

Community Resource Card

We recognize that during stressful or challenging times it may be difficult to locate and access the appropriate community resources.

This resource card provides a starting point.

For access to additional information and referral services, please contact the Town of Penhold
Family & Community Support Services (FCSS) | 403-886-4567

FCSS strives to connect adults, seniors and families to programs and services that help build a strong and resilient community that is healthy, connected and inclusive of socially engaged citizens. We do this through direct programming and providing connections between agencies and organizations that provide programs and services to our residents.



EMERGENCY

Police, Fire, Ambulance.....	911
Non-Emergency Innisfail RCMP Line.....	403-227-3341
Innisfail Victim Services	403-227-8555
Poison & Drug Information Service.....	1-800-332-1414

24 HOUR / SUPPORT LINES

Central Alberta Women's Emergency Shelter (CAWES).....	1-888-346-5643
Central Alberta Sexual Assault Support Centre (CASASC).....	1-866-956-1099
Family Violence Info & Bullying Prevention Help Line.....	310-1818
Helping Elder Abuse Reduction (H.E.A.R.)*not 24 hour.....	403-346-6076
Child Abuse Hotline	1-800-638-0715
Suicide Crisis Helpline.....	988
Mental Health Help Line.....	1-877-303-2642
Rural Distress Line.....	1-800-232-7288
Addiction Help Line.....	1-866-332-2322
Hope for Wellness Help Line (for all Indigenous people)	1-855-242-3310
Brite Line 2SLGBTQIA+ Support Line.....	1-844-702-7485 (BRITE)
Trans Lifeline.....	1-877-330-6366
Kids Help Phone.....	1-800-668-6868
ConnetTeen.....	403-264-8336

FAMILY

Child Care Subsidy Applications	1-877-644-9992
Family Supports for Children with Disabilities	403-340-5003
McMan Family Resource Network.....	403-227-5580

HOME SUPPORT

Innisfail Helping Hands.....	403-350-9175
Red Deer Helping Hands.....	403-346-7777

HEALTH & WELLNESS

Health Link 24 Hour Line (AHS).....	811
AHS Home Care.....	1-855-371-4122
Innisfail Hospital.....	403-227-7800
Red Deer Hospital.....	403-343-4422
Primary Care Network (PCN).....	403-343-9100
Penhold Medical Clinic	403-573-4828
Penhold IDA Pharmacy	403-886-4466
Penhold Pharmasave.....	403-573-0555
The Lending Cupboard.....	403-356-1678
Canadian Mental Health Association	403-342-2266

FOOD / FINANCIAL ASSISTANCE / HOUSING

Red Deer Food Bank	403-346-1505
Innisfail & Area Food Bank	403-227-0600
Salvation Army.....	403-346-2251
Alberta Supports Contact Centre (Seniors Financial Assistance & Benefits, Assured Income for the Severely Handicapped (AISH) Person with Developmental Disabilities (PDD), Income Support & more)	1-877-644-9992
24HR Emergency Income Support Contact Centre.....	1-866-644-5135
Service Canada Centre	1-800-622-6232 (OCANADA)
Veterans Affairs Canada.....	1-866-522-2122
Red Deer Housing Authority	403-343-2177

LEGAL / ADVOCACY

Office of the Public Guardian & Trustee (OPGT)	403-340-5165
Office of the Advocate for Persons with Disabilities.....	1-800-272-8841
Community Legal Clinic – Central Alberta	1-877-314-9129
Legal Aid.....	1-866-845-3425