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

**Sexual Assault/Abuse**
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

**Information/Referral**
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**

<table>
<thead>
<tr>
<th>Area</th>
<th>Location</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>Devon</td>
<td>St. Maria Goretti</td>
<td>987-2585</td>
</tr>
<tr>
<td>Hinton</td>
<td>Our Lady of the Foothills</td>
<td>865-3045</td>
</tr>
<tr>
<td>Spruce Grove/Stony Plain areas</td>
<td>Holy Trinity Catholic Church</td>
<td>960-0135</td>
</tr>
<tr>
<td>Westlock</td>
<td>St. Mary of the Assumption</td>
<td>349-4373</td>
</tr>
</tbody>
</table>
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 1st 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

Aspects Psychological Services
203, 4911-50 St. Stony Plain 963-7451 www.aspectspysch.com

Christian Counselling Services
52401 Range Rd 13, Stony Plain 963-4048 www.ilcr.ca

High country Recovery Counsel
204, 215 McLeod Ave. Spruce Grove 960-6092
www.highcountryrecoverycentre.com

103, 5013-48 St. Stony Plain 920-6951 Julie@canadasurfs.ca
<table>
<thead>
<tr>
<th>Service Provider</th>
<th>Address</th>
<th>Phone</th>
<th>Website</th>
</tr>
</thead>
<tbody>
<tr>
<td>Native Counselling Services</td>
<td>5413-51 St. Stony Plain</td>
<td>963-8756</td>
<td><a href="http://www.ncsa.ca">www.ncsa.ca</a></td>
</tr>
<tr>
<td>Stepping Stones Counselling</td>
<td>107, 5107-50 St. Stony Plain</td>
<td>643-7224</td>
<td><a href="mailto:caral@ualberta.ca">caral@ualberta.ca</a></td>
</tr>
<tr>
<td>Sylvia Peski, Reg. Psych.</td>
<td>232-220 Century Rd., Spruce Grove</td>
<td>960-1616</td>
<td>n/a</td>
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<tr>
<td>Hinton</td>
<td></td>
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<tr>
<td>Burden Bearers</td>
<td>201-189 Pembina Ave., Hinton</td>
<td>865-7022</td>
<td><a href="http://www.burdenbearersdv.com">www.burdenbearersdv.com</a></td>
</tr>
<tr>
<td>Native Counselling Services</td>
<td>217 Pembina Ave., Hinton</td>
<td>817-2526</td>
<td><a href="http://www.ncsa.ca">www.ncsa.ca</a></td>
</tr>
<tr>
<td>West Yellowhead Counselling</td>
<td>217 Pembina Ave., Hinton</td>
<td>865-1333</td>
<td><a href="http://www.wyars.com">www.wyars.com</a></td>
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<tr>
<td>Westlock</td>
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<tr>
<td>Addiction Counselling</td>
<td>#4, 10003-100 St. Westlock</td>
<td>674-8239</td>
<td><a href="http://www.albertahealthservices.ca">www.albertahealthservices.ca</a></td>
</tr>
<tr>
<td>Westlock Mental Health Services</td>
<td>Westlock, AB</td>
<td>349-5246</td>
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<tr>
<td>Devon</td>
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<tr>
<td>Joanne Koopmans MSc, Psych.</td>
<td>4701-49 Ave. Leduc,</td>
<td>628-3939</td>
<td><a href="http://www.karunia.ca">www.karunia.ca</a></td>
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<tr>
<td>Karunia Counselling</td>
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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.