

WHERE CAN I FIND A SAFE PLACE TO SLEEP AT NIGHT?

Hope Mission (ages 16+).....	780-422-2018
Mustard Seed (Strathcona)	780-619-9885
(Central).....	780-919-1735
WEAC (women only, emergency).....	780-423-5302
Elizabeth Fry (women only).....	780-784-2200
YESS (ages 15-21).....	780-468-7070
Maskokamik Shelter.....	587-525-8222
Salvation Army (Transitional, \$17/day)	780-244-2962

A DOMESTIC VIOLENCE SHELTER

Alberta Council of Women's Shelters	
24/7	1-866-331-3933

I NEED DETOX SUPPORT

George Spady.....	780-424-8335
Addictions Recovery Centre	780-342-5900
Youth Addiction&MH Services	780-408-8783

I NEED A SAFE CONSUMPTION SITE

George Spady Centre	780-424-8335
Radius Health Centre.....	780-422-7333

I NEED HELP WITH MENTAL HEALTH AND/OR ADDICTIONS

Access 24/7 Adult Addictions/Mental Health	780-424-2424
Youth Addiction&MH Services	780-408-8783
Young Adult Services (ages 16-25)	780-887-9781
Child and Adolescent Mental Health Services	825-402-6799
WestView PCN Youth Mental Health Clinic (ages 11-24)	780-960-9533

I NEED HELP WITH BASIC NEEDS

NeighbourLink Parkland	780-960-9669
Community Helps Team	780-962-5611
Pay Forward Kindness (homeless supports)	587-286-4663
Parkland Pregnancy Support Centre (Tue & Thurs 9-3pm)	780-962-5505

WHERE CAN I FIND FOOD?

Parkland Food Bank	780-962-4565
WeCan Food Basket.....	780-413-4525

WHERE CAN I FIND A COMMUNITY MEAL?

Auggies Café (Dine in/Take out, Tues 11AM-1PM) 131 Church Rd, Spruce Grove.....	780-962-5131
Food for the Soul (1 st , 3 rd Sat 10AM-1PM) 49 Boulder Blvd., Stony Plain	780-963-3110
Grace's Table (2 nd Fri 5-630PM) 250 Century Road, Spruce Grove	780-962-4700
Community Table (last Fri 5-7PM) 180 Century Road, Spruce Grove	780-962-5611
apfa Food Rescue Community Fridge (W 11-330PM) 5600-50 Street, Stony Plain	780-963-0549

I NEED TO TALK TO SOMEONE NOW (24H)

Suicide Crisis Help	988
Distress Line	780-482-4357(HELP)
Addiction Helpline	1-866-332-2322
Child Mental Health (8am-11:45pm)	780-407-1000
Kids Help Phone	1-800-668-6868
Bullying Helpline	1-888-456-2323
BriteLine (for 2SLGBTQIA+)	1-844-702-7483
Seniors Abuse Helpline.....	780-454-8888
Family Violence Info Line	310-1818
Sexual Assault Centre (9am-9pm)	780-423-4121
First Nations & Inuit Mental Health	
Hope for Wellness	1-855-242-3310
Wellness Together—Text Wellness	
Adults.....	741741
Youth	686868

I NEED IMMEDIATE HELP

Call 911

Emergency Financial Assistance	1-866-644-5135
Access 24/7 (Adults, addictions & MH)	780-424-2424
Children & Family Services Crisis Unit	780-422-2001
Kids Kottage (children's crisis prevention shelter)	780-944-2888

I NEED HEALTH INFORMATION

Health Link Alberta (24/7)	811
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I DON'T EVEN KNOW WHERE TO START?



24-hour information and referral line connecting you to social, health and government services.



Parkland County FCSS
5217-52 St, Wabamun, AB
780-968-8342

HELP FOR HARD TIMES TRI-REGION SUPPORT GUIDE

Spruce Grove Community Social Development
#414 King Street
Spruce Grove, AB
780-962-7618

Stony Plain Community and Social Development
#107, 4613 - 52 Avenue
Stony Plain, AB
780-963-8583

