

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

**2023-2024 Directory**

Revised: October 1, 2023

# Communicating With Your Health Care Provider

## What Every Parent Should Ask

### Diagnosis

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

### Treatment Options

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

### Medication

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

### Psychological Treatments (therapy)

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

For more information, visit: [TeenMentalHealth.org](https://TeenMentalHealth.org)



TeenMentalHealth.org



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teen mental health

**Health Resources ..... 6**

Alberta Health Services Addictions and Mental Health Clinics ..... 6

Addictions and Mental Health (Vermilion) (780) 581-8000 ..... 6

Addictions and Mental Health (Wainwright) (780) 842-7522 ..... 6

Addictions and Mental Health (Provost) This number will forward to Wainwright (780) 753-2575 ..... 6

Mental Health and Addiction Services Lloydminster (306) 820-6250 ..... 6

Alberta Health Services Community Addiction Prevention & Mental Health Promotion ..... 6

Lloydminster and Vermilion area (780) 214-6760 ..... 6

Wainwright and Provost Area (780) 842-7522 ..... 6

Alberta Health Services Eating Disorders ..... 6

University of Alberta Hospital (780) 407-6114 ..... 6

Calgary Eating Disorders Program (AHS) (403) 955-7700 ..... 6

Alberta Health Services Pediatric Rehabilitation Services Vermilion (780) 853-5270 ..... 6

Alberta Health Services Pediatric Rehabilitation Services Wainwright (780) 842-4077 ..... 7

Alberta Health Services Sexual Health Program (780) 787-9247 ..... 7

Indigenous Support Line 1-844-944-4744 ..... 7

Primary Care Network ..... 7

Kalyna Primary Care Network (780) 853-2809 ..... 7

Wainwright Primary Care Network (Wainwright and surrounding communities) (780) 842-6676 ..... 7

Lloydminster Primary Care Network (780) 874-0490 ..... 7

Provost Primary Care Network (780) 753-3071 ..... 7

**Counseling Services..... 8**

Alberta Farm Mental Health Network (AGKNOW) ..... 8

Alcoholics Anonymous ..... 8

Beyond Balance Counselling and Consulting (780) 808-1593 ..... 8

Border Bridge Counselling (780) 875-9084 ..... 8

Campbell Barnes Counseling and Consulting (780) 245-1046 ..... 8

Care Counselling (306) 821-0377 ..... 8

Client Centered Counselling (780) 872-2116 ..... 8

Counselling Booth (780) 522-8954 ..... 8

Counselling CSS (780) 875-9084 ..... 8

Creative Consulting & Psychological Services (866) 288-0303 ..... 8

CrisisCare Counselling Services (780) 871-4919 ..... 8

EaseCare ..... 9

Edmonton Virtual Counselling Clinic (780) 918-8290 ..... 9

Florence Johansson Counselling (780) 875-6467 ..... 9

Good Life Collective (780) 806 3720 ..... 9

Hopfner & Associates (306) 825-6195 ..... 9

Integrated Therapies & Performance (780) 870-7227 ..... 9

Mental Fitness and Counselling Services (780) 754-3661 ..... 9

Native Counselling Services of Alberta (780) 451-4002 ..... 9

Nest Project ..... 9

Phoenix Counselling & Psychological Services (780) 842-3112 ..... 10

Prairie North Health Centre (306) 820-5997 ..... 10

Provost FCSS Counselling (780) 753-2288 ..... 10

Rapid Access Counselling 1-877-244-2360 ..... 10

Red Cedar Psychology, Assessment and Communication Remote Services ..... 10

Self -injury Outreach & Support ..... 10

Triune Systems Inc. (780) 874-0335 ..... 10

Wainwright and District Family Community Services Counselling (780) 842-2555 ..... 10

Youth Wellness Clinic (780) 853-6966 ..... 10

**Community Resources ..... 11**

Adult Learning Councils ..... 11

CLASS (County of Vermilion and Town of Vermilion) (780) 853-2000 ..... 11

Wainwright & District Council for Adult Lifelong Learning (780) 842-3455 ..... 11

Provost Adult Learning and Literacy (Provost and Area) (780) 753-2822 ..... 11

Lloydminster Learning Council Association (Lloydminster and Area) (780) 875-5763 ..... 11

Alberta Brain Injury Network, Canadian Mental Health Association (403)342-2266 ..... 11

## Human Services 2023-2024 Directory

Alberta Works and Alberta Support Centre .....	11
Vermilion and Area Alberta Works Centre (780) 853-8164 .....	11
Wainwright/Provost and area Alberta Works Centre (780) 842-7564.....	11
Lloydminster and Area Alberta Supports Centre (780) 871-6480.....	11
Battle River Victim Assistance Society .....	11
Vermilion/Kitscoty (780) 853-2839.....	11
Wainwright/Provost (780) 842-4490 .....	11
Centre for Suicide Prevention (403) 245-3900.....	11
Food Banks .....	11
Vermilion and Area (Holy Name of Jesus Roman Catholic Church) (780) 853-5161.....	11
Mannville, Minburn and Innisfree Area (United Church) (780) 763-3502 .....	11
Lloydminster and Area (Salvation Army) (780) 875-9166.....	11
Wainwright and Area (1014 3rd Avenue) (780) 845-8875 .....	11
Hearts and Hands (780) 581-0521 .....	11
Libbie Young Centre Inc. (780) 874-9917 .....	11
Lloydminster & Vermilion for Equity Foundation .....	11
Lloydminster Drop-in Centre (306) 825-0122.....	12
Lloydminster Interval Home (780) 875-0966.....	12
Lloydminster Men's Shelter (306) 825-3977 .....	12
Lloydminster Native Friendship Centre (306) 825-6558.....	12
Lloydminster Sexual Assault Services (306) 825-8255.....	12
Mannville Centennial Public Library (780) 763-3611 .....	12
Mental Health Capacity Building Program .....	12
VIBE (Vermilion is Being Empowered) (780) 853-3718.....	12
WOW (Wainwright on Wellness) (780) 806-6969 .....	12
SHINE (Strong Healthy Individuals Navigating Emotions) (780) 808-1306.....	12
Midwest Victim Assistance Society (780) 874-5022 .....	13
Money Mentors (888) 294-0076 .....	13
Nest Project-Practices for Enhanced Wellbeing (780) 259-0067 .....	13
Provost Municipal Library (780) 753-2801 .....	13
Residents in Recovery (877) 201-3955.....	13
Rupertsland Institute (780) 826-7368.....	13
The Do More Agriculture Foundation .....	13
Thorpe Recovery Centre (877) 875-8890.....	13
Tough Enough to Talk About It .....	13
Wainwright Military Family Resource Centre (780) 842- 1363.....	13
Walking Through Grief Society (780) 871- 1750.....	14
Vermilion Rural Mental Health Project .....	14
Vermilion Public Library (780) 853-4288 .....	14
Wainwright Public Library (780) 842-2673 .....	14
<b>School Resources.....</b>	<b>14</b>
Buffalo Trail Public Schools .....	14
Social Emotional Coaches (780) 806-2056 .....	14
BRITE (587) 281-5634.....	14
East Central Alberta Catholic Schools .....	14
Family School Liaison Program (780) 842-3992.....	14
East Central Mental Health School Based Prevention Program.....	14
Lakeland College Counselling Services .....	14
Vermilion Campus (780) 853-8650 .....	14
Lloydminster Campus (780) 871-5731.....	14
Mental Health Capacity Building Program .....	14
VIBE (Vermilion is Being Empowered) (780) 853-3718.....	14
WOW (Wainwright on Wellness) (780) 806-6969.....	15
SHINE (Strong Healthy Individuals Navigating Emotions) (780) 808-1306.....	15
MAPS, Metis Access to Post Secondary .....	15
Vermilion and Area Brighter Beginnings (780) 853-6633.....	15
Vermilion Play Development Programs .....	15
Early Learning (780) 581-0108.....	15

Kindercare	(780) 581-5873.....	15
Kids Korner	(780-581-5376.....	15
The Ark	(780) 787-5387.....	15
Little Learners Daycare	(780) 581-3325 .....	15

**Family Resources ..... 15**

CASA Mental Health	.....	15
Connecting Moms- Vermilion (Parkview Alliance Church for more information)	(780) 853-4229.....	15
Connecting Parents Supporting Families	.....	16
East Central Family Day Home Agency	(780) 853-6190.....	16
Edge Youth Drop-in Centre	(780) 853-4229 .....	16
Family Resource Networks	.....	16
Wainwright & District Family Resource Network	(780) 842-2585.....	16
Provost Family Resource Network	(780) 753-2288.....	16
Midwest Family Connections	(306) 825-5911.....	16
Mannville-Minburn-Innisfree Kalyna Family Resource Network	(780) 763-3005 .....	16
Kidsports Vermilion	(780) 581-2402.....	16
Parents Empowering Parents Society (Edmonton and area)	(780) 410-8516.....	16
Vermilion and Area Brighter Beginnings	(780) 853-6633.....	17
Vermilion Play Development Programs	.....	17
Early Learning	(780) 581-0108.....	17
Kindercare	(780) 581-5873.....	17
Kids Korner	(780-581-5376.....	17
The Ark	(780) 787-5387.....	17
Little Learners Daycare	(780) 581-3325 .....	17

**Disability Resources ..... 17**

Bea Fischer Centre Inc.	(780) 875-3633.....	17
Catholic Social Services	.....	17
Wainwright	(780) 842-6899.....	17
Lloydminster	(780) 871 6441 .....	17
Family Supports for Children with Disabilities	.....	17
Wainwright and area	(780) 842-7512 .....	17
Lloydminster and area	(780) 871-6413.....	17
FOCUS Vermilion	(780) 853-4121 .....	18
Inclusion Alberta	(800) 252-7556.....	18
Persons with Developmental Disabilities Services	.....	18
Vermilion Disability Services	(780) 871-6480 .....	18
Lloydminster Disability Services	(780) 871-6480.....	18
Wainwright Disability Services	(780) 842-2555 .....	18
Prairie Central FASD Prevention Services	(587)386-0186.....	18
Snowflake House	(306) 830-2655.....	18

**2SLGBTQ+ ..... 18**

The AltView Foundation	(780) 666-5428.....	18
The Gender Program (U of A)	(780) 407-6693.....	18
Inclusive Counselling and Consulting Psychological Services Inc.	(780) 424-0783.....	18
Institute for Sexual Minority Studies and Services	(780) 492-0772.....	18
Pride Centre of Edmonton	(780) 488-3234.....	19
Rainbow Alliance for Youth of Edmonton	.....	19
Skipping Stone Foundation	(587) 333-4342.....	19

**Social and Legal Services ..... 19**

Alberta Dial-A-Law	(800) 332-1091 .....	19
Alberta Employment Standards	(877) 427-3731 .....	19
Catholic Social Services	.....	19
Wainwright	(780) 842-6899.....	19
Lloydminster	(780) 875-9084.....	19
Children's Legal and Educational Resource Centre	.....	19
Community Key	.....	19
Family Court Counsellors (Vermilion, Wainwright, Lloydminster, and Provost)	(780) 614-6300 .....	19

## Human Services 2023-2024 Directory

Legal Aid Alberta	(866) 845-3425 .....	19
Lloydminster Service Canada Centre	(800) 277-9914 .....	20
Ministry of Children and Family Services	.....	20
Lloydminster and Area including Vermilion	(780) 871-6402 .....	20
Wainwright	(780) 842-7502 .....	20
Office of the Public Guardian and Trustee	(780) 871-6490 .....	20
RCMP	.....	20
Vermilion	(780) 853-4441 .....	20
Wainwright	(780) 842-4463 .....	20
Provost	(780) 753-2214 .....	20
Lloydminster	(780) 808-8300 .....	20
Kitscoty	(780) 846-2870 .....	20
<b>Crisis/Support/Service Lines .....</b>	<b>.....</b>	<b>21</b>
Addictions Helpline	1-866-332-2322 .....	21
Alberta Community and Social Services	211 .....	21
Alberta Health Link:	811 .....	21
Alberta's One Line for Sexual Violence	1-866-403-8000 .....	21
Child Abuse Hotline	1-800-638-0715 .....	21
Alberta Supports	1-877-644-9992 .....	21
Alberta Works Income Support Contact Centre	1-866-644-5135 .....	21
Bullying Helpline (24 hours)	1-888-456-2323 .....	21
Canadian Mental Health Crisis or Distress Line	1-800-232-7288 .....	21
Crisis Services Canada (Human) (24 hours)	1-833-456-4566 .....	21
Crisis Text Line	741741 .....	21
Family Violence Information Line (24 hours)	310-1818 .....	21
First Nations and Inuit Hope for Wellness Help Line	1-855-242-3310 .....	21
Government of Canada Services	1-800-622-6232 .....	21
Indigenous Support Line	1-844-944-4744 .....	21
Kids Help Phone (24 hours)	1-800-668-6868 .....	21
Suicide Crisis Helpline (24 hours)	988 .....	21
Trans Lifeline	1-877-330-6366 .....	21
Mental Health HelpLine (24 hours)	1-877-303-2642 .....	21

## Health Resources

### Alberta Health Services Addictions and Mental Health Clinics

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.

#### Addictions and Mental Health (Vermilion)

(780) 581-8000

Vermilion provides walk-in addiction and mental health support every Wednesday from 10 a.m. - 12 p.m. and 1-2 p.m. This is for individuals over 18 at the Vermilion Provincial Building, 4701-52 Street.

#### Addictions and Mental Health (Wainwright)

(780) 842-7522

#### Addictions and Mental Health (Provost) This number will forward to Wainwright

(780) 753-2575

#### Mental Health and Addiction Services Lloydminster

(306) 820-6250

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

### Alberta Health Services 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@ahs.ca for information and prevention services.

#### Wainwright and Provost Area

(780) 842-7522

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

### 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 for Walk-in Clinic dates, 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: <https://myhealth.alberta.ca>

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](mailto: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.

**Primary Care Network**

**Kalyna Primary Care Network**

(780) 853-2809

Provides chronic disease management, geriatric assessment clinic, medication reviews, grief and loss groups, anxiety groups, well women clinic, community support navigators (780) 853-6966 to book appoint with Navigator. 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 PCN women's health programs and clinics are here to help with that. 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/>

**Wainwright Primary Care Network** (Wainwright and surrounding communities)

(780) 842-6676

Programs provides: ambulatory care clinic, chronic disease management, geriatric assessment clinic, lactation consultant, prenatal program, referral coordination. They now have community navigators to work with clients. For information on how to access the community navigators through the above phone number. Check 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/>



## 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](http://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.campbellbarnescounseling.com/about.html>

### **Care Counselling**

(306) 821-0377

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

### **Client Centered Counselling**

(780) 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: [clientcenteredcounseling@gmail.com](mailto:clientcenteredcounseling@gmail.com)

### **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/>

### **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.

### **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: <http://www.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.

### **Edmonton Virtual Counselling Clinic**

(780) 918-8290

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. Hours of Operation: Appointments available October 1, 2020 – March 31, 2021, Monday through Saturday 8:00 a.m. – 8:00 p.m. Clients served: adults, youth, children (6+), couples, and families. Technology Requirements: Clients will need access to a private (password) and reliable internet connection and a laptop/smartphone/tablet that can facilitate video calls (like Face Time or Skype, only more secure). How to Request an Appointment: Self-referral, go to Clinic Website [www.cityuclinic.ca](http://www.cityuclinic.ca) and click on “request an appointment” button. Requests are reviewed within 72 hours. The Clinical Director or your Intern Counsellor will contact you to review your request and/or book an appointment. Website: [www.cityuclinic.ca](http://www.cityuclinic.ca) Email: [EdmontonVirtualClinic@cityu.edu](mailto:EdmontonVirtualClinic@cityu.edu)

### **Florence Johansson Counselling**

(780) 875-6467

This service is based in Lloydminster. Florence Johansson Registered Psychologist provides assessments, individual, couple and family counseling.

### **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](mailto: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 for more information: <https://www.hopfnerandassociates.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 or visit the website: <https://www.huntpsychologicalservices.com/>

### **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](mailto:heikewittich@yahoo.com)

### **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](mailto:kerrilorensen@gmail.com)

(780) 259-0067

Vanessa Boe, BA, MA, CCC [vanessabo3@gmail.com](mailto:vanessabo3@gmail.com)

(780) 920-0749

**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. 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](http://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](tel:403.233.2360) or if you're outside of Calgary, call us toll-free at [1.877.244.2360](tel: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/>

**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 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/](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/>

**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>

### Battle River Victim Assistance 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. Facebook pages: <https://www.facebook.com/VSUWainwright/>

**Centre for Suicide Prevention** (403) 245-3900

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

### Food Banks

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

**Mannville, Minburn and Innisfree Area** (United Church) (780) 763-3502

**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.

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

Address mental health issues by providing life skills, supportive living, day programming and educational services for Lloydminster & area. Centre offers a 24-Hour Resource support Line (not counselling) and provides referrals and runs summer recreational programs. 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: [lloydminstervermilionforequity@gmail.com](mailto:lloydminstervermilionforequity@gmail.com) or Facebook: <https://www.facebook.com/groups/vermilionunitesforequality>

**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.lloydminstersexualassault.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 Alberta Health Services 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, 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.

**Midwest Victim Assistance Society**

(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.midwestvictimsservices.com/>

**Money Mentors**

(888) 294-0076

From credit counselling and money coaching to financial fitness classes, our experienced and qualified counsellors and coaches are here to improve your financial situation. With six locations throughout Alberta, we offer face-to-face appointments as well as phone consultations. Here's what to expect: First consultations are FREE so we can figure out what you need and how we can help you. During the consultation, our credit counsellor will review your income, expenses, assets and debts to help you determine your needs and discuss all your options with you. Website: <https://moneymentors.ca/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 is now offering it through contract facilitators. In our region, the contract facilitator is Neil Harris. The cost is \$500 plus expenses and can be booked directly with Neil Harris or through the Resource Centre for Suicide Prevention. <https://www.sp-rc.ca/programs/tough-enough-to-talk-about-it/>

**Wainwright Military Family Resource Centre**

(780) 842- 1363

Supports military members and DND staff and their families who are based in Wainwright. Individual and family support can include referrals to appropriate agencies and individual and family counselling. 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) 871- 1750

In Vermilion and Lloydminster area there are support groups for adults, seniors and children. In Wainwright support groups are available for adults and seniors. Groups for children experiencing grief and divorce are offered throughout the year. Contact the society for more information. Facebook: <https://www.facebook.com/walkingthroughgriefsociety/>

**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](mailto: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**

(780) 806-2056

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

**BRITE**

(587) 281-5634

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

**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.

**Lakeland College Counselling Services**

**Vermilion Campus**

(780) 853-8650

**Lloydminster Campus**

(780) 871-5731

Alyce Allaster-Hunsperger is the counsellor on the Vermilion campus. Chantel Walker is the counsellor on the Lloydminster campus. Provides accessible and compassionate psychological supports for students. They use a short-term therapy model to help you improve your personal, social and academic well-being.

**Mental Health Capacity Building Program**

Funded by Alberta Health Services 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, 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.

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:vpdlittlelearners@gmail.com)

## 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](mailto:connectingparentsloyd@gmail.com) for more information and schedule. Open free group.

### **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/>

### **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](mailto: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: [mmifcsc@mannville.com](mailto:mmifcsc@mannville.com) Website

Link: <http://mmifcsc.wixsite.com/mmifcsc>

### **Kidsports 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/>

### **Parents Empowering Parents Society (Edmonton and area)**

(780) 410-8516

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](mailto:pep@strathcona.ca). Support Line (780) 293-0737

**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](mailto: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](mailto: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](mailto: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](mailto: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](mailto:vpdlittlelearners@gmail.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 support 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**

(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](mailto: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 community based coordinated assessment and diagnosis, targeted and indicated prevention, and support services for people affected by FASD and their caregivers. Website: <http://prairiecentralfasd.ca/>

**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://snowflakehouserespitfoundation.com/>

## 2SLGBTQ+

**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/>

**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** (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'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/>

**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**

(800) 277-9914

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

**Ministry of Children and Family Services**

**Lloydminster and Area including Vermilion**

(780) 871-6402

**Wainwright**

(780) 842-7502

Child protection services, foster care, adoptions and reporting child abuse during business hours. After hours call Child Abuse Hotline: 1-800-387-5437 (KIDS) 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.

**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

<b>Addictions Helpline</b>	<b>1-866-332-2322</b>
<b>Alberta Community and Social Services</b> Information line about available services.	<b>211</b>
<b>Alberta Health Link:</b> Anyone in Alberta with a health question or concern can call	<b>811</b>
<b>Alberta's One Line for Sexual Violence</b> (You can talk or text this number.)	<b>1-866-403-8000</b>
<b>Child Abuse Hotline</b> You will be prompted to press 1 if you are calling from Red Deer and south and to press 2 if you are calling from north of Red Deer. You call this number to report suspected child abuse after hours.	<b>1-800-638-0715</b>
<b>Alberta Supports</b> One-stop information on Alberta government's social programs. Website: <a href="http://www.albertasupports.ca">www.albertasupports.ca</a>	<b>1-877-644-9992</b>
<b>Alberta Works Income Support Contact Centre</b> Emergency benefits and other services	<b>1-866-644-5135</b>
<b>Bullying Helpline (24 hours)</b> Information and referrals	<b>1-888-456-2323</b>
<b>Canadian Mental Health Crisis or Distress Line</b> Press 3. Any age, trained counsellor in crisis intervention	<b>1-800-232-7288</b>
<b>Crisis Services Canada (Human) (24 hours)</b> Immediate and equitable access to free and confidential support about suicide.	<b>1-833-456-4566</b>
<b>Crisis Text Line</b>	<b>741741</b>
<b>Family Violence Information Line (24 hours)</b>	<b>310-1818</b>
<b>First Nations and Inuit Hope for Wellness Help Line</b> 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.	<b>1-855-242-3310</b>
<b>Government of Canada Services</b> Can provide information and referral for all government of Canada services and programs	<b>1-800-622-6232</b>
<b>Indigenous Support Line</b> Provides information concerning referrals, cultural support, primary care support, addiction mental health support, and general indigenous mental health support.	<b>1-844-944-4744</b>
<b>Kids Help Phone (24 hours)</b> You can chat on the phone or online at: <a href="https://kidshelpphone.ca/">https://kidshelpphone.ca/</a> or text 686868	<b>1-800-668-6868</b>
<b>Suicide Crisis Helpline (24 hours)</b> You can call or text	<b>988</b>
<b>Trans Lifeline</b> This is a support line, not a crisis line.	<b>1-877-330-6366</b>
<b>Mental Health HelpLine (24 hours)</b> Nurses provide crisis intervention; information on Mental Health programs and services; and referral to other agencies where appropriate.	<b>1-877-303-2642</b>