

**Find the help you need!**



Grande Prairie

# Street Survival Guide

**Remember you are not alone!**

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You can make free local calls from these locations

**PHONE**



**Friendship Centre | 10507-98 Avenue | 780-532-5722 ext. 202**

**Mon - Fri:** 7 a.m. - 6:30 p.m.

Free phone available for clients to call support workers/agencies, to job search or to look for housing.

***Absolutely no personal or long-distance calls.***

**Service Canada | 11601-101 Avenue, Suite 101 | 1-800-622-6232**

**Mon - Fri:** 8:30 a.m. – 4 p.m.

Free phone and fax use for anyone job searching.

**Sunrise House – Youth Emergency Shelter**

**9309-109 Avenue | 780-539-3287 | 587-783-2463 (cell)**

**Every Day:** 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Free phone use for anyone aged 12 to 17 years. **Youth do not have to be staying at shelter.**

# FREE INTERNET USE

## **Friendship Centre | 10507-98 Avenue**

**780-532-5722 ext. 202**

**Mon - Fri: 7 a.m. - 6:30 p.m.**

Free internet use available for clients to connect with support workers/agencies, to job search, or look for housing.

## **Centre 2000 | 11330-106 Street**

**780-513-0240**

**May long weekend to Sept. long weekend:**

**7 days a week: 8:30 a.m. - 6:30 p.m.**

**After Sept. long weekend and before May long weekend: Mon - Fri: 8:30 a.m. - 4:30 p.m.**

Free wifi access

## **Sunrise House**

### **Youth Emergency Shelter**

**9309-109 Avenue | 780-539-3287**

**587-783-2463 (cell)**

**Every Day: 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.**

Free internet use for anyone aged 12 - 17.

**Youth do not have to be staying at shelter.**

## **Grande Prairie Public Library**

**101, 9839-103 Avenue | 780-532-3580**

**Mon - Thurs: 10 a.m. - 8 p.m.**

**Fri: 10 a.m. - 6 p.m. | Sat: 10 am - 5 p.m.**

**Sun: 1 p.m. - 5 p.m.**

# MEALS



## **Community Kitchen | Friendship Centre & The Salvation Army**

**10507-98 Avenue | 780-513-2242**

**Mon - Fri : Breakfast:** 8 a.m. - 9 a.m. | **Lunch:** 12p.m. - 1 p.m | **Supper:** 5 p.m. - 6 p.m.

A safe place where those in need can enjoy a nutritious hot meal.

## **The Salvation Army Food Bank | 9615 - 102 Street | 780-532-3720**

**Mon-Fri:** 9 a.m. - 11:45 p.m. | 1:30 p.m. - 4 p.m.

By appointment ONLY for hampers. There may be other items available during regular hours.

## **Meals on Wheels | #101, 10127-121 Avenue | 780-539-3901**

**Mon-Fri:** 9:30 a.m. - 1:30 p.m.

Delivery of hot, nutritious meals to anyone unable to prepare adequate meals for themselves due to mental illness, addictions, or physical disabilities. Call for more info.

# MEALS LOCATION CHART



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## Community Kitchen

Located at the  
Friendship Centre

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MON TUE WED THURS FRI

B	B	B	B	B
L	L	L	L	L
S	S	S	S	S

8 a.m. - 9 a.m.

**B** -Breakfast

12 p.m. - 1 p.m.

**L** -Lunch

5 p.m. - 6 p.m.

**S** -Supper

# TRANSIT



## Transit Pass Sale Locations

City Hall | 10205-98 Street

City Service Centre | 9505-112 Street

Eastlink Centre | #10 Knowledge Way

Community Social Development | 9910-99 Avenue

Ernie Radbourne Pavillion | 102 Street & 102 Avenue

NWP Bookstore | 10726-106 Avenue

New Horizon Co-op Marketplace | 9831-100 Avenue

All Shopper's Drug Marts

*The Transit Access Program offers a 50% subsidy on the Grande Prairie Transit SUPERPASS to qualifying applicants. For more information visit: [cityofgp.com/TAP](http://cityofgp.com/TAP) or call 780-538-0380*

FARE CATEGORY	CASH	10 RIDES	MONTH
Adult	\$3.00	\$22.00	\$69.00
Youth	\$2.50	\$17.00	\$54.00
Child	Free	n/a	n/a
Senior	\$2.50	\$17.00	\$39.00
AISH*	n/a	n/a	\$10.00
School	\$2.50	n/a	\$30.00

# CLOTHING

**Friendship Centre | 10507-98 Avenue | 780-539-7514 or 780-532-5722 ext. 202**

**Mon - Fri:** 7 a.m. - 6:30 p.m. | Free clothing for men and women, based on availability.

**Good Will Store | 10940-100 Avenue | 780-402-6398**

**Mon-Fri:** 10 a.m. - 8 p.m., **Sat-Sun:** 10 a.m. - 6 p.m., | Donated clothing for purchase.

**Value Village | 11505-99 Street | 780-402-6700**

**Mon-Sat:** 9 a.m. - 9 p.m., **Sun:** 10:00 a.m. - 8:00 p.m.

Donated clothing for purchase.

**Grande Prairie Regional Association Volunteer Organizations**

**100, 10101 - 100 Avenue | 780-538-2727**

**Mon-Thurs:** 8:30 a.m. - 4:30 p.m., **Fri:** 8:30 a.m. - 3 p.m.

Provides access to free seasonal clothing and personal hygiene items.

Diaper bags are also available.



# SHOWERS

**Eastlink Centre | #10 Knowledge Way | 780-830-5000**

**Mon - Sat:** 6 a.m. - 9 p.m., **Sun:** 8 a.m. - 9 p.m.

Showers available, cost \$1.75

**Saint Lawrence Centre | Street Outreach Centre | 10012-97A Street | 780-533-2885**

**Mon - Sun:** 8 a.m. - 6:30 p.m.

Free showers.

# BATHROOMS



**Eastlink Centre | #10 Knowledge Way | 780-830-5000**

**Mon - Sat:** 5:30 a.m. - 9 p.m., **Sun:** 8 a.m. - 9 p.m.

**Muskoseepi Park Pavilion | 102 Street & 102 Avenue | 780-538-0451**

**Mon - Fri:** 10 a.m. - 8 p.m., **Sat & Sun:** 12 p.m. - 8 p.m.

**Prairie Mall Shopping Centre | 11801 - 100 Street | 780-532-1810**

**Mon - Wed, Sat:** 10 a.m. - 6 p.m., **Thurs - Fri:** 10 a.m. - 8 p.m., **Sun:** 11 a.m. - 5 p.m.

**Saint Lawrence Centre | Street Outreach Centre | 10012 - 97A Street | 780-533-2885**

10 a.m. - 6:30 p.m. | Everyday

**Swanavon - Thrill Hill | 102 Street & 88th Avenue**

*Outhouse available year round*

**Walmart | 11050 - 103 Street | 780-513-3740**

8 a.m. - 10 p.m. everyday

Need a place to stay?

# SHELTER



## **Odyssey House | 24-hour Crisis Line: 780-532-2672 | 780-538-1332**

Provides safe, short term emergency shelter for women (with or without children who have left an abusive relationship. Other women in crisis may be accommodated if space is available. Complete confidentiality. Provides crisis intervention, support, referrals, public education, and advocacy.

## **Wapiti House | 10101 - 97A Street | 780-539-6777**

### **Opens at 10 p.m. for accommodations**

Offers 24/7/365 accommodation to a wide range of clients. Primary services include single-night emergency beds and mats, short-term housing and permanent supportive bachelor suites.

## **Sunrise House – YOUTH EMERGENCY SHELTER | 9309-109 Avenue | 780-539-3287**

The shelter is a temporary place to stay while youth aged 12 to 17 conduct a supported search for permanent housing. We provide meals, clothing and personal care items based on need; support and parental mediation also available.

# HOUSING SUPPORTS

## **Centerpoint Facilitation | Housing Access Program | 10113-103 Avenue Building A 780-518-4833**

Please call for services such as assessments for housing, connections to housing supports and referrals community resources and service providers.

**Mon - Fri:** 8:30 a.m.- 4:30 p.m.

The availability may change at any time due to needs of community.

## **Friendship Center | Kiwewin Program | 2nd Floor 10105 – 97Avenue 587-297-9500**

If you are at risk of losing your housing and need support, contact the Kiwewin program.

**Phone & Walk-In Intakes: Mon-Thurs:** 9 a.m. - 4 p.m.



**Grande Spirit Foundation** | 9505-102 Avenue | 780-814-2349 | [grandespirit.org](http://grandespirit.org)

**Mon-Fri:** 8 a.m. - 12 p.m. | 1 p.m. - 5 p.m.

Provides rental subsidies to low-income individuals, families and seniors.

**Canadian Mental Health Association** | Willow Place | 9713-100 Avenue | 780-814-2349

**Mon-Fri:** 8:30 a.m. - 4 p.m.

Affordable housing solutions are available at various locations.

**The Oasis Group** | 10118-101 Avenue | 780-539-6179

**Tues - Fri:** 9 a.m. - 12 p.m. | 1 p.m. - 5 p.m.

The Oasis Centre is a safe and affordable housing option offering 20 multi-sized units to the City of Grande

# DROP-IN CENTRES

## **Cool-Aid Society**

**Hill Side Location: 9667 Hillcrest Dr. | 780-532-9004**

**South Side Location: 9645 Prairie Road | 780-357-9354**

**Mon - Fri: 8:30 a.m. - 6 p.m. During the Summer | Mon - Fri: 3 p.m. - 9 p.m. Sept to June**

Drop in centre offering friendship, guidance, and support to youth grades 1-12.

Call for additional information.

## **Friendship Centre | 10507 - 98 Avenue | 780-532-5722 ext. 202**

**Mon - Fri: 7 a.m. - 7 p.m.**

Outreach and support services, referrals to other agencies made. Come in from the cold for coffee, to read the newspaper, or just stop by. We have an elder in residence and an arts and crafts program. The Friendship Centre is an absistence based drop-in centre.

# DROP-IN CENTRES

**HeARTh Social Profit | #103, 10029 - 97th Avenue | 780-933-2830**

**Free drop-in Tues/Thurs:** 1:30 p.m. - 4:30 p.m. | **Expressive Arts Wed:** 1 p.m. - 4 p.m.

Activities are open to everyone, including youth and children.

HeARTh Social Profit is a sober environment.

**Canadian Mental Health Association | Hub Resource Centre**

**Willow Place, 9713- 100 Avenue | 780-814-2349**

Call for hours and more information. Collective kitchen, card games, art projects, field trips.

**Saint Lawrence Centre | Street Outreach Centre | 10012 - 97A Street | 780-533-2885**

**9 a.m. - 9 p.m.** Open 7 days a week. Bathroom, Shower and laundry facilities.

# EMPLOYMENT/FINANCIAL ASSISTANCE



**Alberta Supports Centre | 100 Towne Centre Mall, 9845-99 Avenue |**

**Grande Prairie: 780-538-6241 | Head Office: 1-877-644-9992 | [albertasupports.ca](http://albertasupports.ca)**

**GP Office: Mon-Fri 8:15 a.m. - 12 p.m. | 1p.m. - 4:30 p.m. | Head office: Mon-Fri: 7:30 a.m.-7:45 p.m.**

General inquiries on income support, adult health benefits, child health benefits and child support services. Referrals may also be made to a variety of career and employment services, including the Career Information Hotline, JOBS, Student Funding Contact Centre or Employment Insurance.

**Employment Insurance | 1-800-206-7218**

General inquiries regarding EI.

**Employment Standards Contact Centre Edmonton | 1-877-427-3731 or 1-780-427-3731**

Questions and concerns about employee/employer rights.



# EMPLOYMENT/FINANCIAL ASSISTANCE



**YMCA of Northern Alberta | Bridging the Gap | #200, 10006 -101 Avenue | 780-357-7448**

**Mon-Fri:** 9 a.m. – 12 p.m. | 1 p.m. - 4 p.m.

Ages 15-30, not currently employed and not in school. Eligible to work in Canada, Canadian citizen, permanent resident or refugee. Not eligible for EI. Participants are paid a living allowance during the program. The program offers one to one employment counselling and coaching, help with developing a personal career plan, life and employability skills workshops, links to community resources.

**Western Cree Tribal Council | #104, 9802-97 Avenue | 780-532-3009**

**Mon-Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Provides quality services such as Child Welfare and Assets to it's First Nation membership.

**Grande Prairie Public Library | Job Seeker Support | #101, 9839 - 103 Avenue | 780-357-7455**

**Mon-Fri:** 9 a.m. - 5 p.m.

Book a one-on-one session for help with creating / revising resumes and cover letters, searching for jobs online and submitting online applications.

# EMPLOYMENT/FINANCIAL ASSISTANCE



## **Income Support Contact Centre | 1-866-644-5135**

Current income support clients who need specific information on their case can call the Income Support Contact Centre. This centre is open 24-hours a day and also serves after hours emergency calls from the public.

## **Assured Income for the Severely Handicapped (AISH)**

**100 Towne Centre Mall, 9845-99 Avenue | 780-833-4399**

**Mon -Fri:** 8:15 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

The AISH program provides financial and health-related assistance to eligible adults with a clinically diagnosed disability. The disability must be permanent and substantially limit the person's ability to earn a living. AISH clients may also be eligible to receive supplemental assistance (a child benefit and personal benefits) through the AISH program.



**Community Health Centre | Northwestern Polytechnic Campus 10620-104 Avenue**  
**780-814-5800 | Mon - Fri: 9 a.m. - 5 p.m. | Same day appointments only.**

**Primary Care Network | #104, 11745-105 Street | 780-539-9204**

**Clinic Hours: Mon - Fri: 8:30 a.m. - 4:30 p.m.**

**After Hours Clinic | Mon-Fri: Doors open at 5 p.m., Sat, Sun, Stats: Doors open at 10 a.m.**

The Grande Prairie PCN After-Hours Clinic is available for patients with minor injuries and illnesses that are non-life threatening. Appointments are not required. PCN has a list of physicians accepting clients.

**GP Medical Walk-in Clinic | 12225-99 Street (Inside Superstore) | 780-533-4444**

**Mon - Fri: 9 a.m. - 4 p.m., Sat: 11 a.m. - 4 p.m.**

**Walmart Clinic | 11050-103 Avenue | 780-532-2332**

**Mon - Fri: 9 a.m. - 5 p.m.**

Health care team ready to serve you. No appointment required.

Programs by appointment  
or drop-in & Pharmacies

# HEALTH SERVICES



**Grande Prairie Primary Care Network | #104, 11745 - 105 Street | 780-539-9204**

**Mon-Fri:** 8:30 a.m. - 4:30 p.m. | **Sat & Sun:** 10 a.m.- 4:30 p.m

**Medicine Shoppe Pharmacy | #100, 10071 - 120 Avenue | 780-539-9710**

**Mon - Fri:** 9:30 a.m. - 5:30 p.m.

**CO-OP Pharmacy Downtown | 9813-100 Avenue | 780-532-2652**

**Mon-Fri:** 8 a.m. - 7 p.m. | **Sat:** 9 a.m. - 5 p.m. | **Sundays & Stat Holidays CLOSED**

# HEALTH SERVICES

**Alberta Aids to Daily Living (ADDL) | 1021-97 Avenue | 780-532-4447**

**Mon-Fri:** 8:30 a.m.- 4:15 p.m.

Clients with long term illnesses may be eligible for assistance with basic medical supplies.

**Alberta Health Care | 780-427-1432 | Mon - Fri:** 8:15 a.m. - 4:30 p.m.

Information on health coverage in Alberta.

**Alberta Health Link | 8-1-1 | 1-866-408-5465**

**24/7 .** Health advice or information from a registered nurse. Translators available in 120 different languages.

**My Health Alberta | myhealth .alberta .ca**

Search for health, disease and medicine information as well as find local health care services.

**Grande Prairie Regional Hospital | 11205-110 Street | 825-412-4000**

**24 hrs/7 days a week**

# HEALTH SERVICES

**Alberta Health Services | ID Program | Aberdeen Centre #300, 9728-101 Avenue**  
**780-512-6681 | Wed & Thurs: 8 a.m. - 12 p.m.**

Provides assistance to homeless, at-risk and recently housed clients to obtain Alberta Identification and Alberta Personal Health Cards (IDs).

**Grande Prairie Primary Care Network | #104, 11745 - 105 Street | 780-539-9204**  
**Mon-Fri: 8:30 a.m. - 4:30 p.m. | Sat & Sun: 10 a.m. - 4:30 p.m.**

The PCN provides innovative and collaborative initiatives that improve communication, increase coordination of services, and enhance medical clinic practices to better meet the needs of the community. They offer an after-hours clinic, persistent pain programs and primary care support programs.

**Canadian Mental Health Association | 9713 - 100 Avenue | 780-814-2349**  
**Mon - Fri: 8:30 a.m. - 4 p.m.**

Provides crisis intervention, support services and mental health services for children, youth and adults.

**Alberta Health Services Region | [www.albertahealthservices.ca](http://www.albertahealthservices.ca)**  
Information on available health services and health issues.

# TREATMENT & RECOVERY



**Alberta Health Services | Adult Addiction Services | 11333-106 Street | 780-538-6330**

**Mon - Fri:** 8 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Counselling begins with the client and counselor working together to help individuals, family members, or others to develop strategies that will assist them in addressing alcohol, other drug, gambling problems.

**Alberta Health Services | Opioid Dependency Program | 11333-106 Street | 780-833-4991**

**Mon - Fri:** 8 a.m. - 4 p.m.

Offers Methadone and Suboxone treatment for opioid dependency. Counselling is available to support clients.

**Peace Area Narcotics Anonymous | 1-877-463-3537**

**Mon - Fri:** 8 a.m. - 4 p.m. | Access to support resources.

# TREATMENT & RECOVERY



**Alcoholics Anonymous | 780-532-1772 | [grandeprairieaa.com](http://grandeprairieaa.com)**

**Grande Prairie Primary Care Network | Opioid Response**

**#104, 11745-105 Street | 780-532-9204 | Mon -Fri: 8:30 a.m. - 4:30 p.m.**

Learn about opioids and their use and misuse in persistent pain.

**Northern Addictions Centre | 11333-106 Street | 780-538-5210**

To access Adult Addiction Counselling, go to Aberdeen Centre, 3rd floor. Services range from Detox, Opioid Dependency Programs, Adult Residential Programs, Treatment Programs and Adult Short Term Mental Health.

**Rising Above | 1107-106 Street | 780-533-3025**

**Mon - Fri: 8:30 a.m. - 5 p.m.**

Committed to breaking the cycles of defeat by offering residential addictions treatment programs and spiritual guidance.

***For a full list of resources, visit: [everyoneisimpacted.com](http://everyoneisimpacted.com)***



# MENTAL HEALTH



## **Alberta Health Services | Addiction and Mental Health**

**Nordic Court #400, 10014 - 99 Street | 780-538-5162 | Mon - Fri: 8 a.m. - 4:30 p.m.**

Call to book an appointment. Adult counselling services, recovery and relapse prevention, and friends and family group. Child & Youth mental services, youth detox, counselling.

## **Alberta Health Services | Integrated Crisis and Access Team (ICAT)**

**3rd Floor Aberdeen Center, 9728 - 101 Avenue | 587-259-5513**

**Mon - Fri: 8 a.m. - 4:30 p.m.**

Call to book an appointment. Adult counselling services, recovery and relapse prevention, and friends and family group. Child & Youth mental services, youth detox, counselling.

## **Canadian Mental Health Association | 9713-100 Avenue | 780-814-2349**

**Mon - Fri: 8:30 a.m. - 4 p.m.**

CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support recovery from mental illness.

# COUNSELLING



## **GP & District Grief Support | Circle of Life**

**10031-103 Avenue | 780-539-5432**

**Mon - Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Offers a number of programs that provide information and support to children, adults, and families experiencing loss. This includes school groups, Camp Heal-A-Heart in the summer and follow-up programs.

## **PACE Community Support, Sexual Assault, and Trauma Center**

**10031-103 Avenue | 780-539-6692**

**Mon - Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Provides crisis intervention, support services and mental health services for children, youth and adults.

# COUNSELLING



## **Alberta Health Services | Single Session Walk-in Counselling Services**

**9728 -101 Avenue | Call ICAT: 587-259-5513 | Mon - Fri: 9 a.m. - 4 p.m.**

Counselling begins with the client and counsellor working together to help individuals, family members, or others to develop strategies that will assist them in addressing alcohol, other drugs, or gambling programs.

## **Burden Bearers of Canada | #301, 9835 - 101 Avenue | 780-539-5225**

**Mon & Tues: 8:30 a.m. - 8:30 p.m., Wed & Thurs: 8:30 a.m. - 4:30 p.m. | Fri: 9 a.m. - 12 p.m.**

Provides individual, couple, and family counselling. By appointment only.

## **Catholic Family Services | 10105-102 Street | 780-532-9381**

**Mon - Fri: 9 a.m. - 5 p.m.**

Call if you or someone you know is interested in meeting with a counsellor or participating in a group or class. Services range from individual, couple and family counselling to parenting, couples connect workshop and educational groups.

# INDIGENOUS PROGRAMMING



**Native Counselling Services Alberta | #118, 9728-101 Avenue | 780-532-9359**

Delivers services primarily to aboriginal individuals, families and youth who require assistance in court.

**Mon - Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

# NEEDLE DISPOSAL



## **Northreach Society | Needle Pick-up**

**780-876-4277 | Mon - Fri: 8:30 a.m. - 4:30 p.m.**

Call or text: 780-876-4277 to report needle debris. Leave a detailed message with street address, location, and a phone number. Photos can be sent by text.

## **Northreach Society | Needle Distribution**

**780-538-3388**

Northreach Society partners with local and Northern pharmacies for our Needle Distribution Program, the following pharmacies can be accessed for safer injection kits: Shamrock, Save-On Foods, Walmart, Safeway N and S., Costco, Superstore, London Drugs, ACT Medical, Sexsmith Pharmacy.

## **Mobile Outreach**

**780-830-7094 | 7 Days a Week from 7 a.m. - 11 p.m.**

For Needle Pick-up



- Alley behind Better than Fred's
- Alley beside Salvation Army
- Attached to Wapiti House trash enclosure, West of Wapiti House
- By picnic tables on the East side of Wapiti House (within fence)
- Saint Lawrence Centre
- Towne Centre Mall, South parking lot
- Around the corner from Shoppers Drug Mart entrance Prairie Mall
- Rotary Campground RV Dump Station
- Beside the garage in Community Village
- Detox entrance at Northern Addictions Centre
- Empty lot across from The Industry
- Parking lot at Muskoseepi Park across from the Museum
- Front door of the Northreach Office
- Olio's Convenience Store

# SUPPORT



**Northreach Society | 9613-98 Street | 780-538-3388 | Outreach: 780-832-8548**

**Mon - Fri:** 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Information on HIV/AIDS including positive support, free safer sex supplies, free safer injection supplies, healthcare navigation, free naloxone training & kits, women's and health outreach and street outreach.

**Alberta Health Services | Discovery Group | 11333-106 Street | 780-538-6330**

**Mon-Fri:** 8 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

A 3-part information series aimed at promoting changes through information, awareness and choice.

**Odyssey House | 780-538-1332 | 24-hour Crisis Line: 780-532-2672**

**Open 24-hours, 7 days a week**

Emergency shelter for women and children fleeing abuse; community 1:1 support program, and support groups. Free childcare available for clients.

**Moms Stop the Harm | [momsstoptheharm.com](https://momsstoptheharm.com)**

Providing family support, a safe environment, and connection with others.

# SUPPORT



## **PACE Community Support, Sexual Assault, and Trauma Centre**

**10031-103 Avenue | 780-539-6692**

**Mon-Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m. | Provides a variety of services in the Grande Prairie community and areas, including crisis intervention, family support, educational workshops and counseling services including sexual abuse, sexual assault, child abuse and trauma.

## **City of Grande Prairie Mobile Outreach | 780-830-7094**

**7 days a week:** 7 a.m. - 11 p.m. | Provides assistance with loitering, public intoxication, encampments, trespassing, disturbances, needle pick up. Provides immediate support for a client's basic needs and navigation through local service systems.

## **Pregnancy Care Centre Grande Prairie | #525, 9909 - 102 Street, 214 Place | 780-533-2532**

**Mon - Thurs:** 9 a.m. - 4 p.m. | Provides care for those experiencing unexpected pregnancy, pregnancy related loss, and sexual trauma by means of material resources, accurate information, education and compassionate support.



# SUPPORT



**Resource Centre for Suicide Prevention | Nordic Court #200, 10014-99 Street | 780-539-6680**

**Mon - Fri:** 8:30 a.m. - 4:30 p.m.

Provides programs and workshops for all ages focusing on mental health issues, support, and community education.

**Seniors Outreach | #101, 10127 - 121 Avenue | 780-539-6255**

**Mon - Fri:** 9 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Responds to seniors' needs through direct help or by referral. Provides information and forms on pensions, benefits, grants, housing, and income taxes for seniors.

**Family Education Society | 9607-102 Street | 780-830-0920**

**Mon - Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

Grande Prairie Family Education Society offers free support to families looking for guidance and education. Through home visitation, literacy programs, parent education programs, groups and other FASD supports, GPFES offers families a variety of programs.

# YOUTH SUPPORT



## **Alberta Health Services | Child & Youth Addiction and Mental Health Services**

**Nordic Court #400, 10014-99 Street | 780-538-5162**

**Mon - Fri:** 8:30 a.m. - 4:30 pm.

Addiction Services offers information services, prevention programs, outpatient counselling, tobacco reduction & cessation, Youth Detox & Stabilization and the Protection of Children Abusing Drugs program. Mental Health offers individual psychotherapy, child management counselling, behavior therapy, critical incident stress debriefing, post-disaster crisis counselling, and community outreach services for children.

## **Caribou Child & Youth Centre**

**10031-103 Avenue | 780-814-7223**

**Mon-Fri:** 8:30 a.m. - 12 p.m. | 1 p.m. - 4:30 p.m.

The Caribou Child & Youth Centre serves children and youth under 18 who have experienced sexual, physical, or psychological abuse, exploitation, and/or neglect. They have a committed, comprehensive, multidisciplinary team that works together to provide the best possible services for children and their families. Our team consists of: RCMP, Child Family Services, PACE, Victim Services and Crown Prosecutor.

# YOUTH SUPPORT

## **The Breakfast Club Youth Program | #200, 10014-99 Street | 780-539-7142**

**Mon - Fri:** 8:30 a.m. - 12 p.m | 1 p.m. - 4:30 p.m.

Psychoeducational programs for ages 7-18 years old that promote healthy coping skills and connection.

## **Grande Prairie Regional Association of Volunteer Organizations**

**100, 10101 Avenue | 780-538-2727**

**Mon-Thurs:** 8:30 a.m. - 4:30 p.m., **Fri:** 8:30 a.m. — 3 p.m. | To enhance community development through the success of the non profit sector. Pre-employment training programs for Youth as well as community service referrals.

## **Youth Help Site | [gpyouth.ca](http://gpyouth.ca)**

A Grande Prairie specific youth help website that has many different types of resources listed for youth to get help for bullying, drugs, pregnancy, living without support, mental health, counselling, and more.

## **Northreach Society | LGBTQ+ Youth Group | 9613-98 Street | 780-538-3388**

Drop in Monday nights. Weekly drop-in youth group for ages 13-17, one-on-one youth supports for all youth, parent mentorship and support, support for schools with LGBTQ+ students.

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**John Howard Society | #200, 10135 -101 Avenue | 780-532-0373**

**Mon-Fri:** 8:30 a.m.- 12 p.m. | 1 p.m. - 4:30 p.m.

A community based non-profit organization concerned with the causes and consequences of crime. A few programs they offer are an alternative junior high school program, an anger management program for youth, group therapy for men and women involved in intimate abuse, gang re-integration program, CBYF program, drug treatment court program, support and assistance.

**Mountain Plains CSSN | Youth Residential Detox & Stabilization Program**

**10109 - 97 Avenue, Suite 205 | 780-532-7170 or 780-532-7491**

**Mon-Fri:** 8:30 a.m. - 4 p.m.

In partnership with Alberta Health Services, the YRDS facility has grown to offer a wide array of services. Offering both a ten day voluntary and ten day court mandated Protection of Children Abusing Drugs (PChAD) stabilization program for youth ages 12-18 years of age.

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## **Sunrise House - Youth Emergency Shelter**

**9309-109 Avenue | 780-539-3287 | Cell: 587-783-2463**

**24 hours a day, 7 days a week.**

If you are between ages 12 and 17 looking for a safe place to go, we can help. Sunrise House administers several programs to help youth overcome challenges and success. The main goal is to decrease the risk of youth homeless by assisting the family in the building of health coping skills, positive communications and resistance to crisis.

## **Centre for Young Parents | Lions' Learning Centre, 9625 Prairie Road | 780-538-3854**

**Mon- Fri: 8:30 a.m.- 4:30 p.m.**

Provides information & support to pregnant and parenting teens to promote a healthy pregnancy, maximize opportunities for education and/or training, access to community resources, and independence.



## **John Howard Society | #200, 10135-101 Avenue | 780-532-0373**

**johnhowardgp.ca | Mon- Fri: 8:30 a.m.- 12 p.m. | 1p.m. - 4:30 p.m**

## **Legal Aid Alberta | 1-866-845-3425**

**Mon-Fri: 8:15 a.m.- 4:15 p.m.** Phone lines are closed daily from 12 p.m. -1 p.m.

Provides lawyers at an affordable cost to people who need assistance for criminal or civil matters and who are unable to retain a lawyer from their own resources.

## **Legal Guidance | 10113-103 Avenue | 780-882-0036**

**Mon-Fri: 8:30 a.m.- 12 p.m. | 1 p.m. - 4:30 p.m.**

Offers free legal guidance to low income individuals who have a legal problem and do not qualify for Legal Aid.

## **Native Counselling Services of Alberta | #118, 9728 - 101 Avenue | 780-532-9359**

**Mon-Fri: 8:30 a.m.- 4:30 p.m.**

Delivers services primarily to aboriginal individuals, families and youth who require assistance in court.



## **AIDS & Sexually Transmitted Disease Information | 811**

Answered by a nurse Monday-Friday business hours, otherwise is recorded information.

## **Child Abuse Hotline | 1-800-387-5437**

## **Kids Help Phone | 1-800-668-6868**

## **Poison and Drug Information Service (PADIS) | 1-800-332-1414**

Provides information on poisons, chemicals, medications, and herbals.



## **Family Violence Information Line | 310-1818**

Provides information and support about family violence programs and services.

## **AHS Addictions Helpline | 1-866-332-2322**

Provides alcohol, tobacco, other drugs, gambling support, information and referrals to services.

## **Mental Health Helpline | Suicide Distress Line | 1-877-321-2747**

## **Alberta Mental Health Help Line | 1-877-303-2642**

**24 hours a day, 7 days a week**

Provides confidential, anonymous service, crisis intervention about mental health & programs, and referrals to other agencies.

## **AHS Protection of Children Abusing Drugs Program | 1-866-332-2322**

Protection of Children Abusing Drugs Program (PChAD) is for legal guardians of youth under the age of 18 who can apply to the Provincial Court of Alberta, Family Court for a protection order.

## **Health Link | 811**





**Resource Centre for Suicide Prevention | Nordic Court #200, 10014-99 Street**

**780-539-6680 | 1-877-303-2642**

Provides information about family violence programs and services.

**Grande Prairie and District Victim Services | 10202-99 Street | 780-830-5755**

**Mon - Fri: 8:30 a.m. - 12 p.m. | 1 p.m. - 4 p.m.**

**Odyssey House | Crisis line: 780-532-2672**

Emergency Shelter for women and children fleeing abuse, community 1:1 support program and support groups. Free childcare available for clients.

**Report a Drug House | Confidential Tip Line: 1-800-222-8477**

**EMERGENCY CALL 911**



**For more information, please contact  
Community Social Development**

**780-538-0380 | *csd@cityofgp.com*  
cityofgp.com**