

PERSONAL BUDGETING

CREDIT COUNSELLING SERVICES OF ALBERTA
..... 1-888-294-0076

BROMWICH & SMITH
Bankruptcy and debt counselling
#104, 4808 50 Street, Red Deer 403-347-2003

MONEY MENTORS
Credit counsellors will teach you about your repayment and debt consolidation options. Located in the United Way Building.
4811 48 Street, Red Deer 1-888-294-0076

FAMILY SERVICES OF CENTRAL ALBERTA
Personal financial literacy/Home care services
5409 50 Avenue, Red Deer 403-343-6400

RECREATION FEE ASSISTANCE

The Fee Assistance Program offers financial support to people who are currently facing some financial challenges and want to use City-operated recreation facilities or take part in City offered Recreation, Parks or Culture programs or activities.

Participants must qualify for the subsidies offered in this program. The RPC Fee Assistance application forms are available online at www.reddeer.ca or at the following locations:

RECREATION CENTRE 403-309-8411
COLLICUTT CENTRE 403-358-7532
G.H. DAWE COMMUNITY CENTRE 403-406-8600
MICHENER AQUATIC CENTRE 403-342-2853
CULTURE SERVICES CENTRE 403-309-4091

COUNSELLING

FEE FOR SERVICE USING A SLIDING SCALE BASED ON INCOME

CATHOLIC SOCIAL SERVICES
5104 48 Avenue, Red Deer 403-347-8844

VANTAGE COMMUNITY SERVICES
formerly Parkland Youth Homes
4920 54 Street, Red Deer 403-340-8995

NATIVE COUNSELLING SERVICES
#207, 4814 Ross Street, Red Deer 403-347-4377

FAMILY SERVICES OF CENTRAL ALBERTA
5409 50 Avenue, Red Deer 403-343-6400

SHALOM COUNSELLING
5515 27 Avenue, Red Deer 403-342-0339

CRISIS COUNSELLING & INFORMATION FREE SERVICES

VANTAGE COMMUNITY SERVICES (Walk in Clinic)
4920 54 Street, Red Deer 403-340-8995

MENTAL HEALTH HELPLINE 1-877-303-2642

ALBERTA HELP/DISTRESS LINE 1-800-779-5057

WOMEN'S EMERGENCY SHELTER CRISIS LINE
(CAWES) 1-888-346-5643

FAMILY VIOLENCE INFO LINE 403- 310-1818

ALBERTA CHILDREN'S SERVICES HELPLINE
..... 1-866-347-2480

PARENTS HELPLINE 1-888-603-9100

HEALTHLINK ALBERTA 1-866-408-5465

LANDLORD AND TENANTS INFORMATION LINE
..... 1-877-427-4088

MY ALBERTA SUPPORTS

Alberta Supports provides information on social-based supports offered by the Government of Alberta to help Alberta's children, youth, adults and seniors with a broad range of needs. The supports offered are specific to each individual's situation. The online tool helps to target the most appropriate supports available.

Before visiting the Alberta Supports Centre, you are encouraged to:

- Click www.albertasupports.ca to find information.
- Use the 'myAlbertaSupports - Connecting you to services', tool to find supports specific to your situation and needs.
- Call Toll Free 1-877-644-9992

ALBERTA SUPPORTS

Red Deer Office:
2nd Floor, First Red Deer Place
4911 51 Street
Red Deer, Alberta
T4N 4V4

Hours of operation: 8:30 am to 4:30 pm



CITY OF RED DEER
SOCIAL PLANNING DEPARTMENT

Professional Building
5th Floor, 4808 - 50 Street, Red Deer, AB
Phone: 403-342-8100
Email: socialplanning@reddeer.ca

CITY OF RED DEER COMMUNITY SUPPORT SERVICES

The City of Red Deer is taking steps to ensure individuals have access to services that will help them lead healthier lives.



The agencies and services listed here can provide information and offer social-based supports to help children, youth, adults and seniors with a broad range of needs.

EMERGENCY SHELTER

CENTRAL ALBERTA WOMEN'S EMERGENCY SHELTER
Offering safe refuge, personal counseling, and community support for those experiencing family violence
.....403-346-5643

PEOPLE'S PLACE
Overnight shelter, open from 7:00 pm - 7:00 am, year round
6002 54 Avenue, Red Deer403-342-4722

49TH STREET YOUTH SHELTER/BOYS & GIRLS CLUB
For ages 12-17 years who do not have a safe place to stay
4633 49 Street, Red Deer403-341-3190

SAFE HARBOUR WARMING CENTRE
Until April 30, 2015. Open 8:00 am - 5:00 pm, 7 days a week
Adventist Centre, 5014 49 Avenue, Red Deer

SAFE HARBOUR MATS PROGRAM
5246 53 Avenue, Red Deer403-347-0181

EMPLOYMENT

ALBERTA WORKS CENTRE
Income support, training support
2nd floor, 4911 51 Street, Red Deer403-340-5353

CAREER ASSISTANCE NETWORK
Employment support – resumes, cover letters, workshops
#18, 4712 50 Street, Red Deer403-341-7811

EMPLOYMENT PLACEMENT & SUPPORT SERVICES
Individual Employment strategies
#200, 4315 55 Avenue, Red Deer403-343-6249

YOUTH AND VOLUNTEER CENTER
Employment support and skills to work programming
4633 49 Street, Red Deer403-342-6500

RUPERTSLAND INSTITUTE (METIS CENTER)
Metis training for employment
#1, 5015 48 Street, Red Deer403-343-1248

BREDIN CENTRE FOR LEARNING
Employment assessments, counselling, job finding club
#101, 4711 51 Avenue, Red Deer587-273-0225

RED DEER ABORIGINAL EMPLOYMENT SERVICES
Employment and education services and support
#105, 4711 51 Avenue, Red Deer403-358-7734

FINANCIAL

MY ALBERTA SUPPORTS
Matching Agencies to specific individual needs
Get started go to www.albertasupports.ca
4911 51 Street, Red Deer1-877-644-9992

ALBERTA SENIORS BENEFITS
Can provide a monthly income supplement to those in need
Golden Circle, 4620 47A Avenue, Red Deer403-343-6074

LOAVES AND FISHES
Fine Options - Youth Justice offering community service opportunities to work off court fines
6002 54 Avenue, Red Deer403-347-1844

CLOTHING & FURNITURE

BIBLES FOR MISSIONS
Clothing, household items
4936 53 Avenue, Red Deer403-340-2522

BARGAIN TREASURES
Clothing, household items
5219 50 Avenue, Red Deer403-347-9711

SALVATION ARMY THRIFT STORE
Clothing, household items
#130, 2325 50 Avenue, Red Deer403-340-0625

VICTORY CHURCH
Clothing and Coats for Kids.
Open Wed 1:00-4:00 pm, Thu 9:00-12:00 pm, Fri 1:00-3:00 pm
98 Oberlin Avenue, Red Deer403-353-2484

ST. VINCENT DE PAUL (Sacred Heart Church)
Beds, furniture, household items
5508 48A Avenue, Red Deer403-597-3030

SALVATION ARMY COMMUNITY SERVICES
Beds, furniture assistance
4857 54 Street, Red Deer403-346-2251

FOOD

RED DEER FOOD BANK SOCIETY
Food hampers
#12, 7429 49 Avenue, Red Deer403-346-1505

LOAVES AND FISHES
Dinner: Mon, Wed, Fri 5:00-7:00 pm, Breakfast: Sun morning
6002 54 Avenue, Red Deer403-347-1844

POTTERS HANDS
Breakfast: Mon - Sat 6:00-7:30 am, Lunch: Mon 11:30 am - 1:00 pm
Dinner: Tue 5:00-7:00 pm
4935 51 Street, Red Deer403-309-4246

SALVATION ARMY COMMUNITY SERVICES
Food hampers, daily bread, Christmas
4857 54 Street, Red Deer403-346-2251

SACRED HEART CATHOLIC CHURCH
Lunch: 3rd & 4th Sun 11:30 am - 1:00 pm
5508 48A Avenue, Red Deer403-346-2618

ADVENTIST CENTRE
Lunch: 1st & 2nd Sun 11:30 am - 1:00 pm, Dinner: Thu & Sat 4:30-5:30 pm
5014 49 Avenue, Red Deer403-341-4470

MEALS ON WHEELS
Deliver meals to peoples home403-340-2511

CA PREGNANCY CARE CENTRE
Emergency baby supplies
4620 49 Avenue, Red Deer403-343-1611

IMMIGRANT SERVICES

CENTRAL ALBERTA IMMIGRANT WOMEN'S ASSOCIATION (CAIWA)
Skill development, health and wellness, outreach
#120, 4818 50 Avenue, Red Deer403-341-3553

CENTRAL ALBERTA REFUGEE EFFORT (CARE)
Assistance to adjust to new life in Canada
#202, 5000 Gaetz Avenue, Red Deer403-346-8818

CATHOLIC SOCIAL SERVICES
Refugee and temporary foreign worker assistance
5104 48 Avenue, Red Deer403-347-8844

HOUSING RESOURCES

RED DEER HOUSING AUTHORITY403-343-2177

RED DEER HOUSING TEAM
www.womensoutreach.ca/programs/red-deer-housing-team/
Made up of four partner agencies that can help if you are homeless or at risk of becoming homeless:

1. Canadian Mental Health403-342-2266
2. Central AB Women's Outreach403-347-2480
3. Safe Harbour Society403-347-0181
4. Central AB Women's Emergency Shelter ...403-346-5643

BREDIN CENTRE FOR LEARNING
(PATH) Program to assist those at risk of becoming homeless
#101, 4711 51 Avenue, Red Deer587-273-0225

HABITAT FOR HUMANITY
Assistance to low-income families to build a home
7875 48 Avenue, Red Deer403-309-0998

PIPER CREEK FOUNDATION
Subsidized housing program for seniors
#402, 4901 48 Street, Red Deer403-343-1077

METIS URBAN HOUSING CORPORATION
Assistance for Métis and Native families to obtain housing
Toll Free: 1-877-458-8684403-342-2430

SHINING MOUNTAINS LIVING COMMUNITY SERVICES
Community services for people at risk
4809 48 Avenue, Red Deer403-346-9794

RED DEER NATIVE FRIENDSHIP SOCIETY
Support to find and maintain housing
4808 51 Avenue, Red Deer403-340-0020

LOAVES AND FISHES
Crisis housing intervention assistance
6002 54 Avenue, Red Deer403-347-1844

CENTRAL ALBERTA RESIDENTIAL SOCIETY
Daily living support to individuals with developmental disabilities
#101, 5589 47 Street, Red Deer403-347-0181

LIVING STONES CHURCH
Assistance with damage deposits
2020 40 Avenue, Red Deer403-347-7311

SALVATION ARMY
Assistance with utility bills
4857 54 Street, Red Deer403-346-2251