



Community Connector

Fall Resources & Opportunities for Parents/Caregivers

Family & Community Support Services (FCSS) FCSS

- Provides information regarding social and emotional supports that are available to residents. Family & Community Support Services offer support such as
 - [Provincial Family Resource Networks \(FRNs\)](#) deliver high-quality prevention and early intervention services and support for children aged 0 to 18.
 - Networks provide services that focus on strengthening parenting and caregiving knowledge, social support, coping and problem-solving skills, access to community support and resources, improving child and youth development, building resiliency, and fostering well-being.
 - [Home Mentorship/In-home support](#): FRN offers in-home support for parents/caregivers and expecting parents. This free program includes home visits to support your family and connect you to the community. This program is available to parents/caregivers living in Beaumont, Devon, Leduc, Calmar, Thorsby, Warburg, and Leduc County
 - **Parent Education**: Information, referrals, and parenting workshops such as Positive Discipline for Everyday Parenting, Circle of Security, Nobody's Perfect and Kids Have Stress Too. Participation is open to all community members.
 - **Drop-in hours** by Leduc County Family Resource Network (FRN) offers permanent drop-in hours at its two facilities, in Devon and Thorsby. All families are welcome to drop in and join FRN staff for
 - coffee, snacks, free Wi-Fi and computer use
 - Resources, referrals, programs and supports
 - monthly prize draw
 - games and crafts activities for children and youth
 - Please refer to the [program calendar](#) for details
- Contact the FCSS office directly either by phone or email listed below:
 - Beaumont: 780- 929- 1006 or fcss@beaumont.ab.ca
 - Devon: 780- 987- 8308 or CSOC@devon.ca
 - Leduc: 780- 980- 7109 or fcss@leduc.ca
 - Leduc County: 780- 979-2385 or frn@leduc-county.com (Leduc County: New Sarepta, Calmar, Thorsby, and Warburg)

The holiday season is just around the corner! If you're looking for some assistance this year, the Christmas Bureau is there to help.

You can apply: [Christmas Elves Hamper program](#)

Alberta Health Services Caregiver Sessions

The AHS Children, Youth and Families - Addiction and Mental Health Caregiver Education Team offers free online mental health programming for parents and caregivers of children and youth. Check out their website [here](#) for more information on various mental health webinars and parent-specific supports. There is **no cost**.

Glenrose Rehabilitation Hospital

Patient & Family Education sessions, workshops, and support group information

The Glenrose Rehabilitation Hospital is pleased to offer information sessions, workshops, and support groups covering various topics important to families. The Glenrose calendar of events is frequently changing as new content is being added, so check back often to see what sessions are available.

<https://www.albertahealthservices.ca/grh/Page17975.aspx>

ElmTree Clinic accepts [referrals](#) of infants and young children **three years of age and under** (before three years six months). The Elm Tree Clinic strives to assess and provide intervention for children as early as possible. Infants and young children at risk may have:

- challenges with behaviour
- had inpatient hospital stays or received care in NICU
- multiple medical interventions
- parents or siblings with medical or mental health struggles
- experienced extremely stressful events - including abuse, neglect or loss of a caregiver

Y Mind– Free Mental Wellness Program

Y Mind is a FREE seven-week group program based on Acceptance and Commitment Therapy (ACT) and Mindfulness, supporting teens 13-18 years old experiencing mild-moderate anxiety and stress. For more information, click [here](#). Virtual sessions start on November 3, 2022.

SWIS: Settlement Workers in Schools

Free Services for Immigrant and Refugee Children and Families

- SWIS works with school divisions and the City of Leduc to provide settlement support for newcomer (immigrant and refugee) students and families. The Government of Canada funds SWIS to help immigrant children succeed in schools
- SWIS offers free programs and services such as interpretation and translation into more than 30 languages (Tagalog, French, Spanish, etc.), helping families increase their understanding of Canadian culture through programs, orientation to Canada, conversation circle, academic support, and school system navigation.
- For more info, visit <https://a4hc.ca/> or call (780) 235-1763. Settlement Worker in Schools and Community (SWIS&C) Leduc & Beaumont area

Dental Care

Kids & Teen Teeth Cleaning at NAIT's Dental Clinic

NAIT's Dental Assisting program provides teeth cleaning and fluoride application for children aged 7-18. The service takes approximately three hours and is carried out under the direct supervision of licensed professionals.

Who: Children ages 7-18

When: Wednesdays and Fridays from January - May

Where: NAIT's Main Campus, 11762-106 St.

Cost: \$30 per child, or \$50 for 2 or more children in the same family

- More information can be found on NAIT's website at <http://www.nait.ca/66693.htm>
- To book your appointment call 780-471-7786 or book online at nait.ca/dental *Please note, the only services provided at NAIT's Dental Clinic are teeth cleaning (for ages 7-18) and denture replacements. No other dental services are available at the clinic.*

Eye Care

Eye See . . . Eye Learn™ is a program for kindergarten-aged children. Any child who has a comprehensive eye exam by a doctor of optometry and requires eyeglasses will be provided with a free pair. The school will receive information packages to send out in the Fall of 2022.

No forms are necessary, just book an appointment with your optometrist and tell them you would like to take part in Eye See . . . Eye Learn™.

Alberta Health coverage is available for children's eye exams until age 18. 25 percent of children in Alberta begin grade one with an undiagnosed vision or eye health problem, which can interfere with their learning ability. 80 percent of learning is visual, which makes having a comprehensive eye exam an important start to a child's learning journey.

Hearing Care

The HIKE Fund- Financial Support for Families

This resource is available to help kids/families in need to provide hearing assistive listening devices to children aged newborn to 20 whose families are in financial need.

www.hikefundcanada.org

Mental Health- Phone, Chat, and Online Resources

If you are experiencing an emergency, call 911.

The Distress Line (24/7) through Canadian Mental Health Association: 780-482-4357

- The Distress Line provides confidential, non-judgmental and short-term crisis intervention, emotional support and resources to people in distress. They also support family, friends and caregivers of people in distress

Canada Suicide Prevention Service

Call: 1-833-456-4566 (24/7)

Text: 45645 (4pm-midnight)

Children's Mental Health Crisis/Mobile Response Team

- (open 8:00am-11:30pm everyday) **780-407-1000**
- The Crisis Team offers immediate crisis support through the Crisis Line to children/ youth, aged 5-17, and their care providers

Kids Help Phone:

Call: 1-800-668-6868 Text: 686868

- Live chat in Alberta on Wednesday to Sunday from 4:00 pm until midnight.
- <https://org.kidshelpphone.ca/> or a phone app named "Always There"

Leduc Victim Services

- Victim Services provides information, support and referral services to victims of crime or trauma in the Leduc region. Call: 780-980-7232, Website: leducvictimservices.ca

Free Courses by the Canadian Mental Health Association

- Click [here](#) to see what's being offered!

"Roll With It"- Parenting Support for Children with ADHD

A free module series providing practical strategies to support children with ADHD. Click this [link](#) to learn more!

Community Education Services- ZOOM Webinars

***free of charge**

Community Education Service (CES) offers upwards of 100 FREE, [online presentations](#) each year. Our expert speakers deliver timely, credible information and best-practice strategies to support the development and mental health of a child or youth in your life.

Brite Line

- Edmonton-based telephone line for the 2SLGBTQIA+ community
- Line is operated by trained staff and volunteers from the Canadian Mental Health Association – Edmonton Region (CMHA Edmonton)
- <https://edmonton.cmha.ca/news/new-support-line-for-2slgbtqia-launches-in-edmonton/>

Hope for Wellness

- Mental health counselling and crisis intervention for Indigenous Peoples across Canada
- Call: 1-855-242-3310 (24/7)
- Online chat: <https://www.hopeforwellness.ca/> (24/7)

Black Youth Helpline

- Multicultural helpline and services, including support for youth, families, parents, and referrals
- More information: <https://blackyouth.ca/>
- Call: 416-285-9944 or 1-833-294-8650
- Email: info@blackyouth.ca

Togetherall (24/7)

- A free, anonymous online community staffed by mental health professionals where people ages 16+ can talk and support each other
- <https://togetherall.com/en-ca/>

Sasha Bear Foundation

Family Connections™ (FC) is an evidence-based 12-week group that meets weekly to provide education, skills training, and support for people who are in a relationship with someone who has emotion dysregulation or related problems. It is provided free of charge to participants.

<https://sashbear.org/en/family-connections>

Parents Empowering Parents (PEP)

Co-founders identified the most significant way to help our youth/adult children with substance abuse/addiction issues was through supporting and educating the parents & families. Today PEP, a registered charity, continues to provide the community with innovative, professionally facilitated programs for FREE. PEP offers support, education and hope with professionally facilitated innovative programming and a support line days/evenings/weekends.

CALL Days/Evenings/Weekends: 780.293.0737 (0PEP)

Together we are stronger!

<https://pepsociety.ca/>

Pilgrims Hospice

Offers adults, children and teens grief support programs. Counselling may be offered as an option for further support with up to three one-on-one sessions for adults, children, teens and families.

<https://pilgrimshospice.com/grief-programs/>

Triple Parenting:

- [Positive Parenting Online Program](#) gives you proven parenting strategies to help set up your child for life – so they'll be happy, confident, and successful.
- Parenting tips: [5 Steps to Positive Parenting](#)

Parenting after Separation Course:

- This free course by the Alberta Government provides separated/divorced parents with information about the effect of divorce on children's development. It introduces topics such as relationship building blocks, helping children cope with separation and divorce, the legal system, and parenting plans.

<https://www.alberta.ca/pas.aspx>

In-Person or Virtual Counseling Resources

Walk-In Service at Centre Hope Building in Leduc, Rutherford Health Centre and Northgate Clinic

This service offers a 50-minute single therapy session on a first-come, first-served basis with a focus on exploring specific issues and possible solutions available to children and youth **ages 6-17**

- Wednesday 12:30 - 4:00 PM: Centre Hope Building, 2nd floor, 4906 49 Avenue, Leduc, Alberta, Phone: 780-986-2660
- Monday to Friday 12:30 – 4:00 PM: Rutherford is located at #202, 11153 Ellerslie Road, Edmonton Phone: 780.342.6850
- Monday to Friday 12:30 – 4:00 PM: Northgate is located at 9499 137 Avenue, Edmonton Phone: 780.342.2710

Counseling subsidy- Leduc County

- The cost of counselling services can be a barrier for many individuals and families. You may qualify for a counselling subsidy that helps low-income residents access counselling services, in partnership with [Karunia Counselling](#), [Family Counselling Centres](#), [Tansem Psychology](#), [Hooves of Hope Ranch](#)

- Click the link below for more information:

<https://www.leduc-county.com/en/living-here/counselling-subsidy.aspx>

Momentum Walk-In Counseling

- Offers low-cost, sliding-scale counselling services on a walk-in basis.
- Call 780-757-0900 or visit their website at <https://www.momentumcounselling.org/> to book an appointment.

Drop-In Single Session Counseling- FREE

- Multiple locations across Edmonton. Times and locations vary. No age limitation
- For more information see: <http://www.dropinyeg.ca/locations/>
- or call 780 496 4777

Africa Center

Free counselling is available online & in-person for youth, families, & couples in the African community

- Call: 1-833-381-1242, Monday - Friday, 9 am - 5 pm
- Online information and booking: <https://oab.owlpractice.ca/africacentre>
- Email: counselling@africacentre.ca

Access Open Minds Clinic (AHS Young Adult Services)

- Provides drop-in counselling & service navigation for young adults between 16-25 years old.
- Services include addictions counsellors, psychiatry referrals and recreational programs for young adults
- Located on the 6th Floor of the 108th Street Building (with Good Earth located on the main floor); 9942 108 Street NW, T5K 2J5
- Walk-in hours: Tuesdays and Friday from 12 PM to 5 PM.
- Virtual appointments: Call 780-415-0048
- For more information see: <http://accessopenminds.ca/our-site/edmonton-ab/>

Food and Shelter Resources

Leduc and District Food Bank

- The LDFB offers a number of programs throughout the year besides the basic food program, including a bread basket program, Tools for Schools and more.
- Box 5008, 201 6051 47 St., Leduc, AB
- Phone: 780-986-5333, Website: ldfb.ca

The Jireh Center

- The Jireh Center offers free clothing and footwear to those that cannot afford to purchase it.
- Location: 4310 Black Gold Drive, Leduc, AB
- Email: info@thejirehcentre.ca Website: thejirehcentre.ca

Leduc Regional Housing

- Leduc Regional Housing Foundation provides high-quality, affordable housing accommodations and services to modest-income seniors, individuals and families within the Leduc region.
- Phone: 780-986-2814, Website: Leducregionalhousing.ca

Leduc Alberta Works

- The Leduc Alberta Works office assists with income support, seniors financial assistance, AISH, seniors special needs assistance and job searches.
- Location: 4809 43A Ave., 2nd floor, Leduc, AB
- Phone 1-877-644-9992, 780-980-0557

Food and Housing Resource

- Click below for a comprehensive list of low-cost or free food resources and links to housing organizations
[Food and Housing Resource additional Document](#)

Camrose Women's Shelter

- The Camrose Women's Shelter is dedicated to assisting individuals and families experiencing the effects of family violence. We practice trauma-informed service delivery and strive to provide services in a client-centered manner. Camrosewomenshelter.org
- 780-672-1035
- 1-877-672-1010 (24 hr crisis line)

Edmonton Women's Shelter (WIN House)

- Edmonton Women's Shelter operates two 24-hour residential shelters for women with or without children who are fleeing domestic violence. They provide crisis intervention, child support, outreach services, a donation distribution system, public education and volunteer programs – all free of charge.
- PHONE: 780-471-6709
- PHONE: 780-479-0058 (24/7 Crisis Line)

Not sure where to call? Dial 211 (in Alberta) to connect to the right community and social services.