

Everyone needs help sometimes.

 Please reach out! 

Money



- **Credit Help**—1-888-294-0076
- **Debt Crisis Line**—1-855-827-1847
- **Credit Counselling Society**—1-888-527-8999
- **Alberta Supports**—Income Support—780-624-6135
- **Taxi Pass Program**—Peace River FCSS—Subsidized Transportation—780-624-1000
- **FREE Income Tax Filing-Seniors/ Low Income**—Peace River FCSS—780-624-1000 (March & April)
- **Assured Income for the Severely Handicapped (AISH)**—AISH Office—780-624-6135
- **Emergency food, medications, dental, shelter and transportation assistance** (do not need to qualify for AISH)—1-866-644-5135
- **Youth Activities**—Baytex Energy Centre—780-624-3204
- **Scholarships-Rupertsland Institute**—780-624-0703

Mental Wellness



- **National Suicide Crisis Line**—1-833-456-4566 or Text 45645
- **Help Line**—1-877-303-2642
- **Distress Line**—1-877-321-2747
- **Health Link**—811
- **Kid's Help Phone**—Dial 1-800-668-6868 or Text 686868
- **Alberta 211**—Dial 2-1-1 to find support services in your area
- **24-Hour Child Abuse Hotline**—1-800-387-5437 (KIDS)
- **Hope for Wellness Helpline 24/7**—1-855-242-3310
- **Alberta Health Services, Addictions and Mental Health**—Drop-In, appointments, referrals—780-624-6151
- **Beyond the Heart Clubhouse**—A safe space to connect and recover from Mental Illness—780-624-3161
- **Mental Health Capacity Building Program (Project PEACE)** - For youth in school—780-624-3650

Physical Wellness



- **Emergencies**—911
- **Health Link**—811
- **Peace River Hospital**—Health Care Services—780-624-7500
- **Environmental Public Health Program**—780-618-3453
- **Home Care**—In-home care—780-624-3451
- **Indigenous Health Program, Hospital**—Culturally appropriate Health Care—780-624-7281
- **Northern Indigenous Health Alliance, Sagitawa Friendship Centre**—Support and information for HIV & Hep C - 780-624-2443
- **Persons with Developmental Disabilities (PDD)**—Funding for the Disabled—Provincial Building—780-624-6113
- **Showers**—Lion's Campground—Along Shaftesbury Trail (West Side of River)—\$0.25 a minute—780-624-2120

Parenting Supports



- **Well Child Clinics**—Baby Nutrition, Immunizations, child Intervention and Support—Peace River Hospital—780-624-3405
- **Peace Region Family Resource Network**—Parenting Support and Family programs and referrals to other early childhood supports—780-624-0770
- **Building Better Babies Program—Sagitawa Friendship Centre**—Prenatal and post childbirth supports for young parents—780-624-2443
- **WJS**—Support for families facing difficulties and served by Child Family Services or Persons with Developmental Disabilities and those living with FASD—780-624-1029
- **Early Childhood Intervention Program**—Advice and support for Child Development and Milestones—780-624-7253

Indigenous Supports



- **National Indian Residential School Crisis Line**—1-866-925-4419
- **First Nations & Inuit Hope for Wellness**—1-855-242-3310
- **Native Youth Crisis Line**—1-877-209-1266
- **Rupertsland Institute**—Job training, education funding and supports—780-624-0703
- **Sagitawa Friendship Society and Ground Level Youth Centre**—780-624-2443
- **Region VI Métis Office**—780-624-4219
- **Native Counselling Services of AB**—Culturally appropriate court supports—780-624-4622
- **Indigenous Health Program—Peace River Hospital**—780-624-7281
- **Alberta Aboriginal Women's Society**—Info and referral, career counseling, training, job search—780-624-3416

ID & Legal Documents



- **Alberta ID Card**—Photo ID for those that do not have a driver's license—Dial 310-0000, then 780-427-7013
- **Service Canada**—Birth and adoption, death, divorce and separation, marriage, legal name changes, registry services, ordering and updating documents—1-800-622-6232 TTY: 1-800-926-9105
- **Assured Income for the Severely Handicapped (AISH)**—Provincial Building, AISH Office—780-624-6135

LGBTQ2+ Supports



- **Peace River Pride Society**—PRIDE events, supports and advocacy for LGBTQ2+ persons—peacriverpridesociety@gmail.com
- **Support Line**—1-800-688-4765

Affordable Housing

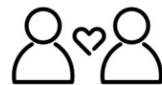


- **North Peace Housing Foundation**—Senior's/family housing—780-624-2055
- **Métis Urban Housing Corp.**—Rentals for Métis/Indigenous persons—1-877-458-8684
- **OSSI Youth Homeless Program and Out of the Cold Overnight Shelter**—Sagitawa Friendship Centre—780-624-2443

Youth Supports

- **Kids Help Phone**—1-800-668-6868 or Text 686868
- **Ground Level Youth Centre**—All youth welcome—780-624-2162
- **Project PEACE**—Mental Health in school—780-624-3650
- **Empowering Kids and Youth Program**—Relationships, trauma, and home conflict—780-624-3466
- **Native Youth Crisis Line**—1-877-209-1266

Relationship Supports



- **Alberta ONE LINE for Sexual Violence**—Call/Text 1-866-403-8000
- **Family Violence Information Line**—310-1818 (AB Only)
- **24-Hour Child Abuse Hotline**—1-800-387-5437 (KIDS)
- **Stepping Up**—Healthy Relationships. Men's and Women's Groups, Correctional Centre Program—780-624-8235
- **Peace River Regional Women's Shelter**—A safe place to stay for women with or without children, fleeing abuse or homelessness, outreach supports—780-624-3466
- **Alberta Health Services**—Relationship Counselling—780-624-6151
- **NW Child and Family Services**—Programs for vulnerable children—780-624-6460

Food Programs



- **Soup Kitchen**—Free Meals—Mon., Wed., Fri.—10010 88 St.—780-618-7863
- **Salvation Army Food Bank**—Food Hampers 780-624-2370
- **Sagitawa Friendship Centre**—Charley's Food Box (food/nutrition program) & Free Soup Tues. & Thurs.—12-1pm, 780-624-2443
- **Picnic in the Park Event**—Free Community BBQ at Riverfront Park—Thursdays at 5:30pm (Summer Only)
- **Servant's Heart Initiative** - Emergency Food, and basic supplies, Christmas Food Hamper - 780-618-1443
- **Peace River FCSS**—Meals on Wheels Program for Seniors and those with Physical/Mental Exceptionalities - 780-624-1000, ext. 1030

Crime & Safety



- **Emergencies**—9-1-1
- **Peace River RCMP**—780-624-6611
- **Crime Stoppers**—1-800-222-8477
- **Report a Poacher** -1-800-642-3800
- **Peace Regional Victim Services**—Victim's of domestic/dating violence, trauma, protection orders, stalking, harassment, court support—780-624-6626
- **Women's Shelter** (see Relationship supports)
- **Safer Communities and Neighbourhoods (SCAN)** - Report drug trafficking, prostitution, child exploitation, gang related crime—Confidential reports 1-866-960-7226
- **Peace River Regional Restorative Justice**—780-618-5811
- **Legal Aid**—1-866-845-3425
- **Dial a Law**—1-800-332-1091

Childcare & Subsidies



- **Sugar Plum Tree Daycare**—780-624-1479
- **Peace River Pre School Society**—780-618-9625
- **Peace Regional Outreach Campus and Daycare**—780-624-5534
- **Peace River Day Homes**—780-624-3520
- **Childcare Playschool Subsidy Information**—1-877-644-9992

Adult Learning & Literacy



- **Vision Learning Centre**—Learning English, computer skills, workshops—780-624-4220
- **Northern Lakes College**—Distance learning, adult education, —780-624-5176
- **Peace River Municipal Library and Art Gallery**—Free computer access, information, books, audio books, free events, —780-624-4076
- **Peace Regional Outreach Campus**—Finishing high school, or upgrading—780-624-5534

Addictions Supports



- **Addictions and Mental Health Helpline**—1-866-332-2322 (Toll Free)
- **Addictions and Mental Health**—Drop-In and appointments and referrals to addictions services—780-624-6151
- **Alcoholics Anonymous (AA)**—780-618-4710
- **AL-ANON**—Help for Family and Friends of Alcoholics—Meetings at the United Church (Basement) 10104 100 ave. Tuesdays at 7:30pm

Senior Supports



- **Peace River FCSS**—Home Support, Income Tax, Meals on Wheels and Benefits Assistance—780-624-1000
- **Alberta Health Services**—Seniors Health Services, Home Care—780-624-7500
- **Senior's Drop In Centre**—Socializing, Wednesday meals for Seniors—780-624-2700
- **Caregiver Supports**—Support for those who provide care for others—1-877-453-5088

Community Connection



- **Family Resource Network**—780-624-0770
- **Sagitawa Friendship Centre**—780-624-2443
- **Peace River Library**—780-624-4076
- **Beyond the Heart Clubhouse**—For those with Mental Illness—780-624-3161

Employment/ Job Search



- **Rupertsland Institute**—780-624-0703
- **Alberta Works**—780-624-6135
- **Sagitawa Friendship Society**—780-624-2443
- **Peace River Municipal Library and Art Gallery**—Computer/Internet access—780-624-4076

