

## COMMUNITY RESOURCES LIST

### **Battered Women Shelters:**

WIN House Crisis Line.....	479-0058
WIN 1 .....	474-3488
WIN 2 .....	477-9181
SAFE PLACE .....	464-7233
LURANA Family Centre .....	424-5875
Women's Emergency Accommodation .....	423-5302
Support Association for Abused Women.....	457-2116
Stop Abuse in Families .....	460-2195
YWCA Support for Battered Women.....	423-9922

### **Child Abuse and Protection**

Child Abuse Hotline.....	1-800-387-5437
Alberta Family Services (Spruce Grove) .....	962-7635
Alberta Family Services (Stony Plain) .....	963-9424
Alberta Family Services (Westlock).....	349-3142
Emergency Social Services Crisis Unit .....	427-3390
Youth Emergency Shelter.....	468-7070

### **Distress Support**

Ambulance.....	(911)
211 Alberta.....	(211)
24 Hour Distress Line.....	(482-4357) 1-800-232-7288
Crisis Help Line .....	1-800-779-5057
Hospital (Devon) .....	987-8200
Hospital (Hinton) .....	865-3333
Hospital (Stony Plain – serving Spruce Grove & area).....	963-2241
Hospital (Westlock) .....	349-3301

Kids Help Phone .....	1-800-668-6868
RCMP (Hinton).....	865-2455
RCMP (Leduc – Main branch for Devon).....	980-7232
RCMP (Spruce Grove).....	962–2222
RCMP (Stony Plain).....	963–2217
RCMP (Westlock).....	349–4491
Victim Services (Devon).....	987–3414
Victim Services (Hinton).....	740-2227
Victim Services (Leduc) .....	980-7201
Victim Services (Spruce Grove/Stony Plain) .....	963–7112
Victim Services (Westlock).....	349–4491
<b>Sexual Assault/Abuse</b>	
Catholic Social Services (Sexual Abuse Survivors Group) .....	432–1137
Sexual Assault Centre Crisis Line .....	423–4121
Sexual Assault Centre Office .....	423–4102
The Family Centre.....	423–2831
The Support Network .....	482–0198
<b>Information/Referral</b>	
Stony Plain / Lac Ste. Anne Health Unit.....	963-8000
Westlock Aspen Health Services.....	349-3316
AADAC Edmonton (24 hours) .....	427-4291
AADAC Devon (Leduc Office).....	980-7580
AADAC Hinton .....	865-8263
AADAC Stony Plain/Spruce Grove.....	968-6466
AADAC Westlock .....	674-8239
Alberta Children’s Mental Health.....	342-1370

Alberta Mental Health (Devon).....	342-7000
Alberta Mental Health (Hinton).....	865-8247
Alberta Mental Health (Spruce Grove/Stony Plain).....	963-6151
Alberta Mental Health (Westlock).....	349-5246
FCSS (Devon).....	987-8325
FCSS (Hinton).....	865-2669
FCSS (Spruce Grove).....	962-5783
FCSS (Stony Plain).....	963-9770
FCSS (Westlock).....	349-5900

**Local Bereavement Services**

Devon	St. Maria Goretti	987-2585
Hinton	Our Lady of the Foothills	865-3045
Spruce Grove/Stony Plain areas	Holy Trinity Catholic Church	960-0135
Westlock	St. Mary of the Assumption	349-4373

**Local Resources:**

**Caring Friends**

c/o FCSS Stony Plain  
4912 – 51 Avenue  
Stony Plain, AB. T7Z 1S4  
963 – 9770

Provides information on the grieving process and the emotions around grief as well as monthly support group where grieving individuals can talk about how they feel; offers an 8 week healing support group for those who are grieving.

**GRIEF – Exploration Through Grief Program**

12 week sessions offered twice yearly to allow adults facing the pain of death of a loved one, to work through their feelings and emotions. Pre-registration with Stony Plain FCSS is required. 780-963-8583

**Victim Services Program**

Devon..... 780-987-3414  
Leduc..... 780-980-7232  
Hinton..... 780-740-2227  
Spruce Grove ..... 780-963-7112  
Stony Plain ..... 780-963-7112  
Westlock..... 780-349-4491

**Regional Bereavement Services:**

**YWCA**

10305 – 100 Avenue  
Edmonton,

Provides information and group support for bereaved adults, adolescents and children; sliding scale available

**Suicide Bereavement Services**

The Support Network  
11456 Jasper Avenue, Rm. 302  
Edmonton, AB. T5K 0M1

Provides individual, family debriefings and community debriefings following a suicide death; provides information about grief after suicide; 10 – week support groups for those who have lost someone to suicide

**Compassionate Friends**

451-5381

Offers support group for parents who have experienced death of their child; open to all bereaved parents; meets on 1<sup>st</sup> Thursday of each month.

**Family & Community Support Services**

865-6023

Hinton, AB

Offering Bereavement support

**Hinton Healthcare**

1280 Switzer Dr.

Hinton, AB

Contact: Valarie Spencer, 865-3333

**Aspen Regional Health Authority**

10003-100 St.

Westlock, AB

Phone: 349-8705

**Leduc Family Aid Services (for Devon area as well)**

1 Alexandra Park

Leduc, AB

Contact: Jean Colins-Smith, 980-7115

**Community Therapists and Counsellors****Spruce Grove/Stony Plain****Art Can Heal**106, 323 McLeod Ave. Spruce Grove 916-6615 [www.artcanheal.ca](http://www.artcanheal.ca)**Aspects Psychological Services**203, 4911-50 St. Stony Plain 963-7451 [www.aspectspsych.com](http://www.aspectspsych.com)**Christian Counselling Services**52401 Range Rd 13, Stony Plain 963-4048 [www.ilcr.ca](http://www.ilcr.ca)**High country Recovery Counsel**204, 215 McLeod Ave. Spruce Grove 960-6092  
[www.highcountryrecoverycentre.com](http://www.highcountryrecoverycentre.com)**Julie Morrison – Reg. Psych.**103, 5013-48 St. Stony Plain 920-6951 [Julie@canadasurfs.ca](mailto:Julie@canadasurfs.ca)

**Native Counselling Services**

5413-51 St. Stony Plain

963-8756

[www.ncsa.ca](http://www.ncsa.ca)**Stepping Stones Counselling**

107, 5107-50 St. Stony Plain

643-7224

[caral@ualberta.ca](mailto:caral@ualberta.ca)**Sylvia Peski, Reg. Psych.**

232-220 Century Rd., Spruce Grove

960-1616

n/a

**Hinton****Burden Bearers**

201-189 Pembina Ave., Hinton

865-7022

[www.burdenbearersdv.com](http://www.burdenbearersdv.com)**Native Counselling Services**

217 Pembina Ave., Hinton

817-2526

[www.ncsa.ca](http://www.ncsa.ca)**West Yellowhead Counselling**

217 Pembina Ave., Hinton

865-1333

[www.wyars.com](http://www.wyars.com)**Westlock****Addiction Counselling**

#4, 10003-100 St. Westlock

674-8239

[www.albertahealthservices.ca](http://www.albertahealthservices.ca)**Westlock Mental Health Services**

Westlock, AB

349-5246

**Devon****Joanne Koopmans MSc, Psych.**

4701-49 Ave. Leduc,

**Karunia Counselling,**

628-3939

[www.karunia.ca](http://www.karunia.ca)

## **211 Alberta**

**In one call, 211 connects you to a full range of community, health, government and social services in Alberta.**

211 is staffed by certified Information and Referral Specialists who are carefully trained to assess complex needs and refer callers to appropriate services. Callers often make contact because of one need (e.g. food bank), but during assessment, realize there are other issues that are connected (e.g. lack of training, unemployment, debt, bills). 211 can address all issues in one call without having to make many separate calls.

### **211 is:**

- ✓ Free
- ✓ Confidential
- ✓ Multilingual
- ✓ Available 24 hours a day

### **Welcome to 211 Alberta**

211 is currently available in Edmonton, Calgary and their surrounding communities. United Way originally brought 211 to the province of Alberta in 2004. Along with several partners, United Ways are working to ensure 211 will soon be available to all Albertans in every community in the province.

211 is an enhancement, not a replacement, of local Information and Referral services currently operating across the province. 211 analyzes data from calls to identify emerging needs, gaps in services and areas of high demand. 211 will share this data with various stakeholders, including local municipalities.

Citizens living in the city of Edmonton, Parkland County, Strathcona County or Leduc County can reach Edmonton's 211 service. People outside these areas can call:

**780 – 482 - 4636 to reach 211.**