

## OYEN and Area – Numbers Where YOU CAN Connect

**Need  
to  
ask?**

**No matter what...remember you are NEVER alone...**

**Reaching out is sometimes the hardest step...**

**There are times in all of our lives when we  
need the help of someone else to dust us off  
so that our light can shine again...**

**even brighter than before... Be brave...**

**You are worth it! You were brought to this Earth for  
a reason...and we need you!**

**Here's where you can reach out...there are lots of us who care...**

### Through your school:

#### Family School Liaison Worker:

Marie Pedersen 403.664.0230 (cell)  
Prairie Rose School Division 403.664.2905 (fax)  
P. O. Box 269  
Oyen, AB T0J 2J0  
[marie.pedersen@prrd.ab.ca](mailto:marie.pedersen@prrd.ab.ca)

#### REAL Project

Patti Machell – Project Coordinator 403.664.3733 ext. 3019  
Oyen Public School 403.664.5337 (cell)  
P.O. Box 479  
107 – 4<sup>th</sup> Avenue E  
Oyen, AB T0J 2J0  
[patti.machell@prrd.ab.ca](mailto:patti.machell@prrd.ab.ca)

Roxanne Smigelski – McMan Success Coach  
Oyen Public School 403.664.3733 ext. 301  
P.O. Box 479 403.664.0253 (cell)  
107 – 4<sup>th</sup> Avenue E  
Oyen, AB T0J 2J0  
[roxanne.smigelski@prrd.ab.ca](mailto:roxanne.smigelski@prrd.ab.ca)

**Help is also available in your community!**

**Gerry Congram, R.N**  
**Primary Care Network Palliser ~ Oyen Medical Centre**  
**Address: Oyen, AB T0J 2J0**  
**Telephone: 403.664.3577**  
**Fax: 403.664.3323**  
**Email: gerry.congram@palliserpcn.ca**

**Tim Kosmin, M.A. R. Psych., Mental Health Therapist**  
**Alberta Health Services ~ Addictions and Mental Health**  
**Community Mental Health Services**  
**Address: 315 Third Avenue SE, Oyen, AB T0J 2J0**  
**Telephone: 403.664.3651**  
**Medicine Hat Clinic Phone: 403.629.3500**  
**Fax: 403.664.2934**  
**Web: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)**

**Maria MacPherson, R.P.N., Regional Mental Health Therapist**  
**Alberta Health Services**  
**Community Mental Health Services**  
**Address: 2, 346 Third Street SE, Medicine Hat, AB T1A 0G7**  
**Telephone: 403.529.3500**  
**Fax: 403.529.3562**  
**Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)**  
Promote and protect the health of the population in Alberta and work towards the prevention of disease and injury.

**Rob Rehm, Addictions Counsellor**  
**Alberta Health Services**  
**Address: Room 1, 346 Third Street SE, Medicine Hat, AB T1A 0G7**  
**Telephone: 403.529.3582**  
**Fax: 403.529.3130**  
**Website: [www.albertahealthservices.ca](http://www.albertahealthservices.ca)**

**Erin Reeder ~ Sexual Assault Education and Outreach**  
**Canadian Mental Health Association - Alberta Southeast Region**  
**Address:** #204, 1865 Dunmore Road SE, Medicine Hat, AB T1A 1Z8  
**Telephone:** 403.504.1811  
**Fax:** 403.504.2542  
**E-Mail:** [ereeder@cmha.ab.ca](mailto:ereeder@cmha.ab.ca)  
**Website:** [www.ser.cmha.ab.ca](http://www.ser.cmha.ab.ca) [www.mhsarc.com](http://www.mhsarc.com)

The Canadian Mental Health Association is a non-profit organization promoting mental health/wellness and supporting people with mental illness and brain injury. Based on community needs, staff and volunteers accomplish this through support, education, advocacy and community partnerships.

**Christina Johnson, Regional Coordinator**  
**Medicine Hat Family Service**  
**SARC Sexual Assault Response Committee**  
**Address:** 477 – 3 Street SE (entry 5<sup>th</sup> Avenue),  
Medicine Hat, AB T1A 0G8  
**Telephone:** 403.504.8026  
**Fax:** 403.504.0351  
**E-Mail:** [cjohnson@canopycanada.net](mailto:cjohnson@canopycanada.net)  
**Website:** [www.mhsarc.com](http://www.mhsarc.com)

**Remember...**  
**You are never alone...**  
**We are on your side...**