


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:
Family & Community Support Services (FCSS):**

 **403-886-4567**

 **fcss@townofpenhold.ca**

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
Poison & Drug Information Service	1-800-332-1414
Innisfail RCMP Non-Emergency Line	403-227-3341
Central Alberta Regional Victim Serving Society	403-227-8555

24 HOUR / SUPPORT LINES

Suicide Crisis Helpline	988
Mental Health Help Line	1-877-303-2642
Rural Distress Line	1-800-232-7288
Addiction Helpline	1-866-332-2322
Kids Help Phone	1-800-668-6868
ConnecTeen (<i>Youth</i>)	403-264-8336 (<i>TEEN</i>)
Men's Resource Line	1-833-327-6367 (<i>MENS</i>)
Hope for Wellness Helpline (<i>For All Indigenous People</i>)	1-855-242-3310
Brite Line (<i>2SLGBTQIA+ Support Line</i>)	1-844-702-7485 (<i>BRITE</i>)
Trans Lifeline	1-877-330-6366
Family Violence Info Line & Bullying Helpline	310-1818
Abuse Helpline	1-855-443-5722 (<i>4HELPAB</i>)
Child Intervention	1-800-638-0715
Central Alberta Women's Emergency Shelter (<i>CAWES</i>)	1-888-346-5643
Sendero Centre (<i>Sexual Trauma Supports</i>)	1-866-956-1099
Alberta's One-Line for Sexual Violence (<i>Not 24 Hours</i>)	1-866-403-8000
Elder Abuse Information Line (<i>Not 24 Hours</i>)	1-877-454-2580
Protection for Persons In Care Line (<i>Not 24 Hours</i>)	1-888-357-9339

LEGAL / ADVOCACY

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

HEALTH & WELLNESS

Health Link (<i>24 Hour</i>)	811
Innisfail Hospital	403-227-7800
Red Deer Hospital	403-343-4422
Continuing Care Access (<i>AHS</i>)	1-855-371-4122
Primary Care Network (<i>PCN</i>)	403-789-0307
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

Innisfail & Area Food Bank	403-227-0600
Red Deer Food Bank	403-342-5355
Salvation Army	403-346-2251
Emergency Income Support Contact Centre (<i>24 Hour</i>)	1-866-644-5135
Alberta Supports Contact Centre	1-877-644-9992
<i>(Seniors Financial Assistance & Benefits, AISH, PDD, Income Support & More)</i>	
Service Canada Centre	1-800-622-6232 (<i>OCANADA</i>)
Veterans Affairs Canada	1-866-522-2122
Red Deer Housing Authority	403-343-2177
Bridges Community Living	403-343-1077

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

Red Deer Helping Hands	403-346-7777
Nurse Next Door	403-506-3304