

Need to talk?

Red Deer – Hunting Hills – Numbers Where YOU CAN Connect

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:

School Counsellor Crew:

Diletzoy, Tania - H.E.L.P. Program

Gomes, Dianne - Gr. 11

Haring, Carol-Anne - Gr. 12

Meneen, Tracy - Aboriginal Frontline Worker

Pikkert, Trevor - Gr. 10

Ryckman, Lisa - Gr. 9

Help is also available in your community!

49th Street Youth Shelter

Provided by: Youth and Volunteer Centre of Red Deer

Address: 4633 - 49 Street, Red Deer, Alberta T4N 1T4

Telephone: 403-341-3190

Website: www.yvc.ca

Assisting youth who do not have an appropriate place to stay with support in a caring and safe environment.

Aboriginal Community Council Society

Address: 201, 4805 - 48 Street, Red Deer, Alberta T4N 1S6

Telephone: 403-348-5172

Fax: 403-348-5173

E-Mail: rdacc@telus.net

The Council provides information, referral and advocacy to those in need with the focus on the Aboriginal Community.

Alberta Health Services - David Thompson Health Region

Address: 43 Michener Bend, Red Deer, Alberta T4P 0H6

Telephone: 403-341-8622 or Toll Free: 1-800-752-8957

Fax: 403-341-8632

Website: www.albertahealthservices.ca

Promote and protect the health of the population in Central Alberta and work towards the prevention of disease and injury.

Alcoholics Anonymous Support Groups

Provided by: AA Central Service

Telephone: 403-347-8650

Program of recovery from alcohol, based on 12 steps of alcoholics anonymous. Daily meetings are held at various locations.

Berachah Place

Address: B, 4611 - 50 Avenue, Red Deer, Alberta T4N 3Z9

Telephone: 403-358-5437

E-Mail: berachahplace@gmail.com

A non-judgmental atmosphere for homeless and low-income individuals in Red Deer. Services Provided: free showers, free laundry facilities and a warm safe place.

Big Brothers and Big Sisters - Red Deer

Provided by: Youth and Volunteer Centre of Red Deer

Address: 4633 - 49 Street, Red Deer, Alberta T4N 1T4

Telephone: 403-342-6500

Fax: 403-342-7734

E-Mail: info@yvc.ca

Website: www.yvc.ca

Program matches children aged 5 - 15 years of age to caring volunteers within the community.

Boys' and Girls' Club of Red Deer and District

Address: 4633- 49 Street, Red Deer, Alberta T4N 1T4

Telephone: 403-342-6500

Fax: 403-342-7734

E-Mail: info@yvc.ca

Website: www.yvc.ca

Youth and Volunteer Centre. Provides programs and opportunities for youth, 7 through 17 years of age.

**Canadian Mental Health Association - Alberta Central Region
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Address: 5017 - 50 Avenue, Red Deer, Alberta T4N 4B2

Telephone: 403-342-2266

Fax: 403-342-5684

E-Mail: office@reddeer.cmha.ab.ca

Website: www.reddeer.cmha.ab.ca

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.

Central Alberta Women's Emergency Shelter (CAWES)

Telephone: 403-346-5643 or Toll Free: 1-888-346-5643

Fax: 403-341-3510

E-Mail: generalinfo@cawes.com

Website: www.cawes.com

Mailing Address: Post Office Box 561, Red Deer, Alberta T4N 5G1

To provide safe refuge for women and children, assisting people to achieve their full potential free from family violence.

Central Alberta Women's Outreach Society

Address: 4808 - 51 Avenue, Red Deer, Alberta T4N 4H3

Telephone: 403-347-2480 or Toll Free: 1-866-347-2480

E-Mail: info@womensoutreach.ca

Website: www.womensoutreach.ca

Helping women who have chosen to pursue a safer, healthier and more secure life for themselves and their families.

Child and Family Services

Provided by: Central Alberta Child and Family Services

Address: 101, 4920 - 51 Street, Red Deer, Alberta T4N 6K8

Telephone: 403-340-5400

Fax: 403-340-7580

Offers a range of supports and services to children, youth, adults and families.

Community Health Centre - 49th Street

Provided by: Alberta Health Services - David Thompson Health Region

Address: Bay A, 4755 - 49 Street, Red Deer, Alberta T4N 1T6

Telephone: 403-314-5225

Fax: 403-314-5230

Programs and services offered this facility are: Audiology Services, Diabetes Education, Genetics, Mental Health Services, Paediatric Rehabilitation and Outreach Service, Sexual Health Programs, Speech-Language Pathology, and Volunteer Resources.

Crisis Centre

Address: A201, 5212 - 48 Street, Red Deer, Alberta T4N 7C3

Telephone: 403-356-1099 or Toll Free: 1-866-956-1099

Fax: 403-340-1163

E-Mail: cenabsac@telusplanet.net

Website: www.cacrisiscentre.ca

To educate, support and empower individuals, families and communities regarding personal safety, victimization and sexual violence.

Family School Wellness Program

Address: 5210 - 61 Street, Red Deer, Alberta T4N 6N8

Telephone: 403-342-4320

Fax: 403-347-6410

E-Mail: vkarpa@rdcrd.ab.ca

Website: www.cirsonline.ca/familywellness

The FSWP recognizes the importance of mental health for healthy individual, family and community functioning.

Family Services of Central Alberta

Address: 5409 - 50 Avenue, Red Deer, Alberta T4N 4B7

Telephone: 403-343-6400 or Toll Free: 1-866-414-3722

Fax: 403-343-6407

E-Mail: fsca@fsca.ca

Website: www.fsca.ca

We are accountable to assist individuals and families to maintain dignity, enhance autonomy and strengthen relationships.

Kids Help Phone

Telephone: 403-476-0385 or Toll Free: 1-800-668-6868

E-Mail: alberta@kidshelpphone.ca

Website: www.kidshelpphone.ca

Mailing Address: P.O. Box 2850, 150 - 9 Avenue SW, Calgary, Alberta T2P 2S5

Kids Help Phone is committed to improving the well being of young people throughout Canada and believes that all young people have a right to be heard, a right to access resources and a right to self-determination.

Parkland Youth Homes Society

Address: 4920 - 54 Street, Red Deer, Alberta T4N 2G8

Telephone: 403-340-8995

Fax: 403-346-3225

Website: www.parklandyouthhomes.com

Parkland Youth Homes is a private, non-profit organization governed by a community board of dedicated professional and business leaders. A continuum of services is provided to young people and their families that reside in Central Alberta.

Street Ties Youth Outreach Program

Provided by: Parkland Youth Homes Society

Address: 4928 - 51 Street, Red Deer, Alberta T4N 4H1

Telephone: 403-348-8406

Fax: 403-309-9487

Website: www.parklandyouthhomes.com

The Street Ties Program seeks to divert youth from street involvement that may lead to drug addiction and sexual exploitation through education, crisis support and early intervention.

Red Deer Native Friendship Centre

Address: 200, 5405 - 50 Avenue, Red Deer, Alberta T4N 4B7

Telephone: 403-340-0020

Fax: 402-342-1610

E-Mail: friendship@rdnfs.com

Website: www.anfca.com

The Centre provides culturally-based services that respond to the distinct needs of urban Aboriginal people and non-Aboriginal peoples in urban areas.

Shalom Counselling Centre of Alberta

Address: 5515 - 27 Avenue, Red Deer, Alberta T4P 0E5

Telephone: 403-342-0339

Fax: 403-314-1798

E-Mail: info@shalomcounselling.com

Website: www.shalomcounselling.com

Provides quality counseling for a broad range of emotional and relational concerns, with an experienced counseling staff trained to the Master's Level and following the highest professional standards.

Suicide Information and Education Services

Address: D, 4808 - 51 Avenue, Red Deer, Alberta T4N 4H3

Telephone: 403-342-4966

Fax: 403-342-4154

E-Mail: lhiller@suicidehelp.ca

Website: www.suicidehelp.ca

Provide education, information and referral services related to suicide.

Teen/Young Adult Sexual Health Clinic

Address: Bay A, 4755 - 49 Street, Red Deer, Alberta T4N 1T6

Telephone: 403-346-8336 or Toll Free: 1-888-346-9414

Fax: 403-346-8830

Website: www.dthr.ab.ca

Provides services to clients under the age of 25 regarding sexual and reproductive health.

Winter Inn

Address: 4633 - 49 Street, Red Deer, Alberta T4N 1T4

Telephone: 403-347-0181 or 403-314-0604

Fax: 403-347-7275

E-Mail: colleen@safeharboursociety.org

A barrier-free shelter for men and women 18 years or older who are either sober, high, or intoxicated.

Youth and Volunteer Centre - Red Deer

Address: 4633 - 49 Street, Red Deer, Alberta T4N 1T4

Telephone: 403-342-6500

Fax: 403-342-7734

Website: <http://www.yvc.ca>

E-Mail: info@yvc.ca

Our mission and pledge to youth defines the very nature of who we are, and the manner in which we serve young people, their families, and the community. The healthy growth and development of every young person who comes through our doors is our primary concern.

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