas of law including criminal, family, wills, rental accommodations, consumer/debtors, and courts

**Lawyer Referral Service:**

Phone toll free: 1-800-661-1095

Hours of Operation: 8:30 a.m. – 4:30 p.m. M – F

### **Extrajudicial Sanctions Program**

*(Community Corrections Branch)*

336,200 – 5 Avenue South, Lethbridge, AB T1J 4C7

Phone: (403) 381-5202      Fax: (403) 382-4404

Hours of Operation:      8:15 a.m. – (Noon) M – F  
1:00 p.m.–4:30 p.m. M – F

#### **SERVICES PROVIDED:**

- Services provided for people 12-17 years of age in trouble with the law
  - Program accepts police or Crown referred first time offenders to provide an alternative to going to court
  - Offenders work to pay back their victims or the community through compensation payments or community work
  - To encourage offenders to accept responsibility for their actions and to repair any wrong doings
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### **John Howard Society of Alberta**

B 07 - 909 3 Avenue North, Lethbridge, AB T1H 0H5

Phone: (403) 327-8202      Fax: (403) 320-6613

Hours of Operation:      8:30 a.m. – 4:30 p.m. M-F

#### **SERVICES PROVIDED:**

- Crime Prevention and Awareness for elementary and junior high school levels
- Public Awareness of Justice System
- Gambling Awareness at Lethbridge Correctional Centre
- One-on-One consultation at Lethbridge Correctional Centre

### **John Howard Society Of Alberta (cont'd)**

- Group programs for addictions and health at Lethbridge Correctional Centre
  - Institutional service release assistance and planning program
  - Pardons information
  - Life without gambling program
- 

### **Legal Aid Society of Alberta**

#244, 200 4th Avenue South , Lethbridge, AB T1J 4C9

Phone: (403) 381-5194 Fax: (403) 382-4460

Hours of Operation: 8:00 a.m.–4:30 p.m. M–Th  
8:00 a.m.– 4:00 p.m. F  
Closed noon - 1 p.m.

Website: [www.legalaid.ab.ca](http://www.legalaid.ab.ca)

#### ***SERVICES PROVIDED:***

- Provides lawyers at an affordable cost to people who need assistance for criminal or other legal matters, who are unable to retain a lawyer from their own resources
- Legal problems covered: criminal charges, child welfare matters, maintenance, custody, divorce or other family matters, immigration issues, administrative tribunals and other general lawsuits

### **Lethbridge Correctional Centre**

Bag 3001, Old Coaldale Road, Lethbridge, AB T1J 3Z3

Phone: (403) 388-3000 Fax: (403) 388-2966

#### ***SERVICES PROVIDED:***

- Counselling and support to anyone directly or indirectly involved with Correctional & Justice System (victims, offenders, inmates, courts)
  - Provides Chaplainry and related activities to the Lethbridge Correctional Centre
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### **Lethbridge Legal Guidance Society**

423 5 Street South, Lethbridge, AB T1J 2B6

Phone: 380-6338

Fax: 380-3661

Hours of Operation:

8:30 a.m. - 4:30 p.m. M-F  
closed Noon - 1 p.m.

Clinics: 5:00 p.m. - 7:00 p.m. Tue  
& Wed. by appointment only

Email: [info@LethbridgeLegalGuidance.com](mailto:info@LethbridgeLegalGuidance.com)

Website: [lethbridgelegalguidance.com](http://lethbridgelegalguidance.com)

#### ***SERVICES PROVIDED:***

- Anon-profit society providing free legal advice, information and education to Albertans who are not able to afford access to Justice.
- Volunteer lawyers donate their professional time to meet with clients and provide legal advice, information and education
- Representation in court is not available

**Victim/Witness Services**

(Lethbridge Regional Police Service)

135 – 1 Avenue South, Lethbridge, Alberta T1J 0A1

Phone: (403) 330-5023

**EMERGENCY 911**

Hours of Operation: 24 hours/7 days

***SERVICES PROVIDED:***

- Services provided for victims/witnesses of crimes or tragedy
- A listening ear, comfort and reassurance
- Telephone contact, in home visits or hospital visits
- Ensures individuals are informed about the status of their file in the Criminal Justice System
- Court preparation so that individuals may feel more comfortable if called to court as a witness
- Accompany individuals to Crown Prosecutor appointments and to court appearances
- Provides a variety of referral choices that fit your needs

## SENIORS

### **Alberta Elder Abuse Awareness Network**

Website: [www.albertaelderabuse.ca](http://www.albertaelderabuse.ca)

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### **Green Acres Foundation (Housing for Seniors)**

122-5 Avenue South, Lethbridge, AB T1J 0S9

Phone: (403) 328-1155 Fax: (403) 328-6370

Email: [info@greenacres.ab.ca](mailto:info@greenacres.ab.ca)

Website: [www.greenacres.ab.ca](http://www.greenacres.ab.ca)

Hours of Operation: 8:30 a.m. - 4:30 p.m. M-F  
Closed 12:00 - 1:00 p.m.

#### ***SERVICES PROVIDED:***

- Green Acres Foundation is the trusted and affordable choice for quality housing and services for seniors
- Green Acres Foundation is a not-for-profit organization who has been providing affordable housing for independent seniors 65 years of age or older in Southern Alberta since 1960
- For more information about Lodges or Apartment options please contact Green Acres Foundation

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**Lethbridge Housing Authority (Housing for Seniors)**

101, 905 4 Avenue South, Lethbridge, Ab T1J 0P4

Phone: (403) 329-0556 Fax: (403) 327-3906

Email: [info@lethbridgehousing.ca](mailto:info@lethbridgehousing.ca)

Website: [www.lethbridgehousing.ca](http://www.lethbridgehousing.ca)

Hours of Operation: 8:30 a.m. - 4:30 p.m. M-F

Closed Noon - 1:00 p.m.

***Services Provided:***

- Lethbridge Housing Authority offers a range of well maintained, secure and comfortable apartment style housing options for independent seniors of low to moderate income, including some wheelchair accessible units

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**Lethbridge Family Services – Home Services**

106, 1410 Mayor Magrath Drive South,

Lethbridge, AB T1K 2R3

Phone: (403) 317-4624 Fax: (403) 317-4634

Office Hours: 8:30 a.m. – 4:30 p.m. M–F

Email: [hsadmin@lethbridge-family-services.com](mailto:hsadmin@lethbridge-family-services.com)

24 hour on call Supervisor available

***SERVICES PROVIDED:***

- In-Home support for individuals and families
- Services include: personal, respite, home management, and other support services

**Lethbridge Senior Citizen Organization**

500 – 11 Street South, Lethbridge, AB T1J 4G7

Phone: (403) 320-2222 Fax: (403) 320-2762

Email: [jvalin@lethseniors.com](mailto:jvalin@lethseniors.com)

Website: [www.lethseniors.com](http://www.lethseniors.com)

Hours of Operation: 8:00 a.m. – 4:30 p.m. M–F

***SERVICES PROVIDED:***

- Social & Recreational and Educational Activities
- Travel
- Volunteer Opportunities
- Dining Room
- Elder Abuse Awareness
- Seniors Support Services
- Rental and Catering Services
- Health
- Outreach
- Wise Owl Frauds & Scams

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**Nord-Bridge Senior Citizens Association**

1904 – 13 Avenue North, Lethbridge, AB T1H 4W9

Phone: (403) 329-3222 Fax: (403) 329-8824

Email: [friendly@nordbridgeseniors.com](mailto:friendly@nordbridgeseniors.com)

Website: [www.nordbridgeseniors.com](http://www.nordbridgeseniors.com)

Hours of Operation: 8:30 a.m. – 4:30 p.m. M–F

***SERVICES PROVIDED:***

- Educational & Life Skills
- Outreach
- Sports & Recreation
- Van Service
- Dining Room
- Keep-In-Touch
- Social
- Travel
- Volunteer Recruitment

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**Seniors Mental Health Outreach Team**

Phone: (403) 388-6601 Fax: (403) 388-6645

***SERVICES PROVIDED***

- Provide services to individuals age 55 and older with mental health issues
- Non-emergent assessment, consultation, short term management and referrals
- Work with individuals and caregivers to tailor service delivery
- Service delivered to the client where they live
- Support to individuals who are transitioning from in-patient care to an appropriate community setting

**NOTES**

**NOTES**



For more information or to request additional copies contact:

**Community LINKS**  
328-LINK (5465)  
[www.community-links.ca](http://www.community-links.ca)

Social Housing in Action (SHIA) would like to express immense appreciation to the representatives of agencies included in this guide for providing information on their programs and services.

This booklet is funded by:

Alberta Housing & Urban Affairs



• "Bringing  
Lethbridge Home"



Developed by:  
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